

IMPORTANT NOTICE

Cambridge International Examinations (CIE) in the UK and USA

With effect from the June 2003 examination Cambridge International Examinations will only accept entries in the UK and USA from students registered on courses at CIE registered Centres.

UK and USA private candidates will not be eligible to enter CIE examinations unless they are repatriating from outside the UK/USA and are part way through a course leading to a CIE examination. In that case a letter of support from the Principal of the school which they had attended is required. Other UK and USA private candidates should not embark on courses leading to a CIE examination after June 2003.

This regulation applies only to entry by private candidates in the UK and USA. Entry by private candidates through Centres in other countries is not affected.

Further details are available from Customer Services at Cambridge International Examinations.

FOOD AND NUTRITION

GCE Ordinary Level/School Certificate

Subject 6065

This syllabus is available in June and November.

Available only at Centres approved by CIE as being adequately equipped.

Entries for this subject cannot be accepted unless the Education Authority, Ministry or Centre/s concerned has cleared arrangements for the practical examination with CIE. The Education Authority, Ministry or Centre/s should be satisfied that there are appropriate facilities and equipment for the practical component of the examination. Each candidate should have sole use of a cooker or stove, a range of basic cooking equipment and access to labour saving equipment during the practical test.

Basic Equipment

Bowls, scales, measuring equipment, various knives for different purposes, various spoons and spatulas, baking tins, cake tins, greaseproof paper etc.

Specialised Equipment

Hand whisk, draining spoons, graters, pressure cookers etc.

Desirable Equipment (not essential)

Electric mixers, liquidisers/blenders etc.

It is expected that candidates will have access to refrigerators and freezers if possible.

Practical Examiners must be independent and qualified to teach this subject at this level. Education Authorities, Ministries or Centres must organise their own system of teacher moderation.

AIMS

- 1 to encourage an awareness of the relationship between diet and health in everyday life
- 2 to develop qualities of organisation of self and resources
- 3 to develop skills necessary to provide well-balanced meals for all members of the family considering age, health, occupation etc.
- 4 to develop an awareness of the nutritive value of basic foods
- 5 to encourage a discriminating and informed approach to the consumer society through the considerations of diet, specific nutritional requirements, safety requirements and recognition of quality in the context of Food & Nutrition
- 6 to stimulate and sustain an interest in and enjoyment of the creative use of food
- 7 to encourage high standards of personal and kitchen hygiene in order to ensure safety of food

ASSESSMENT OBJECTIVES

Candidates should be able to:

- 1 identify the varying human needs and factors in relation to social, economic and environmental implications;
- 2 correctly use equipment and tools;
- 3 understand basic safety and hygiene rules and regulations;
- 4 recall, interpret, select and apply knowledge relevant to the areas of study identified in the syllabus;
- 5 identify and justify priorities within a given situation and communicate ideas accurately and systematically;
- 6 interpret written information correctly;
- 7 demonstrate manipulative skills in food preparation;
- 8 show ability to work with precision within specified time and appreciate the need for accuracy;
- 9 plan and organise an area of study;
- 10 carry out the planned study using appropriate materials, processes and skills.

SCHEME OF ASSESSMENT

Paper 1 50% (100 marks)

Paper 2 50% (100 marks)

Paper 1 (2 hrs) - written paper. This will test the candidate's knowledge of theory and practice.

Section A: consisting of compulsory short-answer type questions of varying difficulty.

Section B: consisting of 6 questions from which candidates must answer 4.

Paper 2 (2 ½ hrs, with a planning session of 1 ½ hrs) - practical examination. This will consist of a number of alternative tests, one of which will be allocated to each candidate a week before the examination. The candidate will then be required within a 1 ½ hour planning session to state how they will carry out their test and to give in a shopping list.

In the practical examination, the plans of work will be re-issued and the candidates allowed 2 ½ hours to carry out the tests.

November Re-entry The practical mark may be carried forward from the June examination to the November examination but **not** to the following June.

SYLLABUS CONTENT

1	An understanding of the terms used in nutrition and nutrition related problems	Diet, balanced diet, metabolism, malnutrition, under-nutrition, over nutrition, deficiency disease.
2	Nutritive value of foods	The sources and functions of:- <i>proteins</i> (high biological and low biological value), <i>carbohydrates</i> (mono-saccharide, disaccharide and polysaccharide), <i>fats</i> , <i>vitamins</i> (A, D, C, B group - thiamin, riboflavin, nicotinic acid and B ₁₂) <i>mineral elements</i> (calcium, phosphorous, iron, sodium chloride, chlorine, iodine, fluorine), <i>water</i> . Sources and uses of food energy. Sources and functions of dietary fibre.
3	Digestion and absorption	Digestion at each stage of the digestive system, mouth, stomach, duodenum, ileum. Enzymes as catalyst in the digestive process. Absorption - structure of ileum
4	Dietary guidelines	Factors affecting food requirements. Planning and serving of family meals. Meals for all ages and occupations. Special needs of pregnant and lactating women, convalescents, vegetarians (vegans and lacto-vegetarians). Meals for special occasions, festivals, packed meals, snacks (light refreshment), beverages. Use of herbs, spices and garnishes. Attractive presentation of food.
5	Composition and value of the main foods in the diet	Milk, meat, fish, cheese, eggs, margarine and butter. Cereals (wheat, rice, maize, millets, oats), fruits and vegetables (importance of pulses and nuts as inexpensive sources of protein, especially the soya bean because of its higher protein value and content - contains high biological value protein).

