



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

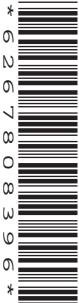
CANDIDATE  
NAME

CENTRE  
NUMBER

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**FOOD AND NUTRITION**

**0648/01**

Paper 1 Theory

**May/June 2010**

**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 9(a) **or** 9(b).

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 Examiner's Use |  |
|--------------------|--|
| <b>Section A</b>   |  |
| <b>Section B</b>   |  |
| <b>Section C</b>   |  |
| <b>Total</b>       |  |

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



**Section A**

Answer **all** questions.

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**1** Carbohydrates are an important source of energy.  
They can be classified as monosaccharides, disaccharides and polysaccharides.

**(a)** Give **four** other facts about monosaccharides.

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

**(b)** Give **four** other facts about disaccharides.

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

**(c)** Give **four** other facts about polysaccharides.

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

(d) Describe the digestion and absorption of starch:

in the mouth;

.....  
.....

in the duodenum;

.....  
.....

in the ileum.

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.....  
.....  
.....[6]

(e) It is recommended that the intake of sugar should be lowered.  
Explain **three** reasons for this recommendation.

1 .....

2 .....

3 .....

.....[3]

(f) List **six** ways of reducing sugar.

1 .....

2 .....

3 .....

4 .....

5 .....

6 .....

.....[3]

2 (a) Explain the importance of iron in the body.

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

(b) Give **four** good sources of iron.

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

(c) Name the deficiency disease associated with a poor supply of iron.

.....[1]

(d) State **two** symptoms of the deficiency disease named in (c).

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

3 (a) Explain the importance of vitamin C in the body.

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

(b) Give **four** good sources of vitamin C.

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

(c) Name the deficiency disease associated with a poor supply of vitamin C.

.....[1]

(d) State **two** symptoms of the deficiency disease named in (c).

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

4 Name **four** other deficiency diseases and the nutrient associated with the disease.

Deficiency disease 1 .....

Nutrient 1 .....

Deficiency disease 2 .....

Nutrient 2 .....

Deficiency disease 3 .....

Nutrient 3 .....

Deficiency disease 4 .....

Nutrient 4 .....[4]

5 Discuss points to consider when planning meals for the elderly.

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.....[6]

**[Section A Total: 40]**

**Section B**

Answer **all** questions.

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**6** Write an informative paragraph on each of the following:

**(a)** food additives;

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.....[5]

**(b)** different uses of fats and oils;

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.....[5]



7 (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 making bread.

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



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

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.....[4]

8 Explain how to carry out the following processes and give **one** example of each.

(a) creaming;

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

(b) basting;

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.....[3]

(c) making a roux;

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

(d) sautéing;

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

(e) making stock.

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

**[Section B Total: 45]**

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**Section C**

*For  
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Answer **either** Question 9(a) **or** 9(b)

9 (a) Discuss the reasons for preserving food and explain how food spoilage is prevented in named methods of preservation. [15]

**OR**

9 (b) Discuss the nutritive value of eggs and explain how they can be used in the preparation of dishes. [15]

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For  
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Use

A series of horizontal dotted lines spanning most of the page width, intended for handwritten answers.

[Section C Total: 15]

[Total for Paper: 100]



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