

**MARK SCHEME for the May/June 2008 question paper**

**6065 FOOD AND NUTRITION**

**6065/01**

Paper 1 (Written), maximum raw mark 100

This mark scheme is published as an aid to teachers and candidates, to indicate the requirements of the examination. It shows the basis on which Examiners were instructed to award marks. It does not indicate the details of the discussions that took place at an Examiners' meeting before marking began.

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Section A

- 1 (a) **Balanced diet**  
contains all nutrients (1 mark)  
in correct proportion/amount (1 mark) [2]
- (b) (i) carbon – hydrogen – oxygen – nitrogen – phosphorus – sulphur (4 × 1 point)  
(2 points = 1 mark) [2]
- (ii) **Functions of protein**  
growth/body building  
repair  
maintenance  
energy  
enzymes/hormones/antibodies (4 × 1 mark) [4]
- (iii) **HBV protein**  
Contains **all** essential amino acid/indispensable amino acids [1]
- (iv) meat – fish – cheese – milk – eggs – soya (4 × 1 point) (2 points = 1 mark) [2]
- (v) **LBV protein**  
Lacks at least **one** essential amino acid/indispensable amino acid  
or **one** EAA/IAA is found in poor supply [1]
- (vi) cereals – pulses – nuts (or 1 named example from group) (2 × 1 point)  
(2 points = 1 mark) [1]
- (vii) **Digestion and absorption of protein**  
in stomach – rennin – clots milk – HCl – pepsin – from gastric juice  
converts proteins to peptones/peptides/polypeptides –  
in duodenum – trypsin – from pancreatic juice –  
converts proteins to peptones/peptides/polypeptides –  
in ileum – erepsin – from intestinal juice –  
converts peptides to amino acids –  
absorbed into blood capillaries – in villi –  
(10 × 1 point – at least 1 point on absorption) (2 points = 1 mark) [5]
- (c) (i) **Functions of calcium**  
formation/maintenance of bones/teeth  
muscle function  
function of nerves  
blood clotting (3 × 1 mark) [3]
- (ii) milk – cheese – bones of canned fish e.g. salmon – bread – yoghurt  
hard water – green vegetables (or named example) – wholegrain cereals  
(4 × 1 point) (2 points = 1 mark) [2]
- (iii) Rickets OR Osteomalacia [1]

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**(iv) Symptoms**

**RICKETS**

weak bones – bones bend under weight of body – bow legs –  
knock knees – ends of limb bones become enlarged – skull fragile

**OSTEOMALACIA**

brittle bones – bones easily broken

(4 × 1 point) (2 points = 1 mark)

[2]

**(v) Vitamin D**

[1]

**(vi) liver – fish liver oils (or named e.g.) – oily fish (or named e.g.) – yoghurt**

eggs – margarine – milk – cheese – butter – red meat – sunlight –

(4 × 1 point) (2 points = 1 mark)

[2]

**(d) (i) Saturated fat**

excess fat is stored – under skin – adipose layer –  
around internal organs – obesity – contains cholesterol –  
deposited on artery walls – narrows – blocks – CHD – stroke –  
breathlessness – hypertension etc.

(6 × 1 point) (2 points = 1 mark)

[3]

**(ii) Ways to reduce fat**

less red meat – e.g. beef/pork/lamb – trim fat from meat –  
do not fry foods – grilling allows excess fat to drip off –  
reduce chocolate/sweets etc. – fewer cakes/biscuits/pastries –  
reduce fat in recipes – choose low fat products e.g. yoghurt/cheese –  
spread butter thinly – use low fat spreads – fewer crisps/nuts –  
cut chips thicker – less surface area in contact with fat –  
do not add butter to vegetables – skimmed milk etc.

(4 × 1 point) (2 points = 1 mark)

[2]

**(e) Special nutritional needs of young children**

protein – growth

calcium – bones/teeth

vitamin D – to absorb calcium

iron – formation of red blood cells

vitamin C – absorption of iron

fluoride – teeth

starch – energy

some fat – concentrated source of energy – less bulky

avoid sugar – tooth decay

(12 points) (2 points = 1 mark)

[6]

**[Section A Total: 40 marks]**

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**Section B**

**2 (a) Reasons for serving sauces**

- add moisture – gravy, custard etc.
- add nutrients – custard, chocolate sauce, cheese sauce etc.
- add colour – jam sauce, chocolate sauce, parsley sauce etc.
- add flavour – cheese sauce, mint sauce, apple sauce etc.
- counteract richness – apple sauce with roast pork,  
orange sauce with duck etc.
- add interest/variety – curry sauce etc.
- add contrasting texture – bread sauce with roast poultry,  
parsley sauce with fried fish etc.

