



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 2011**

**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.

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>	
<b>Total</b>	

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



**Section A**

Answer **all** questions.

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1 (a) Name **four** examples of fats and **four** examples of oils used in meals.

Fats

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

Oils

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

(b) State **one** difference between fats and oils.

..... [1]

(c) Give **four** functions of fats and oils in the body.

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

(d) Explain the following terms:

(i) saturated fat;

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

(ii) polyunsaturated fat;

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

(iii) essential fatty acid(s).

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

(e) (i) In which part of the alimentary tract are fats digested?

.....

(ii) Name the substance that emulsifies fats.

.....

(iii) Explain why emulsification is necessary.

.....

(iv) Which enzyme brings about the breakdown of fats?

.....

(v) What are the end products of fat digestion?

.....

(vi) What is the energy value of 1 g of absorbed fat?

.....[6]

(f) Discuss the problems that may be associated with a diet high in fat.

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

(g) Name any **two** fat-soluble vitamins and explain their importance in a healthy diet.

Name **three** sources of each vitamin.

(i) Vitamin 1

Name .....

Importance in the diet

.....

.....

Source

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

3 ..... [4]

(ii) Vitamin 2

Name .....

Importance in the diet

.....

.....

Source

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

3 ..... [4]

(h) It is important for everyone to have nutritionally balanced meals but individual requirements vary. State, with reasons, the special nutritional needs of:

(i) elderly women;

.....

.....

.....

.....

.....

..... [4]

(ii) very active teenagers.

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.....

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..... [4]

**[Section A Total: 40]**

**Section B**

Answer **four** questions.

- 2 Explain the following processes and give **one** example of each:
- (a) gelatinisation;
  - (b) coagulation;
  - (c) fermentation;
  - (d) pasteurisation;
  - (e) hydrogenation. [5 x 3]
- 3 (a) Discuss the purposes of the following ingredients in a Victoria sandwich cake:
- (i) self-raising flour;
  - (ii) sugar;
  - (iii) margarine;
  - (iv) eggs. [4 x 3]
- (b) What could have caused:
- (i) the cake to have risen to a peak and cracked;
  - (ii) a close-textured cake? [3]
- 4 (a) State, with examples, **four** reasons for preserving food. [4]
- (b) Explain how each of the following methods of preserving prevents decay:
- (i) freezing;
  - (ii) jam-making;
  - (iii) drying. [3]
- (c) Give advice, with reasons, on how to **either** make a named fruit jam **or** freeze a named fruit. [5]
- (d) Discuss pectin and its importance in jam-making. [3]

- 5 Write an informative paragraph on each of the following:
- (a) the advantages and disadvantages of frying;
  - (b) the choice and care of saucepans;
  - (c) the disposal of kitchen waste. [3 x 5]
- 6
- (a) List the nutrients in red meat. [3]
  - (b) Suggest **four** methods of tenderising tough meat before cooking. [2]
  - (c) (i) Name **two** moist methods of cooking meat. [1]  
(ii) Describe the changes that take place when tough meat is cooked by **one** of these methods. [4]
  - (d) Current nutritional advice is to reduce the intake of red meat.  
Give reasons for this statement and suggest alternatives to red meat. [5]
- 7
- (a) Frozen food is a popular convenience food used in meal preparation.  
Name **three** other types of convenience food and name **one** example of each. [3]
  - (b) State the advantages and disadvantages of using convenience foods. [4]
  - (c) Discuss the use of additives in convenience foods. [4]
  - (d) Explain the principles of freezing and the special care that should be taken when storing frozen foods. [4]

**[Section B Total: 60]**

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