



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	
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 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.

3

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.

[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]