reason (4 × 1 point) examples (4 × 1 point) (2 points = 1 mark) [4]

**(b) melt fat – add flour – stir – with wooden spoon –**

- broader base/does not conduct heat – fits corners of pan –
  - over gentle heat – until sandy/crumby – do not allow to brown –
  - prevent burning of fat/flour – spoiling colour – and flavour –
  - remove from heat – add milk – gradually – prevent lumps –
  - flour does not gelatinise – stir all the time – smooth liquid –
  - return to heat – bring to boil – stir all the time – boil for 3 minutes –
  - to cook starch – to prevent floury/raw flavour – thickens –
  - starch gelatinises – should coat the back of wooden spoon –
  - add cheese off heat – stir until melted
- (8 points) (2 points = 1 mark) [4]

**(c) Dishes which include cheese sauce**

- macaroni cheese                      lasagne
- cauliflower cheese                      pasta bake
- eggs/fish au gratin
- etc.

[1]

**(d) Reasons for lumps in sauce**

- milk added too quickly
- milk added on heat
- too much milk added at a time
- not stirred when milk added
- not stirred when boiling (3 × 1 mark)

[3]

**(e) Ways to reduce fat in cheese sauce**

- reduce margarine/use low fat spread
- use semi-skimmed/skimmed milk
- use less cheese
- choose cheese with a stronger flavour and use less
- use low fat cheese etc. (3 × 1 mark)

[3]

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**3 (a) Importance of cereals**

- |                     |                                   |
|---------------------|-----------------------------------|
| cheap               | easy to grow                      |
| easy to store       | easy to transport                 |
| versatile           | used for sweet and savoury dishes |
| starch/carbohydrate | used for energy                   |
| lasts a long time   | easy to process                   |
| many varieties      | filling                           |
| staple food         | source of LBV protein             |
| readily available   |                                   |
| etc.                |                                   |
- (6 points) (2 points = 1 mark) [3]

- (b) wheat – barley – oats – rye – rice –  
maize/corn/mealie meal – millet – sorghum**  
(4 points) (2 points = 1 mark) [2]

**(c) Storage of cereals**

- cool – dry – to prevent mould –
  - check regularly – can be attacked by weevils –
  - covered containers – prevent entry of dust etc. –
  - sealed – keep out moisture etc. –
  - keep cereal bins off ground – prevent attack by rats etc. –
  - use in rotation – do not mix old and new supplies –
  - whole grain cereals do not keep long – fat becomes rancid – etc.
- (8 points) (2 points = 1 mark) [4]

**(d) Types of flour**

**PLAIN**

white – 72–73% extraction – no raising agent – 7–10% protein – fine particles

Uses

saucers – batters – shortcrust pastry – biscuits – shortbread – very rich cakes

**SELF-RAISING**

70–72% extraction – soft/weak flour – low protein/gluten content –

winter wheat –

fixed quantity of raising agent added

Uses

cakes, scones

**STRONG**

plain – spring wheat – more than 10% protein/gluten forms  
and elastic dough

Uses

bread, yeast mixtures, flaky pastry, puff pastry

**WHOLEMEAL**

100% extraction – light brown colour – nutty flavour –

due to presence of bran/germ – stone ground –

or roller milled – shorter shelf life – fat in germ becomes rancid

heavy/close-textured product – germ and bran reduce rise

Uses

bread, pastry, scones

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**BROWN FLOUR**

80–85% extraction – no coarse bran particles – better rise – may be mixed with white flour

Uses

bread, pastry, scones

**WHEATGERM**

70% extraction – added treated wheat germ – rich in B vitamins – must contain at least 10% germ – germ cooked with salt – to prevent fat and enzymes spoiling quality –

Uses

bread

**CORNFLOUR**

from maize – 100% starch

Uses

thickens

3 named flour types (3 × 1 point) 6 facts (6 × 1 point) 3 examples (3 × 1 point) (12 points) (2 points = 1 mark)

[6]

**4 (a) Conserving vitamin C**

wash before cutting

tear instead of cutting

do not shred thinly

use a sharp knife

prepare just before cooking

do not soak

small amount of water

boil water first

add veg. in small amounts

lid on pan

do not overcook

use cooking liquid in sauces

do not add bicarbonate of soda

serve immediately

(10 points) (2 points = 1 mark)

- so vitamin C does not leech from cut cells
- tear follows cell walls and does not damage
- less cell damage
- to prevent bruising cells
- vitamin C destroyed by enzymes from cell walls and by oxidation
- vitamin C is water soluble
- vitamin C is water soluble
- enzyme/ascorbase denatured at 70°C
- so temperature stays above 70°C
- prevents oxidation
- vitamin C destroyed by heat
- contains dissolved vitamins
- alkaline, so destroys vitamin C (acid)
- heat/oxidation destroys vitamin C

