

Centre Number	Candidate Number	Name
---------------	------------------	------

CAMBRIDGE INTERNATIONAL EXAMINATIONS
General Certificate of Education Ordinary Level

FOOD AND NUTRITION

6065/01

Paper 1 Theory

October/November 2003

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

Section A

Answer **all** parts of Question 1 in the spaces provided on the Question Paper.
You are advised to spend no longer than 45 minutes on Section A.

Section B

Answer any **four** questions.
Write your answers on the separate Answer Booklet/Paper provided.
At the end of the examination, fasten all your work securely together.
Enter the numbers of the Section B questions you have answered in the grid below.
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	/
Total	

If you have been given a label, look at the details. If any details are incorrect or missing, please fill in your correct details in the space given at the top of this page.

Stick your personal label here, if provided.

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



Section A

Answer **all** questions.

1 (a) Sugars, starches, proteins and fats provide the body with energy.

(i) State **two** ways in which the body uses energy.

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

(ii) Give **two** other functions of protein in the body.

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

(iii) State **four** other reasons for eating fats.

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

(b) Starches and sugars are carbohydrates.

(i) Name a simple form of carbohydrate.

.....[1]

(ii) What could be the result of eating too much carbohydrate?

.....[1]

(iii) Give advice on ways to reduce the amount of sugar in the diet.

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

(c) Describe the digestion and absorption of starch.

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....[10]

(d) (i) A person who does not have enough iron in their diet may lack energy. Explain why this is so.

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

(ii) Why does an anaemic person need a good supply of vitamin C?

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

(iii) List **five** foods rich in iron and **five** foods rich in vitamin C.

Foods rich in iron

Foods rich in vitamin C

- 1
- 2
- 3
- 4
- 5

- 1
- 2
- 3
- 4
- 5

[5]

(e) What is the function of each of the following nutrients in the production of energy?

(i) B vitamins (thiamin and riboflavin)

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

(ii) iodine

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

(f) How would you encourage young children to develop good eating habits? Give your reasons.

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....[6]

TOTAL [40]

Section B

Answer **four** questions.

- 2 (a) List **four** reasons why some people choose to follow a vegetarian diet. [4]
- (b) (i) Define the term 'vegan'. [1]
(ii) Name and define another type of vegetarian diet. [2]
- (c) Explain how vegetarians can have High Biological Value (HBV) protein in their diet. [5]
- (d) Choose **three** problems which could be associated with a vegetarian diet. Suggest how these might be overcome. [3]
- 3 (a) List **three** reasons for storing food correctly. [3]
- (b) Explain why:
- (i) once food is cooked it should be kept at a temperature above 63 °C or cooled rapidly to below 10 °C; [3]
- (ii) a refrigerator cabinet should be kept at a temperature of 4 °C; [1]
- (iii) frozen foods are stored at –18 °C after being frozen at –25 °C or below. [2]
- (c) Describe the processes which enable the following foods to be stored for long periods of time:
- (i) sterilised **or** Ultra Heat Treated milk (UHT); [2]
- (ii) pickled vegetables; [2]
- (iii) jam **or** smoked fish. [2]
- 4 (a) List the ingredients, with quantities, for making a Victoria sandwich cake using 100 g (4oz) of self-raising flour or 100 g of plain flour and $\frac{1}{2}$ level teasp. of baking powder. [3]
- (b) (i) Describe, with reasons, the method of making and baking a Victoria sandwich cake. [7]
(ii) Name **two** other items which can be made from this mixture. [1]
- (c) Name the raising agents in the mixture and explain what happens during baking. [4]
- 5 Describe, giving reasons, how you would:
- (a) conserve vitamin C when preparing, cooking and serving green vegetables; [5]
- (b) achieve good results when deep frying; [5]
- (c) make a roux sauce. [5]

- 6 (a)** Explain how heat is transferred by:
- (i)** conduction; [2]
 - (ii)** convection; [2]
 - (iii)** radiation. [2]
- Give an example of each method.
- (b)** Explain how food cooks in a microwave oven. [3]
- (c)** Discuss the advantages and disadvantages of using a microwave oven. [6]
- 7** Write an informative paragraph on each of the following, giving examples:
- (a)** different uses of eggs in food preparation; [5]
 - (b)** methods of tenderising tough meat; [5]
 - (c)** herbs and spices. [5]

