

# UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS General Certificate of Education Ordinary Level

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		



**FOOD AND NUTRITION** 

6065/12

Paper 1 Theory

October/November 2012

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** 

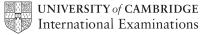
Answer either Question 8(a) or 8(b).

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 14 printed pages and 2 blank pages.



# **Section A**

# Answer all questions.

For Examiner's Use

1	(a)	Name three nutrients which provide the body with energy.
		Nutrient 1
		Nutrient 2
		Nutrient 3[3]
	(b)	State the energy value of 1 g of each of the nutrients named in (a).
		Nutrient 1
		Nutrient 2
		Nutrient 3[3]
	(c)	Define the term <i>energy balance</i> .
		[1]
	(d)	Discuss reasons why individuals have different energy requirements.
		[6]

(e)	Explain what happens if too much energy-giving food is eaten.	Fo
		Exami
	[4]	
lua.a	in invaluad in the grandvation of an army	
	is involved in the production of energy.	
(a)	Name <b>two</b> animal sources of iron.	
	1	
	2[1]	
(b)	Name <b>two</b> plant sources of iron.	
	1	
	2[1]	
(c)	Name the pigment which gives blood its red colour.	
	[1]	
(d)	Explain the function of the pigment named in (c).	
	ro.	
	[2]	
(e)	Name the deficiency disease associated with iron.	
	[1]	
(f)	State four symptoms of the disease named in (e).	
	1	
	2	
	3	
	4	

5 (a)	One of the functions of vitamin C is to promote the absorption of from.	_
	Give three other functions of vitamin C.	E
	1	
	2	
	3[3]	
(b)	Name <b>two</b> good sources of vitamin C.	
	1	
	2[1]	
(c)		
( )	[1]	
(ď	Why is it important to have a daily supply of vitamin C?	
(4)	[1]	
	[1]	
<b>4</b> Th	e small intestine plays an important part in digestion and absorption.	
De	escribe and explain:	
(a)	digestion in the small intestine;	

(b)	absorption in the small intestine.	For Examiner's
		Use
	[3]	
	[Section A Total: 40]	

# Section B

# Answer all questions.

For Examiner's Use

5 Write an informative paragraph on each of the following:			
	(a)	the use of a refrigerator;	
		[5]	
	(b)	different uses of fats and oils;	
		[5]	

(c)	the advantages and disadvantages of steaming.	For Examiner's
		Use
	[e]	

6	(a)	Stat	e <b>four</b> rea	asons for serving sauces and give an example for each reason.	For
		Rea	son 1		Examiner's Use
		Exa	mple 1		
		Rea	son 2		
		Exa	mple 2		
		Rea	son 3		
		Exa	mple 3		
		Rea	son 4		
		Exa	mple 4	[4]	
	(b)	The	following	ingredients can be used to make cheese sauce:	
			25 g 25 g 250 ml 50 g	flour margarine milk cheese	
		(i)	Describe	e, with reasons, how to make cheese sauce by the roux method.	
		<i>(</i> **)		[4]	
		(ii)	Name <b>tw</b>	o dishes which include cheese sauce.	
			1		
			2	[1]	

(c)	Identify <b>three</b> different ways to reduce the amount of fat in the cheese sauce.	For
	1	Examiner's Use
	2	
	3[3]	
(d)	Suggest three reasons for a lumpy sauce.	
	1	
	2	
	ও	

For Examiner's Use

7	Disc	scuss:							
	(a)	the importance of food packaging;							
		[5]							
	(b)	the information on food labels;							

(c)	the use of additives in processed food.						
		Examiner's Use					
	[5]						

[Section B Total: 45]

# **Section C**

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

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8	(a)		lain why some people choose to follow a vegetarian diet and suggest ways to ensure vegetarians have enough High Biological Value (HBV) protein.
		Ider	ntify and discuss problems that could be associated with vegetarian diets. [15]
OR			
8	(b)		vs' milk is important in the diet but it does not keep long unless it is treated or made another dairy product.
		Disc	cuss this statement under the following headings:
		(i)	nutritive value of milk;
		(ii)	different methods of treating milk to extend its shelf-life;
		(iii)	dairy products. [15]
		•••••	

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[Section C Total: 15]

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[Total for Paper: 100]

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