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6065/01

October/November 2010

2 hours

Additional Materials: Answer Booklet/Paper

READ THESE INSTRUCTIONS FIRST

Write in dark blue or black ink.

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

DO **NOT** WRITE IN ANY BARCODES.

Answer **all** parts of Question 1.

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

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	X
Total	

This document consists of **7** printed pages and **1** blank page.

Section A

Answer **all** questions.

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Use

- 1 (a) (i) List the **three** elements which combine to form fat.

1 2
3 [3]

- (ii) State **three** functions of fat.

1
2
3 [3]

- (iii) Give **three** facts about each of the following and give **one** example of each.

Saturated fat

.....
.....

Example [2]

Monounsaturated fat

.....
.....

Example [2]

Polyunsaturated fat

.....
.....

Example [2]

[5]

[4]

1[3]
2[3]
3[3]
4[3]
5[3]
6[3]

- (b) (i) Explain the importance of Non-Starch Polysaccharide / NSP (dietary fibre) in a healthy diet.

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Use

.....

.....

.....

.....

.....

.....

.....

.....[4]

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

1 2

3 4[2]

- (c) Discuss **four** uses of water in the body.

1

.....

2

.....

3

.....

4

.....[4]

.....[6]

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Section B

Answer **four** questions.

2 All meals should be well balanced.

- (a) Identify, with examples, **five** other points to consider when planning meals. [5]
- (b) Discuss the dietary needs of a pregnant woman. [6]
- (c) Explain the problems that could occur if the diet of a pregnant woman contains too much sugar. [4]

3 The following ingredients can be used to make shortcrust pastry:

200 g flour
100 g fat
pinch of salt
approx. 8 teaspoons of water

- (a) Give advice on the choice of flour and fat for shortcrust pastry. [5]
- (b) Describe, with reasons, how to make shortcrust pastry. [6]
- (c) Name **four** dishes that could be made using shortcrust pastry. [2]
- (d) Give **two** reasons for each of the following faults:
 - (i) pastry shrinks during baking;
 - (ii) pastry is hard and tough. [2]

4 Write an informative paragraph on each of the following:

- (a) reasons for cooking; [5]
- (b) advantages and disadvantages of frying; [5]
- (c) saving time when preparing and cooking family meals. [5]

5

- (a) State the importance of raising agents. [2]
- (b) List **five** different ways of introducing air into mixtures and give **one** example of the use of each. [5]
- (c) State and explain **five** rules to follow when making bread using yeast. [5]
- (d) Discuss the composition, use and storage of baking powder. [3]

6 Describe and explain the changes which take place when:

- (a)** meat is cooked by a moist method; [5]
- (b)** a loaf of bread is baked; [5]
- (c)** a roux sauce is made. [5]

7 Discuss the choice and care of:

- (a)** kitchen surfaces; [5]
- (b)** saucepans; [5]
- (c)** electric food mixers. [5]

[Section B Total: 60]

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