



MINISTRY OF EDUCATION, SINGAPORE  
in collaboration with  
CAMBRIDGE ASSESSMENT INTERNATIONAL EDUCATION  
General Certificate of Education Normal (Technical) Level

CANDIDATE  
NAME

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INDEX  
NUMBER

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## NUTRITION AND FOOD SCIENCE

**5979/01**

Paper 1

For examination from 2023

SPECIMEN PAPER

**1 hour 30 minutes**

Candidates answer on the Question Paper.

No Additional Materials are required.

### READ THESE INSTRUCTIONS FIRST

Write your centre number, index number and name in the spaces at the top of this page.

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 ON ANY BARCODES.**

#### Section A

Answer **all** questions.

For each question there are four possible answers **A, B, C** and **D**. Tick the one you consider correct.

Each correct answer will score one mark.

#### Section B and Section C

Answer **all** questions.

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

The number of marks is given in brackets [ ] at the end of each question or part question.

The use of a calculator is permitted.

This document consists of **13** printed pages and **1** blank page.



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## Section A

Answer **all** questions. For each question tick the answer **A**, **B**, **C**, or **D** which you consider correct.

1 What is a function of protein in the body?

**A** keeps the body warm

**B** makes teeth strong

**C** removes waste

**D** repairs cells

[1]

2 Which food contains high biological value (HBV) protein?

**A** almonds

**B** sesame seeds

**C** snow peas

**D** soya beans

[1]

3 Which food is **not** a good source of carbohydrate?

**A** cheese

**B** pasta

**C** rice

**D** sugar

[1]

4 What is a function of fat in the body?

**A** makes bones strong

**B** provides energy

**C** prevents disease

**D** supports a strong immune system

[1]

5 Which vitamin helps the body to absorb calcium?

**A** vitamin A

**B** vitamin B

**C** vitamin C

**D** vitamin D

[1]

6 Which nutrient do egg yolks **not** contain?

**A** fat

**B** iron

**C** vitamin A

**D** vitamin C

[1]

The nutritional information per 100 g for four breakfast cereals is shown. Use this nutritional information to answer questions 7–9.

	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
	Wholegrain Wheats	Cocoa Rice Pops	Cornflakes	Muesli
Energy	1442 kJ	1641 kJ	1641 kJ	1556 kJ
	340 kcal	387 kcal	387 kcal	369 kcal
Protein	11.6 g	5 g	7.7 g	12 g
Carbohydrate	67.8 g	85 g	85.2 g	63 g
Sugars	0.9 g	36 g	6.1 g	16 g
Fat	2.5 g	3 g	1.2 g	5.8 g
Saturated fat	0.5 g	1.5 g	0.3 g	0.9 g
Dietary fibre	11.8 g	2 g	2.5 g	8.3 g
Sodium	trace	450 mg	600 mg	280 mg

7 Which cereal is the best source of dietary fibre?

**A**

**B**

**C**

**D**

[1]

8 Which cereal is most suitable for a consumer with type 2 diabetes?

**A**

**B**

**C**

**D**

[1]

9 Which cereal is most suitable for a consumer with coronary heart disease (CHD)?

**A**

**B**

**C**

**D**

[1]

10 What is the correct temperature for safe storage of frozen food?

**A** 0°C

**B** 18°C

**C** -5°C

**D** -18°C

[1]

11 Which method of cooking is suitable to make tough cuts of meat tender?

**A** baking

**B** shallow frying

**C** simmering

**D** steaming

[1]

12 Which is classified as a tropical fruit?

**A** apple

**B** cherry

**C** pineapple

**D** strawberry

[1]

13 Which method is used when making scones?

A blending

B creaming

C rubbing-in

D whisking

[1]

14 Which term describes a mixture containing equal amounts of fat and flour only?

A batter

B blend

C pastry

D roux

[1]

15 Which statement describes a reason for a sunken cake?

A Adding too little baking powder to the mixture.

B Adding too little liquid to the mixture.

C Removing the cake from the oven too soon.

D Setting the oven temperature too high.

[1]

16 Which word does **not** describe the appearance of food?

A aroma

B colour

C shape

D texture

[1]

[Total: 16]

**Section B**

Answer **all** questions.

**17** Cheese and milk are dairy products.

**(a)** Name **two** other dairy products.

1 .....

2 ..... [2]

**(b)** Dairy products contain calcium.

Give **one** reason why calcium is needed in the diet.

.....

..... [1]

**(c)** The following ingredients can be used to make a white sauce:

- 25g butter
- 25g flour
- 250ml milk

Describe the stages for making the white sauce.

.....

.....

.....

.....

.....

..... [4]

**(d)** Describe **two** ways to prevent lumps forming when making a sauce.

1 .....

.....

2 .....

..... [2]

18 (a) State **two** differences between fats and oils.

1 .....

.....

2 .....

.....

[2]

(b) Name **one** different fat or oil suitable for making each of the following products:

- salad dressing

.....

- chocolate chip biscuits

.....

- banana cake

.....

- fried noodles

.....

- masala dhal curry.

.....

[5]



19 Chicken can be cooked by grilling or steaming.

(a) Name **two** foods that can be served with grilled chicken to provide a balanced meal.

1 .....

2 .....

[2]

(b) State **two** advantages and **two** disadvantages of steaming as a method of cooking.

advantage 1 .....

advantage 2 .....

disadvantage 1 .....

disadvantage 2 .....

[4]

20 State **two** reasons why the body needs water.

1 .....

2 .....

[2]

21 The following ingredients are used to make a stir-fried dish.

prawns, broccoli, carrots, garlic, oyster sauce, cooking oil, seasoning
--

(a) State **two** other vegetables that could be added to the stir-fried dish.

1 .....

2 ..... [2]

(b) State **one** guideline for storing prawns.

..... [1]

(c) Give **two** guidelines for preparing the carrots for the stir-fried dish.

1 .....

2 ..... [2]

(d) Heat is transferred by conduction when stir-frying. Describe how heat is transferred by conduction.

.....

.....

.....

..... [3]

[Total 32]

Section C

22 (a) Give a different reason for each of the following dietary guidelines.

**guideline 1:** Sugary foods should only be eaten in small amounts.

reason .....

.....

**guideline 2:** Eat two servings of vegetables each day.

reason .....

.....

**guideline 3:** Use healthier oil.

reason .....

.....

**guideline 4:** Use salt sparingly.

reason .....

.....

[4]

(b) The following items are included in a packed lunch for a child who is overweight.

jam sandwich made with white bread packet of potato chips can of cola
---

(i) Suggest **two** ways that the sandwich can be changed to make it healthier. Give a reason for each change.

change 1 .....

reason 1 .....

change 2 .....

reason 2 .....

[4]

(ii) Suggest a suitable replacement for each of the following items to make the packed lunch healthier:

packet of potato chips .....

can of cola. ....

[2]

23 Eggs are versatile ingredients.

(a) State **four** different uses of eggs in cooking, with an example of a dish for each one.

	use of eggs	example of dish
1		
2		
3		
4		

[8]

(b) Give **three** guidelines for storing eggs at home.

- 1 .....
- .....
- 2 .....
- .....
- 3 .....
- .....

[3]

24 (a) Some people choose to follow a vegetarian diet.

Give **three** reasons why people may choose a vegetarian diet.

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

(b) Explain the factors to consider when planning meals for people from different religions.

- .....
- .....
- .....
- .....
- .....
- .....
- ..... [4]

25 State **four** personal hygiene rules to follow when preparing food.

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

[Total: 32]

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