

Candidate
Number

Centre Number

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Candidate Name _____

CAMBRIDGE INTERNATIONAL EXAMINATIONS
General Certificate of Education Ordinary Level

6065/1

OCTOBER/NOVEMBER SESSION 2002

FOOD AND NUTRITION
PAPER 1 Theory

2 hours

Additional materials:
Answer paper

TIME 2 hours

INSTRUCTIONS TO CANDIDATES

Write your name, Centre number and candidate number in the spaces provided at the top of this page and on all separate answer paper used.

Section A

Answer **all** parts of Question 1.

Write your answers in the spaces provided on the question paper.

Section B

Answer any **four** questions.

Write your answers on the separate answer paper provided.

At the end of the examination:

- 1 fasten the separate answer paper securely to the question paper;
- 2 enter the numbers of the Section B questions you have answered in the grid below.

INFORMATION FOR CANDIDATES

The number of marks is given in brackets [] at the end of each question or part question.

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

FOR EXAMINER'S USE	
Section A	
Section B	/
TOTAL	

This question paper consists of 5 printed pages and 3 blank pages.

Section A

Answer **all** questions.

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

.....[3]

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

.....
.....
.....
.....
.....[5]

(iii) Explain what is meant by:

(a) saturated fats;

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

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

.....[1]

(b) polyunsaturated fats;

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

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

.....[1]

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

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

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

.....
.....
.....
.....
.....[5]

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

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

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

.....[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.

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

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

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.....
.....
.....
.....[5]

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 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 the pastry. [5]
- 3 (a) Write an informative paragraph on saving:
- (i) money;
- (ii) fuel,
- when planning, preparing and cooking family meals. (2 x 5) [10]
- (b) Discuss the advantages and disadvantages of using an electric food mixer. [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;
- (ii) storing food;
- (iii) preparing and cooking food. (3 x 4) [12]
- 5 (a) Name **eight** of the nutrients in milk. [4]
- (b) Give advice, with reasons, on the storage of milk. [3]
- (c) Describe the changes which take place when:
- (i) milk becomes sour;
- (ii) milk boils over. (2 x 2) [4]
- (d) Explain the following methods of processing milk:
- (i) pasteurisation;
- (ii) U.H.T. (2 x 2) [4]

6 Write an informative paragraph on:

(a) safety when deep frying;

(b) food labelling;

(c) the use and care of a refrigerator.

[3 x 5]

7 (a) List **six** of the nutrients found in pulses.

[3]

(b) Name **four** examples of pulses, other than kidney beans.

[2]

(c) State the importance of pulses.

[2]

(d) What is T.V.P?

Discuss its use in meal preparation.

[5]

(e) Explain the method of preparing and cooking dried red kidney beans.

[3]

