



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 2013**

**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 **13** printed pages and **3** blank pages.



## Section A

Answer **all** questions.For  
Examiner's  
Use

- 1 (a) Proteins are made from amino acids.  
All amino acids contain the elements carbon and hydrogen.

Give **two** other elements found in amino acids.

1 .....

2 ..... [2]

- (b) Milk is an important source of High Biological Value (HBV) protein.  
Define the term *High Biological Value (HBV) protein*.

.....

..... [2]

- (c) (i) Name **one** other animal source of HBV protein.

..... [1]

- (ii) Name **one** non-animal source of HBV protein.

..... [1]

- (d) Identify **four** functions of protein.

1 .....

2 .....

3 .....

4 ..... [4]

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- (e)** Describe the digestion and absorption of the protein in milk.

..... [6

- 2** Milk contains a high proportion of water.

- (a)** State **and** explain **three** of the functions of water in the body.

1 .....

2 .....

3 ..... [6

- (b)** Name the condition which results from a lack of water in the body.

..... [1]

- (c)** Thirst is a symptom of the condition named in **(b)**. Identify **one** other symptom.

..... [1]

3 Carbohydrates and fats are important nutrients for energy production.

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Use

(a) Give the energy value of 1g of each of the nutrients named above.

carbohydrate ..... [1]

fat ..... [1]

(b) Individuals have different energy requirements.

Explain **four** factors which affect an individual's energy requirement.

factor 1 .....

explanation 1 .....

.....

factor 2 .....

explanation 2 .....

.....

factor 3 .....

explanation 3 .....

.....

factor 4 .....

explanation 4 .....

..... [4]

(c) Define the term *energy balance*.

.....

..... [1]

4 Current nutritional advice is to reduce the amount of sugar in the diet.

(a) Suggest **three** ways in which sugar consumption can be reduced.

1 .....

2 .....

3 ..... [3]

For  
Examiner's  
Use

..... [6

**[Section A Total: 40]**

## Section B

Answer **all** questions.For  
Examiner's  
Use

- 5 The following ingredients can be used to make a Victoria sandwich cake:

100 g self-raising flour  
100 g sugar  
100 g fat  
2 eggs

- (a) Name **one** method which could be used to make this cake.

..... [1]

- (b) Name **one** ingredient which could be used to vary the flavour of the cake.

..... [1]

- (c) Suggest **two** ways in which the non-starch polysaccharide (NSP)/dietary fibre content of the cake could be increased.

1 .....

2 ..... [2]

- (d) Name **two** of the gases which will make the cake rise during baking.

1 .....

2 ..... [2]

- (e) Describe **and** explain other changes which take place when the cake is being baked.

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [5]

(f) Give advice on the choice of the following ingredients used for making the cake:

For  
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Use

(i) type of sugar;

.....

.....

.....

..... [2]

(ii) type of fat.

.....

.....

.....

..... [2]

6 Write an informative paragraph on each of the following:

For  
Examiner's  
Use

(a) the use and care of a refrigerator;

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [5]

(b) air as a raising agent;

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [5]

(c) the advantages and disadvantages of using a microwave oven.

For  
Examiner's  
Use

.....

.....

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.....

..... [5]

- 7 (a) List **four** of the nutrients in red meat.

1 ..... 2 .....  
3 ..... 4 ..... [4]

For  
Examiner's  
Use

- (b) Incorrect cooking of meat can cause toughness.

State **one** cause of toughness in meat other than incorrect cooking.

..... [1]

- (c) Explain how tough meat can be tenderised by moist cooking methods.

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

- (d) (i) Name **one** moist method of cooking.

..... [1]

- (ii) Name **one** dry method of cooking.

..... [1]

- (e) Conduction and convection are two methods of transferring heat when food is being cooked.

- (i) Explain **conduction** as a method of transferring heat.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
..... [4]

- (ii) Give **one** example of **convection** in cooking.

..... [1]

[Section B Total: 45]





[illegible]

**[Total for Paper: 100]**

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