

Centre Number	Candidate Number	Name
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UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
General Certificate of Education Ordinary Level

FOOD AND NUTRITION

6065/01

Paper 1 Theory

May/June 2004

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 in the spaces provided on the Question Paper.
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.

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.

For Examiner's Use	
Section A	
Section B	
Total	

Section A

Answer **all** questions.

For
Examiner's
Use

1 (a) Starches and sugars are carbohydrates and provide the body with energy.

(i) Name the elements from which carbohydrates are formed.

.....[3]

(ii) Name **two** other nutrients which can provide energy.

.....[2]

(iii) Define the following terms and give **two** examples of each.

(a) monosaccharides

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

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

(b) disaccharides

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

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

(iv) Starch is a polysaccharide.

(a) What do you understand by the term Non-Starch Polysaccharide (NSP)?

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

(b) How is it used by the body?

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

3

(c) Name **four** foods which are good sources of NSP.

.....

.....

[2]

(v) Describe the digestion and absorption of starch in:

the mouth

.....

.....

.....

the small intestine

.....

.....

.....

.....

[6]

(b) Iron is important for the production of energy.

(i) Explain how iron is used by the body.

.....

.....

.....

.....

[3]

(ii) Describe the symptoms of a deficiency of iron in the diet.

.....

.....

.....

[2]

(iii) Name **four** foods which are good sources of iron.

.....

.....

[2]

4

(iv) Name the vitamin which is important for the absorption of iron.

.....

(c) Dietary advice is to reduce the intake of sugar.

(i) Give reasons for this advice.

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

(ii) How can sugar be reduced in the diet?

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

(d) Discuss ways of encouraging good eating habits in children.

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

[SECTION A TOTAL: 40]

Section B

Answer **four** questions.

- 2 (a) State, with examples, **four** reasons for serving sauces with meals. [4]
- (b) (i) Describe the making of a roux sauce using the following ingredients:
- 25 g (1 oz) flour
25 g (1 oz) margarine
250 ml (1/2 pt) milk [5]
- (ii) Suggest **two** ways to change the flavour. [1]
- (c) Give **two** reasons for each of the following:
- (i) using a wooden spoon when making the sauce; [1]
- (ii) lumps in the finished sauce. [1]
- (d) Describe the changes which take place during the cooking of the sauce. [3]
- 3 The kitchen should be a safe, pleasant place in which to work.
- (a) State how accidents can be prevented when:
- (i) storing and using knives; [3]
- (ii) deep frying; [3]
- (iii) using electrical equipment. [3]
- (b) Write an informative paragraph on each of the following:
- (i) work surfaces; [3]
- (ii) ventilation. [3]
- 4 (a) List **six** of the nutrients found in fish. [3]
- (b) State **six** points to look for when buying fresh fish. [3]
- (c) Describe how to:
- (i) clean a whole fresh fish before cooking; [2]
- (ii) prepare fish for freezing. [2]
- (d) (i) Explain why freezing preserves fish. [1]
- (ii) Name **two** other methods of preserving fish.
In each case, state the principles of preservation involved. [4]

- 5 Write an informative paragraph on the use of **three** of the following in the preparation of family meals.
- (a) pulses and nuts;
 - (b) sugar;
 - (c) herbs and spices;
 - (d) left-over cooked foods. [3 × 5]
- 6 (a) Meals should be well-balanced. Explain **five** other points to consider when planning family meals. [5]
- (b) State, with examples, how vegans (strict vegetarians) can be provided with High Biological Value (HBV) protein. [5]
- (c) Explain how to keep the maximum amount of vitamin C when preparing, cooking and serving green vegetables. [5]
- 7 (a) Give **four** reasons for preserving food. [2]
- (b) What are the aims of preservation? [3]
- (c) Name **four** different methods of preserving fruit and state how food decay is prevented in each case, [6]
- (d) Describe, in detail, **one** method of preserving a named fruit at home. [4]

[SECTION B TOTAL: 60]

