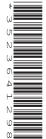


Cambridge O Level

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		



FOOD & NUTRITION

6065/11

Paper 1 Theory

October/November 2021

2 hours

You must answer on the question paper.

No additional materials are needed.

INSTRUCTIONS

- Section A: answer all questions.
- Section B: answer all questions.
- Section C: answer one question.
- Use a black or dark blue pen. You may use an HB pencil for any diagrams or graphs.
- Write your name, centre number and candidate number in the boxes at the top of the page.
- Write your answer to each question in the space provided.
- Do **not** use an erasable pen or correction fluid.
- Do not write on any bar codes.

INFORMATION

- The total mark for this paper is 100.
- The number of marks for each question or part question is shown in brackets [].

Section A

Answer all questions.

You are advised to spend no longer than 45 minutes on Section A.

1	Cor	rrect proportions of fat and minerals should be included in a balanced diet.	
	Nar	me two other groups of nutrients that should be included in a balanced diet.	
	1		
	2		[2]
			[2]
2	(a)	Name two elements in molecules of fats and oils.	
		1	
		2	[2]
	(b)	Triglycerides are a common type of fat.	[-]
	()	Complete the equation to show the composition of a triglyceride molecule.	
		1 molecule of triglyceride = 1 molecule of + 3 molecules of	
			[2]
	(c)		
			[1]
	(d)	·	
		1	
		2	
		3	
		4	[4]
	(e)	State three characteristics of a polyunsaturated fat.	
		1	
		2	
		3	[3]
			[~]

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	(f)	Name four different foods that contain saturated fat.	
		1	
		2	
		3	
		4	[4]
	(g)	Name one enzyme that breaks down fat during digestion.	
			[1]
			[Total: 17]
3	(a)	State two different functions of calcium in the body.	
		1	
		2	[2]
	(b)	Name one nutrient that helps calcium to be absorbed in the body.	
			[1]
	(c)	Name two diseases that may be caused by a lack of calcium.	
		1	
		2	
			[2]
			[Total: 5]
4	The	e chemical name for salt is sodium chloride.	
	(a)	State one function of chloride in the body.	
			[1]
	(b)	State there effects in the hady if the diet is leaking in call	
	(b)	State two effects in the body if the diet is lacking in salt.	
		1	
		2	[2]

	(c)	State two results in the body if the diet has excess salt.	
		1	
		2	 [2]
	(d)	State how salt prevents the growth of microorganisms when used in preserving food.	
		[1]
		[Total:	6]
5	(a)	Name four different iron-rich foods that are suitable for a vegetarian.	
		1	
		2	
		3	
		4	 [4]
	(b)	Discuss reasons why iron-rich foods need to be included in the diet of adult women.	.1
		[6]

[Total: 10]

Section B

Answer all questions.

6 A basic recipe for making a blended custard sauce uses the following ingredients:

25 g custard powder 25 g sugar 500 ml full fat milk

(a)	Give three reasons for continually stirring the sauce during cooking.	
	1	
	2	
	3	 [3]
(b)	Explain how the sauce thickens during cooking.	[0]
		[4]
(c)	Explain why a person who is lactose intolerant would not be able to eat this sauce.	
		[2]

(d)	To save time many people buy ready-made custard sauce in a tin or carton. Give five other reasons for using ready-made custard sauce.
	1
	2
	3
	4
	5
	[5] [Total: 15]
	[Total. 10]
7 Ba	cteria can cause food poisoning.
(a)	State three conditions that are needed for bacteria to multiply.
	1
	2
	3[3]
(b)	Identify six different personal hygiene practices to follow when cooking in order to prevent food poisoning.
	1
	2
	3
	4
	5
	6
	[6]

[Total: 9]

8 Complete the table to show a **different** raising agent that can be used for each named dish.

dish	raising agent
fruit scone	
gingerbread	
Swiss roll	
bread roll	

[4]

9	(a)	Give two reasons for evaluating the sensory properties of food products.
		1
		2
		[2]
	(b)	Name two sensory properties of food that could be evaluated.
		1
		2
		[2]
	(c)	Describe three rules that must be followed when evaluating the sensory properties of food products.
		1
		2
		3
		[3]

10	A re	frigerator is a piece of equipment found in most kitchens.	
	(a)	Suggest five different points to consider when buying a new refrigerator for a family of for	ur.
		1	
		2	
		3	
		4	
		5	
			 [5]
	(b)	Keeping food in a refrigerator delays spoilage of food.	
		List five points to follow when using the refrigerator to ensure food is kept safe to eat.	
		1	
		2	
		3	
		4	
		5	
			 [5]

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[Total: 10]

Section C

Answer either Question 11 or 12.

Electrical equipment must be used safely in the kitchen in order to prevent accidents. Discuss, with examples, ways to prevent other causes of accidents in the kitchen. [15] **OR** Some foods are cooked before being eaten. Using examples, discuss: the reasons for cooking food roasting as a method of cooking different foods. [15]

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