

Cambridge International Examinations

Cambridge Ordinary Level

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		



FOOD AND NUTRITION

6065/12

Paper 1 Theory

October/November 2017

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 pen.

You may use an HB 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

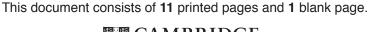
Answer all questions.

Section C

Answer either Question 7(a) or 7(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.



Section A

Answer all questions.

1	(a)	Name the substance which combines with fatty acids to form a fat molecule (triglyceride).				
	(b)		te one physical difference between fats and oils.	נין		
	(c)	Sta	te one chemical difference between saturated fats and unsaturated fats.	[1]		
	(d)	(i)	Name four different examples of saturated fats.	ניו		
			1 2			
			3 4	[2]		
		(ii)	Name four different examples of unsaturated fats.			
			1 2			
			3 4	[2]		
	(e)		s are used to provide the body with a source of energy. te five different ways the body uses energy.			
		2 .				
		3 .				
		4 .				
		5 .				
				[5]		
	(f)	Naı	me one unit used to measure the energy value of fat.			
				[1]		
	(g)	Des	scribe two effects of heat on fat.			
		1 .				
		2 .		 [2]		

(h)		ggest two reasons why oil which has been used for frying should be strained	
(i)	(i)	Name the substance in the digestive system that emulsifies fats.	[2
			[
	(ii)	Name an enzyme which breaks down fats.	
	(iii)	Name the part of the digestive system where digested food is absorbed.	[1
			[1
	(iv)	Describe the location and function of the lacteal.	
		location	
		function	[2
			[Total: 22
Fat	s are	a good source of vitamins A, D, E and K.	
(a)	Sta	te two functions of vitamin A (retinol).	
	1		
	2		
			[2
(b)		e four different food sources of vitamin D (cholecalciferol).	
		2	
	3	4	 [2
(c)	Sta	te one function of vitamin E.	
			[1
(d)	Giv	e one food source of vitamin K.	
			[1
			[Total: 6

3	(a)	Discuss the need for iron and vitamin B_g (folic acid) during pregnancy. Give two example how each of these nutrients could be included in the diet.	s of
		iron	
		example 1	
		example 2	
		vitamin B ₉ (folic acid)	
		example 1	
		example 2	 [6]
	(b)	Suggest three types of food which should be avoided during pregnancy. Give reasons your suggestions.	
		food 1	
		reason	
		food 2	
		reason	
		food 3	
		reason	
			 [6]

[Total: 12]

Section B

Answer all questions.

4 Many households use a slow cooker for cooking family meals.



(a)	Give six advantages of using a slow cooker.
	1
	2
	3
	4
	5
	6
	[6]
(b)	Give advice on how leftovers from a slow-cooked chicken casserole can be stored and reused safely.
	[6]

500 g strong plain flour 10 g salt 1 sachet dried yeast 250 ml warm water

(a)	State why this recipe is not suitable for a coeliac.	
		. [1]
(b)	Give one reason why the type of flour used is strong plain flour.	
		. [1]
(c)	Explain the function of the salt in the recipe.	
		. [1]
(d)	Explain why the temperature of the water is important.	
()		[4]
		[۱] ۰
(e)	Name the process by which yeast produces carbon dioxide and alcohol.	
		. [1]
(f)	Give two reasons for kneading in bread-making.	
	1	
	2	
		[2]
(g)	Explain why the crust turns brown when the bread is baked.	
		. [2]
(h)	Give five rules for personal hygiene when making bread.	
	1	
	2	
	3	
	4	
	5	 [5]
		F - 1

(i)	Bread can be bought packaged in plastic wrapping.

Name two other types of packaging ma	terial and give ar	n example of a use o	of each to package
food.			

type 1	
example	
type 2	
example	
	[4]

[Total: 18]

6

Fish	n can be an important part of a healthy diet.	
(a)	List three points to look for when buying fresh fish.	
	1	
	2	
	3	
		[3]
(b)		
	(i) oily fish;	
	1 2 2	 [2]
	(ii) shellfish.	
	1 2	
		[2]
(c)	Fish is often coated before deep frying.	
	Suggest two suitable coatings which could be used.	
	1 2	
, D		[2]
(d)	State and explain four safety points to follow when deep frying.	
	1	
	2	
	3	
	4	
(-)		[4]
(e)	Suggest two different ways to make steamed white fish look more appetising when served part of a main meal.	ı as
	1	
	2	
		[2]

[Total: 15]

Section C

Answer either Question 7(a) or 7(b).

7	(a)	Des	scribe the functions and advantages of each of the following additives.	
		(i)	preservatives;	
		(ii)	flavourings and sweeteners;	
		(iii)	emulsifiers and stabilisers.	[15]
OR				
	(b)	Des	scribe and explain ways to prevent food poisoning when storing and preparing food.	[15]
		••••		
		•••••		

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