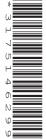


Cambridge International Examinations

Cambridge Ordinary Level

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		



FOOD AND NUTRITION

6065/11

Paper 1 Theory

October/November 2014

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, 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 9(a) or 9(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.

International Examinations

Section A

Answer all questions

Def	fine the term a balanced diet.	
Car	rbohydrates provide the body with energy.	
(a)	Name two units of energy used to measure food.	
	1	
	2	[2]
(b)	Describe four different ways in which the body uses energy.	
	1	
	2	
	3	
	4	[4]
(c)	Define the term energy balance.	
		[1]
(d)	State three effects of energy imbalance.	
	1	
	2	
	3	[3]
(e)	Complete the following sentences to show how starch is digested.	
	In the mouth, produced by the	glands changes
	cooked starch to	
	In the ileum, starch is further broken down into	which is then
	absorbed by the in the walls of the small intestine	and transported
	to the	[3]

(a) Apart from energy imbalance, explain two health issues associated with eating sugar. 1	
2	g too much
2	
(b) Suggest four ways of reducing sugar in the diet. 1	
(b) Suggest four ways of reducing sugar in the diet. 1	
1	[4]
2	
3	
4 Non starch polysaccharide (NSP) / dietary fibre is not classed as a nutrient but is es good health. (a) Give four benefits of NSP in the body. 1	
 4 Non starch polysaccharide (NSP) / dietary fibre is not classed as a nutrient but is es good health. (a) Give four benefits of NSP in the body. 2	
good health. (a) Give four benefits of NSP in the body. 1	[4]
1	essential for
2	
3	
4 (b) Name three possible results of a deficiency of NSP in the diet. 1	
(b) Name three possible results of a deficiency of NSP in the diet. 1	
1	[4]
2	
3	[3]

different way for each dish.	one
soup;	
bread;	
a fruit based dessert;	
a meat dish.	
	 [4]

[Section A Total: 40]

Section B

Answer all questions

6

Foo	d spoilage is caused by micro-organisms such as bacteria.
(a)	Name one other type of micro-organism.
(b)	Define the term <i>cross-contamination</i> and give three examples of how it may occur.
	1
	3[4]
(c)	Explain why chicken is classed as a 'high risk' food.
	[2]
(d)	State and explain four pieces of information on a food label which help consumers to use and store high risk food safely.
	1
	2
	3
	4
	[4]

(e)	Give advice, with reasons, on the storage and re-heating of left-over cooked chicken.
	[4]
(f)	Suggest three points to consider when purchasing a refrigerator.
	1
	2
	3

7	Cer	Cereals are included in diets throughout the world.								
	(a)	Give reasons for the importance of cereals.								
		[4]								
	(b)	Rice is a cereal, name four other cereals.								
		1								
		2								
		3								
		4[4]								
	(c)	Describe the changes that take place during the boiling of rice.								
		[4]								

	(d)	Give advice, with reasons, on the choice of flour for making the following products.
		bread rolls;
		shortcrust pastry;
		fairy cakes.
		[6]
	(e)	Name three methods of introducing air into a baked product.
		1
		2
		3[3]
8	Foo	d should have visual appeal.
		gest two different ways of producing a decorative finish to each of the following products.
		bread rolls
	(a)	1
	/L\	2
	(b)	individual savoury shortcrust pastry pies
		1
		2[2]
	(c)	fairy cakes
		1
		2[2]
		[Section B Total: 45]

Section C

Answer either 9(a) or 9(b)

9	(a)	Discuss reasons for the increased use of convenience foods and why this may be a concern to some people. [15]
Or		
9	(b)	Suggest reasons why some foods are cooked. Using examples explain how grilling, stewing and roasting can affect meat. [15]

•••
•••
•••
•••
•••
•••
•••
•••
 •••
 •••

[Section C Total: 15]

[Total for Paper: 100]

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