

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS General Certificate of Education Ordinary Level

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		



FOOD AND NUTRITION

6065/01

Paper 1 Theory May/June 2013

2 hours

Candidates answer on the Question Paper.

No Additional Materials are required.

READ THESE INSTRUCTIONS FIRST

Write your Centre number, candidate number and name on all the work you hand in.

Write in dark blue or black ink.

You may use a soft pencil for any diagrams or graphs.

Do not use staples, paper clips, highlighters, glue or correction fluid.

DO NOT WRITE IN ANY BARCODES.

Section A

Answer all questions.

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

Section B

Answer all questions.

Section C

Answer either Question 8(a) or 8(b).

At the end of the examination, fasten all your work securely together.

The number of marks is given in brackets [] at the end of each question or part question.

For Examiner's Use	
Section A	
Section B	
Section C	
Total	

This document consists of 13 printed pages and 3 blank pages.



Section A

Answer all questions.

1

For Examiner's Use

(a)	Proteins are made from amino acids. All amino acids contain the elements carbon and hydrogen.	
	Give two other elements found in amino acids.	
	1	
	2	[2]
(b)	Milk is an important source of High Biological Value (HBV) protein. Define the term <i>High Biological Value (HBV) protein</i> .	
		[2]
(c)	(i) Name one other animal source of HBV protein.	
		[1]
	(ii) Name one non-animal source of HBV protein.	
		[1]
(d)	Identify four functions of protein.	
	1	
	2	
	3	
	4	[4]

	Describe the digestion and absorption of the protein in milk.	
		E
	ran	
	[6]]
	[6]]
1ilk		
	contains a high proportion of water.	
	contains a high proportion of water. State and explain three of the functions of water in the body.	
	contains a high proportion of water.	
	contains a high proportion of water. State and explain three of the functions of water in the body.	
a)	contains a high proportion of water. State and explain three of the functions of water in the body.	
a)	contains a high proportion of water. State and explain three of the functions of water in the body.	
a)	contains a high proportion of water. State and explain three of the functions of water in the body.	
a)	contains a high proportion of water. State and explain three of the functions of water in the body.	
a)	contains a high proportion of water. State and explain three of the functions of water in the body.	
a)	contains a high proportion of water. State and explain three of the functions of water in the body. 1	
a)	contains a high proportion of water. State and explain three of the functions of water in the body. 1	
а)	contains a high proportion of water. State and explain three of the functions of water in the body. 1	
а)	contains a high proportion of water. State and explain three of the functions of water in the body. 1	
а)	contains a high proportion of water. State and explain three of the functions of water in the body. 1	
a)	contains a high proportion of water. State and explain three of the functions of water in the body. 1	
a) (b)	contains a high proportion of water. State and explain three of the functions of water in the body. 1	
a) (b)	contains a high proportion of water. State and explain three of the functions of water in the body. 1	

3

4

Car	bohydrates and fats are important nutrients for energy production.
(a)	Give the energy value of 1g of each of the nutrients named above.
	carbohydrate[1]
	fat[1]
(b)	Individuals have different energy requirements.
	Explain four factors which affect an individual's energy requirement.
	factor 1
	explanation 1
	factor 2
	explanation 2
	factor 3
	explanation 3
	factor 4
	explanation 4
	[4]
(c)	Define the term energy balance.
	[1]
Cur	reant nutritional advice is to reduce the amount of august in the dist
	rent nutritional advice is to reduce the amount of sugar in the diet.
(a)	Suggest three ways in which sugar consumption can be reduced.
	1
	2
	3[3]

© UCLES 2013 6065/01/M/J/13

(b)	Explain the possible effects on the body of a diet which contains too much sugar.	For Examiner's
		Use
	[6]	

[Section A Total: 40]

Answer all questions.

5	The	following ingredients can be used to make a Victoria sandwich cake:
		100 g self-raising flour 100 g sugar 100 g fat 2 eggs
	(a)	Name one method which could be used to make this cake.
	(b)	Name one ingredient which could be used to vary the flavour of the cake. [1]
	(c)	
		1
	(d)	Name two of the gases which will make the cake rise during baking.
		1
		2[2]
	(e)	Describe and explain other changes which take place when the cake is being baked.

(f)	Give advice on the choice of the following ingredients used for making the cake:		
	(i)	type of sugar;	Examiner's Use
	(!!)	[2]	
	(11)	type of fat.	
		[0]	

6

Wri	Write an informative paragraph on each of the following:			
(a)	the use and care of a refrigerator;			
	[5]			
(b)	air as a raising agent;			
	[5]			

© UCLES 2013 6065/01/M/J/13

(c)	the advantages and disadvantages of using a microwave oven.	For Examiner's
		Use
	[e]	

For Examiner's Use

7	(a)	List	four of the nutrients in red meat.
		1	2
		3	
	(b)		orrect cooking of meat can cause toughness. te one cause of toughness in meat other than incorrect cooking.
			[1]
	(c)	Exp	lain how tough meat can by tenderised by moist cooking methods.
			[3]
	(d)	(i)	Name one moist method of cooking.
			[1]
		(ii)	Name one dry method of cooking.
			[1]
	(e)		nduction and convection are two methods of transferring heat when food is being ked.
	(e)		
	(e)	COO	ked.
	(e)	COO	ked. Explain conduction as a method of transferring heat.
	(e)	COO	ked. Explain conduction as a method of transferring heat.
	(e)	COO	ked. Explain conduction as a method of transferring heat.
	(e)	COO	ked. Explain conduction as a method of transferring heat.
	(e)	COO	ked. Explain conduction as a method of transferring heat.
	(e)	COO	ked. Explain conduction as a method of transferring heat.
	(e)	COO	ked. Explain conduction as a method of transferring heat.
	(e)	COO	ked. Explain conduction as a method of transferring heat.
	(e)	(i)	ked. Explain conduction as a method of transferring heat.

Section C

Answer either 8(a) or 8(b).

Eith	Either				
8	(a)	Discuss the importance of fruit in the diet and suggest ways in which it could be used in the preparation of family meals. [15]			
Or					
8	(b)	Discuss the importance of eggs in the diet and suggest ways in which they could be used in the preparation of family meals. [15]			

For Examiner's Use

[Total for Paper: 100]

[Section C Total: 15]

BLANK PAGE

BLANK PAGE

BLANK PAGE

Permission to reproduce items where third-party owned material protected by copyright is included has been sought and cleared where possible. Every reasonable effort has been made by the publisher (UCLES) to trace copyright holders, but if any items requiring clearance have unwittingly been included, the publisher will be pleased to make amends at the earliest possible opportunity.

University of Cambridge International Examinations is part of the Cambridge Assessment Group. Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.