

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS General Certificate of Education Ordinary Level

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		



FOOD AND NUTRITION

6065/11

Paper 1 Theory

October/November 2013

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.

Answer all questions.

1	(a)	Nar	ne the elements which combine to form fat.	
		1	2	
		3		[3]
	(b)	Fats	s can be classified as monounsaturated, polyunsaturated and saturated.	
		(i)	Define the term monounsaturated fat.	
		(ii)	Define the term polyunsaturated fat.	
		(iii)	Define the term saturated fat.	
	(c)	Stat	te three health problems associated with a diet that is high in saturated fat.	
		1		
		2		
		3		[3]
	(d)		ore fat can be digested it must be emulsified. e the name of the substance that emulsifies fat.	
				[1]
	(e)	Cor	nplete the equation below to show the end products of fat digested by lipase.	
		Fat	digestion + lipase → +	[2]

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	(f)		corption of the end products of fat digestion takes place in finger-like projections in ileum wall.
		(i)	Give the name of these finger-like projections in the ileum wall.
			[1]
		(ii)	The finger-like projections have many blood capillaries and a lacteal for transport. A lacteal is part of a system. Give the name of this system.
			[1]
2	(a)	Give	e two functions of vitamin A.
		1	
		2	[2]
	(b)	List	two sources of vitamin A.
		1	
		2	[2]
	(c)	Nar	ne a deficiency disease associated with a lack of vitamin A.
			[1]
	(d)		me two other deficiency diseases and , in each case, identify the nutrient which is in r supply.
		defi	ciency disease 1
		poo	r supply of
		defi	ciency disease 2
		poo	r supply of[4]

3	(a)	Describe the problems which could result from excess sugar in the diet.	
3	(a)	Describe the problems which could result from excess sugar in the diet.	For Examiner's Use
			Use
		[3]	
	(b)	Describe how the body deals with excess protein.	
			1

4

(a)	It is recommended that five portions of fruit and vegetables should be eaten daily. Suggest ways of encouraging children to eat fruit and vegetables.	E
	[4]	
(b)	Discuss the importance of soya in a vegan / strict vegetarian diet.	
	[4]	

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Section B

Answer all questions.

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Write an informative paragraph on each of the following:			
(a)	safety when frying;		
	[5		
(b)	personal hygiene in the kitchen;		
(b)			

(c)	advantages and disadvantages of small electrical kitchen equipment.	For Examiner's
		Use
	(e)	

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6	(a)	All meals should be well balanced.
		List three other points to consider when planning meals and give one example to illustrate each point.
		point 1
		example
		point 2
		example
		point 3
		example[6]
	(b)	Explain the nutritional points to consider when planning meals for teenage girls .
		[4]
	(c)	Discuss ways of saving fuel when cooking meals.

7	(a)	Name three nutrients in eggs and give one function of each nutrient named.	For
		nutrient 1	Examiner's Use
		function	
		nutrient 2	
		function	
		nutrient 3	
		function[6]	
	(b)	Give advice on the storage of eggs.	
		[3]	
	(c)	Identify two different uses of eggs and give one example to illustrate each use.	
		use 1	
		example	
		use 2	
		example[4]	
	(d)	State two changes which take place when an egg is boiled.	
		1	
		2	
		[2]	
		[Section B Total: 45]	

Section C

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

Either

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8	(a)	Most accidents in the home occur in the kitchen. Discuss reasons for this and ways of prevention. [15]
Or		
8	(b)	The kitchen should be a well-planned area in which to work.
		Discuss:
		(i) different ways of arranging the cooking area;
		(ii) the choice of kitchen surfaces. [15]

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[Section C Total: 15]	
[Total for Paper: 100]	

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