



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 2010

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 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** 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	
Section A	
Section B	X
Total	

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



Section A

Answer **all** questions.

*For
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1 (a) (i) List the **three** elements which combine to form fat.

1 2
3 [3]

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

1
2
3 [3]

(iii) Give **three** facts about each of the following and give **one** example of each.

Saturated fat

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

Monounsaturated fat

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

Polyunsaturated fat

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

(iv) Describe the digestion and absorption of fat.

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

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Use

(v) Current nutritional advice is to reduce the amount of saturated fat in the diet. Discuss reasons for this advice.

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

(vi) List **six** ways of reducing the amount of saturated fat in the diet.

1

2

3

4

5

6[3]

(b) (i) Explain the importance of Non-Starch Polysaccharide / NSP (dietary fibre) in a healthy diet.

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

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

1 2
3 4 [2]

(c) Discuss **four** uses of water in the body.

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

Section B

Answer **four** questions.

- 2** All meals should be well balanced.
- (a) Identify, with examples, **five** other points to consider when planning meals. [5]
 - (b) Discuss the dietary needs of a pregnant woman. [6]
 - (c) Explain the problems that could occur if the diet of a pregnant woman contains too much sugar. [4]
- 3** The following ingredients can be used to make shortcrust pastry:
- 200 g flour
100 g fat
pinch of salt
approx. 8 teaspoons of water
- (a) Give advice on the choice of flour and fat for shortcrust pastry. [5]
 - (b) Describe, with reasons, how to make shortcrust pastry. [6]
 - (c) Name **four** dishes that could be made using shortcrust pastry. [2]
 - (d) Give **two** reasons for each of the following faults:
 - (i) pastry shrinks during baking;
 - (ii) pastry is hard and tough. [2]
- 4** Write an informative paragraph on each of the following:
- (a) reasons for cooking; [5]
 - (b) advantages and disadvantages of frying; [5]
 - (c) saving time when preparing and cooking family meals. [5]
- 5**
- (a) State the importance of raising agents. [2]
 - (b) List **five** different ways of introducing air into mixtures and give **one** example of the use of each. [5]
 - (c) State and explain **five** rules to follow when making bread using yeast. [5]
 - (d) Discuss the composition, use and storage of baking powder. [3]

- 6 Describe and explain the changes which take place when:
- (a) meat is cooked by a moist method; [5]
 - (b) a loaf of bread is baked; [5]
 - (c) a roux sauce is made. [5]
- 7 Discuss the choice and care of:
- (a) kitchen surfaces; [5]
 - (b) saucepans; [5]
 - (c) electric food mixers. [5]

[Section B Total: 60]

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