

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS General Certificate of Education Ordinary Level

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CANDIDATE NAME		
CENTRE CANDIDAT NUMBER NUMBER	ГЕ	
FOOD AND NUTRITION		6065/0
	or Examinati	on from 2012
SPECIMEN PAPER		2 hours
Candidates answer on the Question Paper.		2 Hours
No Additional Materials are required.		
READ THESE INSTRUCTIONS FIRST		
Write your Centre number, candidate number and name on all the work you hand i	in.	
Write in dark blue or black pen. You may use a soft pencil for any diagrams or graphs.	For Examiner's Use	
Do not use staples, paper clips, highlighters, glue or correction fluid.		
Section A	1	
Answer all questions.	2	
You are advised to spend no longer than 45 minutes on Section A. Section B	3	
Answer all questions. Section C	_	
Answer either Question 7 or 8.	4	
The number of module is given in breekets [] at the end of each greation or next	5	
The number of marks is given in brackets [] at the end of each question or part question.	6	
	_	
	7	
	Q	

This document consists of 14 printed pages.



Total

SECTION A

For Examiner's Use

Answer all questions.

1	Car	bohydrates provide the body with energy.
	(a)	Name the elements in carbohydrate.
		1
		2
		3[3]
	(b)	State four different ways in which the body uses energy.
		1
		2
		3
		4[4]
	(c)	Explain reasons for reducing the amount of sugar in the diet.
		[4]

(d)	Describe the digestion of starch in:
	the mouth
	the duodenum
	the ileum
	[6]
(e)	Explain the importance of Non-Starch Polysaccharide (NSP) / dietary fibre in the diet.
	[4]
(f)	Name four good sources of NSP.
	12
	34[2]

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For Examiner's

2

Vitamins and minerals are essential for a balanced diet. (a) Vitamin C (Ascorbic acid) State four functions of vitamin C. 1 2 ______ 3 4 ______ Name three good sources of vitamin C. 1 2 _____ 3 _____ Name the deficiency disease caused by a lack of vitamin C. (b) Iron State four functions of iron. 1 2 3 4 _____ Name three good sources of iron. 1 2 3 _____ Name the deficiency disease caused by a lack of iron.

3

(a)	Explain why some people choose to follow a vegetarian diet.
	[3]
(b)	Discuss ways in which vegetarians obtain sufficient amounts of High Biological Value (HBV) protein in their diet.
	[6]
	[Section A Total: 40]

Section B

Answer all questions.

4

All	meals should be well balanced.
(a)	List six other points to consider when planning meals.
	1
	2
	3
	4
	5
	6[3]
(b)	Discuss the nutritional requirements of the elderly.
	[6]

(c)	Explain, with named examples, the importance of fresh fruit and vegetables in the diet.
	[6]

5

Exp	olain the following terms and give one example of each:	For Examiner's
(a)	coagulation;	Use
	Example [3]	
(b)	fermentation;	
	Example [3]	
(-)		
(C)	gelatinisation;	
	Example [3]	
	Lyampioioi	1

(d)	hydrogenation;
	Example[3]
(e)	pasteurisation.
	Example [3]
	·

For Examiner's

Use

6

The following ingredients can be used to make bread. 200g flour 12g fresh yeast or 1 level tsp. dried yeast 1 level tsp. sugar 1 tsp. salt 125ml warm water (a) Describe, with reasons, how to carry out the following processes in bread making: (i) kneading; (ii) proving. [3] (b) Give advice, with reasons, on the choice of flour for bread making.

(c)	Describe and explain the changes, which take place when bread is baked.
	[5]

[Section B Total: 45]

Section C

Answer either Question 7 or Question 8.

7	High levels of bacteria in food can cause food poisoning.	
	Discuss ways of preventing food poisoning when storing, preparing and cooking food. [15]
OR	!	
8	The kitchen should be a safe place in which to work.	
	Discuss the causes and prevention of accidents in the kitchen.	15]

[Section C Total: 15]
[Paper Total: 1001

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