



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 2009**

**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.

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

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



**Section A**

Answer **all** questions.

*For  
Examiner's  
Use*

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

1 ..... 2 .....  
3 ..... 4 .....  
5 ..... 6 ..... [3]

(ii) State **three** functions of protein.

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

(iii) Define High Biological Value (HBV) protein.

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

(iv) Give **four** examples of HBV protein.

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

(v) Define Low Biological Value (LBV) protein.

..... [1]

(vi) Give **four** examples of LBV protein.

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

(vii) Complete the following sentences which describe the digestion and absorption of protein.

In the stomach, \_\_\_\_\_ acid creates a suitable medium for the digestion of protein to begin. There are two enzymes in the stomach.

Pepsin converts protein to \_\_\_\_\_ and \_\_\_\_\_ clots milk.

In the duodenum, the enzyme \_\_\_\_\_, produced by the \_\_\_\_\_ continues to convert protein to \_\_\_\_\_. In the ileum, the enzyme \_\_\_\_\_ from \_\_\_\_\_ juice, completes the breakdown of protein to \_\_\_\_\_.

Absorption takes place in the ileum. Finger-like projections, known as \_\_\_\_\_ provide a large surface area. The end products of protein digestion are absorbed into \_\_\_\_\_. They dissolve in \_\_\_\_\_ and are carried around the body. [6]

(viii) Explain how the body deals with excess protein.

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

(b) (i) State **three** functions of calcium.

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

(ii) Name **four** sources of calcium.

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

(iii) Name the deficiency disease which results from a lack of calcium.

..... [1]

(c) (i) State **two** functions of vitamin D.

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

(ii) Name **four** sources of vitamin D.

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

(iii) The body makes vitamin D when it is exposed to the ultra-violet rays of the sun.

Identify **two** groups of people who will not be able to make vitamin D in this way.

In each case, give an explanation.

Group 1 .....  
Explanation 1 .....  
Group 2 .....  
Explanation 2 ..... [2]

(d) Explain the particular dietary needs of teenage girls.

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..... [6]

[Section A Total: 40]

**Section B**

Answer **four** questions.

- 2** (a) Name **six** nutrients found in red meat. [3]
- (b) List **four** reasons why meat may be tough. [2]
- (c) Give **four** ways of tenderising meat before cooking. [2]
- (d) Explain how tough meat becomes tender during cooking. [3]
- (e) Soya beans can be used to replace meat.  
Discuss the advantages and disadvantages of processed soya. [5]
- 3** The following ingredients can be used to make a cake:  
100g self-raising (SR) flour  
100g margarine  
100g sugar  
2 eggs
- (a) Describe, with reasons, the method of making and baking the cake. [5]
- (b) Name **two** ingredients that could be added to vary the flavour of the cake. [1]
- (c) Explain the changes which take place when the cake is baking. [4]
- (d) The cake is heated by convection and conduction when baking.  
Explain how each of these methods transfers heat to food. [5]
- 4** (a) Name **three** types of convenience food and give **one** example of each. [3]
- (b) State the advantages and disadvantages of convenience food. [5]
- (c) Name **three** pieces of labour-saving equipment which could be found in the kitchen.  
Give **one** example of the use of each. [3]
- (d) Give advice on the safe use of electrical equipment in the kitchen. [4]

- 5 Write an informative paragraph on each of the following:
- (a) air as a raising agent;
  - (b) different uses of eggs;
  - (c) uses of fats and oils in the preparation of dishes. [3 x 5]
- 6 (a) State **four** reasons for preserving food. [4]
- (b) Identify **four** causes of food spoilage. [2]
- (c) Describe, with reasons, the following methods of preserving milk:
- (i) pasteurisation; [2]
  - (ii) Ultra Heat Treatment (UHT). [2]
- (d) Cheese is a milk product.  
Name **four** varieties of cheese. [2]
- (e) Describe the process of making cheese. [3]
- 7 The kitchen should be a safe, hygienic place in which to prepare and store food.  
Write about the importance of each of the following:
- (a) accident prevention in the kitchen; [5]
  - (b) personal hygiene; [5]
  - (c) the storage of perishable foods. [5]

**[Section B Total: 60]**

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