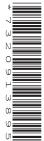


Cambridge International Examinations

Cambridge Ordinary Level

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		



FOOD AND NUTRITION

6065/12

Paper 1 Theory May/June 2018

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 pen.

You may use an HB pencil for any diagrams or graphs.

Do not use staples, paper clips, 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

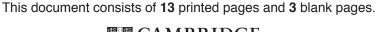
Answer all questions.

Section C

Answer either Question 7(a) or 7(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.





Section A

Answer all questions.

1	(a)	State what is meant by the term <i>DRV</i> .	
	(b)	Explain the purpose of DRV.	[1]
			[Total: 3]
2	Nut	ritionists may advise reducing the intake of saturated fats.	
	(a)	Give three reasons for this advice.	
		1	
		2	
		3	[3]
	(b)	Complete the sentence.	
		The enzyme lipase breaks down fats into	
			[2]
			[Total: 5]

3 The table shows the energy and main nutrients per 100 ml in different types of cow's milk.

type of milk	energy/kJ	protein/g	fat/g	carbohydrate/g
whole	285	3.4	4.0	4.7
semi-skimmed	197	3.6	1.8	4.8
skimmed	146	3.6	0.3	4.9

(a)	_	gest, with a reason, which type of milk shown in the table would be suitable for towing:	the
	(i)	a two-year-old child	
		type of milk	
		reason	[2]
	(ii)	a sedentary worker	
		type of milk	
		reason	[2]
(b)	into	types of milk shown in the table would not be suitable for a person who is lactorallerant. Suggest a type of milk suitable for a person who is lactose intolerant. Give a reasyour suggestion.	
	type	of milk	
	reas	son	[2]
(c)		table shows that cow's milk contains protein, fat and carbohydrate. ne three other nutrients found in cow's milk and give a different function for each one.	
	(i)	nutrient	
		function	 [2]
	(ii)	nutrient	
		function	[2]
	(iii)	nutrient	
		function	 [2]

(d)	Cov	v's milk lacks the mineral iron.	
	(i)	Name the deficiency disease associated with a lack of iron.	[41
	(ii)	Name three different animal source foods which are a good source of iron.	[1]
		1	
		2	
		3	 [3]
(e)	Exp	plain why milk is heat treated before it is sold.	
(f)	Nar	ne the type of milk produced by each of the following milk treatment processes.	
	(i)	The milk is heated to 72 °C for 15 seconds and then cooled to not more than 10 °C.	
			[1]
	(ii)	Milk is sealed in bottles and heated above 100 °C for 20–30 minutes.	
			[1]
(g)	Nar	ne four different milk products.	
	1		
	2		
	3		
	4		 [4]

(h)	(i)	Explain the process which occurs when milk boils over when heated.
		[41]
	(ii)	Give advice, with reasons, for the storage of fresh milk in the home.
	(11)	dive advice, with reasons, for the storage of fresh fillik in the nome.
		[4]
		[Total: 32]

Section B

Answer all questions.

1 diced onion	
1 diced carrot	
1 diced courgette	
1 sliced stick of celery	

The following ingredients can be used to make a basic vegetable soup:

1 diced potato 25 g butter

500 ml vegetable stock

		Soothi Vegetable Stock	
(a)	Nar	ne two other root vegetables which could be used for making soup.	
	1		
	2		
			[2]
(b)	The	vegetables were prepared an hour before the soup was made. The potatoes have turn	ıed
	(i)	Name this type of browning.	
			[1]
	(ii)	Suggest three ways to prevent this type of browning occurring when preparing potato	es.
		1	
			·
		2	
		3	
			 [3]

(c)		ne people prefer to use ready-prepared vegetables. e three advantages and three disadvantages of using ready-prepared vegetables.
	adv	antage 1
	adv	antage 2
	adv	antage 3
	disa	advantage 1
	disa	advantage 2
	disa	advantage 3
		[6]
(d)	Sug	gest four different ingredients which could add low biological value (LBV) protein to soup.
	1	
	2	
	3	
	4	
(-)	04-	
(e)	sou	te two functions of each of the following types of additives which are used in canned p.
	(i)	preservatives
		function 1
		function 2[2]
	(ii)	flavourings
	(")	function 1
		TUTTOUIOTE T
		function 2

(f) A blender can be used to purée soup to a smooth consistency. State and explain **six** factors to consider when choosing a new blender.



2	
3	
	[6]

(g) State four safety precautions to follow when using electrical kitchen equipment.

		1
		2
		3
		4
		[A]
		[4]
		[Total: 30]
5	Stat	en following recipes it is important to use the correct proportions of ingredients. te how the changes to the proportions of ingredients in the following dishes would affect the shed results.
	(a)	State four effects of increasing the proportion of sugar in a cake made by the creaming method.
		1
		2
		3
		4
		[4]
	(b)	State three effects of increasing the proportion of fat in shortcrust pastry.
		1
		2
		3[3]
	(c)	State two effects of increasing the proportion of bicarbonate of soda to cream of tartar in scones.
		1
		2
		[2]

6

	Flour is an important ingredient when making bread, cakes and pastries. State three differences between the following types of flour:					
(a)	strong and soft flour					
	1					
	2					
	3					
	[3]					
(b)	white and wholemeal flour					
	1					
	2					
	3					
	[3]					

[Total: 6]

Section C

Answer either Question 7(a) or 7(b).

7	(a)	Type 2 diabetes is closely associated with obesity and being overweight. Discuss dietary advice which can help manage type 2 diabetes and reduce obesity.	
OR			
	(b)	Many people choose to follow a vegetarian diet. Identify and discuss the benefits of a vegetarian diet. Explain, giving examples, lacto-vegetarians can obtain sufficient protein and iron in their diet.	how [15]

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