

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS International General Certificate of Secondary Education

	CANDIDATE NAME				
* 2 8 7 7 3 9 5 1 5 8 *	CENTRE NUMBER	CANDIDATE NUMBER			
	FOOD AND NU	TRITION	0648/01		
	Paper 1 Theory		October/November 2009		
			2 hours		
	Candidates answer on the Question Paper.				
	No Additional M	aterials 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 stap				
	DO NOT WRITE	E 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 8 **or** 9.

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
Section A	
Section B	
Section C	
Total	

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



UNIVERSITY of CAMBRIDGE International Examinations

[Turn over

	Answer all questions.				
(a)	Name the elements which combine to form protein.				
	122				
	34				
	56[3]				
(b)	State three functions of protein.				
	1				
	2				
	3 [3]				
(c)	Define High Biological Value (HBV) protein.				
	[2]				
(d)	Give four examples of HBV protein.				
	1				
	2				
	3				
	4[2]				
(e)	Define Low Biological Value (LBV) protein.				
	[1]				
(f)	Give four examples of LBV protein.				
	122				
	34 [2]				

For Examiner's Use

1

0648/01/O/N/09

www.xtremepapers.net

Section A

(g) Complete the following sentences which describe the digestion and absorption of protein. In the stomach, ______ acid creates a suitable medium for the digestion of protein to begin. There are two enzymes in the stomach. Pepsin converts protein to and clots milk. In the duodenum, the enzyme _____, produced by the _____ continues to convert protein to ______. In the ileum, the enzyme ______ from juice, completes the breakdown of protein to Absorption takes place in the ileum. Finger-like projections, known as provide a large surface area. The end products of protein digestion are absorbed into _____. They dissolve in _____ and are carried around the body. [6] (h) Explain how the body deals with excess protein. [3]

For

Examiner's Use

0648/01/O/N/09

2	(a)	State three functions of calcium.	For
		1	Examiner's Use
		0	
		2	
		3 [3]	
	(b)	Name four sources of calcium.	
		12	
		3 [2]	
	(c)	Name the deficiency disease which results from a lack of calcium.	
		[1]	
		[']	
3	(a)	State two functions of vitamin D.	
		1	
		2 [2]	
	(b)	Name four sources of vitamin D.	
		12	
		34 [2]	
	(c)	The body makes vitamin D when it is exposed to the ultra-violet rays of the sun.	
		Identify two groups of people who will not be able to make vitamin D in this way. In each case, give an explanation.	
		Group 1	
		Explanation 1	
		Group 2	
		Explanation 2 [2]	

[Turn over

For Examiner's Use

[Section A Total: 40]

4	Explain the particular dietary needs of teenage girls.

www.xtremepapers.net

....

[6]

Section B

6

Answer all questions.

5	(a)	Name six nutrients found in red meat.
		12
		34
		56[3]
	(b)	List four reasons why meat may be tough.
		12
		3 4 [2]
	(c)	Give four ways of tenderising meat before cooking.
		1
		2
		3
		4 [2]
	(d)	Explain how meat becomes tender during cooking.
		[3]

For Examiner's Use

0648/01/O/N/09

(e) Processed soya beans can be used to replace meat. Discuss the advantages and disadvantages of processed soya.

For Examiner's Use

[5]

0648/01/O/N/09

(a)	Name thre	e types of convenience food and give one example of each.	For
	Type 1		Examin Use
	Example 1		
	Type 2		
	Example 2		
	Туре 3		
	Example 3	[3]	
(b)	State the a	dvantages and disadvantages of convenience food.	
		[5]	
(c)		e pieces of labour-saving equipment which could be found in the kitchen. xample of the use of each.	
	Example 1		
	Use 1		
	Example 2		
	Use 2		
	Example 3		
	Use 3	[3]	

9

(d)	Give advice on the safe use of electrical equipment in the kitchen.	For Examiner's Use
	[4]	

7	The	following ingredients can be used to make a cake.	For
		100g self-raising (SR) flour	Examiner's Use
		100g margarine	
		100g sugar	
		2 eggs	
	(a)	Describe, with reasons, the method of making and baking the cake.	
		[5]	
	(b)	Name two ingredients which could be added to vary the flavour of the cake.	
		1	
		2 [1]	
	(c)	Explain the changes which take place when the cake is baking.	
		[4]	

(d)	The cake is heated by convection and conduction when baking.	For Examiner's
	Explain how each of these methods transfers heat to food.	Use
	[5]	

[Section B Total: 45]

0648/01/O/N/09

Section C

Answer either Question 8 or Question 9.
Discuss different fats and oils and their uses in the preparation of dishes.
Discuss eggs and their uses in the preparation of dishes.

OR Discuss eggs and t [15]

8

9

0648/01/O/N/09

www.xtremepapers.net

For Examiner's Use

[15]

For
Examiner's
Use

13

For
Examiner's
Use

	•••••
	•••••
	•••••
	•••••
	-1-453
[Section C Tot	ai: 15]
[Total for Paper	r: 1001
]

BLANK PAGE

0648/01/O/N/09

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.

0648/01/O/N/09