UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
General Certificate of Education Advanced Level

FOOD STUDIES
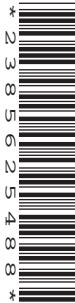**9336/01**

Paper 1
October/November 2011

3 hours

Additional Materials: Answer Booklet/Paper

READ THESE INSTRUCTIONS FIRST

If you have been given an Answer Booklet, follow the instructions on the front cover of the Booklet.
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, graphs or rough working.
Do not use staples, paper clips, highlighters, glue or correction fluid.

Answer **four** questions, **two** from Section A and **two** from Section B.
Write your answers on the separate Answer Booklet/Paper provided.
You are reminded of the need for good English and clear presentation in your answers.

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.

This document consists of **3** printed pages and **1** blank page.

UNIVERSITY *of* CAMBRIDGE
International Examinations

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Section A

Answer **two** questions.

1   Calcium and iron are essential minerals in a balanced diet.

   For each of these minerals:

   (a)   discuss absorption and uses in the body;   [16]

   (b)   describe and explain the results of a deficiency;   [6]

   (c)   identify locally available sources.   [3]

2   **(a)**   Compare the structure of saturated fats with unsaturated fats.   [6]

   (b)   Describe the digestion and absorption of fat.   [6]

   (c)   Give advice on the consumption of fat in a healthy diet.   [7]

   (d)   Discuss the link between fat and coronary heart disease (CHD).   [6]

3   Protein, carbohydrate and fat can provide the body with energy.

   (a)   Discuss the composition of each of these nutrients and explain how energy is released from each of them.   [15]

   (b)   Identify and explain different individual energy requirements.   [6]

   (c)   Explain the results of an energy intake which is greater than the body's needs.   [4]

4   **(a)**   Discuss factors which influence an individual's choice of food.   [10]

   (b)   State, and give reasons for, the particular dietary needs of the elderly.   [10]

   (c)   Explain other points to consider when planning meals for the elderly.   [5]

Section B

Answer **two** questions.

5 **(a)** Explain the importance of raising agents in the preparation and cooking of dishes. [2]

(b) Give advice, with reasons, on the choice of flour for making bread. [5]

(c) Describe and explain the changes which take place when a loaf of bread is made and baked. [10]

(d) Discuss the role of yeast in bread making. [5]

(e) Suggest and explain ways to shorten the preparation time when making bread. [3]

6 **(a)** Discuss different uses of sugar in the preparation of dishes. [10]

(b) Identify problems associated with the consumption of sugar and suggest ways to reduce the intake of sugar. [10]

(c) Write an informative paragraph on sugar substitutes and their uses. [5]

7 Give a detailed account of the following processes and illustrate your answer with examples.

(a) emulsification [5]

(b) gelatinisation [7]

(c) oxidative rancidity [4]

(d) pasteurisation [5]

(e) Accelerated Freeze Drying (AFD) [4]

8 Economy is one of the factors to consider when planning meals.

(a) **(i)** Discuss ways of saving money when purchasing food. [5]

(ii) Suggest and explain ways of saving fuel. [6]

(iii) Explain how time can be saved when preparing and cooking meals. [6]

(b) Discuss the factors that affect food choice in your country. [8]

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