



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

May/June 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	
Total	

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



Section A

Answer **all** questions.For
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- 1 Carbohydrates are an important source of energy.
They can be classified as monosaccharides, disaccharides and polysaccharides.

(a) (i) Give **four** other facts about monosaccharides.

- 1
2
3
4[2]

(ii) Give **four** other facts about disaccharides.

- 1
2
3
4[2]

(iii) Give **four** other facts about polysaccharides.

- 1
2
3
4[2]

(iv) Describe the digestion and absorption of starch:

in the mouth;

.....
.....
.....
.....

in the duodenum;

.....
.....
.....
.....

in the ileum.

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.....

.....

.....[6]

- (v) It is recommended that the intake of sugar should be lowered.

Explain **three** reasons for this recommendation.

1

.....

2

.....

3

.....[3]

- (vi) List **six** ways of reducing sugar.

1

2

3

4

5

6[3]

(b) (i) Explain the importance of iron in the body.

.....

.....

.....

.....[2]

(ii) Give **four** good sources of iron.

1 2

3 4[2]

(iii) Name the deficiency disease associated with a poor supply of iron.

.....[1]

(iv) State **two** symptoms of the deficiency disease named in (iii).

1 2[1]

(c) (i) Explain the importance of vitamin C in the body.

.....

.....

.....

.....[2]

(ii) Give **four** good sources of vitamin C.

1 2

3 4[2]

(iii) Name the deficiency disease associated with a poor supply of vitamin C.

.....[1]

(iv) State **two** symptoms of the deficiency disease named in (iii).

1 2[1]

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- (d)** Name **four** other deficiency diseases and the nutrient associated with the disease.

Deficiency disease 1

Nutrient 1

Deficiency disease 2

Nutrient 2

Deficiency disease 3

Nutrient 3

Deficiency disease 4

Nutrient 4[4]

- (e)** Discuss points to consider when planning meals for the elderly.

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.....[6]

[Section A Total: 40]

Section B

Answer **four** questions.

- 2** (a) Name **six** nutrients in eggs. [3]
- (b) State **five** uses of eggs in cooking and give an example of each use. [5]
- (c) Give advice, with reasons, on the storage of eggs. [3]
- (d) Describe and explain the changes which take place when an egg is boiled. [4]
- 3** Write an informative paragraph on each of the following:
- (a) food additives;
- (b) uses of fats and oils;
- (c) reasons for choosing a vegetarian diet. [3 × 5]
- 4** (a) Give **four** reasons for preserving food. [2]
- (b) Name **three** methods of preserving and in each case:
- (i) state the principles involved;
- (ii) give an example of a food which could be preserved by the method. [6]
- (c) Convenience foods are popular in many households.
- (i) Give **three** advantages and **three** disadvantages of using convenience foods. [3]
- (ii) Discuss the importance of labelling convenience foods. [4]
- 5** (a) Give **six** reasons for the importance of cereals. [3]
- (b) Name **four** cereals. [2]
- (c) Explain how cereals should be stored. [3]
- (d) Flour is a widely used cereal product.
Give advice, with reasons, on the choice of flour for making bread. [3]
- (e) Describe the changes which take place when a loaf of bread is baked. [4]

6 Explain how to carry out the following processes and give **one** example of the use of each process.

(a) creaming;

(b) basting;

(c) making a roux;

(d) sautéing;

(e) making stock.

[5 × 3]

7 Discuss each of the following:

(a) the choice and care of kitchen knives;

(b) disposing of kitchen waste;

(c) hygiene in shops and markets.

[3 × 5]

[Section B Total: 60]

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