



## Cambridge O Level

CANDIDATE  
NAME

--

CENTRE  
NUMBER

--	--	--	--	--

CANDIDATE  
NUMBER

--	--	--	--



### FOOD & NUTRITION

6065/12

Paper 1 Theory

May/June 2022

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.

**Section A**

Answer **all** questions.

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

1 Name the term used to describe chemical processes, such as growth and cell renewal, that take place in the body.  
..... [1]

2 (a) Simple sugars are molecules from which all carbohydrates are made.  
(i) State the chemical name for simple sugar.  
..... [1]

(ii) Name **two** examples of simple sugars.  
1 .....  
2 ..... [2]

(b) State **two** ways the body uses carbohydrate foods.  
1 .....  
2 ..... [2]

[Total: 5]

3 Fish is a good source of high biological value (HBV) protein.  
(a) Name **four** different types of oily fish.  
1 .....  
2 .....  
3 .....  
4 ..... [4]

(b) Name **three** different foods that are good sources of HBV protein for a lacto-vegetarian.  
1 .....  
2 .....  
3 ..... [3]

(c) (i) Name **two** enzymes that break down proteins during digestion.

- 1 .....
- 2 ..... [2]

(ii) Name the end-product of protein digestion.

- ..... [1]

(d) Name **one** deficiency disease caused by a lack of protein.

- ..... [1]

[Total: 11]

4 One function of vitamin E (tocopherol) is to help prevent heart disease.

(a) State **three** other functions of vitamin E in the body.

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

(b) Name **three** different sources of vitamin E.

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

[Total: 6]

5 State **four** functions of vitamin C.

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

- 6 (a) Name the group of people who are most likely to suffer from rickets.  
..... [1]
- (b) Name **one** mineral and **one** vitamin that help to prevent rickets.
- (i) mineral ..... [1]
- (ii) vitamin ..... [1]
- (c) Name **two** different foods that are good sources of the vitamin named in (b)(ii).
- 1 .....  
2 ..... [2]
- [Total: 5]

- 7 (a) State **four** factors that may increase the risk of a person developing type 2 diabetes.
- 1 .....  
2 .....  
3 .....  
4 ..... [4]
- (b) Identify **four** nutritional guidelines a person should follow to help manage type 2 diabetes.
- 1 .....  
2 .....  
3 .....  
4 ..... [4]
- [Total: 8]



**Section B**

Answer **all** questions.

8 A recipe for a chocolate dessert uses the following ingredients.

- double cream
- condensed milk
- dark chocolate

Pots of fresh double cream are on sale in different supermarkets on 28 June 2022.

supermarket A	supermarket B
<div style="text-align: center;">  <p>Double cream kept in chill cabinet at temperature 5 °C</p> </div>	<div style="text-align: center;">  <p>Double cream kept in chill cabinet at temperature 12 °C</p> </div>

(a) Explain why the cream from supermarket B should **not** be purchased.

.....

.....

..... [2]

(b) The recipe for the dessert uses condensed milk.  
Describe the process of manufacturing condensed milk.

.....

.....

.....

.....

.....

..... [4]

(c) (i) The dark chocolate in the dessert is a good source of iron.  
Name **three** different animal foods that are good sources of iron.

1 .....

2 .....

3 .....

[3]

(ii) State **one** function of iron in the body.

..... [1]

(d) State what is meant by *best-before* on a food label.

.....

.....

.....

..... [2]

[Total: 12]

9 (a) Bacteria can be responsible for food spoilage.  
Name **two** other causes of food spoilage.

1 .....

2 ..... [2]

(b) Suggest **five** reasons why a person may make their own jam.

1 .....

2 .....

3 .....

4 .....

5 ..... [5]

(c) Explain how each of the following preservation methods prevent food spoilage:

(i) use of salt

.....

.....

..... [2]

(ii) use of vinegar.

.....

.....

..... [2]

[Total: 11]

10 (a) Give **three** different reasons for each of the following guidelines:

(i) use fresh fish within 24 hours of purchase

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

(ii) wrap fish before storing.

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

(b) Name **two** suitable moist-heat methods of cooking fish.

- 1 .....
- 2 ..... [2]

(c) State **four** effects of cooking on fish.

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

(d) Fish does not contain vitamin C.

Name **two** different sources of vitamin C that could be included as part of a fish dish.

- 1 .....
- 2 ..... [2]

[Total: 14]



11 Sieving flour is one mechanical method of introducing air into a mixture.

(a) State **three** other mechanical methods of introducing air into a mixture.

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

(b) Name **one** ingredient that is used as a raising agent.

- ..... [1]
- [Total: 4]

12 List **four** personal safety precautions that should be followed before cooking.

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

Section C

Answer **either** Question 13 **or** 14.

**13** Eggs are used in a wide variety of dishes.

Explain, with examples, the following functions of eggs in the preparation and cooking of dishes:

- aeration
- coagulation.

[15]

**OR**

**14** Vegetarian diets are becoming increasingly popular.

- Discuss reasons for the increasing popularity of vegetarian diets.
- Explain what is meant by a vegan diet.
- Explain why protein complementation is important to a vegan. Include examples.

[15]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

---

Permission to reproduce items where third-party owned material protected by copyright is included has been sought and cleared where possible. Every reasonable effort has been made by the publisher (UCLES) to trace copyright holders, but if any items requiring clearance have unwittingly been included, the publisher will be pleased to make amends at the earliest possible opportunity.

To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced online in the Cambridge Assessment International Education Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download at [www.cambridgeinternational.org](http://www.cambridgeinternational.org) after the live examination series.

Cambridge Assessment International Education is part of Cambridge Assessment. Cambridge Assessment is the brand name of the University of Cambridge Local Examinations Syndicate (UCLES), which is a department of the University of Cambridge.