



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
General Certificate of Education Ordinary Level

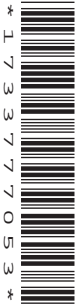
CANDIDATE
NAME

CENTRE
NUMBER

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CANDIDATE
NUMBER

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FOOD AND NUTRITION

6065/01

Paper 1 Theory

May/June 2011

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.

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 **6** printed pages and **2** blank pages.



Section A

Answer **all** questions.

For
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Use

1 (a) (i) Name the **three** elements which make up fats and oils.

- 1
- 2
- 3 [3]

(ii) Give **five** functions of fats and oils in the body.

- 1
- 2
- 3
- 4
- 5 [5]

(iii) Explain what is meant by saturated fat.

-
- [3]

Name **two** food sources of saturated fat.

- 1 2 [1]

(iv) Explain what is meant by polyunsaturated fat.

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- [3]

Name **two** food sources of polyunsaturated fat.

- 1 2 [1]

(v) Discuss the health problems associated with a diet high in saturated fats.

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..... [4]

(vi) Describe the digestion and absorption of fat in the small intestine.

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..... [5]

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

1
2
3 [3]

(ii) Give **two** good sources of calcium.

1 2 [1]

(iii) Name the vitamin which helps in the absorption of calcium.

..... [1]

(iv) Name a deficiency disease associated with a lack of calcium.

..... [1]

(c) Explain the importance of iron in the body.

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..... [4]

(d) Give advice, with reasons, on planning meals for convalescents and those recovering from surgery.

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..... [5]

[Section A Total: 40]

Section B

Answer **four** questions.

- 2 (a) Describe, with reasons, how to make shortcrust pastry. [6]
- (b) State **four** rules to follow when rolling out pastry. [2]
- (c) Name **four** dishes which could be made with shortcrust pastry. [2]
- (d) Give advice, with reasons, on the choice of flour and fat for making shortcrust pastry. [5]
- 3 (a) Write an informative paragraph on saving:
- (i) money;
- (ii) fuel,
- when planning, preparing and cooking meals. [2 x 5]
- (b) Discuss the advantages and disadvantages of convenience foods. [5]
- 4 (a) (i) Name **three** types of micro-organisms which can cause food spoilage.
- (ii) List **three** conditions necessary for the growth of micro-organisms. [3]
- (b) Discuss ways to reduce the risk of food contamination when:
- (i) shopping; [4]
- (ii) storing food; [4]
- (iii) preparing and cooking food. [4]
- 5 (a) (i) Name **eight** of the nutrients in milk. [4]
- (ii) Give advice, with reasons, on the storage of milk. [3]
- (iii) Describe the changes which take place when:
- (a) milk becomes sour; [2]
- (b) milk boils over. [2]
- (b) Explain the following methods of processing milk:
- (i) pasteurisation; [2]
- (ii) Ultra Heat Treatment (UHT). [2]

- 6 Write an informative paragraph on:
- (a) reasons for cooking food; [5]
 - (b) herbs and spices; [5]
 - (c) different uses of eggs in cookery. [5]
- 7
- (a) List **six** of the nutrients found in pulses. [3]
 - (b) Name **four** examples of pulses, other than red kidney beans. [2]
 - (c) State the importance of pulses. [2]
 - (d) What is TVP? Discuss the use of TVP in the preparation of meals. [5]
 - (e) Describe, with reasons, the method of preparing and cooking dried red kidney beans. [3]

[Section B Total: 60]

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