



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
General Certificate of Education Ordinary Level

CANDIDATE
NAME

CENTRE
NUMBER

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CANDIDATE
NUMBER

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FOOD AND NUTRITION

6065/01

Paper 1 Theory

May/June 2008

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 graphs.

Do not use staples, paper clips, highlighters, glue or correction fluid.

DO NOT WRITE IN ANY BARCODES.

Section A

Answer **all** parts of Question 1.

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.

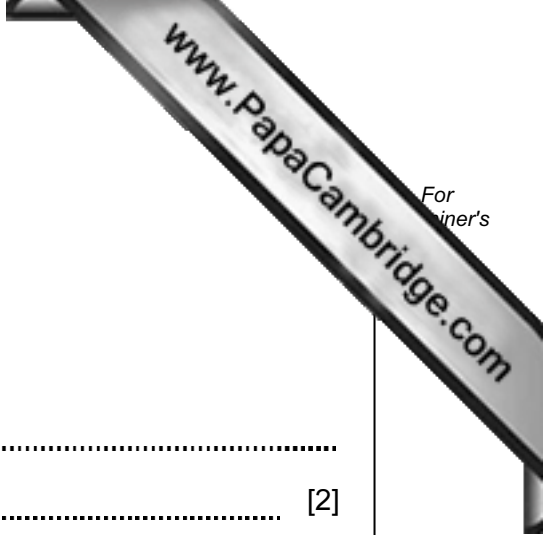
For Examiner's Use	
Section A	
Section B	X
Total	

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SECTION A

Answer **all** questions.



1 (a) What is a balanced diet?

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

(b) (i) Name **four** of the elements which make up protein.

1 2
3 4 [2]

(ii) State **four** functions of protein.

1
2
3
4 [4]

(iii) What are High Biological Value (HBV) proteins?

..... [1]

(iv) Name **four** examples of HBV protein foods.

1 2
3 4 [2]

(v) What are Low Biological Value (LBV) proteins?

..... [1]

(vi) Name **two** examples of LBV protein foods.

1 2 [1]

(vii) Describe the digestion and absorption of protein.

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..... [5]

(c) (i) State **three** functions of calcium.

1
2
3 [3]

(ii) Name **four** sources of calcium.

1 2
3 4 [2]

(iii) Name **one** disease associated with a deficiency of calcium.

..... [1]

(iv) Describe the symptoms of the disease named in (iii).

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

(v) Identify the vitamin that helps the absorption of calcium.

..... [1]

(vi) Give **four** sources of this vitamin.

- 1
- 2
- 3
- 4 [2]

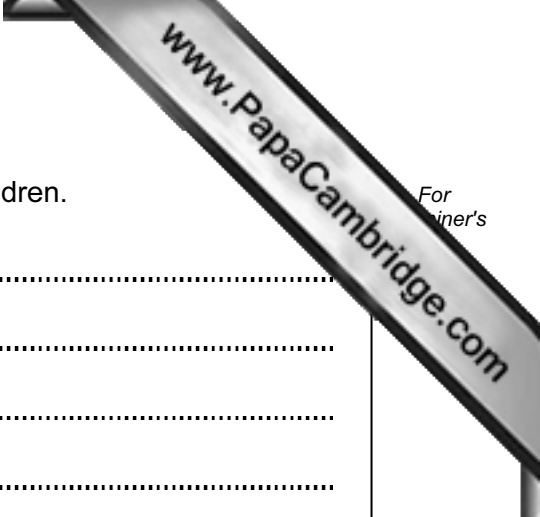
(d) It is recommended that the amount of saturated fat in the diet should be reduced.

(i) Give reasons for this advice.

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- [3]

(ii) Suggest **four** ways to reduce the amount of fat in the diet.

- 1
- 2
- 3
- 4 [2]



(e) State, with reasons, the special nutritional needs of young children.

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[6]

[Section A Total: 40]

Section B

Answer **four** questions.

- 2 (a) State **four** reasons for serving sauces and give an example for each reason. [4]
- (b) The following ingredients can be used to make cheese sauce.
- 25g flour
25g margarine
250 ml milk
50g cheese
- Describe, with reasons, how to make cheese sauce by the roux method. [4]
- (c) Name **two** dishes, which include cheese sauce. [1]
- (d) Suggest **three** reasons for a lumpy sauce. [3]
- (e) Identify **three** different ways to reduce the amount of fat in the cheese sauce. [3]
- 3 Cereals are included in diets throughout the world.
- (a) List **six** reasons for the importance of cereals. [3]
- (b) Name **four** different cereals. [2]
- (c) Give advice on the storage of cereals in the home. [4]
- (d) Identify **three** different types of flour. State **two** facts about each flour and give **one** example of its use. [6]
- 4 Write an informative paragraph on each of the following:
- (a) ways of conserving vitamin C when preparing, cooking and serving green vegetables; [5]
- (b) different uses of sugar in cooking; [5]
- (c) the importance of food labelling. [5]

- 5 (a) State **four** reasons for preserving food.
- (b) Freezing is a popular method of preservation.
- (i) State and explain **four** rules to follow when freezing food at home. [4]
 - (ii) State the temperature for storing food in a domestic freezer. [1]
 - (iii) Explain why freezing delays food spoilage. [3]
 - (iv) Identify the information which should be stated on a frozen food label. [2]
 - (v) Discuss the types of packaging suitable for use in a freezer. [3]
- 6 Money, time and fuel should be used carefully when planning and preparing meals. Discuss this under the following headings:
- (a) saving money when choosing food; [5]
 - (b) saving time when preparing and cooking food; [5]
 - (c) saving fuel when cooking food. [5]
- 7 (a) State the importance of raising agents. [2]
- (b) List **five** different ways of introducing air into mixtures and give **one** example of the use of each. [5]
- (c) State and explain **five** rules to follow when making bread using yeast. [5]
- (d) Discuss the composition, use and storage of baking powder. [3]

[Section B Total: 60]

[Paper Total: 100]

