UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

CANDIDATE NAME	

CENTRE NUMBER						CANDIDATE NUMBER					

FOOD AND NUTRITION **0648/01**

Paper 1 Theory **May/June 2012**

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 ink.
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	
Section A	
Section B	
Section C	
Total	

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Section A

For Examiner's Use

Answer **all** questions.

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) Name **two** monosaccharides.

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

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

1 .....

2 .....

3 .....

4 .....[2]

(d) Name **two** disaccharides.

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

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

1 .....

2 .....

3 .....

4 .....[2]

(f) Name **two** polysaccharides.

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

For Examiner's Use

2 Describe the digestion and absorption of starch:

(a) in the mouth;

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(b) in the duodenum;

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(c) in the ileum.

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.....[6]

3 **(a)** **(i)** Explain the importance of calcium in the body.

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.....[2]

(ii) Give **four** good sources of calcium.

1 ..... 2 .....

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

(iii) Name the deficiency disease associated with calcium.

.....[1]

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(iv) State **two** symptoms of the deficiency disease named in **(iii)**.

1 .....

2 .....[1]

(b) **(i)** Explain the importance of vitamin D in the body.

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.....[2]

(ii) Give **four** good sources of vitamin D.

1 ..... 2 .....

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

(c) 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]

For Examiner's Use

4 **(a)** It is recommended that the intake of sugar should be reduced.

Explain **three** reasons for this recommendation.

1 .....

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2 .....

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3 .....

..... [3]

(b) Identify **two** other dietary recommendations and, in each case, give **one** reason for the advice.

Recommendation 1 .....

Reason 1 .....

Recommendation 2 .....

Reason 2 ..... [2]

5 Discuss the dietary needs of pregnant women.

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..... [6]

[Section A Total: 40]

Section B

Answer **all** questions.

For Examiner's Use

6 **(a)** Name, and give quantities of, additional ingredients needed for a fatless sponge cake made with three eggs.

1 .....

2 ..... [2]

(b) Describe, with reasons, how the cake is made and baked.

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(c) Explain the changes which take place when the cake is baked.

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For Examiner's Use

(d) Suggest reasons for a close texture in the finished cake.

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.....[2]

(e) Name **two** other baked items which can be made with this recipe.

1 .....

2 .....[1]

7 **(a)** All meals should be nutritionally balanced.

Identify, with examples, **five** other points to consider when planning meals.

Point 1.....

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Example 1 .....

Point 2.....

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Example 2.....

Point 3 .....

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Example 3 .....

Point 4 .....

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Example 4 .....

Point 5.....

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Example 5.....[5]

For Examiner's Use

(b) Discuss the importance of Non-Starch Polysaccharide / NSP (dietary fibre) in the diet.

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..... [5]

(c) Explain the problems associated with a diet which is high in fat.

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For Examiner's Use

8 Write an informative paragraph on each of the following:

(a) different uses of sugar in the preparation of dishes;

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.....[5]

(b) rules, with reasons, for successful shortcrust pastry;

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(c) High Biological Value (HBV) protein for vegans.

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[Section B Total: 45]

Section C

For Examiner's Use

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

9 (a) Discuss the reasons for cooking food and explain different methods of transferring heat when cooking. [15]

OR

9 (b) Identify, and give examples of, different types of convenience foods.

Discuss the advantages and disadvantages of convenience foods and suggest ways of using them in family meals. [15]

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[Section C Total: 15]

[Total for Paper: 100]

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