

# 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 2012

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 9(a) or 9(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.

For Examiner's Use				
Section A				
Section B				
Section C				
Total				

This document consists of 13 printed pages and 3 blank pages.



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#### **Section A**

# Answer all questions.

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1 Carbohydrates are an important source of energy.

Thev	can be	classified	as monosa	accharides.	disaccharides	and po	olysaccharides

	,	1 7
(a)	) Give four other facts about monosaccharides.	
	1	
	2	
	3	
	4	[2]
(b)	) Name <b>two</b> monosaccharides.	
	1 2	[1]
(c)	) Give four other facts about disaccharides.	
	1	
	2	
	3	
	4	[2]
(d)	) Name <b>two</b> disaccharides.	
	1 2	[1]
(e)	) Give four other facts about polysaccharides.	
	1	
	2	
	3	
	4	[2]
(f)	Name <b>two</b> polysaccharides.	
	1 2	[1]

2	Describe the digestion and absorption of starch:						
	(a)	in th	ne mouth;				
	(b)	in th	ne duodenum;				
	(c)	in th	ne ileum.				
			គេរ				
			[6]				
3	(a)	(i)	Explain the importance of calcium in the body.				
			[2]				
		(ii)	Give four good sources of calcium.				
			1 2				
			3[2]				
		(iii)	Name the deficiency disease associated with calcium.				
		\''' <i>)</i>					
			[1]				

	(iv)	State <b>two</b> symptoms of the deficiency disease named in (iii).							
		1							
		2[1]							
(b)	(i)	Explain the importance of vitamin D in the body.							
		[2]							
	(ii)	Give <b>four</b> good sources of vitamin D.							
		1 2							
		3[2]							
(c)	Nan	ne four other deficiency diseases and the nutrient associated with the disease.							
	Def	ciency disease 1							
	Nut	rient 1							
	Def	ciency disease 2							
	Nut	rient 2							
	Def	ciency disease 3							
	Nut	rient 3							
	Def	ciency disease 4							
	Nut	Nutrient 4							

(a)	it is recommended that the intake of sugar should be reduced.
	Explain <b>three</b> reasons for this recommendation.
	1
	2
	3
	[3]
(b)	Identify <b>two</b> other dietary recommendations and, in each case, give <b>one</b> reason for the advice.
	Recommendation 1
	Reason 1
	Recommendation 2
Disc	Reason 2
Disc	Reason 2
	Reason 2

[Section A Total: 40]

## **Section B**

# Answer all questions.

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6	(a)	Name, and give quantities of, additional ingredients needed for a fatless sponge cake made with three eggs.
		1
		2[2]
	(b)	Describe, with reasons, how the cake is made and baked.
		[6]
	(c)	Explain the changes which take place when the cake is baked.
		[4]

	(d)	Suggest reasons for a close texture in the finished cake.
		[2]
	(e)	Name <b>two</b> other baked items which can be made with this recipe.
		1
		2[1]
7	(a)	All meals should be nutritionally balanced.
		Identify, with examples, <b>five</b> other points to consider when planning meals.
		Point 1
		Example 1
		Point 2
		Example 2
		Point 3
		Example 3
		Point 4
		Example 4
		Point 5
		Example 5[5]

(b)	Discuss the importance of Non-Starch Polysaccharide / NSP (dietary fibre) in the diet.	For Examiner's
		Use
	[5]	
(c)	Explain the problems associated with a diet which is high in fat.	

8	Write an informative paragraph on each of the following:				
	(a)	different uses of sugar in the preparation of dishes;			
		[5]			
	(b)	rules, with reasons, for successful shortcrust pastry;			
	(-)	Tailor, Mar rodoono, lor odooooolar onortoraat pack y,			
		[5]			
		[6]			

(c)	High Biological Value (HBV) protein for vegans.	For
		Examiner's Use
	[5]	
	[Section B Total: 45]	

#### **Section C**

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## Answer either 9(a) or 9(b).

9 (a) Discuss the reasons for cooking food and explain different methods of transferring heat when cooking. [15]

OR		
9	(b)	Identify, and give examples of, different types of convenience foods.
		Discuss the advantages and disadvantages of convenience foods and suggest ways of using them in family meals. [15]

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[Section C Total: 15]

[Total for Paper: 100]

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