



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
General Certificate of Education Ordinary Level

CANDIDATE
NAME

CENTRE
NUMBER

--	--	--	--	--

CANDIDATE
NUMBER

--	--	--	--



FOOD AND NUTRITION

6065/01

Paper 1 Theory

May/June 2010

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 ink.

You may use a soft pencil for any diagrams or graphs.

Do not use staples, paper clips, highlighters, glue or correction fluid.

DO NOT WRITE IN ANY BARCODES.

Section A

Answer **all** parts of Question 1.

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.

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	X
Total	

This document consists of **7** printed pages and **1** blank page.



Section A

Answer **all** questions.

For
Examiner's
Use

1 Carbohydrates are an important source of energy.
They can be classified as monosaccharides, disaccharides and polysaccharides.

(a) (i) Give **four** other facts about monosaccharides.

- 1
- 2
- 3
- 4 [2]

(ii) Give **four** other facts about disaccharides.

- 1
- 2
- 3
- 4 [2]

(iii) Give **four** other facts about polysaccharides.

- 1
- 2
- 3
- 4 [2]

(iv) Describe the digestion and absorption of starch:

in the mouth;

-
-
-
-

in the duodenum;

-
-
-
-

in the ileum.

For
Examiner's
Use

.....
.....
.....
.....[6]

(v) It is recommended that the intake of sugar should be lowered.
Explain **three** reasons for this recommendation.

1
.....
2
.....
3
.....[3]

(vi) List **six** ways of reducing sugar.

1
2
3
4
5
6[3]

(b) (i) Explain the importance of iron in the body.

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

(ii) Give **four** good sources of iron.

1 2
3 4[2]

(iii) Name the deficiency disease associated with a poor supply of iron.

.....[1]

(iv) State **two** symptoms of the deficiency disease named in (iii).

1 2[1]

(c) (i) Explain the importance of vitamin C in the body.

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

(ii) Give **four** good sources of vitamin C.

1 2
3 4[2]

(iii) Name the deficiency disease associated with a poor supply of vitamin C.

.....[1]

(iv) State **two** symptoms of the deficiency disease named in (iii).

1 2[1]

Section B

Answer **four** questions.

- 2 (a) Name **six** nutrients in eggs. [3]
- (b) State **five** uses of eggs in cooking and give an example of each use. [5]
- (c) Give advice, with reasons, on the storage of eggs. [3]
- (d) Describe and explain the changes which take place when an egg is boiled. [4]
- 3 Write an informative paragraph on each of the following:
- (a) food additives;
- (b) uses of fats and oils;
- (c) reasons for choosing a vegetarian diet. [3 × 5]
- 4 (a) Give **four** reasons for preserving food. [2]
- (b) Name **three** methods of preserving and in each case:
- (i) state the principles involved;
- (ii) give an example of a food which could be preserved by the method. [6]
- (c) Convenience foods are popular in many households.
- (i) Give **three** advantages and **three** disadvantages of using convenience foods. [3]
- (ii) Discuss the importance of labelling convenience foods. [4]
- 5 (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 making bread. [3]
- (e) Describe the changes which take place when a loaf of bread is baked. [4]

6 Explain how to carry out the following processes and give **one** example of the use of each process.

(a) creaming;

(b) basting;

(c) making a roux;

(d) sautéing;

(e) making stock.

[5 × 3]

7 Discuss each of the following:

(a) the choice and care of kitchen knives;

(b) disposing of kitchen waste;

(c) hygiene in shops and markets.

[3 × 5]

[Section B Total: 60]

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.