6	Cooking of food	Transfer of heat by conduction, convection and radiation. Principles involved in the different methods of cooking - boiling, stewing, grilling, baking, roasting, frying, steaming, pressure cooking. Reasons for cooking food. Effect of dry and moist heat on proteins, fats and oils, sugars and starches, vitamins A, B, C and D. Preparation and cooking of food to preserve nutritive properties and flavour. Traditional methods of cooking. Economical use of food, equipment, fuel and labour.
7	Convenience foods	Foods partly or totally prepared by a food manufacturer - dehydrated, tinned, frozen, ready to eat. Intelligent use of these foods. Advantages and disadvantages
8	Basic proportions and methods of making	Biscuits, scones and cakes made by rubbing-in, creaming, melting, whisking and one-stage methods. Pastries - shortcrust, flaky and rough-puff. Sauces - pouring and coating Batters - thin (pouring) and coating. Bread made with yeast.
9	Raising agents	Air, carbon dioxide, water vapour. Ways of introducing these gases into a mixture (to include bicarbonate of soda, baking powder, yeast).
10	Food spoilage. Hygiene in the handling and storage of food	Action of enzymes, bacteria, yeasts and moulds. Personal hygiene, hygiene in shops and markets, food storage at home, refrigeration, kitchen hygiene, waste disposal.
11	Food preservation	Reasons for preserving food. Methods of preservation, an understanding of the principles involved. Heating - canning, bottling. Removal of moisture - drying. Reduction in temperature - freezing. Chemical preservation - sugar (jam making), salt, vinegar. The processing of milk. The use of enzymes and bacteria in the manufacture of cheese and yoghurt.
12	Kitchen planning	Organisation of cooking area and equipment for efficient work. Kitchen surfaces - walls, floors, work surfaces.
13	Kitchen equipment	Choice, use and care of cookers, thermostatic control, automatic time controlled ovens, microwave ovens, slow electric cook pots and other modern developments. Refrigerators, freezers, small kitchen equipment (knives, saucepans, oven tins, scales, etc.)
14	Kitchen safety, simple first aid.	Awareness of potential danger areas in the kitchen. Safety precautions. First aid for cuts, burns and scalds, shock, electric shock, fainting.

RESOURCE LIST

<i>Author</i>	<i>Title</i>	<i>Publisher</i>	<i>ISBN</i>
Delia Clarke & Elizabeth Herbert	<i>Food Facts</i>	Nelson	017 438542 0
Anita Tull	<i>Food & Nutrition</i>	Oxford	019 832766 8 019 832768 4 019 832793 5
MAFF	<i>Manual of Nutrition</i>	HMSO	
P.M. Gaman & K.B. Sherrington	<i>The Science of Food: An Introduction to Food Science, Nutrition and Microbiology,</i>	Pergamon	
Dr D. A. Bender, Prof. A. E. Bender	<i>Food Tables & Labelling</i>	Oxford	019 832724 2 019 832785 4
Helen McGrath	<i>All about Food</i>	Oxford	019 832767 6
Jenny Ridgwell	<i>Finding out about Food</i>	Oxford	019 832716 1

Centre Number					Centre Name	
Candidate Number					Candidate Name	
June/November	2	0	0		Test Number	

Milk & milk products	Fruit & Vegetables	Fresh fish, meat & poultry
		Cereals & cereal products
		Canned, frozen & packaged foods
	Condiments & Spices	Other ingredients

Mark with a * items brought from home

Special equipment and/or serving dishes

Centre Number					Centre Name	
June/November	2	0	0		Examiner's Name	
Candidate Number					Candidate Name	Test No.
Planning						Choice
						(i)
						(ii)1
						2
						3
						4
						5
						(iii)
Total						
Method of Working						General Approach
						Manipulation
						Consistency
						Hygiene & Economy
						Oven Management
						Tidy & Methodical
						Total
Dishes Chosen						Quality/Results
Serving & Appearance						

Centre Number					Centre Name			
June/November	2	0	0		Examiner's Name			

Candidate Number	Candidate Name	Preparation Choice (max 20)	Planning (max 30)	Method of Working (max 55)	Quality/ Results (max 35)	Serving/ Appearance (max 10)	Total (max 150)	Scaled Total (max 100)

Notes: