



Cambridge O Level

CANDIDATE NAME



CENTRE NUMBER

--	--	--	--	--

CANDIDATE NUMBER

--	--	--	--



FOOD & NUTRITION

6065/12

Paper 1 Theory

October/November 2024

2 hours

You must answer on the question paper.

No additional materials are needed.

INSTRUCTIONS

- Section A: answer **all** questions.
- Section B: answer **all** questions.
- Section C: answer **one** question.
- Use a black or dark blue pen. You may use an HB pencil for any diagrams or graphs.
- Write your name, centre number and candidate number in the boxes at the top of the page.
- Write your answer to each question in the space provided.
- Do **not** use an erasable pen or correction fluid.
- Do **not** write on any bar codes.

INFORMATION

- The total mark for this paper is 100.
- The number of marks for each question or part question is shown in brackets [].

This document has **12** pages. Any blank pages are indicated.





Section A

Answer **all** questions.

You are advised to spend no longer than 45 minutes on Section A.

1 (a) Name **two** elements that occur in protein molecules.

- 1
- 2 [2]

(b) Undernutrition is when the body has an insufficient amount of nutrients.

(i) Name **one** disease that results from an insufficient amount of protein.
..... [1]

(ii) Name **three** different animal foods that help prevent the disease named in (b)(i).

- 1
- 2
- 3 [3]

(c) State where in the digestive system the absorption of protein takes place.

..... [1]

(d) Name the end product of protein digestion.

..... [1]

(e) Name the term that describes the effect of heat on protein.

..... [1]

[Total: 9]

2 Sufficient calcium in the diet helps to prevent diseases such as rickets and osteoporosis.

Other than prevention of disease, state **four** functions of calcium in the body.

- 1
- 2
- 3
- 4 [4]





3 (a) Name **three** different foods that are a good source of polyunsaturated fats.

1

2

3

[3]

(b) Before fat can be digested, it must be emulsified.

Name the substance that emulsifies fat.

..... [1]

[Total: 4]

4 State **two** functions of vitamin E (tocopherol).

1

2

[2]

5 Garnishing is used for savoury dishes.

(a) State **three** reasons for garnishing savoury food.

1

2

3

[3]

(b) Name **three** different examples of garnishes.

1

2

3

[3]

[Total: 6]



DO NOT WRITE IN THIS MARGIN



6 (a) Name **one** monosaccharide.

..... [1]

(b) Name **one** disaccharide.

..... [1]

(c) One function of sugar in food products is to help preserve them by preventing bacterial growth.

State **three** other functions of sugar in food products.

1

2

3

[3]

[Total: 5]

7 It is recommended that some people increase the amount of non-starch polysaccharide (NSP) / dietary fibre in their diet.

(a) State **four** different problems that may be associated with a lack of NSP in the diet.

1

2

3

4

[4]

(b) Suggest **six** different ways to increase the intake of NSP in family meals.

1

2

3

4

5

6

[6]

[Total: 10]

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN





Section B

Answer **all** questions.

8 The following ingredients can be used to make cupcakes using the creaming method.

- 50 g self-raising flour
- 50 g butter
- 50 g sugar
- 1 egg

(a) Name the chemical raising agent found in self-raising flour.

..... [1]

(b) State **two** mechanical methods that cause the cupcake mixture to rise.

1

2

[2]

(c) (i) State **one** reason why the flour is 'folded' into the mixture when making the cupcakes.

..... [1]

(ii) Name **one** piece of equipment that is used to fold the flour into the mixture.

..... [1]

(d) State **one** reason why cupcakes may **not** be successful when made with a low-fat spread instead of butter.

..... [1]

(e) Name **two** types of sugar that can be used to make successful cupcakes.

1

2

[2]



DO NOT WRITE IN THIS MARGIN



(f) If too much sugar is added to the mixture, the baked cupcakes may have crisp edges.

(i) Describe **three** other possible effects on the baked cupcakes if too much sugar is added to the mixture.

- 1
- 2
- 3 [3]

(ii) State **three** other reasons why the baked cupcakes may be too crisp around the edges.

- 1
- 2
- 3 [3]

(g) State **three** functions of the egg in the recipe.

- 1
- 2
- 3 [3]

[Total: 17]

9 State **two** benefits to the consumer of each of the following pieces of information found on a food label.

(a) weight or volume

- 1
- 2 [2]

(b) storage instructions

- 1
- 2 [2]

[Total: 4]





10 State and explain **six** reasons for cooking food.

- 1
 -
 - 2
 -
 - 3
 -
 - 4
 -
 - 5
 -
 - 6
 -
- [6]

11 Additives are used in many convenience foods.

(a) State **two** advantages to the consumer of using antioxidants in convenience foods.

- 1
 - 2
- [2]

(b) Name **two** other types of additives that may be found in convenience foods.

- 1
 - 2
- [2]

[Total: 4]



DO NOT WRITE IN THIS MARGIN



12 Soya beans are a type of legume and are high in protein.

(a) State **five** other different nutrients found in soya beans.

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

(b) Soya beans can be processed to produce Textured Vegetable Protein (TVP).

Name **four** other products that can be made from soya beans.

- 1
- 2
- 3
- 4 [4]

(c) TVP has many nutritional benefits in the diet.

State **five** other benefits of using TVP.

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

[Total: 14]

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN





A series of horizontal dotted lines spanning the width of the page, providing a guide for writing.

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN





BLANK PAGE

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN

DO NOT WRITE IN THIS MARGIN

Permission to reproduce items where third-party owned material protected by copyright is included has been sought and cleared where possible. Every reasonable effort has been made by the publisher (UCLES) to trace copyright holders, but if any items requiring clearance have unwittingly been included, the publisher will be pleased to make amends at the earliest possible opportunity.

To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced online in the Cambridge Assessment International Education Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download at www.cambridgeinternational.org after the live examination series.

Cambridge Assessment International Education is part of Cambridge Assessment. Cambridge Assessment is the brand name of the University of Cambridge Local Examinations Syndicate (UCLES), which is a department of the University of Cambridge.

