



**Cambridge International Examinations**  
Cambridge Ordinary Level

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**FOOD AND NUTRITION**

**6065/01**

Paper 1 Theory

**May/June 2014**

**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, 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 6(a) **or** 6(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.

This document consists of **11** printed pages and **1** blank page.

## Section A

Answer **all** questions.

**1** Cheese is a good source of calcium.

**(a)** Name **two other** minerals and **two** vitamins also found in cheese.

Minerals:

1 .....

2 .....

Vitamins:

1 .....

2 ..... [4]

**(b)** Name **two** diseases caused by a deficiency of calcium in the body.

Disease:

1 .....

2 ..... [2]

**(c)** Describe **two** symptoms of **one** of the diseases named in **(b)**.

Disease .....

Symptom 1 .....

Symptom 2 ..... [2]

**(d) (i)** Name the vitamin which helps in the absorption of calcium.

Vitamin ..... [1]

**(ii)** Identify **two** good food sources of this vitamin.

Sources:

1 .....

2 ..... [2]

**(e)** Identify **two** good food sources of calcium other than dairy products.

Sources:

1 .....

2 ..... [2]

**(f)** Cheese is often used to add flavour and colour to a coating sauce.

**(i)** Describe the differences between a coating sauce and a pouring sauce.

.....

.....

..... [2]

- (ii) Complete the following list of ingredients and quantities for a cheese sauce recipe.

50 g butter

100 g cheddar cheese

..... plain flour

500 ml .....

[2]

- (iii) Describe the process of making a cheese sauce using the roux method.

.....

.....

.....

.....

.....

.....[5]

- (g) The fat and protein in cheese can be difficult to digest.

Describe and explain how the body breaks down or digests cheese in the mouth and in the ileum.

- (i) In the mouth .....[1]

- (ii) In the ileum .....[3]

- 2 (a) Convenience foods often have a high sugar content.

Give **four** other **disadvantages** of convenience foods.

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

- (b) Too much sugar can be unhealthy.

Explain in detail how sugar can cause tooth decay.

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

- (c) Name **one** other disease that can be caused by a high intake of sugar and explain how too much sugar causes this disease.

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

- (d) Dextrose and malt syrup are alternative names for sugar on food labels.

Give **two** other names that can be used for sugar on food labels.

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

- (e) Sugar is a carbohydrate.

Name the **three** elements that make up all carbohydrates.

- ..... [1]

- (f) Explain the term *dextrinisation*.

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

[Section A Total: 40]

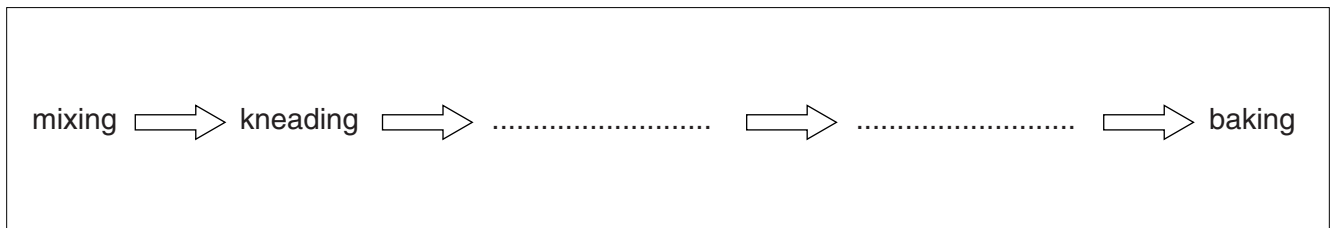


- 4 (a) Complete the table to explain the causes of these faults in the making of a Victoria sponge.

| Fault                                    | Cause |
|------------------------------------------|-------|
| Cake has sunk in the middle.             |       |
| Cake has risen unevenly.                 |       |
| Cake has risen to a peak and is cracked. |       |
| Cake has a hard, sugary crust.           |       |

[4]

- (b) Complete the flowchart below to summarize the method of making bread.



[2]

- (c) Explain the purpose of the kneading process when making bread.

.....

.....

.....

.....

.....

.....

.....

[3]

- (d) Bread and cake both contain carbohydrate and fat.

State the energy value of 1 g of carbohydrate and 1 g of fat.

carbohydrate .....

fat ..... [2]

- 5 (a) State how the following foods should be safely stored to minimise food spoilage.

flour .....

cheese .....

potatoes .....

frozen fish ..... [4]

- (b) Salmonella is a type of food poisoning bacteria.

Name **three** symptoms of food poisoning.

1 .....

2 .....

3 ..... [3]

- (c) Pregnant women are advised not to eat soft cheeses.

Explain why they should follow this advice.

.....

.....

.....

..... [2]

- (d) Suggest **six** personal hygiene rules that a person preparing food in a kitchen should follow.

1 .....

2 .....

3 .....

4 .....

5 .....

6 ..... [3]

- (e) Suggest a material that is suitable to make a kitchen work surface.  
Give **two** reasons why it is a suitable material.

(i) Material .....[1]

(ii) Reasons .....  
.....[2]

- (f) The kitchen can be a dangerous place.

Describe how to help a person who has received an electric shock from a hand mixer.

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

[Section B Total: 45]

## Section C

Answer **either** 6(a) **or** 6(b).

- 6 (a)** “Women who follow a vegetarian diet may encounter health problems during and after pregnancy.”

**Discuss** this statement making reference to the nutritional needs of the mother and the baby.

[15]

**Or**

- (b)** “Food can be preserved well in a refrigerator, and other methods of preservation are no longer important to consumers.”

**Discuss** this statement whilst making reference to the reasons for preservation and the principals involved in at least **four** other methods of preserving food.

[15]

[illegible]

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