

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 2006

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

2 hours

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.
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 8(a) **or** 8(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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7	
8	
Total	

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



Section A

Answer **all** questions

1 (a) Name the elements which combine to form fat.

..... [3]

(b) State **four** functions of fat.

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

(c) (i) Define the term 'saturated fat'.

..... [2]

(ii) Give **two** examples of saturated fat.

..... [1]

(iii) Define the term 'polyunsaturated fat'.

..... [2]

(iv) Give **two** examples of polyunsaturated fat.

..... [1]

(d) Describe the digestion and absorption of fat.

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.....
.....
..... [5]

(e) What could be the result of an excess of saturated fat in the diet?

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..... [4]

2 Non-Starch Polysaccharide (NSP) / dietary fibre is essential in a healthy diet.

(a) State the functions of NSP.

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..... [3]

(b) Name **two** possible results of a lack of NSP in the diet.

1. 2. [1]

(c) Name **four** good sources of NSP.

1. 2.

3. 4. [2]

3 (a) State and explain **five** uses of water in the body.

1.

.....

2.

.....

3.

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4.

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5.

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..... [5]

(b) Define the term 'water balance'.

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..... [1]

4 Give advice, with reasons, on the choice and cooking of food for the elderly.

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..... [6]

[Section A Total : 40 marks]

Section B

Answer **all** questions

5 (a) Name **six** of the nutrients in milk.

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..... [3]

(b) List **four** rules to follow for storing milk.

1.

2.

3.

4. [2]

(c) Name **four** milk products.

.....

..... [2]

(d) Explain why milk becomes sour.

.....

.....

..... [2]

(e) Describe the following methods of preserving milk:

(i) pasteurising;

.....

.....

..... [3]

(ii) Ultra Heat Treatment (UHT).

.....

.....

..... [3]

6 (a) State **five** reasons for cooking food. Give an example to illustrate **each** reason.

Reason 1

Example 1

Reason 2

Example 2

Reason 3

Example 3

Reason 4

Example 4

Reason 5

Example 5 [5]

(b) Discuss the advantages and disadvantages of each of the following methods of cooking:

(i) steaming;

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..... [3]

(ii) frying;

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..... [3]

(iii) using a microwave oven.

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..... [4]

7 The following ingredients can be used to make a Victoria sandwich cake:

- 100g plain flour
- 1 level teasp. baking powder
- 100g sugar
- 100g fat
- 2 eggs.

(a) Describe the method of making and baking the cake.

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..... [5]

(b) Suggest **two** ways of varying the cake.

1.

2. [1]

(c) Give advice, with reasons, on the choice of the following ingredients for the cake:

(i) flour;

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..... [2]

(ii) sugar;

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..... [2]

(iii) fat.

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..... [2]

(d) Describe and explain the changes which take place when the cake is baked.

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..... [3]

[Section B Total : 45 marks]

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