



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

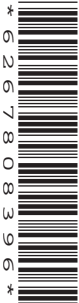
CANDIDATE  
NAME

CENTRE  
NUMBER

--	--	--	--	--

CANDIDATE  
NUMBER

--	--	--	--



**FOOD AND NUTRITION**

**0648/01**

Paper 1 Theory

**May/June 2010**

**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(a) **or** 9(b).

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	
<b>Section A</b>	
<b>Section B</b>	
<b>Section C</b>	
<b>Total</b>	

This document consists of **14** printed pages and **2** blank pages.



**Section A**

Answer **all** questions.

For  
Examiner's  
Use

1 Carbohydrates are an important source of energy.  
They can be classified as monosaccharides, disaccharides and polysaccharides.

(a) Give **four** other facts about monosaccharides.

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

(b) Give **four** other facts about disaccharides.

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

(c) Give **four** other facts about polysaccharides.

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

(d) Describe the digestion and absorption of starch:

in the mouth;

.....  
.....

in the duodenum;

.....  
.....

in the ileum.

.....  
.....  
.....  
.....[6]

(e) It is recommended that the intake of sugar should be lowered.  
Explain **three** reasons for this recommendation.

1 .....

2 .....

3 .....

.....[3]

(f) List **six** ways of reducing sugar.

1 .....

2 .....

3 .....

4 .....

5 .....

6 .....

.....[3]

2 (a) Explain the importance of iron in the body.

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

(b) Give **four** good sources of iron.

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

(c) Name the deficiency disease associated with a poor supply of iron.

.....[1]

(d) State **two** symptoms of the deficiency disease named in (c).

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

3 (a) Explain the importance of vitamin C in the body.

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

(b) Give **four** good sources of vitamin C.

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

(c) Name the deficiency disease associated with a poor supply of vitamin C.

.....[1]

(d) State **two** symptoms of the deficiency disease named in (c).

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







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

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

(b) Name **four** cereals.

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

(c) Explain how cereals should be stored.

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

(d) Flour is a widely used cereal product.  
Give advice, with reasons, on the choice of flour for making bread.

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





8 Explain how to carry out the following processes and give **one** example of each.

(a) creaming;

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

(b) basting;

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

(c) making a roux;

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

(d) sautéing;

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

(e) making stock.

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

**[Section B Total: 45]**









**BLANK PAGE**

---

Permission to reproduce items where third-party owned material protected by copyright is included has been sought and cleared where possible. Every reasonable effort has been made by the publisher (UCLES) to trace copyright holders, but if any items requiring clearance have unwittingly been included, the publisher will be pleased to make amends at the earliest possible opportunity.

University of Cambridge International Examinations is part of the Cambridge Assessment Group. Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.