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| Centre Number | Candidate Number | Name |
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UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

FOOD AND NUTRITION **0648/01**

Paper 1 Theory May/June 2005

2 hours

Candidates answer on the Question Paper.
No Additional Materials are required.

READ THESE INSTRUCTIONS FIRST

Write your Centre number, candidate number and name on all the work you hand in.
Write in dark blue or black pen in the spaces provided on the Question Paper.
You may use a soft pencil for any diagrams, or rough working.
Do not use staples, paper clips, highlighters, glue or correction fluid.

Section A
Answer **all** questions in the spaces provided on the Question Paper.
You are advised to spend no longer than 45 minutes on Section A.

Section B
Answer **all** questions in the spaces provided on the Question Paper.

Section C
Answer either question 7(a) or 7(b) on the lined pages at the end of the Question Paper.
The number of marks is given in brackets [] at the end of each question or part question.

| For Examiner's Use | |
|--------------------|--|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |
| Total | |

Section A

Answer **all** questions.

1 (a) State **four** functions of protein.

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.....[4]

(b) Name:

(i) **four** animal sources of protein;

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.....[2]

(ii) **four** plant sources of protein.

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.....[2]

(c) Define the following terms:

(i) High Biological Value (HBV) protein;

.....[1]

(ii) Low Biological Value (LBV) protein.

.....[1]

(d) Explain, with examples, what is meant by the term 'complementary proteins'.

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.....[3]

(e) Discuss the effects on the body of a deficiency of protein.

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.....[3]

(f) Explain what happens to any excess protein in the body.

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.....[3]

(g) Describe:

(i) the digestion of protein;

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.....[7]

(ii) the absorption of protein.

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.....[1]

2 (a) Name **four** good sources of vitamin C (Ascorbic acid).

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.....[2]

(b) State **four** functions of vitamin C.

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.....[2]

(c) Name the deficiency disease caused by a lack of vitamin C.

.....[1]

(d) Give **four** symptoms of the deficiency disease named above.

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.....[2]

3 Give advice, with reasons, on the choice and cooking of foods for a very active person.

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.....[6]

[Section A Total: 40]

Section B

Answer **all** questions.

4 (a) Name **six** of the nutrients in eggs.

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.....[3]

(b) State **five** different uses of eggs in meal preparation. Give **one** example of each use.

Use 1

Example

Use 2

Example

Use 3

Example

Use 4

Example

Use 5

Example[5]

(c) Give advice on the storage of eggs.

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.....[2]

(d) Describe and explain the changes which occur when an egg is boiled.

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.....[5]

Section C

Answer **either 7(a) or 7(b)**

7 (a) Discuss the reasons for food spoilage.

Explain ways of storing and preserving food to improve keeping quality.

or

(b) Discuss frying as a method of cooking.

Explain how good results can be achieved when frying different foods.

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