

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

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
General Certificate of Education Ordinary Level

**FOOD AND NUTRITION**

**6065/01**

Paper 1 Theory

October/November 2005

**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	
<b>Section A</b>	
<b>Section B</b>	/
<b>Total</b>	

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 7 printed pages and 1 blank page.



**Section A**

Answer **all** questions.

1 (a) (i) Name **three** nutrients which can provide energy.

- 1. .... 2. ....
- 3. ....

(ii) Give the energy value of 1 g of each of the nutrients named above.

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

(iii) State **four** different uses of energy in the body.

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

(iv) Explain what is meant by the term BMR (Basal Metabolic Rate).

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

(v) What happens when energy intake is greater than energy output?

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

(vi) Discuss **five** reasons for different individual energy requirements.

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

(b) (i) State **four** good sources of iron.

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

(ii) Explain the importance of iron in the body.

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

(iii) Name the deficiency disease caused by a lack of iron.

.....[1]

(iv) Give **two** symptoms of the deficiency disease named above.

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

(v) Name the vitamin which aids the absorption of iron.

.....[1]

(c) Describe and explain:

(i) digestion in the duodenum;

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

(ii) absorption in the ileum.

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

(d) Current dietary advice is to include fresh fruit and vegetables in the diet each day.

(i) Give **six** reasons for their importance.

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

(ii) Suggest how children can be encouraged to eat fresh fruit and vegetables.  
Give reasons for your suggestions.

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

**[Section A Total: 40]**

**Section B**

Answer **four** questions.

- 2 (a) State **four** reasons for the importance of cereals in many parts of the world. [2]
- (b) Name **four** cereals. [2]
- (c) The following ingredients can be used to make shortcrust pastry.
- 200 g plain flour  
100 g fat  
50 ml cold water
- Describe, with reasons, the method of making shortcrust pastry. [5]
- (d) Give the oven temperature for baking shortcrust pastry. [1]
- (e) State and explain the changes which take place when the pastry is being baked. [5]
- 3 Write an informative paragraph on each of the following:
- (a) soya;
- (b) the use of yeast as a raising agent;
- (c) different uses of sugar. [3 x 5]
- 4 Bacteria can make food unsafe to eat.
- (a) Name **two** types of bacteria which cause food poisoning. [1]
- (b) State the effect of the following temperatures on bacteria:
- (i)  $-18^{\circ}\text{C}$
- (ii)  $4^{\circ}\text{C}$
- (iii)  $37^{\circ}\text{C}$
- (iv)  $70^{\circ}\text{C}$  [2]
- (c) Discuss the safe storage, preparation, cooking and serving of meat. [6]
- (d) Discuss ways in which enzymes can bring about changes in foods. [6]

- 5 (a) Meals should be well-balanced.  
Discuss **five** other points to consider when planning meals. [5]
- (b) Explain the particular nutritional needs of teenagers and suggest how their needs can be met when planning their meals. [6]
- (c) Discuss the problems associated with a diet which is very high in fat. [4]
- 6 Explain how to carry out the following processes and give **one** example of each.
- (a) creaming
- (b) basting
- (c) making a roux
- (d) sautéing
- (e) making stock [5 x 3]
- 7 Convenience foods are often used to save time when preparing family meals.
- (a) List **four** types of convenience food and give **one** example of each. [2]
- (b) State **four** other advantages and **four** disadvantages of convenience foods. [4]
- (c) Discuss other ways to save time when preparing and cooking family meals. [5]
- (d) Explain reasons for the packaging of convenience foods. [4]

**BLANK PAGE**

---

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.

University of Cambridge International Examinations is part of the University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.