[5]

**(b) Different uses of sugar in cooking**

sweetener

increases energy value

preservative

improves colour of baked goods

retains moisture/

prevents baked products drying

helps fat to incorporate air

prevents development of gluten/

gives a crumbly result

food for yeast

delays coagulation of protein

in eggs and gluten

- drinks, sauces, desserts, cakes
- beverages etc.
- high concentration of sugar prevents growth of micro-organisms in jam
- cakes with brown sugar
- sugar caramelises in dry heat of oven
- rich cakes
- creamed cake mixtures
- cakes and rich pastries
- fermentation of bread dough
- more time for gases to expand

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- strengthens protein in beaten egg white/helps to retain air
  - retards enzyme action
  - cake icing / decorating
  - glaze
  - caramel
  - confectionery
  - (10 points) (2 points = 1 mark)
- meringues
  - frozen foods
  - marzipan, royal icing, butter cream etc.
  - sugar and water glaze gives sticky layer on yeast buns etc.
  - desserts e.g. crème caramel, crème brulee, toffee, sweets, fudge etc.
- [5]

**(c) Food Labelling**

- give information to consumer
  - name of product
  - description
  - brand
  - name of manufacture
  - address / 'phone / website of manufacturer
  - in case of need to contact
  - ingredients – descending order
  - may have allergies etc.
  - cooking instructions
  - storage instruction
  - serving suggestion
  - picture of product
  - weight
  - special claims
  - vegetarian society symbol
  - wheat ear symbol
  - recycle symbol
  - nutritional information
  - kilocalorie content
  - sugar
  - fat
  - salt
  - additives identified
  - price
  - etc.
  - (10 points) (2 points = 1 mark)
- some information is a legal requirement
  - so consumer knows what is being bought
  - further details e.g. tuna in brine
  - reliability, knows what to expect etc.
  - recognise a s something seen before
  - by weight
  - for best result
  - to maintain best condition
  - to give ideas to consumer
  - to give information on new products
  - can calculate unit cost/make comparisons
  - reduced fat/no added sugar/added vitamin C etc.
  - so vegetarians know food is suitable
  - gluten free/coeliacs can consume
  - consumer knows how to dispose
  - consumer knows nutritional value per 100g
  - may be calorie counting, trying to lose weight etc.
  - useful for diabetics
  - states amount of saturated fat –
  - may have CHD – or wish to follow a healthier diet
  - control salt intake if suffering from hypertension
  - may wish to avoid/allergies etc.
  - if on special offer/can compare with other products
- [5]

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- 5 (a) **Reasons for preserving**  
 enjoy food out of season  
 to cope with a glut  
 to prevent waste  
 to give variety – food can be frozen, dried  
 new products made – jam, pickles etc.  
 to have a store of food  
 useful in emergencies etc.  
 (4 points) (2 points = 1 mark) [2]
- food lasts longer  
 prevents spoilage  
 easier to transport
- (b) (i) **Rules for freezing**  
 vegetables should be blanched – to destroy enzymes/prevent ripening etc.  
 air should be removed from package – to prevent 'freezer burn'/drying of surface  
 open freeze soft fruit/berries/peas – can take the amount required from pack  
 allow head space for liquids – liquids expand when frozen  
 use oldest stocks first – food still spoils but not as quickly  
 follow storage times as directed – some foods e.g. with fat deteriorate quicker  
 set freezer at 'fast freeze' 2–3 hours before use – to prevent formation of large ice crystals/  
 damage to cell wall/loss of liquid  
 do not freeze too much food at once – to allow temperature to remain low enough  
 cool before freezing  
 cover/seal/wrap to prevent air entry/evaporation of moisture  
 etc.  
 4 rules (4 × 1 point) 4 explanations (4 × 1 point) (8 points) (2 points = 1 mark) [4]
- (ii) **Storage temperature**  
 –18°C [1]
- (iii) **Reasons why freezing delays food spoilage**  
 bacteria are dormant (2 points) (if stated that bacteria are sleeping/resting – 1 point)  
 bacteria cannot multiply  
 water frozen therefore unavailable  
 temperature too low  
 bacteria need warmth – and moisture to multiply  
 (6 points) (2 points = 1 mark) [3]
- (iv) **Information on frozen food label**  
 name of food – date frozen – weight – number of portions –  
 special points e.g. added sugar – 'best before' date (consult chart) etc.  
 (4 points) (2 points = 1 mark) [2]
- (v) **Types of packaging**  
 waterproof – strong so will not tear/be easily damaged –  
 square shapes are easier to stack – less waste of space  
 tightly-fitting lids – containers must be airtight  
 polythene bags – Tupperware boxes – ice cream cartons – tin foil –  
 waxed cartons for soup – will not absorb liquids –  
 thin polythene/cling film/greaseproof paper to separate slices of meat etc.  
 can separate for quicker defrosting –  
 greaseproof paper/foil to protect sharp bones – avoid damage to plastic bag –  
 metal coated ties/plastic clips to seal bags – prevent opening/entry of air –  
 moisture proof tape etc.  
 (6 points) (2 points = 1 mark) [3]

