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# UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS General Certificate of Education Ordinary Level

### FOOD AND NUTRITION

Paper 1 Theory

www.PapaCambridge.com 6065/01

May/June 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 rough working.

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 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		
Total		



# Section A

# Answer all questions.

	42
	2
	Section A
	Answer all questions.
1 (a) (i)	Section A Answer all questions.  Name the elements which combine to form fat.
	[3]
(ii)	State <b>four</b> functions of fat.
	1
	2
	3.
	4[4]
(iii)	Define the term 'saturated fat'.
	[2]
(iv)	Give <b>two</b> examples of saturated fat.
( )	· [1]
(v)	Define the term 'polyunsaturated fat'.
(*)	Define the term polyunsaturated fat.
	[0]
	[2]
(vi)	Give <b>two</b> examples of polyunsaturated fat.
	[1]
(vii)	Describe the digestion and absorption of fat.
	[5]

(viii)	What could be the result of an excess of saturated fat in the diet?	Use
		Original Property
		Use Use COM
		1
	[4]	
<b>(b)</b> No	n-Starch Polysaccharide (NSP) / dietary fibre is essential in a healthy diet.	
(i)	State the functions of NSP.	
	[3]	
(ii)	Name <b>two</b> possible results of a deficiency of NSP in the diet.	
	1	
(iii)	Name <b>four</b> good sources of NSP.	
	1	
	3. 4. [2]	
(c) (i)	State and explain <b>five</b> uses of water in the body.	
	[5]	

www.PapaCambridge.com (ii) Define the term 'water balance'. (d) Give advice, with reasons, on the choice and cooking of food for the elderly.

[Section A Total: 40 marks]

## Section B

# Answer **four** questions.

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	Section B	TO CALL
	Answer <b>four</b> questions.	Mide
2	(a) Name six of the nutrients in milk.	A, Papacambridge, com
	(b) List four rules to follow for storing milk.	[2]
	(c) Name four milk products.	[2]
	(d) Explain how milk becomes sour.	[2]
	(e) Describe the following methods of preserving milk:	
	(i) pasteurisation;	[3]
	(ii) Ultra Heat Treatment (UHT).	[3]
3	(a) State five reasons for cooking food. Give an example to illustrate each reason	n. [5]
	(b) Discuss the advantages and disadvantages of each of the following methods of	of cooking:
	(i) steaming;	[3]
	(ii) frying;	[3]
	(iii) using a microwave oven.	[4]
4 The following ingredients can be used to make a Victoria sandwich cake:		
	100g plain flour 1 level teasp. baking powder 100g sugar 100g fat 2 eggs.	
	(a) Describe the method of making and baking the cake.	[5]
	(b) Suggest two ways of varying the flavour of the cake.	[1]
	(c) Give advice, with reasons, on the choice of the following ingredients for the cal	ke:
	(i) flour;	[2]
	(ii) sugar;	[2]
	(iii) fat.	[2]
	(d) Describe and explain the changes which take place when the cake is baked.	[3]

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		6	D	
5	(a) Dis	scuss the advantages and disadvantages of convenience foods.	Pacany	
	<b>(b)</b> Na	ame four types of convenience food.	[2] Raharan (2) Annaharan (2)	1
		entify <b>six</b> pieces of information found on a food label. Give <b>one</b> reason for ea information.	ach piece [6]	
	(d) Dis	scuss reasons for packaging food.	[3]	
6	Describ process	be and give reasons for the following processes. Give <b>one</b> example of the uses.	e of each	
	(a) cre	eaming;		
	<b>(b)</b> rub	obing in;		
	( <b>c</b> ) kne	eading;		
	( <b>d</b> ) pro	oving;		
	( <b>e</b> ) ma	arinading.	[5 x 3]	
7	Write a	n informative paragraph on each of the following:		
	(a) diff	ferent uses of fats and oils in the preparation of dishes;		
	(b) air	as a raising agent;		
	(c) gai	rnishing and decorating food.	[3 x 5]	
		[Section B Total : 60	) marks]	

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