

Centre Number	Candidate Number	Name
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UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
General Certificate of Education Ordinary Level

FOOD AND NUTRITION **6065/01**

Paper 1 Theory May/June 2006

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 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	
Total	

Section A

Answer **all** questions.

1 (a) (i) Name the elements which combine to form fat.

..... [3]

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

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

(iii) Define the term 'saturated fat'.

..... [2]

(iv) Give **two** examples of saturated fat.

..... [1]

(v) Define the term 'polyunsaturated fat'.

..... [2]

(vi) Give **two** examples of polyunsaturated fat.

..... [1]

(vii) Describe the digestion and absorption of fat.

..... [5]

(viii) What could be the result of an excess of saturated fat in the diet?

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..... [4]

(b) Non-Starch Polysaccharide (NSP) / dietary fibre is essential in a healthy diet.

(i) State the functions of NSP.

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..... [3]

(ii) Name **two** possible results of a deficiency of NSP in the diet.

1. 2. [1]

(iii) Name **four** good sources of NSP.

1. 2.

3. 4. [2]

(c) (i) State and explain **five** uses of water in the body.

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..... [5]

(ii) Define the term 'water balance'.

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..... [1]

(d) Give advice, with reasons, on the choice and cooking of food for the elderly.

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..... [6]

[Section A Total : 40 marks]

Section B

Answer **four** questions.

- 2 (a) Name **six** of the nutrients in milk. [3]
- (b) List **four** rules to follow for storing milk. [2]
- (c) Name **four** milk products. [2]
- (d) Explain how milk becomes sour. [2]
- (e) Describe the following methods of preserving milk:
- (i) pasteurisation; [3]
- (ii) Ultra Heat Treatment (UHT). [3]
- 3 (a) State **five** reasons for cooking food. Give an example to illustrate **each** reason. [5]
- (b) Discuss the advantages and disadvantages of each of the following methods of cooking:
- (i) steaming; [3]
- (ii) frying; [3]
- (iii) using a microwave oven. [4]
- 4 The following ingredients can be used to make a Victoria sandwich cake:
- 100g plain flour
1 level teasp. baking powder
100g sugar
100g fat
2 eggs.
- (a) Describe the method of making and baking the cake. [5]
- (b) Suggest **two** ways of varying the flavour of the cake. [1]
- (c) Give advice, with reasons, on the choice of the following ingredients for the cake:
- (i) flour; [2]
- (ii) sugar; [2]
- (iii) fat. [2]
- (d) Describe and explain the changes which take place when the cake is baked. [3]

- 5 (a) Discuss the advantages and disadvantages of convenience foods. [4]
- (b) Name **four** types of convenience food. [2]
- (c) Identify **six** pieces of information found on a food label. Give **one** reason for each piece of information. [6]
- (d) Discuss reasons for packaging food. [3]
- 6 Describe and give reasons for the following processes. Give **one** example of the use of each process.
- (a) creaming;
- (b) rubbing in;
- (c) kneading;
- (d) proving;
- (e) marinading. [5 x 3]
- 7 Write an informative paragraph on each of the following:
- (a) different uses of fats and oils in the preparation of dishes;
- (b) air as a raising agent;
- (c) garnishing and decorating food. [3 x 5]

[Section B Total : 60 marks]

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