

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 October/November 2006

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.
You may use a soft pencil for any diagrams or graphs.
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 answers on the separate Answer Booklet/Paper provided.
Enter the numbers of the Section B questions you have answered in the grid below.

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	/
Total	

Section A

Answer **all** questions.

1 (a) What is a 'balanced diet'?

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

(b) Starches and sugars are carbohydrates.

(i) State **four** facts about simple sugars.

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

(ii) Give **two** examples of simple sugars.

1. 2. [1]

(iii) State **four** facts about double sugars.

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

(iv) Give **two** examples of double sugars.

1. 2. [1]

(v) Describe the digestion of starch:

in the mouth;

.....
.....

in the duodenum;

.....
.....

in the ileum.

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

(c) (i) State **three** functions of calcium.

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

(ii) Name **four** good sources of calcium.

1. 2.
3. 4. [2]

(iii) Name **one** deficiency disease associated with a lack of calcium.

..... [1]

(iv) Which vitamin assists in the absorption of calcium?

..... [1]

(v) State **one** food source and **one** non-food source of this vitamin.

Food source

Non-food source [1]

(d) Current dietary advice is to reduce the amount of fat, sugar and salt in the diet.

(i) Give **two** reasons for reducing the intake of:

fat 1.
2. [2]

sugar 1.
2. [2]

salt 1.
2. [2]

(ii) Suggest **four** ways to reduce the intake of:

- fat
1.
 2.
 3.
 4. [2]

- sugar
1.
 2.
 3.
 4. [2]

- salt
1.
 2.
 3.
 4. [2]

(e) State and explain **three** uses of water in the body.

-
-
- [3]

(f) Give advice on healthy eating to a teenager.

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

[Section A Total : 40 marks]

Section B

Answer **four** questions.

- 2 (a) State **five** reasons for serving sauces. Illustrate **each** reason with an example. [5]
- (b) The following ingredients can be used to make a coating sauce:
- 25g flour
25g margarine
250ml milk.
- Describe how to make a roux sauce using the ingredients listed. [5]
- (c) Give **two** reasons for lumps in the finished sauce. [1]
- (d) Suggest **two** ways to vary the flavour of the sauce. [1]
- (e) Describe the changes which take place when the sauce is being made. [3]
- 3 (a) Give **four** reasons for preserving food. [2]
- (b) State **four** causes of food spoilage. [2]
- (c) List the conditions which are necessary for food spoilage. [2]
- (d) Explain the principles of:
- (i) freezing; [2]
- (ii) jam-making. [2]
- (e) Discuss reasons for the use of preserved food in the preparation of meals. [5]
- 4 (a) Name **six** nutrients found in fish. [3]
- (b) List **five** points to consider when buying fresh fish. [5]
- (c) Fish is often deep fried.
- (i) Give **two** reasons for coating fish before frying. [1]
- (ii) Name **two** coatings which could be used. [1]
- (iii) State **two** disadvantages of deep frying. [1]
- (d) Explain how deep frying can be carried out safely. [4]

5 The kitchen should be a safe and hygienic place for the preparation of meals.

Write an informative paragraph on each of the following:

(a) the prevention of accidents in the kitchen;

(b) personal hygiene when handling food;

(c) the safe storage of food in the refrigerator. [3 x 5]

6 (a) State **five** ways of classifying vegetables and give **one** example of each type. [5]

(b) Explain how green vegetables should be prepared, cooked and served to conserve vitamin C. [5]

(c) Discuss the nutritive value of vegetables. [5]

7 (a) Give **six** reasons for the importance of cereals. [3]

(b) Name **four** cereals. [2]

(c) Explain how cereals should be stored. [3]

(d) Flour is a widely used cereal product.
Give advice, with reasons, on the choice of flour for breadmaking. [3]

(e) Describe the changes which take place when a loaf of bread is baked. [4]

[Section B Total : 60 marks]

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