

Centre Number	Candidate Number	Name
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UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
General Certificate of Education Ordinary Level

**FOOD AND NUTRITION** **6065/01**

Paper 1 Theory May/June 2005

**2 hours**

Candidates answer Section A on the Question Paper.  
Additional Materials: Answer Booklet/Paper.

**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 in the spaces provided on the Question Paper.  
You may use a soft pencil for any diagrams or rough working.  
Do not use staples, paper clips, highlighters, glue or correction fluid.

**Section A**  
Answer **all** parts of Question 1 in the spaces provided on the Question Paper.  
You are advised to spend no longer than 45 minutes on Section A.

**Section B**  
Answer any **four** questions.  
Write your answer on the separate Answer Booklet/Paper provided.  
At the end of the examination, fasten all your work securely together.  
Enter the numbers of the **Section B** questions you have answered in the grid below.  
The number of marks is given in brackets [ ] at the end of each question or part question.

If you have been given a label, look at the details. If any details are incorrect or missing, please fill in your correct details in the space given at the top of this page.

Stick your personal label here, if provided.

For Examiner's Use	
Section A	
Section B	/
<b>Total</b>	

**Section A**

Answer **all** questions.

1 (a) (i) State **four** functions of protein.

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

(ii) Name:

(a) **four** animal sources of protein;

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

(b) **four** plant sources of protein.

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

(iii) Define the following terms:

(a) High Biological Value (HBV) protein;

.....[1]

(b) Low Biological Value (LBV) protein.

.....[1]

(iv) Explain, with examples, what is meant by the term 'complementary proteins'.

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.....[3]

(v) Discuss the effects on the body of a deficiency of protein.

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

(vi) Explain what happens to any excess protein in the body.

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.....[3]

(vii) Describe:

(a) the digestion of protein;

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.....[7]

(b) the absorption of protein.

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

**(b) (i)** Name **four** good sources of vitamin C (Ascorbic acid).

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

**(ii)** State **four** functions of vitamin C.

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

**(iii)** Name the deficiency disease caused by a lack of vitamin C.

.....[1]

**(iv)** Give **four** symptoms of the deficiency disease named above.

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.....[2]

**(c)** Give advice, with reasons, on the choice and cooking of foods for a very active person.

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.....[6]

**[Section A Total: 40]**

**Section B**

Answer **four** questions.

- 2 (a) Name **six** of the nutrients in eggs. [3]
- (b) State **five** different uses of eggs in meal preparation. Give **one** example of each use. [5]
- (c) Give advice on the storage of eggs. [2]
- (d) Describe and explain the changes which occur when an egg is boiled. [5]
- 3 (a) The following ingredients can be used to make flaky pastry.
- 225 g (8 oz) flour  
150 g (6 oz) fat  
Approx. 8 tablesp. cold water
- Describe, with reasons, how to make flaky pastry. [6]
- (b) Give advice, with reasons, on the choice of flour and fat for making this pastry. [5]
- (c) Name **four** dishes which could be made with flaky pastry. [2]
- (d) State **four** rules to follow when rolling any type of pastry. [2]
- 4 Write an informative paragraph on **three** of the following:
- (a) food additives;
- (b) saturated fats;
- (c) non-starch polysaccharide (NSP);
- (d) water in the diet. [3 x 5]
- 5 (a) List the causes of food spoilage. [2]
- (b) State the conditions necessary for food spoilage. [2]
- (c) Give advice, with reasons, on the storage of foods in a refrigerator. [5]
- (d) Explain how the following processes improve keeping quality:
- (i) jam making;
- (ii) pickling;
- (iii) pasteurising. [6]

- 6 (a) State the advantages and disadvantages of frying. [3]
- (b) Give **three** reasons for coating food before deep frying. [3]
- (c) Explain **five** safety rules to follow when deep frying. [5]
- (d) Discuss the effect on fried food if:
- (i) the temperature of the fat is too high; [2]
  - (ii) the temperature of the fat is too low. [2]
- 7 (a) Discuss points to consider before purchasing a cooking stove. [4]
- (b) Name and describe **three** methods of transferring heat. Give **one** example of each. [6]
- (c) Discuss ways in which fuel can be saved when cooking family meals. [5]

**[Section B Total: 60]**



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