

Section A

Answer **two** questions.

- 1** Calcium and iron are essential minerals in a balanced diet.
- For each of these minerals:
- (a)** discuss absorption and uses in the body; [16]
 - (b)** describe and explain the results of a deficiency; [6]
 - (c)** identify locally available sources. [3]
- 2**
- (a)** Compare the structure of saturated fats with unsaturated fats. [6]
 - (b)** Describe the digestion and absorption of fat. [6]
 - (c)** Give advice on the consumption of fat in a healthy diet. [7]
 - (d)** Discuss the link between fat and coronary heart disease (CHD). [6]
- 3** Protein, carbohydrate and fat can provide the body with energy.
- (a)** Discuss the composition of each of these nutrients and explain how energy is released from each of them. [15]
 - (b)** Identify and explain different individual energy requirements. [6]
 - (c)** Explain the results of an energy intake which is greater than the body's needs. [4]
- 4**
- (a)** Discuss factors which influence an individual's choice of food. [10]
 - (b)** State, and give reasons for, the particular dietary needs of the elderly. [10]
 - (c)** Explain other points to consider when planning meals for the elderly. [5]

Section B

Answer **two** questions.

- 5** (a) Explain the importance of raising agents in the preparation and cooking of dishes. [2]
(b) Give advice, with reasons, on the choice of flour for making bread. [5]
(c) Describe and explain the changes which take place when a loaf of bread is made and baked. [10]
(d) Discuss the role of yeast in bread making. [5]
(e) Suggest and explain ways to shorten the preparation time when making bread. [3]
- 6** (a) Discuss different uses of sugar in the preparation of dishes. [10]
(b) Identify problems associated with the consumption of sugar and suggest ways to reduce the intake of sugar. [10]
(c) Write an informative paragraph on sugar substitutes and their uses. [5]
- 7** Give a detailed account of the following processes and illustrate your answer with examples.
(a) emulsification [5]
(b) gelatinisation [7]
(c) oxidative rancidity [4]
(d) pasteurisation [5]
(e) Accelerated Freeze Drying (AFD) [4]
- 8** Economy is one of the factors to consider when planning meals.
(a) (i) Discuss ways of saving money when purchasing food. [5]
(ii) Suggest and explain ways of saving fuel. [6]
(iii) Explain how time can be saved when preparing and cooking meals. [6]
(b) Discuss the factors that affect food choice in your country. [8]

BLANK PAGE

Permission to reproduce items where third-party owned material protected by copyright is included has been sought and cleared where possible. Every reasonable effort has been made by the publisher (UCLES) to trace copyright holders, but if any items requiring clearance have unwittingly been included, the publisher will be pleased to make amends at the earliest possible opportunity.

University of Cambridge International Examinations is part of the Cambridge Assessment Group. Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.