

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS General Certificate of Education Ordinary Level

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		

872919277

FOOD AND NUTRITION 6065/01

Paper 1 Theory October/November 2011

2 hours

Candidates answer Section A on the Question Paper.

Additional Materials: Answer Booklet/Paper

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 parts of Question 1.

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

Section B

Answer any **four** questions.

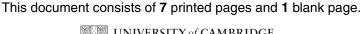
Write your answer on the separate Answer Booklet/Paper provided.

Enter the numbers of the **Section B** questions you have answered in the grid.

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	
Total	





Answer all questions.

4	(-)	Nlaw			of allo upped in models
ı	(a)		me four examples of fats and four example	es c	or ons used in meals.
		Fats	S		
		1		2	
		3		4	[2]
		Oils	3		
		1		2	
		3		4	[2]
	(b)	Sta	te one difference between fats and oils.		
					[1]
	(c)	Giv	e four functions of fats and oils in the body	V.	
	(-)			-	
		3			
		4			[4]
	(d)	Exp	plain the following terms:		
		(i)	saturated fat;		
					[2]
		/::\			[4]
		(ii)	polyunsaturated fat;		
					[2]

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	(iii)	essential fatty acid(s).							
		[2]							
(e)	(i)	In which part of the alimentary tract are fats digested?							
	(ii)	Name the substance that emulsifies fats.							
	(iii)	Explain why emulsification is necessary.							
	(iv)	Which enzyme brings about the breakdown of fats?							
	(v)	What are the end products of fat digestion?							
	(vi)	What is the energy value of 1g of absorbed fat?							
(f)	Disc	cuss the problems that may be associated with a diet high in fat.							
	••••								
		[3]							

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(g)	Nan	ne any two fat-soluble vitamins and explain their importance in a healthy diet.					
	Name three sources of each vitamin.						
(i) Vitamin 1							
		Name					
		Importance in the diet					
		Source					
		1 2					
		3[4]					
	(ii)	Vitamin 2					
		Name					
		Importance in the diet					
		Source					
		1 2					
		3[4]					
(h)		s important for everyone to have nutritionally balanced meals but individual uirements vary. State, with reasons, the special nutritional needs of:					
	(i)	elderly women;					
		[4]					
		• •					

(ii)	very active teenagers.										
	[4]										

[Section A Total: 40]

Section B

Answer four questions.

2	Exp	olain 1	the following processes and give one example of each:	
	(a)	gela	atinisation;	
	(b)	coa	gulation;	
	(c)	fern	nentation;	
	(d)	pas	teurisation;	
	(e)	hyd	rogenation.	[5 x 3]
3	(a)	Disc	cuss the purposes of the following ingredients in a Victoria sandwich cake:	
		(i)	self-raising flour;	
		(ii)	sugar;	
		(iii)	margarine;	
		(iv)	eggs.	[4 x 3]
	(b)	Wha	at could have caused:	
		(i)	the cake to have risen to a peak and cracked;	
		(ii)	a close-textured cake?	[3]
4	(a)	Stat	te, with examples, four reasons for preserving food.	[4]
	(b)	Exp	plain how each of the following methods of preserving prevents decay:	
		(i)	freezing;	
		(ii)	jam-making;	
		(iii)	drying.	[3]
	(c)	Give fruit	e advice, with reasons, on how to either make a named fruit jam or freeze a r t.	named [5]
	(d)	Disc	cuss pectin and its importance in jam-making.	[3]

5	Wri	te ar	n informative paragraph on each of the following:	
	(a)	the	advantages and disadvantages of frying;	
	(b)	the	choice and care of saucepans;	
	(c)	the	disposal of kitchen waste.	[3 x 5]
6	(a)	List	the nutrients in red meat.	[3]
	(b)	Sug	ggest four methods of tenderising tough meat before cooking.	[2]
	(c)	(i)	Name two moist methods of cooking meat.	[1]
		(ii)	Describe the changes that take place when tough meat is cooked by methods.	one of these [4]
	(d)	Cui	rrent nutritional advice is to reduce the intake of red meat.	
		Giv	e reasons for this statement and suggest alternatives to red meat.	[5]
7	(a)	Fro	zen food is a popular convenience food used in meal preparation.	
		Naı	me three other types of convenience food and name one example of each.	[3]
	(b)	Sta	te the advantages and disadvantages of using convenience foods.	[4]
	(c)	Dis	cuss the use of additives in convenience foods.	[4]
	(d)		plain the principles of freezing and the special care that should be taken veen foods.	when storing [4]

[Section B Total: 60]

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