



Cambridge O Level

CANDIDATE
NAME

CENTRE
NUMBER

--	--	--	--	--

CANDIDATE
NUMBER

--	--	--	--

FOOD & NUTRITION

6065/12

Paper 1 Theory

October/November 2020

2 hours

You must answer on the question paper.

No additional materials are needed.

INSTRUCTIONS

- Section A: answer **all** questions.
- Section B: answer **all** questions.
- Section C: answer **one** question.
- Use a black or dark blue pen. You may use an HB pencil for any diagrams or graphs.
- Write your name, centre number and candidate number in the boxes at the top of the page.
- Write your answer to each question in the space provided.
- Do **not** use an erasable pen or correction fluid.
- Do **not** write on any bar codes.

INFORMATION

- The total mark for this paper is 100.
- The number of marks for each question or part question is shown in brackets [].

This document has **12** pages. Blank pages are indicated.



Section A

Answer **all** questions.

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

- 1 (a) Name the type of molecules which combine to form protein.

..... [1]

- (b) State how many of this type of molecule are essential for children.

..... [1]

- (c) Name **three** different foods which are good sources of plant protein.

1

2

3

[3]

- (d) Protein can provide energy which is used to maintain body temperature.
State **three** other different reasons the body needs energy.

1

2

3

[3]

- (e) State **one** effect on the body when energy intake is continually greater than energy output.

..... [1]

- (f) Describe what happens to protein when it is heated.

.....

.....

.....

.....

.....

..... [3]

[Total: 12]

2 Name **one** different nutrient which would be needed to help prevent each of the following health conditions:

(a) night blindness [1]

(b) osteoporosis [1]

(c) spina bifida [1]

(d) beri-beri [1]

(e) goitre [1]

(f) pellagra. [1]

[Total: 6]

3 (a) Name the organ in the body which produces bile.

..... [1]

(b) Name **two** enzymes found in the stomach.

1 [2]

2 [2]

(c) State **two** places in the digestive system where starch is digested.

1 [2]

2 [2]

(d) Name **one** enzyme involved in the digestion of starch.

..... [1]

[Total: 6]

- 4 (a) State why it is important to have a daily supply of vitamin C (ascorbic acid).

..... [1]

- (b) One of the functions of vitamin C is to prevent scurvy.
Identify **five** other reasons why vitamin C is important in the diet.

1

2

3

4

5

[5]

- (c) Vegetables are a source of vitamin C.
List **four** vegetables which are good sources of vitamin C.

1

2

3

4

[4]

[Total: 10]

5

5 A recipe for sweet kebabs uses peach, apple, strawberry, and kiwi.

(a) Suggest **two** other fruits which would be suitable for making the kebabs.

1

2

[2]

(b) The apples in the kebabs have turned brown.

(i) Name this type of browning.

..... [1]

(ii) State **one** reason why this may have happened.

..... [1]

(iii) Suggest **two** ways to prevent this type of browning happening.

1

2

[2]

[Total: 6]

Section B

Answer **all** questions.

- 6 The following ingredients can be used to make a cheese sauce:

25 g butter
25 g plain white flour
250 ml whole milk
75 g grated Cheddar cheese

- (a) The cheese sauce contains ingredients which are high in energy.

- (i) State **one** unit of measurement for energy.

..... [1]

- (ii) Name **one** group of people who need food which is high in energy.

..... [1]

- (b) The cheese sauce is high in cholesterol.

Identify **four** ways to reduce the amount of cholesterol in the cheese sauce.

1

2

3

4

[4]

- (c) Flour is used to thicken the sauce.

Name this thickening process.

..... [1]

1

2

3

4

[4]

[7]

1.....

2.....

3.....

[3]

7 (a) Name **two** moist methods of cooking.

1

2 [2]

(b) Name **two** dry methods of cooking.

1

2 [2]

(c) Conduction and radiation are two methods of heat transference used in cooking.
Explain the difference between conduction and radiation.

.....

.....

.....

.....

.....

..... [3]

(d) Name **one** material used in the kitchen which is a poor conductor of heat.

..... [1]

(e) Name **two** methods of cooking which use convection.

1

2 [2]

(f) State **three** advantages and **three** disadvantages of grilling as a method of cooking.

advantage 1

advantage 2

advantage 3

disadvantage 1

disadvantage 2

disadvantage 3 [6]

- (g) Food can be marinated before grilling.
State **three** benefits of marinating foods before grilling.

1

2

3

[3]

[Total: 19]

- 8 Identify and explain **five** reasons why a laminate worktop is a suitable material for a kitchen work surface.

1

.....

2

.....

3

.....

4

.....

5

.....

[5]

Section C

Answer **either** Question 9 **or** 10.

9 Many food items are packaged.

- Identify and discuss reasons for packaging.
- Assess the suitability of glass as a packaging material.

[15]

OR

10 Discuss and explain the uses and benefits to a family of:

- a food processor when preparing food
- a microwave when cooking family meals.

[15]

[illegible]

This image shows a full page of white paper with horizontal dashed lines, typical of primary school writing paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

6065/12/O/N/20