



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

October/November 2007

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 pen.

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 in the spaces provided on the Question Paper.

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.

- 1 (a) (i) State **four** functions of fats.

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

- (ii) Define *saturated fat* and give **one** example.

.....
.....
.....
.....
Name **one** example. [4]

- (iii) Define *monounsaturated fat* and give **one** example.

.....
.....
Name **one** example. [1]

- (iv) Define *polyunsaturated fat* and give **one** example.

.....
.....
.....
.....
Name **one** example. [2]

(v) Describe the digestion and absorption of fat.

[5]

(vi) Give reasons for reducing the amount of fat in the diet.

[3]

(vii) Suggest **four** ways to reduce fat in meals.

[2]

(b) Vitamin A and vitamin D are fat-soluble vitamins.

(i) Give **two** functions of vitamin A.

- 1
2 [2]

(ii) Name **two** animal sources of vitamin A.

- 1
2

Name **two** plant sources of vitamin A.

- 1
2 [2]

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

..... [1]

(iv) Give **two** functions of vitamin D.

- 1
2 [2]

(v) Name **three** food sources of vitamin D.

- 1
2
3

Name **one** non-food source of vitamin D.

..... [2]

(vi) Name a deficiency disease associated with a poor supply of vitamin D.

..... [1]

- (c) (i) Explain why Non-Starch Polysaccharide (NSP) or dietary fibre is important in a healthy diet.

.....

.....

.....

.....

.....

..... [3]

- (ii) Name **four** good sources of NSP.

1

2

3

4 [2]

- (d) State, with reasons, the special dietary needs of manual workers.

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..... [6]

[Total: 40]

Section B

Answer **four** questions.

- 2 (a) Name **six** nutrients in eggs. [1]
- (b) State **five** different uses of eggs and give an example for each use. [5]
- (c) Discuss the storage of eggs. [3]
- (d) Describe and explain the changes which take place when an egg is boiled. [4]
- 3 The following ingredients can be used to make flaky pastry:
- 225g flour
150g fat
1/2 level tsp. salt
Approx. 150ml water
- (a) Give advice on the choice of flour and fat for making flaky pastry. [3]
- (b) Describe, with reasons, the method of making flaky pastry. [7]
- (c) Name **four** dishes which could be made using flaky pastry. [2]
- (d) Give reasons for each of the following faults:
- (i) the pastry has not flaked well;
- (ii) the pastry has risen unevenly. [3]
- 4 (a) Give **five** reasons for cooking food and give **one** example to illustrate each reason. [5]
- (b) Name and describe **three** methods of transferring heat.
- Give **one** example of each method. [6]
- (c) State the advantages and disadvantages of using a microwave oven. [4]

5 It is recommended that fruit should be eaten each day.

- (a) State **five** nutrients which can be found in fruit. Illustrate your answer with named examples of fruits. [5]
- (b) Name **five** different ways of using fruit in family meals. Give examples to support your answer. [5]
- (c) Discuss other reasons for including fruit in the diet. [5]

6 Write an informative paragraph on each of the following:

- (a) the choice and care of kitchen knives; [5]
- (b) the disposal of kitchen waste; [5]
- (c) hygiene in shops and markets. [5]

7 Discuss ways of saving each of the following resources when planning, preparing and cooking family meals:

- (a) money; [5]
- (b) time; [5]
- (c) fuel. [5]

[Total: 60]

[Total for Paper: 100]

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