

Candidate Name \_\_\_\_\_

Centre Number	Candidate Number

**UNIVERSITY OF CAMBRIDGE LOCAL EXAMINATIONS SYNDICATE**  
**General Certificate of Education Ordinary Level**

**FOOD AND NUTRITION**

**6065/1**

PAPER 1 Theory

**OCTOBER/NOVEMBER SESSION 2001**

2 hours

Additional materials:  
Answer paper

**TIME** 2 hours

**INSTRUCTIONS TO CANDIDATES**

Write your name, Centre number and candidate number in the spaces at the top of this page and on all separate answer paper used.

**Section A**

Answer **all** parts of Question 1.

Write your answers in the spaces provided on the question paper.

**Section B**

Answer any **four** questions.

Write your answers on the separate answer paper provided.

At the end of the examination:

- 1 fasten the separate answer paper securely to the question paper;
- 2 enter the numbers of the Section B questions you have answered in the grid below.

**INFORMATION FOR CANDIDATES**

The number of marks is given in brackets [ ] at the end of each question or part question.

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

FOR EXAMINER'S USE	
Section A	
Section B	
TOTAL	

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**This question paper consists of 6 printed pages and 2 blank pages.**

**Section A**

Answer **all** questions.

**1** Cereals are important energy foods.

They also provide Low Biological Value (LBV) protein.

**(a) (i)** What are Low Biological Value (LBV) proteins?

.....  
.....[1]

**(ii)** Name **two** other sources of Low Biological Value (LBV) protein.

1. ....  
2. ....[1]

**(iii)** List the functions of protein.

.....  
.....  
.....  
.....[4]

**(iv)** Discuss the importance of the bran layer of a whole-wheat grain.

.....  
.....  
.....  
.....[4]

(v) Name **one** mineral found in wholegrain cereals.

Explain the importance of this mineral in the diet.

Name the vitamin which promotes its absorption and state the deficiency disease associated with a lack of this mineral.

Mineral .....

Importance in the diet .....

.....

.....

Vitamin which aids absorption .....

Deficiency disease .....

[6]

(vi) Describe the digestion of protein in the:

1. stomach .....

.....

2. duodenum .....

.....

3. ileum .....

.....

.....

[6]

(vii) 1. Describe the absorption of protein in its simplest form.

.....

.....[1]

2. What do you understand by the term 'deamination'?

.....

.....

.....[2]

**(b) (i)** Explain why the body needs a daily supply of water.

- 1. ....
- 2. ....
- 3. ....
- 4. ....
- 5. ....

[5]

**(ii)** Suggest **four** ways of including water in the diet.

- 1. ....
- 2. ....
- 3. ....
- 4. ....

[2]

**(iii)** State the results of an inadequate intake of water.

.....  
.....[2]

**(c) (i)** Explain **three** health problems which might be caused by too high an intake of sugar.

- 1. ....
- 2. ....
- 3. ....

[3]

**(ii)** Suggest how sugar intake can be reduced in family meals.

.....  
.....  
.....  
.....  
.....  
.....[3]

TOTAL [40]

## Section B

Answer any **four** questions

- 2 (a) List the nutrients in fish. [3]
- (b) State the points to look for when buying fresh fish. [3]
- (c) Describe how to:
- (i) clean a whole fresh fish before cooking; [2]
- (ii) prepare fish for freezing. [2]
- (d) (i) Explain why freezing preserves fish for future use. [1]
- (ii) Name **two** other methods of preserving fish. In each case state the principles of preservation involved. [4]
- 3 (a) List, with examples, **four** reasons for serving sauces with meals. [4]
- (b) (i) Describe the making of a roux sauce using the following ingredients:
- 25g (1oz) flour  
25g (1oz) margarine  
250ml (1/2 pt) milk [5]
- (ii) Suggest **two** ways of varying the flavour. [1]
- (c) Give **two** reasons for each of the following:
- (i) using a wooden spoon when making the sauce; [1]
- (ii) lumps in the finished sauce. [1]
- (d) Describe the changes which take place during the cooking of the sauce. [3]
- 4 Meals should be nutritionally well-balanced.
- (a) Discuss **five** other points to consider when planning meals. [5]
- (b) Explain the additional nutritional requirements of:
- (i) teenage girls; [3]
- (ii) manual workers. [3]
- (c) State, with reasons, the advice you would give on the preparation, cooking and serving of green vegetables in order to retain as much vitamin C as possible. [4]

- 5 Write an informative paragraph on each of the following:
- (a) air as a raising agent; [5]
  - (b) safety when deep frying; [5]
  - (c) the different uses of sugar in cooking. [5]
- 6
- (a) (i) State **four** causes of food spoilage. [2]
  - (ii) List **four** conditions which bring about food spoilage. [2]
  - (b) Explain the term 'cross-contamination'. [2]
  - (c) Give advice, with reasons, on the storage and re-heating of left-over cooked chicken. [4]
  - (d) A high standard of kitchen hygiene is essential to ensure that food is safe to eat. List, with reasons, **five** ways of achieving a high standard of kitchen hygiene. [5]
- 7 Describe, with reasons, how to carry out the following processes. Give an example of the use of each process.
- (a) rubbing in; [3]
  - (b) creaming; [3]
  - (c) rolling and folding; [3]
  - (d) coating; [3]
  - (e) kneading. [3]



