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

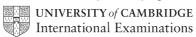
Answer all questions in the spaces provided on the Question Paper.

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			
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Total			

This document consists of 11 printed pages and 1 blank page.



Section A

Answer all questions.

1	(a)	Sta	te four functions of protein.
			[4]
	(b)	Nar	me:
		(i)	four animal sources of protein;
			[2]
		(ii)	four plant sources of protein.
			[2]
	(c)	Def	ine the following terms:
		(i)	High Biological Value (HBV) protein;
			[1]
		(ii)	Low Biological Value (LBV) protein.
			[1]
	(d)	Exp	plain, with examples, what is meant by the term 'complementary proteins'.
			[3]

(e)	Disc	Discuss the effects on the body of a deficiency of protein.		
		[3]		
(f)	Ехр	lain what happens to any excess protein in the body.		
		[3]		
(g)	Des	cribe:		
	(i)	the digestion of protein;		
	(ii)	the absorption of protein. [7]		
		[1]		

(b) State four functions of vitamin C. (c) Name the deficiency disease caused by a lack of vitamin C. (d) Give four symptoms of the deficiency disease named above.	(a)	Name four good sources of vitamin C (Ascorbic acid).
(c) Name the deficiency disease caused by a lack of vitamin C. (d) Give four symptoms of the deficiency disease named above.	(b)	[
(c) Name the deficiency disease caused by a lack of vitamin C. (d) Give four symptoms of the deficiency disease named above.	(D)	State rour functions of vitamin C.
(c) Name the deficiency disease caused by a lack of vitamin C. (d) Give four symptoms of the deficiency disease named above.		
(d) Give four symptoms of the deficiency disease named above.	(c)	Name the deficiency disease caused by a lack of vitamin C.
		[
	(d)	Give four symptoms of the deficiency disease named above.
Give advice, with reasons, on the choice and cooking of foods for a very active person.		
	Give	e advice, with reasons, on the choice and cooking of foods for a very active person.

Section B

Answer all questions.

4	(a)	Name six of the nutrients in eggs.	
		[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.	
		[2]	
	(d)	Describe and explain the changes which occur when an egg is boiled.	

5 (a) The following ingredients can be used to make flaky pastry.

225 g (8 oz) flour 150 g (6 oz) fat Approx. 8 tablesp. cold water

	Describe, with reasons, how to make flaky pastry.
	[6
)	Give advice, with reasons, on the choice of flour and fat for making this pastry.
	[5
)	Name four dishes which could be made with flaky pastry.
	[2

	(d)	State four rules to follow when rolling any type of pastry.
		1
		2
		3
		4[2]
6	Writ	te an informative paragraph on:
	(a)	saturated fats;
		[5]

b)	non-starch polysaccharide (NSP);		
	[5]		
c)	water in the diet.		
	re1		
	[5]		
	[Section B Total: 45]		

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.
	•••••	
	•••••	
	•••••	

[Section C Total: 15]

[Total for Paper: 100]

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