

Centre Number	Candidate Number	Name
---------------	------------------	------

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
General Certificate of Education Ordinary Level

FOOD AND NUTRITION

6065/01

Paper 1 Theory

May/June 2006

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 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 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	
Total	

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



Section A

Answer **all** questions.

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

..... [3]

- (ii) State **four** functions of fat.

1.

2.

3.

4. [4]

- (iii) Define the term 'saturated fat'.

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

- (iv) Give **two** examples of saturated fat.

..... [1]

- (v) Define the term 'polyunsaturated fat'.

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

- (vi) Give **two** examples of polyunsaturated fat.

..... [1]

- (vii) Describe the digestion and absorption of fat.

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

[4]

[3]

1. 2. [1]

1.

2.

3.

4. [2]

[5]

(ii) Define the term 'water balance'.

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

(d) Give advice, with reasons, on the choice and cooking of food for the elderly.

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

[Section A Total : 40 marks]

Section B

Answer **four** questions.

- 2 (a) Name **six** of the nutrients in milk. [3]
- (b) List **four** rules to follow for storing milk. [2]
- (c) Name **four** milk products. [2]
- (d) Explain how milk becomes sour. [2]
- (e) Describe the following methods of preserving milk:
- (i) pasteurisation; [3]
- (ii) Ultra Heat Treatment (UHT). [3]
- 3 (a) State **five** reasons for cooking food. Give an example to illustrate **each** reason. [5]
- (b) Discuss the advantages and disadvantages of each of the following methods of cooking:
- (i) steaming; [3]
- (ii) frying; [3]
- (iii) using a microwave oven. [4]
- 4 The following ingredients can be used to make a Victoria sandwich cake:
- 100g plain flour
1 level teasp. baking powder
100g sugar
100g fat
2 eggs.
- (a) Describe the method of making and baking the cake. [5]
- (b) Suggest **two** ways of varying the flavour of the cake. [1]
- (c) Give advice, with reasons, on the choice of the following ingredients for the cake:
- (i) flour; [2]
- (ii) sugar; [2]
- (iii) fat. [2]
- (d) Describe and explain the changes which take place when the cake is baked. [3]

- 5 (a) Discuss the advantages and disadvantages of convenience foods.
- (b) Name **four** types of convenience food. [2]
- (c) Identify **six** pieces of information found on a food label. Give **one** reason for each piece of information. [6]
- (d) Discuss reasons for packaging food. [3]
- 6 Describe and give reasons for the following processes. Give **one** example of the use of each process.
- (a) creaming;
- (b) rubbing in;
- (c) kneading;
- (d) proving;
- (e) marinading. [5 x 3]
- 7 Write an informative paragraph on each of the following:
- (a) different uses of fats and oils in the preparation of dishes;
- (b) air as a raising agent;
- (c) garnishing and decorating food. [3 x 5]

[Section B Total : 60 marks]

BLANK PAGE