

# UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS International General Certificate of Secondary Education

ANDIDATE AME		
ENTRE UMBER	CANDIDATE NUMBER	

# \* 7 0 3 1 5 4

### **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	bohydrates provide the body with energy.
(a)	Name the elements in carbohydrate.
	1
	2
	3[3]
(b)	State <b>four</b> 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]

(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 <b>four</b> good sources of NSP.
	12
	34[2]

For Examiner's Use 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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3

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

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# Section B

# Answer all questions.

4

All 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]

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

For Examiner's Use

5	Exp	lain 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]	

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

6 The following ingredients can be used to make bread.

For Examiner's Use

200g flour

		12g fresh yeast or 1 level tsp. dried yeast 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]

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

[Section B Total: 45]

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# **Section C**

# Answer either Question 7 or Question 8.

For Examiner's Use

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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