



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 2012**

**2 hours**

Candidates answer on the Question Paper.

No Additional Materials are required.

**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** questions.

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

**Section B**

Answer **all** questions.

**Section C**

Answer **either** Question 9(a) **or** 9(b).

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	
Section C	
<b>Total</b>	

This document consists of **13** printed pages and **3** blank pages.





## Section A

Answer **all** questions.For  
Examiner's  
Use

1 Carbohydrates are an important source of energy.

They can be classified as monosaccharides, disaccharides and polysaccharides.

(a) Give **four** other facts about monosaccharides.

1 .....

2 .....

3 .....

4 ..... [2]

(b) Name **two** monosaccharides.

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

(c) Give **four** other facts about disaccharides.

1 .....

2 .....

3 .....

4 ..... [2]

(d) Name **two** disaccharides.

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

(e) Give **four** other facts about polysaccharides.

1 .....

2 .....

3 .....

4 ..... [2]

(f) Name **two** polysaccharides.

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

2 Describe the digestion and absorption of starch:

(a) in the mouth;

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.....  
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(b) in the duodenum;

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.....

(c) in the ileum.

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..... [6]

3 (a) (i) Explain the importance of calcium in the body.

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

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

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

(iii) Name the deficiency disease associated with calcium.

..... [1]

(iv) State **two** symptoms of the deficiency disease named in (iii).

1 .....

2 ..... [1]

(b) (i) Explain the importance of vitamin D in the body.

.....

.....

.....

..... [2]

(ii) Give **four** good sources of vitamin D.

1 ..... 2 .....

3 ..... 4 ..... [2]

(c) Name **four** other deficiency diseases and the nutrient associated with the disease.

Deficiency disease 1 .....

Nutrient 1 .....

Deficiency disease 2 .....

Nutrient 2 .....

Deficiency disease 3 .....

Nutrient 3 .....

Deficiency disease 4 .....

Nutrient 4 ..... [4]

4 (a) It is recommended that the intake of sugar should be reduced.

Explain **three** reasons for this recommendation.

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

(b) Identify **two** other dietary recommendations and, in each case, give **one** reason for the advice.

Recommendation 1.....  
 Reason 1 .....  
 Recommendation 2.....  
 Reason 2 ..... [2]

5 Discuss the dietary needs of pregnant women.

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**[Section A Total: 40]**

**Section B**

Answer **all** questions.

*For  
Examiner's  
Use*

- 6 (a) Name, and give quantities of, additional ingredients needed for a fatless sponge cake made with three eggs.

1 .....

2 ..... [2]

- (b) Describe, with reasons, how the cake is made and baked.

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 ..... [6]

- (c) Explain the changes which take place when the cake is baked.

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 ..... [4]

(d) Suggest reasons for a close texture in the finished cake.

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

(e) Name **two** other baked items which can be made with this recipe.

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

7 (a) All meals should be nutritionally balanced.

Identify, with examples, **five** other points to consider when planning meals.

Point 1 .....  
.....  
Example 1 .....  
Point 2.....  
.....  
Example 2.....  
Point 3 .....  
.....  
Example 3 .....  
Point 4 .....  
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Example 4 .....  
Point 5.....  
.....  
Example 5..... [5]



**(b)** Discuss the importance of Non-Starch Polysaccharide / NSP (dietary fibre) in the diet.

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..... [5]

**(c)** Explain the problems associated with a diet which is high in fat.

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..... [5]

8 Write an informative paragraph on each of the following:

(a) different uses of sugar in the preparation of dishes;

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..... [5]

(b) rules, with reasons, for successful shortcrust pastry;

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