

Centre Number	Candidate Number	Name
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CAMBRIDGE INTERNATIONAL EXAMINATIONS  
General Certificate of Education Ordinary Level

**FOOD AND NUTRITION**

**6065/01**

Paper 1 Theory

May/June 2003

**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 in the spaces provided on the Question Paper.  
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 answers on the separate Answer Booklet/Paper provided.  
At the end of the examination, fasten all your work securely together.  
Enter the numbers of the Section B questions you have answered in the grid below.  
The number of marks is given in brackets [ ] at the end of each question or part question.

If you have been given a label, look at the details. If any details are incorrect or missing, please fill in your correct details in the space given at the top of this page.

Stick your personal label here, if provided.

For Examiner's Use	
<b>Section A</b>	
<b>Section B</b>	
<b>Total</b>	

Section A

Answer **all** questions.

1 (a) Name **four** examples of fats and **four** examples of oils used in meals.

Fats .....  
.....[2]

Oils .....  
.....[2]

(b) State a difference between fats and oils.

.....[1]

(c) Give **four** functions of fats and oils in the body.

.....  
.....  
.....  
.....[4]

(d) Explain the following terms:

(i) saturated fat; .....  
.....  
.....  
.....[2]

(ii) polyunsaturated fat; .....  
.....  
.....  
.....[2]

(iii) essential fatty acid. ....  
.....  
.....  
.....  
.....[2]

(e) (i) In which part of the alimentary tract are fats digested?  
.....

(ii) Name the substance which emulsifies fats.  
.....

(iii) Explain why emulsification is necessary.  
.....

(iv) Which enzyme brings about the breakdown of fats?  
.....

(v) What are the end products of fat digestion?  
.....

(vi) What is the energy value of 1 g of absorbed fat?  
.....  
[6]

(f) What problems are associated with a high fat intake?  
.....  
.....  
.....  
.....  
.....[3]



**(g)** Name **two** fat soluble vitamins and explain their importance in a healthy diet. State how each one could be supplied.

**(i)** Vitamin 1 .....  
.....  
.....  
.....  
.....  
.....  
.....[4]

**(ii)** Vitamin 2 .....  
.....  
.....  
.....  
.....  
.....  
.....[4]

**(h)** It is important for everyone to have nutritionally balanced meals but individual requirements vary. State, with reasons, the special nutritional needs of:

**(i)** an elderly woman;  
.....  
.....  
.....  
.....  
.....  
.....[4]

(ii) a very active teenager.

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.....[4]

## Section B

Answer **four** questions.

- 2 (a) List the ingredients and give quantities for making and baking a named fatless sponge cake using three eggs. [2]
- (b) Describe, with reasons, the method of making and baking the cake. [7]
- (c) Suggest reasons for a close texture in the finished cake. [2]
- (d) Describe and explain the changes which take place when a fatless sponge cake is baked. [4]
- 3 (a) Rice is a cereal. Name **four** others. [2]
- (b) Why are cereals important? [3]
- (c) Describe, with reasons, how cereals should be stored. [5]
- (d) (i) What is gluten?  
(ii) Explain its importance in breadmaking. [5]
- 4 Explain how to carry out each of the following processes and give an example of the use of each:
- (a) rubbing in;
- (b) blending;
- (c) blanching;
- (d) puréeing;
- (e) sautéing. [5 × 3]
- 5 (a) List ways in which fresh fruit may be included in family meals and give named examples of dishes to illustrate your answer. [5]
- (b) Give advice, with reasons, on the choice and purchase of fresh fruit. [4]
- (c) Discuss the nutritional importance of fresh fruit in the diet. Name **one** fruit supplying each nutrient you have identified. [6]

- 6 Write an informative paragraph on **three** of the following:
- (a) the use and care of a microwave oven;
  - (b) the advantages and disadvantages of steaming;
  - (c) the increased use of convenience foods in the preparation of family meals;
  - (d) the advantages and disadvantages of owning a deep freeze. [3 × 5]
- 7 (a) Name **three** examples of bacteria which cause food poisoning.  
For each example name a food which could be contaminated. [3]
- (b) Describe, with reasons, the steps to be taken when storing, preparing and cooking food, to reduce contamination by bacteria. [12]

