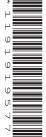


UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS General Certificate of Education Ordinary Level

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		



FOOD AND NUTRITION

6065/01

Paper 1 Theory May/June 2010

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 below.

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						

UNIVERSITY of CAMBRIDGE
International Examinations

Answer all questions.

1 Carbohydrates are an important source of energy.

They can be classified as monosaccharides, disaccharides and polysaccharides.

(a) (i)	Give four other facts about monosaccharides.
	1
	2
	3
	4[2]
(ii)	Give four other facts about disaccharides.
	1
	2
	3
	4[2]
(iii)	Give four other facts about polysaccharides.
	1
	2
	3
	4[2]
(iv)	Describe the digestion and absorption of starch:
	in the mouth;
	in the duodenum;

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	in the ileum.
	[6]
(v)	It is recommended that the intake of sugar should be lowered.
	Explain three reasons for this recommendation.
	1
	2
	3
	[3]
(vi)	List six ways of reducing sugar.
	1
	2
	3
	4
	5
	6[3]

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(b) (i)	Explain the importance of iron in the body.
	[2]
(ii)	Give four good sources of iron.
	1 2
	3[2]
(iii)	Name the deficiency disease associated with a poor supply of iron.
	[1]
(iv)	State two symptoms of the deficiency disease named in (iii).
	1[1]
(c) (i)	Explain the importance of vitamin C in the body.
	[2]
(ii)	Give four good sources of vitamin C.
	1 2
	3
(iii)	Name the deficiency disease associated with a poor supply of vitamin C.
	[1]
(iv)	State two symptoms of the deficiency disease named in (iii).
	1[1]

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(d)	Name four other deficiency diseases and the nutrient associated with the disease.
	Deficiency disease 1
	Nutrient 1
	Deficiency disease 2
	Nutrient 2
	Deficiency disease 3
	Nutrient 3
	Deficiency disease 4
	Nutrient 4[4]
(e)	Discuss points to consider when planning meals for the elderly.
	[6]
	[6]
	[Section A Total: 40]

Section B

Answer four questions.

2	(a)	Name six nutrients in eggs.						
	(b)	State five uses of eggs in cooking and give an example of each use.						
	(c)	Give advice, with reasons, on the storage of eggs.						
	(d)	Describe and explain the changes which take place when an egg is boiled.	[4]					
3	Wri	te an informative paragraph on each of the following:						
	(a)) food additives;						
	(b)) uses of fats and oils;						
	(c)	reasons for choosing a vegetarian diet.	[3 × 5]					
4	(a)	Give four reasons for preserving food.	[2]					
	(b)	Name three methods of preserving and in each case:						
		(i) state the principles involved;						
		(ii) give an example of a food which could be preserved by the method.	[6]					
	(c)	c) Convenience foods are popular in many households.						
		(i) Give three advantages and three disadvantages of using convenience foods.						
		(ii) Discuss the importance of labelling convenience foods.	[4]					
5	(a)	Give six reasons for the importance of cereals.	[3]					
	(b)	Name four cereals.	[2]					
	(c)) Explain how cereals should be stored.						
	(d)	Flour is a widely used cereal product. Give advice, with reasons, on the choice of flour for making bread.						
	(e)	Describe the changes which take place when a loaf of bread is baked.	[4]					

6	-	lain how to carry out the following ess.	processes	and	give	one	example	of t	he	use	of	each
	(a)	creaming;										
	(b)	basting;										
	(c)	making a roux;										
	(d)	sautéing;										
	(e)	making stock.									[5	5 × 3]
7	Disc	cuss each of the following:										
	(a)	the choice and care of kitchen knive	es;									
	(b)	disposing of kitchen waste;										
	(c)	hygiene in shops and markets.									[3	3 × 5]
							[Sec	tion	ВТ	ota	l: 60]

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