

Cambridge International Examinations

Cambridge Ordinary Level

CANDIDATE NAME				
CENTRE NUMBER		CANDIDATE NUMBER		



FOOD AND NUTRITION

6065/01

Paper 1 Theory May/June 2015

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

Pul	ses a	are a good source of low biological value (LBV) protein.	
(a)	Exp	plain the term low biological value protein.	
			[1]
(b)	Nar	me four foods that are pulses.	
	1		
	2		
	3		
	4		[2]
(c)	Pul	lses are also a good source of non-starch polysaccharide (NSP).	
	(i)	Explain why NSP is important in the diet.	
			[3]
	(ii)	Explain the effects of too much NSP in the diet.	
			[2]
			[Total: 8]

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2

Mea	at is	a source of high biological value (HBV) protein.
(a)	Nar	me four other good food sources of HBV protein.
	1	
	2	
	3	
	4	[2]
(b)	Exp	plain the term complementary proteins. Give an example.
		[3]
(c)	(i)	Meat is also a good source of the mineral iron.
		Name three other minerals needed by the body and give one different function of each.
		source 1
		function
		source 2
		function
		source 3
		function[3]
	(ii)	Name the disease caused by a lack of iron in the diet. Give two symptoms of this disease
		disease
		symptoms
		[3]
(d)	Nar	me the vitamin required for the absorption of iron.
- *		[1]
		•

(e)	Meat is usually cooked before being eaten. Give four reasons for cooking meat.
	1
	2
	3
	4[4]
(f)	Name the method of heat transfer in frying meat in a pan. Describe how the heat is transferred.
	method
	description
	[3]
(g)	Suggest four ways of tenderising tough cuts of meat.
	[4]
	[Total: 23]

3

But	ter and margarine are fats th	at can be used to make pastr	y.	
(a)	Name the three chemical e	elements which make up fats.		
	1			
	2			
	3			[1]
(b)	Give three functions of fat i	n the body.		
				[3]
(c)	Complete the following table	e to show how much fat is nee	ded to make different types	of pastry.
	type of pastry	amount of plain flour	amount of fat	
	flaky pastry	200 g		
	shortcrust pastry	200 g		
				[2]
(d)	Describe what causes fats	to spoil.		
				[2]
(e)	State how butter should be	stored in the home.		
				[1]
				[Total: 9]

Section B

Answer all questions.

4	(a)	Complete the following	table to show the	causes and types	of browning in certain foods.

food	type of browning	cause of browning
biscuit		dry heat on starch
roast chicken	maillard	
apple pieces		
fried onions		

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(b) Complete the following table to show suitable methods of making different types of baked products.

type of baked product	method of making
scone	
gingerbread	
Victoria sponge	
Swiss roll	

ı	4	

(c)	Suggest suitable raising agents for use in the Victoria sponge and the gingerbread mixture	re.
	Victoria sponge	
	gingerbread	[2]
(d)	Suggest how to store a Victoria sponge.	
		[1]
(e)	Describe what would happen to a Victoria sponge if it were not stored correctly.	
		[2]

[Total: 15]

(a)	Describe the effect of heat on cheese.	
(b)	Discuss the advantages of including yoghurt in the diet.	.[3]
		.[3]
(c)	Describe and explain one method of preserving fish.	
(d)	State the information that must be included on a food label.	.[3]
(e)	Explain what is meant by the term convenience foods.	
		[2]

[Total: 14]

5

6	(a)	It is recommended that people should eat less fat.			
		(i)	Explain the risks of a diet high in saturated fat.		
				[3]	
		(ii)	Explain how the diet could be changed to reduce the risks linked to fat.		
	(b)	Egg	gs are a versatile food.	၂၁	
	(6)	(i)	State the nutritive value of the yolk.		
		(-)			
		(ii)	Give four different uses of eggs in cooking with examples.		
				[4]	
		(iii)	Describe the effect of heat on eggs.		
				[0]	

Describe and explain one method of testing the freshness of an egg.							
[2]							
[Total: 16]							

Section C

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

7	(a)	Discuss the importance of hygiene in the storing, preparation and cooking of foods. Expective the term <i>contamination</i> and suggest ways to avoid food contamination.		
OR				
	(b)	Discuss the factors affecting the choice of foods for convalescents and athletes.	[15]	
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[Total: 15]

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