



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

**October/November 2007**

**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 graphs.

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

**DO NOT WRITE IN ANY BARCODES.**

**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	
<b>Total</b>	

This document consists of 7 printed pages and 1 blank page.



**Section A**

Answer **all** questions.

1 (a) (i) State **four** functions of fats.

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

(ii) Define *saturated fat* and give **one** example.

.....  
.....  
.....  
.....  
Name **one** example. .... [2]

(iii) Define *monounsaturated fat* and give **one** example.

.....  
.....  
Name **one** example. .... [1]

(iv) Define *polyunsaturated fat* and give **one** example.

.....  
.....  
.....  
.....  
Name **one** example. .... [2]

(v) Describe the digestion and absorption of fat.

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..... [5]

(vi) Give reasons for reducing the amount of fat in the diet.

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

(vii) Suggest **four** ways to reduce fat in meals.

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

(b) Vitamin A and vitamin D are fat-soluble vitamins.

(i) Give **two** functions of vitamin A.

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

(ii) Name **two** animal sources of vitamin A.

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

Name **two** plant sources of vitamin A.

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

(iii) Name a deficiency disease associated with a poor supply of vitamin A.

..... [1]

(iv) Give **two** functions of vitamin D.

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

(v) Name **three** food sources of vitamin D.

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

Name **one** non-food source of vitamin D.

..... [2]

(vi) Name a deficiency disease associated with a poor supply of vitamin D.

..... [1]

(c) (i) Explain why Non-Starch Polysaccharide (NSP) or dietary fibre is important in the diet.

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

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

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

(d) State, with reasons, the special dietary needs of manual workers.

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

[Total: 40]

**Section B**

Answer **four** questions.

- 2 (a) Name **six** nutrients in eggs. [3]
- (b) State **five** different uses of eggs and give an example for each use. [5]
- (c) Discuss the storage of eggs. [3]
- (d) Describe and explain the changes which take place when an egg is boiled. [4]
- 3 The following ingredients can be used to make flaky pastry:
- 225g flour  
150g fat  
1/2 level tsp. salt  
Approx. 150ml water
- (a) Give advice on the choice of flour and fat for making flaky pastry. [3]
- (b) Describe, with reasons, the method of making flaky pastry. [7]
- (c) Name **four** dishes which could be made using flaky pastry. [2]
- (d) Give reasons for each of the following faults:
- (i) the pastry has not flaked well;
- (ii) the pastry has risen unevenly. [3]
- 4 (a) Give **five** reasons for cooking food and give **one** example to illustrate each reason. [5]
- (b) Name and describe **three** methods of transferring heat.  
Give **one** example of each method. [6]
- (c) State the advantages and disadvantages of using a microwave oven. [4]

- 5 It is recommended that fruit should be eaten each day.
- (a) State **five** nutrients which can be found in fruit. Illustrate your answer with named examples of fruits. [5]
  - (b) Name **five** different ways of using fruit in family meals. Give examples to support your answer. [5]
  - (c) Discuss other reasons for including fruit in the diet. [5]
- 6 Write an informative paragraph on each of the following:
- (a) the choice and care of kitchen knives; [5]
  - (b) the disposal of kitchen waste; [5]
  - (c) hygiene in shops and markets. [5]
- 7 Discuss ways of saving each of the following resources when planning, preparing and cooking family meals:
- (a) money; [5]
  - (b) time; [5]
  - (c) fuel. [5]

**[Total: 60]**

**[Total for Paper: 100]**

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