

Candidate Name _____

Centre Number	Candidate Number

CAMBRIDGE INTERNATIONAL EXAMINATIONS
General Certificate of Education Ordinary Level
FOOD AND NUTRITION
 PAPER 1 Theory

6065/1

MAY/JUNE SESSION 2002
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	

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



Section A

Answer **all** questions.

1 (a) (i) Explain the term High Biological Value protein.

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

(ii) Name **three** animal sources of HBV protein.

.....

Name **one** plant source of HBV protein.

..... [2]

(iii) State **four** functions of protein.

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

(iv) Describe the digestion and absorption of protein in the:

stomach;

.....

duodenum;

.....

ileum.

.....[6]

(v) Name the deficiency diseases caused by a lack of protein in the diet. State the symptoms.

.....
.....
.....
.....
.....
.....
.....[5]

(vi) Describe what happens to protein which is consumed in excess of the body's need.

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

(vii) Give advice, with reasons, on planning meals for vegans to ensure an adequate supply of protein.

.....
.....
.....
.....[5]

(b) (i) What is Non Starch Polysaccharide (NSP) – dietary fibre?

.....
.....
.....

Name **four** good sources of NSP.

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

(ii) Discuss the importance of NSP in the digestive system.

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

Section B

Answer **four** questions.

- 2 Explain the following processes and give an example of each:
- (a) gelatinisation;
 - (b) coagulation;
 - (c) fermentation;
 - (d) pasteurisation;
 - (e) hydrogenation. [5 × 3]
- 3 (a) Explain clearly why the following ingredients are needed in a Victoria sandwich cake:
- (i) self-raising flour;
 - (ii) sugar;
 - (iii) margarine;
 - (iv) eggs. [4 × 3]
- (b) State reasons for:
- (i) a cake which has risen to a peak and cracked;
 - (ii) a close-textured cake. [3]
- 4 (a) List **four** reasons for preserving food.
Give an example for each. [4]
- (b) Explain how each of the following methods of preserving prevents decay:
- (i) freezing;
 - (ii) jam-making;
 - (iii) drying. [3]
- (c) Give advice, with reasons, on **either** how to make a named fruit jam **or** how to freeze a named fruit. [5]
- (d) Discuss the importance of pectin in jam-making. [3]

- 5 Write an informative paragraph on each of the following:
- (a) the advantages and disadvantages of frying;
 - (b) the choice and care of saucepans;
 - (c) the disposal of kitchen waste. [3 × 5]
- 6
- (a) Name **six** of the nutrients in red meat. [3]
 - (b) Suggest **four** methods of tenderising tough meat before cooking. [2]
 - (c) Give **two** moist methods of cooking meat.
Describe the changes which take place when tough meat is cooked by one of these methods. [5]
 - (d) Current nutritional advice is to reduce the intake of red meat. Give reasons for this statement and suggest alternatives. [5]
- 7
- (a) State the advantages and disadvantages of using convenience foods. [4]
 - (b) Name **three** types of convenience food other than frozen and give an example of each. [3]
 - (c) Discuss the use of additives in convenience foods. [4]
 - (d) Explain the principles of freezing and the special care which should be taken when storing frozen foods. [4]

