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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

October/November 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 10(a) **or** 10(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                  |  |
| 8                  |  |
| 9                  |  |
| 10                 |  |
| <b>Total</b>       |  |

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



**Section A**

Answer **all** questions

1 What is a 'balanced diet'?

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

2 Starches and sugars are carbohydrates.

(a) State **four** facts about simple sugars.

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

(b) Give **two** examples of simple sugars.

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

(c) State **four** facts about double sugars.

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

(d) Give **two** examples of double sugars.

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

(e) Describe the digestion of starch:  
in the mouth;

.....  
.....

in the duodenum;

.....  
.....

in the ileum.

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

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

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

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

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

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

..... [1]

(d) Which vitamin assists in the absorption of calcium?

..... [1]

(e) State **one** food source and **one** non-food source of this vitamin.

Food source .....

Non-food source ..... [1]

4 Current dietary advice is to reduce the amount of fat, sugar and salt in the diet.

(a) Give **two** reasons for reducing the intake of:

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

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

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

(b) Suggest **four** ways to reduce the intake of:

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

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

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

5 State and explain **three** uses of water in the body.

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

6 Give advice on healthy eating to a teenager.

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

**[Section A Total : 40 marks]**

**Section B**

Answer **all** questions

7 (a) State **five** reasons for serving sauces. Illustrate **each** reason with an example.

Reason 1 .....

Example 1 .....

Reason 2 .....

Example 2 .....

Reason 3 .....

Example 3 .....

Reason 4 .....

Example 4 .....

Reason 5 .....

Example 5 ..... [5]

(b) The following ingredients can be used to make a coating sauce:

- 25g flour
- 25g margarine
- 250ml milk.

Describe how to make a roux sauce using the ingredients listed.

.....

.....

.....

.....

.....

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.....

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.....

.....

..... [5]

(c) Give **two** reasons for lumps in the finished sauce.

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

(d) Suggest **two** ways to vary the flavour of the sauce.

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

(e) Describe the changes which take place when the sauce is being made.

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

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

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

(b) State **four** causes of food spoilage.

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

(c) List the conditions which are necessary for food spoilage.

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

(d) Explain the principles of:

(i) freezing;

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

(ii) jam-making.

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





9 (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 breadmaking.

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

(e) Describe the changes which take place when a loaf of bread is baked.

.....

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.....

..... [4]

**[Section B Total: 45 marks]**









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