



CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		

### **FOOD AND NUTRITION**

6065/11

Paper 1 Theory

October/November 2012

2 hours

Candidates answer on the Question Paper.

No Additional Materials are required.

#### **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 questions.

You are advised to spend no longer than 45 minutes on Section A.

Section B

Answer all questions.

**Section C** 

Answer either Question 8(a) or 8(b).

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		
Section C		
Total		

This document consists of 12 printed pages.



# Answer all questions.

Milk	is an important source of protein for young ch	ildren.
(a)	State <b>three</b> functions of protein.	
	1	
	2	
	3	[3]
(b)	Name <b>four</b> elements which combine to form p	protein.
	1	2
	3	4[2]
(c)	Define the term High Biological Value (HBV)	orotein.
		[1]
(d)	Name <b>four</b> foods which are good sources of	HBV protein.
	1	2
	3	4[2]
(e)	Define the term Low Biological Value (LBV) p	rotein.
		[1]
<b>(f)</b>	Name four foods which are good sources of	_BV protein.
	1	2
	3	4[2]
(g)	What are complementary proteins?	
		[2]
(h)	Give <b>two</b> examples of complementary protein	OS.
	1	
	2	[1]

1

2

(a)	Describe the digestion and absorption of protein.	For
		Examiner's
		Use
	[6]	
(b)	What is meant by the term deamination of protein?	
	[2]	

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(b) Name four good sources of calcium.  1	Whi	ite fish is deficient in calcium and vitamin D.
(b) Name four good sources of calcium.  1	(a)	Explain the importance of calcium in the diet.
(b) Name four good sources of calcium.  1		
(b) Name four good sources of calcium.  1		
(b) Name four good sources of calcium.  1		
(b) Name four good sources of calcium.         1       2         3       4       [2         (c) Name a deficiency disease associated with calcium.       [1         (d) Give two symptoms of the deficiency disease identified in (c).       [1         2       [1         (e) Explain the importance of vitamin D in the diet.       [2         (f) Name four good sources of vitamin D.       2         1       2		
(b) Name four good sources of calcium.         1       2         3       4       [2         (c) Name a deficiency disease associated with calcium.       [1         (d) Give two symptoms of the deficiency disease identified in (c).       [1         2       [1         (e) Explain the importance of vitamin D in the diet.       [2         (f) Name four good sources of vitamin D.       2         1       2		
(b) Name four good sources of calcium.  1		
1	/ls\	
3	(D)	
(c) Name a deficiency disease associated with calcium.  [1] (d) Give two symptoms of the deficiency disease identified in (c).  1		
(d) Give two symptoms of the deficiency disease identified in (c).  1		3[2]
(d) Give two symptoms of the deficiency disease identified in (c).  1	(c)	Name a deficiency disease associated with calcium.
1		[1]
2	(d)	Give <b>two</b> symptoms of the deficiency disease identified in <b>(c)</b> .
(e) Explain the importance of vitamin D in the diet.		1
(f) Name four good sources of vitamin D.  1		2[1]
(f) Name four good sources of vitamin D.  1	(e)	Explain the importance of vitamin D in the diet.
(f) Name four good sources of vitamin D.  1		
(f) Name four good sources of vitamin D.  1		
(f) Name four good sources of vitamin D.  1		
(f) Name four good sources of vitamin D.  1		
(f) Name four good sources of vitamin D.  1		
(f) Name four good sources of vitamin D.  1		
1 2		[2]
	<b>(f)</b>	Name four good sources of vitamin D.
3[2		1 2
		3

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	Salt-water fish is a good source of iodine.  Explain the importance of iodine in a balanced diet.	L
	[2]	
(h)	Name the deficiency disease associated with a lack of iodine and give one symptom of the disease.	
	Deficiency disease	
	Symptom[1]	
Dio	auga waya of angguraging good opting babita in abildran	
DIS	cuss ways of encouraging good eating habits in children.	
	[5]	

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## **Section B**

## Answer **all** questions.

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(a)	Coagulation
	Example
(b)	Fermentation
	Example
(c)	Gelatinisation
	Example
(4)	Hydrogenation
(u)	Trydrogenation
	Example
(e)	Pasteurisation

6

It is	recommended that fruit should be eaten each day.
(a)	Name <b>five</b> nutrients that can be found in fruit.
	Illustrate your answer with named examples of fruits.
	Nutrient 1
	Example 1
	Nutrient 2
	Example 2
	Nutrient 3
	Example 3
	Nutrient 4
	Example 4
	Nutrient 5
	Formula 5
	Example 5[5]
(b)	State <b>five</b> different ways of using fruit in family meals.
(b)	
(b)	State <b>five</b> different ways of using fruit in family meals.
(b)	State <b>five</b> different ways of using fruit in family meals.  Give examples to support your answers.
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(b)	State <b>five</b> different ways of using fruit in family meals.  Give examples to support your answers.  Method 1  Example 1  Method 2  Example 2  Method 3  Example 3  Method 4

	(c)	Discuss other reasons for including fruit in the diet.	For
			Examiner's Use
		[5]	
7	Writ	te an informative paragraph on each of the following:	
	(a)	preparing, cooking and serving green vegetables to conserve vitamin C;	
		[5]	

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(b)	the advantages and disadvantages of frying;	For
		Examiner's
		Use
	[5]	
(c)	saving time when preparing and cooking family meals.	
	rea	
	[5]	

[Section B Total: 45]

## **Section C**

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# Answer either 8(a) or 8(b).

8	(a)	Discuss ways of preventing food spoilage when preparing, cooking and storing food. [15]
OR		
8	(b)	Identify and give examples of different raising agents.  Discuss their use in the preparation of meals.  [15]

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	For Examiner's Use
[Section C Total: 15]	

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[Total for Paper: 100]

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