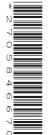


# UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS General Certificate of Education Ordinary Level

CANDIDATE NAME						
CENTRE NUMBER				CANDIDATE NUMBER		



#### **FOOD AND NUTRITION**

6065/12

Paper 1 Theory

October/November 2012

2 hours

Candidates answer on the Question Paper.

No Additional Materials are required.

#### **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 questions.

You are advised to spend no longer than 45 minutes on Section A.

**Section B** 

Answer all questions.

**Section C** 

Answer either Question 8(a) or 8(b).

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				
Section C				
Total				

This document consists of 14 printed pages and 2 blank pages.



## **Section A**

# Answer all questions.

For Examiner's Use

1	(a)	Name three nutrients which provide the body with energy.
		Nutrient 1
		Nutrient 2
		Nutrient 3[3]
	(b)	State the energy value of 1 g of each of the nutrients named in (a).
		Nutrient 1
		Nutrient 2
		Nutrient 3[3]
	(c)	Define the term energy balance.
		[1]
	(d)	Discuss reasons why individuals have different energy requirements.
		[6]
		[0]

(e)	Explain what happens if too much energy-giving food is eaten.	l Fo
		Exam
	[4]	
Iron	is involved in the production of energy.	
(a)	Name <b>two</b> animal sources of iron.	
	1	
	2[1]	
(b)	Name <b>two</b> plant sources of iron.	
	1	
	2[1]	
(c)	Name the pigment which gives blood its red colour.	
(-)	[1]	
(d)	Explain the function of the pigment named in <b>(c)</b> .	
(u)		
	[2]	
(e)	Name the deficiency disease associated with iron.	
	[1]	
(f)	State <b>four</b> symptoms of the disease named in <b>(e)</b> .	
	1	
	2	
	3	
	4[2]	

(a)	One of the functions of vitamin C is to promote the absorption of iron.	_
	Give three other functions of vitamin C.	E
	1	
	2	
	3[3]	
(b)	Name <b>two</b> good sources of vitamin C.	
	1	
	2[1]	
(c)	Name the deficiency disease associated with vitamin C.	
	[1]	
(d)	Why is it important to have a daily supply of vitamin C?	
	[1]	
Des	e small intestine plays an important part in digestion and absorption.  scribe and explain:	
Des	scribe and explain:	
Des	scribe and explain: digestion in the small intestine;	
Des	scribe and explain: digestion in the small intestine;	
Des	scribe and explain: digestion in the small intestine;	
Des	scribe and explain: digestion in the small intestine;	
Des	scribe and explain: digestion in the small intestine;	
Des	scribe and explain: digestion in the small intestine;	
Des	scribe and explain: digestion in the small intestine;	
Des	scribe and explain: digestion in the small intestine;	
Des	scribe and explain: digestion in the small intestine;	
Des	scribe and explain: digestion in the small intestine;	

(b)	absorption in the small intestine.	For Examiner's
		Use
	[3]	
	[Section A Total: 40]	

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## Section B

# Answer all questions.

For Examiner's Use

5	Write an informative paragraph on each of the following:				
	(a)	the use of a refrigerator;			
		[5]			
	(b)	different uses of fats and oils;			
		[5]			

(c)	the advantages and disadvantages of steaming.	For Examiner's
		Use
		1

6	(a)	Stat	e <b>four</b> rea	asons for serving sauces and give an example for each reason.	For
		Rea	son 1		Examiner's Use
		Exa	mple 1		
		Rea	son 2		
		Exa	mple 2		
		Exa	mple 4	[4]	
	(b)	The	following	ingredients can be used to make cheese sauce:	
			25 g 25 g 250 ml 50 g	flour margarine milk cheese	
		(i)	Describe	e, with reasons, how to make cheese sauce by the roux method.	
			•••••		
			•••••		
				[4]	
		(ii)	Name <b>tw</b>	o dishes which include cheese sauce.	
			1		
			2	[1]	

(c)	Identify <b>three</b> different ways to reduce the amount of fat in the cheese sauce.						
	1	Examiner's Use					
	2						
	3[3]						
(d)	Suggest three reasons for a lumpy sauce.						
	1						
	2						

7

	Discuss:					
(a)	the importance of food packaging;	Use				
	[5]					
(b)	the information on food labels;					
	[5]					

(c)	the use of additives in processed food.	For
		Examiner's Use
	[5]	
	[Section B Total: 45]	

## **Section C**

# Answer either 8(a) or 8(b).

For Examiner's Use

8	(a)		lain why some people choose to follow a vegetarian diet and suggest ways to ensure vegetarians have enough High Biological Value (HBV) protein.
		lder	ntify and discuss problems that could be associated with vegetarian diets. [15]
OR			
8 (b) Cows' milk is important in the diet but it does not keep long unless into another dairy product.			vs' milk is important in the diet but it does not keep long unless it is treated or made another dairy product.
		Disc	cuss this statement under the following headings:
		(i)	nutritive value of milk;
		(ii)	different methods of treating milk to extend its shelf-life;
		(iii)	dairy products. [15]
		•••••	
		•••••	

For Examiner's
Use

 For Examiner's Use

[Section C Total: 15]

[Total for Paper: 100]

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