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O LEVEL FOOD AND NUTRITION

Subject Code 6087

Years 2013 – 2018 Paper 1

Subject Code 6082

Years 2009 – 2012 Paper 1

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Also available

ANSWER BOOK (Separate booklet)

Subject Code 6087

Years 2013 – 2018

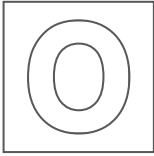
Subject Code 6082

Years 2009 – 2012

Paper 1 Comprehensive answers

The answers serve as a useful reference for self-study purposes.*

* The answers to the questions compiled in this publication are given by the publisher, Singapore Asia Publishers Pte Ltd. Singapore Examinations and Assessment Board bears no responsibility for these answers. Any queries or comments on the answers should be forwarded to the publisher directly.



MINISTRY OF EDUCATION, SINGAPORE
in collaboration with
UNIVERSITY OF CAMBRIDGE LOCAL EXAMINATIONS SYNDICATE
General Certificate of Education Ordinary Level

CANDIDATE
NAME

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CENTRE
NUMBER

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INDEX
NUMBER

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FOOD AND NUTRITION

6087/01

Paper 1

October/November 2018

2 hours

Candidates answer on the Question Paper.

No Additional Materials are required.

READ THESE INSTRUCTIONS FIRST

Write your Centre number, index number and name on all the work you hand in.

Write in dark blue or black pen.

You may use an HB pencil for any diagrams or graphs.

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

DO NOT WRITE IN ANY BARCODES.

Section A and Section B

Answer **all** questions.

Write your answers in the spaces provided on the Question Paper.

Section C

Answer Questions 7, 8 and **either** Question 9(a) **or** 9(b).

Write your answers in the spaces provided on the Question Paper.

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.

Section A

Answer **all** questions.

1 (a) Give **one** reason why it is important to have a balanced diet.

.....
..... [1]

(b) Describe **three** ways *Recommended Dietary Allowances (RDA)* can help when planning balanced meals.

1
2
3 [3]

(c) State **two** functions of iodine in a balanced diet.

1
2 [2]

2 (a) Vitamin B₁ is also known as thiamine.

Name **three** different good sources of thiamine.

1
2
3 [3]

(b) Name the deficiency disease caused by a lack of thiamine.

..... [1]

(c) State **one** function of vitamin B₂ (riboflavin).

..... [1]

(d) State the effect of moist cooking methods on riboflavin.

..... [1]

(e) A deficiency of vitamin B₃ (nicotinic acid) can lead to pellagra.

State **two** symptoms of this disease.

- 1
- 2 [2]

(f) Research has shown that increasing the intake of vitamin B₉ (folic acid) during pregnancy does **not** reduce the risk of a premature baby.

Give **one** benefit of increasing the intake of vitamin B₉ during pregnancy.

- [1]

3 (a) List **three** functions of protein.

- 1
- 2
- 3 [3]

(b) (i) State **one** difference between high biological value (HBV) proteins and low biological value (LBV) proteins.

-
- [1]

(ii) Name **two** different examples of HBV protein foods.

- 1
- 2 [2]

(iii) Name **two** different examples of LBV protein foods.

- 1
- 2 [2]

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

- 1
- 2 [2]

[Total: 25]