

Cambridge O Level

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		



FOOD & NUTRITION

Paper 1 Theory May/June 2021

2 hours

6065/13

You must answer on the question paper.

No additional materials are needed.

INSTRUCTIONS

- Section A: answer all questions.
- Section B: answer all questions.
- Section C: answer one question.
- Use a black or dark blue pen. You may use an HB pencil for any diagrams or graphs.
- Write your name, centre number and candidate number in the boxes at the top of the page.
- Write your answer to each question in the space provided.
- Do **not** use an erasable pen or correction fluid.
- Do not write on any bar codes.

INFORMATION

- The total mark for this paper is 100.
- The number of marks for each question or part question is shown in brackets [].

This document has 12 pages.

Section A

Answer all questions.

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

1	(a)	Name the term used to describe the chemical process by which the body converts food into energy.
		[1]
	(b)	Explain two different ways in which occupation may affect an individual's need for energy.
		1
		2
	(c)	[2] Energy balance is taking in the correct amount of energy to meet the needs of the body.
	(0)	State three health effects of having an energy intake that is too low.
		1
		2
		3[3]
		[Total: 6]
2	(a)	Name one vitamin that can help blood to clot.
		[1]
	(b)	Name one vitamin that acts as an antioxidant.
		[1]
	(c)	Name one mineral that can help prevent anaemia.
	(d)	Name one mineral that can help prevent goitre.
		[1]
	(e)	Name one mineral that can help prevent tooth decay.
		[1]

3

(a)	Hydrogen is a chemical element in carbohydrates.	
	Name two other chemical elements in carbohydrates.	
	1	
	2	
		[2]
(b)	Cereals are starchy foods.	
	Name three other different foods that contain starch.	
	1	
	2	
	3	 [3]
		[2]
(c)	Name two types of cereal that should be avoided by people with coeliac disease.	
	1	
	2	
		[2]
(d)	Name the substance in these cereals that cannot be digested by people with coeliac dise	ase.
		. [1]
	[Tota	al: 8]

(a)	Describe three physical effects of heat on butter.	
	1	
	2	
	3	
(b)	State three characteristics of a saturated fat.	[3]
	1	
	2	
	3	 [3]
(c)	Name three food sources that are high in monounsaturated fat.	
	1	
	2	
	3	
(d)	Give two reasons why fat becomes rancid.	[3]
	1	
	2	 [2]

[Total: 11]

4

Add	Adding legumes and pulses to recipes can help a person suffering with constipation.						
(a)	Suggest three other different ways that the diet could be altered to help a person suffering with constipation.						
	1						
	2						
	3						
	[3]						
(b)	State three possible health effects if a person suffering with constipation does not alter their diet.						
	1						
	2						
	3						
	[3]						
	[Total: 6]						
Wa	ter is essential for the body to function effectively.						
lde	ntify four different ways in which water helps the body function effectively.						
1							
2							
۷							
3							
4							
4							
4	[4]						
4							

Section B

Answer all questions.

7 The following ingredients can be used to make shortcrust pastry.

200 g plain flour 50 g white fat 50 g butter pinch of salt cold water

(a)	Give one reason for each of the following rules when making shortcrust pastry:					
	(i)	sieve flour				
		[1]				
	(ii)	use fingertips for rubbing in				
		[1]				
	(iii)	use plain flour				
		[1]				
	(iv)	use butter				
		[1]				
	(v)	do not add too much water				
		[1]				
	(vi)	allow pastry to relax in a cool place before baking.				
		[1]				
(b)		e shortcrust pastry can be used to make a fruit pie. The pie can be glazed with egg or milk ore baking to give it an attractive appearance.				
	_	gest four other methods that can be used before baking to give the pie an attractive earance.				
	1					
	2					
	3					
	4					
		[4]				

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	(c) Describe what happens to the pastry when the fruit pie is baked.
	[4]
	[Total: 14]
	[Total: 11]
8	Steaming is a method of cooking which uses water vapour.
	Give six disadvantages of steaming as a method of cooking.
	1
	2
	3
	4
	5
	6
	Γρ'
	[6]

9	An important feature of kitchen design is the work triangle.	
	State what is meant by the work triangle and explain why it is an important feature of design.	kitchen
		[4]
10	Convenience foods have been partly or totally prepared by a food manufacturer.	
	Suggest seven reasons why some people may not wish to use convenience foods.	
	1	
	2	
	3	
	4	
	_	
	5	
	6	
	7	
		[71

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	perboard is a popular packaging material used for convenience food products. Polain why paperboard is a suitable material for packaging convenience food.
Sor	me saucepans are made from stainless steel.
(a)	Give four reasons why stainless steel is a suitable material for a saucepan.
	1
	2
	3
	4
(b)	Suggest three other materials which can be used to make saucepans.
	1
	2
	3

Section C

Answer either Question 13 or 14.

13 Identify problems that may occur for people who follow a vegan diet. Discuss how careful meal planning can overcome these problems. [15]

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three-year-old child. Suggest different ways of including milk and milk products in meals as part of a balanced diet three-year-old child.

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[Total: 15]

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