# 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

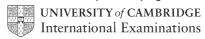
Answer all questions in the spaces provided on the Question Paper.

#### 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 Exam	iner's Use
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
Total	

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



# **Section A**

# Answer all questions

1	Wha	at is a 'balanced diet'?		
				 [2]
2	Sta	rches and sugars are carbohydrates.		[-]
	(a)	State <b>four</b> facts about simple sugars.		
				[2]
	(b)	Give <b>two</b> examples of simple sugars.		
		1	2	[1]
	(c)	State <b>four</b> facts about double sugars.		
				[2]
	(d)	Give <b>two</b> examples of double sugars.		- <b>-</b>
		1.	2.	[1]

	(e)	Describe the digestion of starch: in the mouth;	
		in the duodenum;	••••
		in the ileum.	
			[4]
3	(a)	State <b>three</b> functions of calcium.	
	()		
			••••
	(h)	Name <b>four</b> good sources of calcium.	[3]
	(13)	1 2	
			[2]
	(c)	Name <b>one</b> deficiency disease associated with a lack of calcium.	
			[1]
	(d)	Which vitamin assists in the absorption of calcium?	
			[1]
	(e)	State <b>one</b> food source and <b>one</b> non-food source of this vitamin.	
		Food source	
		Non-food source	[1]

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

(a)	Give t	wo	reasons for reducing the intake of:	
	fat			 [2]
	sugar			<b></b> .
	salt	1.		
		2.		[2]
(b)	Sugge	est 1	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 <b>three</b> uses of water in the body.
	[3]
	[3]
6	Give advice on healthy eating to a teenager.
	[5]

[Section A Total : 40 marks]

# Section B

# Answer all questions

7	(a)	State <b>five</b> reasons for serving sauces. Illustrate <b>each</b> 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.
		[5]

(c)	Give <b>two</b> reasons for lumps in the finished sauce.
	1
	2[1]
(d)	Suggest <b>two</b> 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]

(a)	Giv	e <b>four</b> reasons for preserving food.
	1.	
	_	
	1	
	3.	
	4.	[2]
(b)	Sta	te <b>four</b> causes of food spoilage.
	1.	
	4.	[2]
(c)		the conditions which are necessary for food spoilage.
	1.	
	2.	
		[2]
(d)	Exp	plain the principles of:
	(i)	freezing;
		[2]
	(ii)	jam-making.
		[2]

8

e)	Discuss reasons for using preserved food when preparing meals.
	[5]

9	(a)	Give <b>six</b> reasons for the importance of cereals.
		1
		2.
		3
		4.
		5.
		6[3]
	(b)	Name <b>four</b> cereals.
		1
		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]

[Section B Total: 45 marks]
[4
e) Describe the changes which take place when a loaf of bread is baked.

# **Section C**

# Answer either 10(a) or 10(b)

10	(a)	Discuss the nutritive value, storage and uses of eggs in the preparation of meals. [15]
	OR	
	(b)	Discuss the causes and prevention of food poisoning when storing, preparing and cooking food. [15]


[Section C Total: 15 marks]	
[Section C Total: 15 marks]	
[Section C Total : 15 marks]	
[Section C Total : 15 marks]	
[Section C Total : 15 marks]	
[Section C Total : 15 marks]	
[Section C Total : 15 marks]	
[Section C Total : 15 marks]	
[Section C Total : 15 marks]	
[Section C Total : 15 marks]	
[Section C Total : 15 marks]	
[Section C Total : 15 marks]	
[Section C Total : 15 marks]	
[Section C Total : 15 marks]	
[Section C Total : 15 marks] [Total for paper: 100]	
	[Section C Total : 15 marks] [Total for paper: 100]

0648/01/O/N/06

# **BLANK PAGE**

## **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 University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.