



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 2011**

**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 ink.  
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.

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.

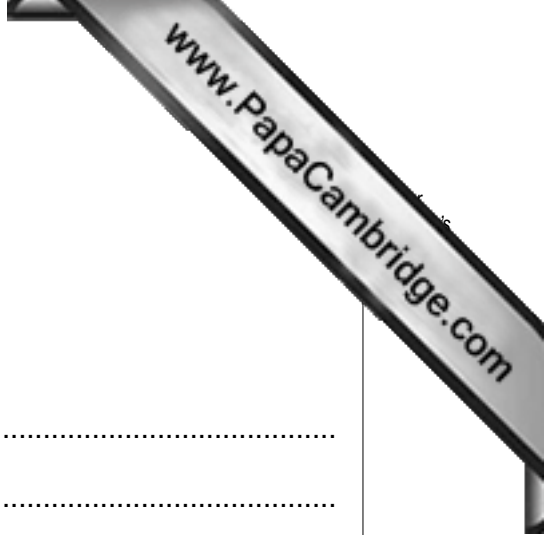
	For Examiner's Use
<b>Section A</b>	
<b>Section B</b>	X
<b>Total</b>	

This document consists of **6** printed pages and **2** blank pages.



Section A

Answer **all** questions.



1 (a) (i) Name the **three** elements which make up fats and oils.

- 1 .....
- 2 .....
- 3 ..... [3]

(ii) Give **five** functions of fats and oils in the body.

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 ..... [5]

(iii) Explain what is meant by saturated fat.

- .....
- ..... [3]

Name **two** food sources of saturated fat.

- 1 ..... 2 ..... [1]

(iv) Explain what is meant by polyunsaturated fat.

- .....
- ..... [3]

Name **two** food sources of polyunsaturated fat.

- 1 ..... 2 ..... [1]

(v) Discuss the health problems associated with a diet high in saturated fats.

- .....
- .....
- .....
- .....

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..... [4]

(vi) Describe the digestion and absorption of fat in the small intestine.

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..... [5]

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

1 .....  
2 .....  
3 ..... [3]

(ii) Give **two** good sources of calcium.

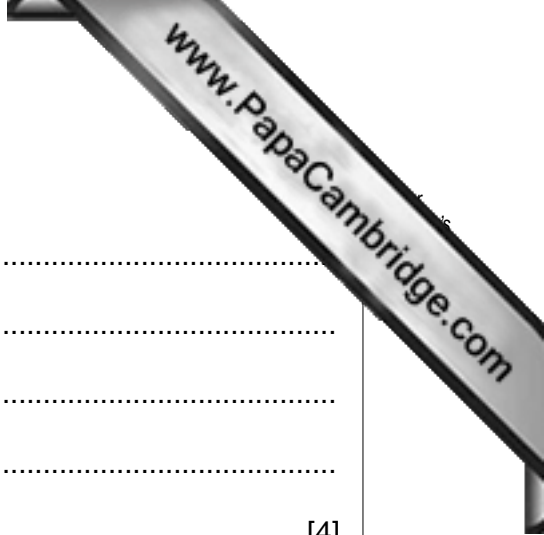
1 ..... 2 ..... [1]

(iii) Name the vitamin which helps in the absorption of calcium.

..... [1]

(iv) Name a deficiency disease associated with a lack of calcium.

..... [1]



(c) Explain the importance of iron in the body.

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..... [4]

(d) Give advice, with reasons, on planning meals for convalescents and those recovering from surgery.

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..... [5]

**[Section A Total: 40]**

## Section B

Answer **four** questions.

- 2 (a) Describe, with reasons, how to make shortcrust pastry. [6]
- (b) State **four** rules to follow when rolling out pastry. [2]
- (c) Name **four** dishes which could be made with shortcrust pastry. [2]
- (d) Give advice, with reasons, on the choice of flour and fat for making shortcrust pastry. [5]
- 3 (a) Write an informative paragraph on saving:
- (i) money;
- (ii) fuel,
- when planning, preparing and cooking meals. [2 x 5]
- (b) Discuss the advantages and disadvantages of convenience foods. [5]
- 4 (a) (i) Name **three** types of micro-organisms which can cause food spoilage.
- (ii) List **three** conditions necessary for the growth of micro-organisms. [3]
- (b) Discuss ways to reduce the risk of food contamination when:
- (i) shopping; [4]
- (ii) storing food; [4]
- (iii) preparing and cooking food. [4]
- 5 (a) (i) Name **eight** of the nutrients in milk. [4]
- (ii) Give advice, with reasons, on the storage of milk. [3]
- (iii) Describe the changes which take place when:
- (a) milk becomes sour; [2]
- (b) milk boils over. [2]
- (b) Explain the following methods of processing milk:
- (i) pasteurisation; [2]
- (ii) Ultra Heat Treatment (UHT). [2]

- 6 Write an informative paragraph on:
- (a) reasons for cooking food; [5]
  - (b) herbs and spices; [5]
  - (c) different uses of eggs in cookery. [5]
- 7
- (a) List **six** of the nutrients found in pulses. [3]
  - (b) Name **four** examples of pulses, other than red kidney beans. [2]
  - (c) State the importance of pulses. [2]
  - (d) What is TVP? Discuss the use of TVP in the preparation of meals. [5]
  - (e) Describe, with reasons, the method of preparing and cooking dried red kidney beans. [3]

[Section B Total: 60]



