



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
General Certificate of Education Advanced Subsidiary Level and Advanced Level

FOOD STUDIES

9336/01

Paper 1

October/November 2008

3 hours

Additional Materials: Answer Booklet/Paper

READ THESE INSTRUCTIONS FIRST

If you have been given an Answer Booklet, follow the instructions on the front cover of the Booklet.

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, graphs or rough working.

Do not use staples, paper clips, highlighters, glue or correction fluid.

Answer **four** questions, **two** from Section A and **two** from Section B.

Write your answers on the separate Answer Booklet/Paper provided.

You are reminded of the need for good English and clear presentation in your answers.

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 **3** printed pages and **1** blank page.



Section A

Answer **two** questions from this section.

- 1 (a) Discuss ways in which the body uses energy. [6]
- (b) Explain the reasons for people having different energy requirements. [12]
- (c) Starches and sugars are important sources of energy.
Describe the digestion and absorption of starch and sugar. [7]

- 2 (a) Classify fruit and give examples of each type. [5]
- (b) State and explain the nutritional importance of fruit in the diet. [10]
- (c) Discuss factors, other than nutritional, which make fruit important in family meals. [10]

- 3 (a) Carbohydrates can be classified as monosaccharides, disaccharides and polysaccharides.
For each group:
 - (i) describe the structure;
 - (ii) identify the properties;
 - (iii) give examples. [10]
- (b) Non Starch Polysaccharide (NSP)/dietary fibre is indigestible.
 - (i) Discuss the importance of NSP in the body. [6]
 - (ii) Explain why many people have an insufficient supply of NSP in their diet. [4]
- (c) Discuss problems which could occur if there is an excess of carbohydrates in the diet. [5]

- 4 (a) Discuss dietary needs which are specific to adolescents. [10]
- (b) Many adolescents have an unbalanced diet. Discuss possible reasons for this. [5]
- (c) Many adolescent girls suffer from anaemia.
 - (i) Describe and account for the condition. [6]
 - (ii) Discuss methods for its prevention. [4]

Section B

Answer **two** questions from this section.

- 5 (a) Discuss the composition and nutritive value of eggs. [10]
- (b) Identify and explain the changes that take place in eggs during storage. [5]
- (c) Describe and explain the effect of heat on eggs. [5]
- (d) Discuss and give examples of the following uses of eggs:
- (i) emulsification;
 - (ii) foam formation. [5]
- 6 (a) Give advice, with reasons, on the choice of fat, flour and sugar for rich cakes. [9]
- (b) Name and explain the action of each of the raising agents in rich cakes. [6]
- (c) Identify and explain the methods of heat transfer involved when the cake is baked. [4]
- (d) Describe, with reasons, how to pack and freeze a decorated cake. [3]
- (e) Discuss reasons why some people choose to buy cakes instead of making them at home. [3]
- 7 (a) Explain, with examples, the following causes of food browning;
- (i) caramelisation;
 - (ii) dextrinisation;
 - (iii) enzymic browning;
 - (iv) grilling;
 - (v) Maillard reaction. [5 x 3]
- (b) Discuss the use of natural and artificial food colourings.
Give examples to illustrate your answer. [10]
- 8 (a) Discuss the factors which influence individual food choice. [20]
- (b) Explain how the information on food labels can help the consumer to make appropriate food choices. [5]

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