[Section B Total: 45 marks]



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Section C

6 (a) Saving money

- buy fruit and vegetables in season
- make use of special offers in shops
- buy store's own brand
- have a fixed amount of money to spend
- shop in markets instead of supermarkets
- avoid food that has been prepared
- only buy enough for the purpose
- cheaper cuts of meat
- buy food reduced at end of day
- carbohydrate foods are filling – and cheap
- use garden/wild produce
- save 'money off' coupons
- make a shopping list
- use cash instead of credit
- buy in bulk/larger packages
- convenience foods can be expensive
- consider left over foods at home
- use LBV protein foods

(10 points) (2 points=1 mark)

[5]

(b) Saving time

- make use of electrical equipment – mixer/blender etc.
- microwave oven pressure cooker
- frying, stir frying and grilling are quick methods
- make use of convenience foods – e.g. frozen puff pastry
- prepare and cook food in bulk – freeze some – saves time another day
- make stews and casseroles – require little attention – fewer pans to wash
- do not peel vegetables e.g. carrots, potatoes – scrub to remove soil
- cook and serve in same dish – saves washing up
- do not overcook food – cook when required – no time spent on re-heating
- one stage method of making rich cakes
- cut potatoes etc. into smaller pieces – cook quicker
- lids on pans – cook quicker etc.

(10 points) (2 points=1 mark)

[5]

(c) Saving fuel

- use steamer – several layers share one hot plate
- pressure cooker – cooks quicker so less fuel
- cut food into smaller pieces – cooks quicker
- lid on pan – retain heat – cooks faster
- small amount of water in kettle/pan – only heat what is needed
- do not overcook – cook when needed so no need to reheat
- microwave oven – faster – less fuel
- size of pan should fit hot plate – to avoid wasting fuel around base of pan
- gas flames should not come around base of pan – heat is wasted
- cook the whole meal in the oven or on top of the stove –
- batch bake to use all oven shelves – cook several different items at once
- preheat for no more than 10 minutes
- turn off heat before cooking finished – use residual heat etc.

(10 points) (2 points=1 mark)

[5]

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7 (a) **Importance of raising agents**  
 introduces gas – or substances from which gases evolve – during preparation –  
 gas expands – on heating – mixture rises –  
 makes mixtures light – open texture –  
 easier to digest – more attractive – etc.  
 (4 points) (2 points = 1 mark) [2]

(b) **Air as a raising agent**

sieving	– flour for shortcrust pastry, scones etc.
creaming	– fat and sugar for rich cakes
rubbing in	– fat and flour for shortcrust pastry
whisking egg white	– meringue, soufflé
whisking eggs and sugar	– Swiss roll, sponge cake
beating	– eggs before adding to creamed mixtures
rolling and folding	– flaky pastry, puff pastry etc.

5 methods (5 × 1 point) 5 examples (5 × 1 mark)  
 (10 points) (2 points = 1 mark) [5]

(c) **Rules when making bread with yeast**

soft dough	– so gas can push up the mixture
knead thoroughly	– develop gluten
rise in warm place	– encourage fermentation
knead for second time	– break large bubbles of gas oxygen to encourage yeast growth
shape before proving	– or gas will be lost
prove in a warm place	– replace carbon dioxide lost during kneading
leave until double size	– open texture to loaf/if overproved may collapse
bake in a hot oven	– to kill yeast/stop fermentation/stop rising

5 rules (5 x 1 point)  
 5 explanations (5 x 1 point)  
 (10 points) (2 points = 1 mark) [5]

(d) **Baking powder**

Composition  
 bicarbonate of soda – alkali – cream of tartar – acid – gives a tasteless –  
 colourless residue – with moist – heat – contains a starch filler – to absorb moisture –  
 will give off a fixed amount of gas – suitable for general use –  
 and prevent substances reacting

Uses  
 in creamed cake mixtures, scones, suet pastry etc.

Storage  
 in an airtight container – dampness encourages a reaction between components –  
 carbon dioxide would be given off – resulting in a poor reaction when used in mixtures  
 (6 points – at least 1 point from each area) (2 points = 1 mark) [3]

[Section B Total: 60 marks]