



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

CANDIDATE  
NAME

CENTRE  
NUMBER

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CANDIDATE  
NUMBER

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**FOOD AND NUTRITION**

**0648/01**

Paper 1 Theory

**May/June 2008**

**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.

You may use a soft pencil for any diagrams or graphs.

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

**DO NOT WRITE IN ANY BARCODES.**

**Section A**

Answer **all** questions.

You are advised to spend no longer than 45 minutes on Section A.

**Section B**

Answer **all** questions.

**Section C**

Answer **either** Question 9 **or** Question 10.

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.

For Examiner's Use	
1	
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10	
<b>Total</b>	

This document consists of **13** printed pages and **3** blank pages.



**SECTION A**

Answer **all** questions.

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**1** What is a balanced diet?

.....  
..... [2]

**2 (a)** Name **four** of the elements that make up protein.

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

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

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

**(c)** What are High Biological Value (HBV) proteins?

..... [1]

**(d)** Name **four** examples of HBV protein foods.

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

**(e)** What are Low Biological Value (LBV) proteins?

..... [1]

**(f)** Name **two** examples of LBV protein foods.

1 ..... 2 ..... [1]

(g) Describe the digestion and absorption of protein.

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

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3 (a) State **three** functions of calcium.

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

(b) Name **four** sources of calcium.

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

(c) Name **one** disease associated with a deficiency of calcium.

..... [1]

(d) Describe the symptoms of the disease named in (c).

.....  
.....  
.....  
..... [2]

(e) Identify the vitamin that helps the absorption of calcium.

..... [1]

(f) Give **four** sources of this vitamin.

1 ..... 2 .....

3 ..... 4 ..... [2]

4 It is recommended that the amount of saturated fat in the diet should be reduced.

(a) Give reasons for this advice.

.....  
.....  
..... [3]

(b) Suggest **four** ways to reduce the amount of fat in the diet.

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



**Section B**

Answer **all** questions.

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**6 (a)** State **four** reasons for serving sauces and give an example for each reason.

Reason 1 .....

Example 1 .....

Reason 2 .....

Example 2 .....

Reason 3 .....

Example 3 .....

Reason 4 .....

Example 4 ..... [4]

**(b)** The following ingredients can be used to make cheese sauce:

- 25g flour
- 25g margarine
- 250 ml milk
- 50g cheese

Describe, with reasons, how to make cheese sauce by the roux method.

.....

.....

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.....

..... [4]

(c) Name **two** dishes, which include cheese sauce.

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

(d) Suggest **three** reasons for a lumpy sauce.

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

(e) Identify **three** different ways to reduce the amount of fat in the cheese sauce.

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

7 Cereals are included in diets throughout the world.

(a) List **six** reasons for the importance of cereals.

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....
- 6 ..... [3]

(b) Name **four** different cereals.

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

(c) Give advice on the storage of cereals in the home.

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

(d) Identify **three** different types of flour. State **two** facts about each flour and give **one** example of its use.

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..... [6]



8 (a) State **four** reasons for preserving food.

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

(b) Freezing is a popular method of preservation.

(i) State and explain **four** rules to follow when freezing food at home.

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

(ii) State the temperature for storing food in a domestic freezer.

..... [1]

(iii) Explain why freezing delays food spoilage.

.....

.....

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.....

.....

..... [3]

(iv) Identify the information which should be stated on a frozen food label.

.....  
.....  
.....  
..... [2]

(v) Discuss the types of packaging suitable for use in a freezer.

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.....  
.....  
.....  
.....  
..... [3]

**[Section B Total: 45]**

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