

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS International General Certificate of Secondary Education

CANDIDATE NAME					
CENTRE NUMBER		CANDID. NUMBER	I		

7031541389

FOOD AND NUTRITION

0648/01

Paper 1 Theory

October/November 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 7 or 8.

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 Exam	iner's Use
1	
2	
3	
4	
5	
6	
7	
8	
Total	

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



SECTION A

For Examiner's Use

Answer all questions.

Car	bonydrates provide the body with energy.
(a)	Name the elements in carbohydrate.
	1
	2
	3[3]
(b)	State four different ways in which the body uses energy.
	1
	2
	3
	4 [4]
(c)	Explain reasons for reducing the amount of sugar in the diet.
	[4]

1

(d)	Describe the digestion of starch in:
	the mouth
	the duodenum
	the ileum
	[6]
(e)	Explain the importance of Non-Starch Polysaccharide (NSP) / dietary fibre in the diet.
	[4]
(f)	Name four good sources of NSP.
	12
	3 4 [2]

Vitamins and minerals are essential for a balanced diet. (a) Vitamin C (Ascorbic acid) State four functions of vitamin C. 1 2 3 4 Name three good sources of vitamin C. 1 2 _____ 3 Name the deficiency disease caused by a lack of vitamin C. (b) Iron State four functions of iron. 1 2 3 4 Name three good sources of iron. 1 2 3 _____ Name the deficiency disease caused by a lack of iron.

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For Examiner's

(a)	Explain why some people choose to follow a vegetarian diet.
	[3]
(b)	Discuss ways in which vegetarians obtain sufficient amounts of High Biological Value (HBV) protein in their diet.
	[6]
	[Section A Total: 40]

3

Section B

Answer all questions.

Allı	meals should be well balanced.
(a)	List six other points to consider when planning meals.
	1
	2
	3
	4
	5
	6[3]
(b)	Discuss the nutritional requirements of the elderly.
	[6]

4

(c)	Explain, with named examples, the importance of fresh fruit and vegetables in the diet.
	[6]

Exp	plain the following terms and give one example of each:	For Examiner's
(a)	coagulation;	Use
	Example [3]	
(b)	fermentation;	
	Example [3]	
(c)	gelatinisation;	
	Example [3]	

(d)	hydrogenation;
	Example [3]
(e)	pasteurisation.
	Example [3]

6 The following ingredients can be used to make bread.

200g flour
12g fresh yeast or 1 level tsp. dried yeast
1 level tsp. sugar

		1 level tsp. sugar 1 tsp. salt
		125ml warm water
(a)	Des	scribe, with reasons, how to carry out the following processes in bread making:
	(i)	kneading;
		[3]
	(ii)	proving.
	` ,	
		[3]
(b)	Giv	e advice, with reasons, on the choice of flour for bread making.
		[4]

(c)	Describe and explain the changes, which take place when bread is baked.
	[5]

[Section B Total: 45]

Section C

Answer either Question 7 or Question 8.

7	High levels of bacteria in food can cause food poisoning.
	Discuss ways of preventing food poisoning when storing, preparing and cooking food. [15]
OR	
8	The kitchen should be a safe place in which to work.
	Discuss the causes and prevention of accidents in the kitchen. [15]

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[Section C Total: 15]

[Paper Total: 100]

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