Centre Number

Name

FIONS 648/01

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 Examiner's Use		
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10		
Total		

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



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	2	For Fxaminer's
	Section A	Use Use
	Answer all questions	"Abric
1	What is a 'balanced diet'?	For Examiner's Use
		[2]
2	Starches and sugars are carbohydrates.	
	(a) State four facts about simple sugars.	
		[2]
	(b) Give two examples of simple sugars.	
	1 2	[1]
	(c) State four facts about double sugars.	
		[2]
	(d) Give two examples of double sugars.	
	1 2	[1]

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	3	
(e)	3 Describe the digestion of starch: in the mouth;	aCamb
	in the duodenum;	
	in the ileum.	
		[4]
(a)	State three functions of calcium.	
		[3]
(b)	Name <b>four</b> good sources of calcium.	
	3 4	[2]
(c)	Name one 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	

urrent dietary advice is to reduce the amount of fat, sugar and salt in the diet.  ) Give two reasons for reducing the intake of: fat 1. 2. [2] sugar 1. 2. [2] salt 1. [2] [2] [2] [2] [2] [2] [2] [2] [2] [2]				4	liapa
sugar 1.       .       [2]         sait 1.       .       [2]         solution 1.       .       [2]         j) Suggest four ways to reduce the intake of:       [2]         fat 1.       .       .         2.       .       .         3.       .       .         4.       .       .         2.       .       .         3.       .       .         4.       .       .         2.       .       .         3.       .       .         4.       .       .         2.       .       .         3.       .       .         3.       .       .         3.       .       .         3.       .       .         3.       .       .         3.       .       .         3.       .       .         3.       .       .         3.       .       .         3.       .       .         3.       .       .         3.       .       .         3.       .       . <th>urre</th> <th>ent die</th> <th>etar</th> <th>y advice is to reduce the amount of fat, sugar and salt in the diet.</th> <th>2aCa</th>	urre	ent die	etar	y advice is to reduce the amount of fat, sugar and salt in the diet.	2aCa
sugar       1.       [2]         sait       1.       [2]         sait       1.       [2]         (b)       Suggest four ways to reduce the intake of:       [2]         fat       1.       [2]         3.       [2]         sugar       1.         2.       [2]         3.       [2]         sugar       1.         2.       [2]         sait       1.         2.       [2]         sait       1.         3.       [2]         sait       1.         3.       [2]         3.       [2]	(a) (	Give <b>t</b> v	wo	reasons for reducing the intake of:	11
sugar       1.       [2]         sait       1.       [2]         sait       1.       [2]         (b)       Suggest four ways to reduce the intake of:       [2]         fat       1.       [2]         3.       [2]         sugar       1.         2.       [2]         3.       [2]         sugar       1.         2.       [2]         sait       1.         2.       [2]         sait       1.         3.       [2]         sait       1.         3.       [2]         3.       [2]	f	at	1.		
2.       [2]         salt       1.         2.       [2]         (b)       Suggest four ways to reduce the intake of:         fat       1.         2.					[2]
2.       [2]         salt       1.         2.       [2]         (b)       Suggest four ways to reduce the intake of:         fat       1.         2.	5	sugar	1.		
2.       [2]         (b) Suggest four ways to reduce the intake of:       1.         fat       1.         2.					
2.       [2]         (b) Suggest four ways to reduce the intake of:       1.         fat       1.         2.	5	salt	1.		
fat       1.         2.			2.		[2]
2.         3.         4.         5.         2.         2.         3.         4.         2.         3.         4.         2.         3.         4.         2.         3.         4.         2.         3.         4.         2.         3.         3.         3.         3.	(b) S	Sugge	st <b>f</b>	our ways to reduce the intake of:	
3.	f	at	1.		
4.       [2]         sugar       1.         2.			2.		
sugar       1.         2.			3.		
2			4.		[2]
3.	5	sugar	1.		
3.			2.		
4 [2] salt 1 2 3					
2 3					
3	5	salt	1.		
			2.		

	**	ww.xtrapapers.com
	5	For For Examiner's
5	State and explain three uses of water in the body.	Use Use
		For Examiner's Use [3]
		[3]
6	Give advice on healthy eating to a teenager.	
		[5]
	[Section A Total :	40 marks]

	6	For Examiner's
	Section B	Use
	Answer all questions	Tigo
(a)	6 Section B Answer all questions State five reasons for serving sauces. Illustrate each reason with an example.	se.com
	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.	

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Describe how to make a roux sauce using the ingredients listed.

7 (a)

> ..... ..... ..... . . . . ..... ..... [5]

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	7	For Examiner's
(c)	Give <b>two</b> reasons for lumps in the finished sauce.	Use
	1.	abria
	2 [	For Examiner's Use 1]
(d)	Suggest <b>two</b> ways to vary the flavour of the sauce.	12
	1	
	2 [	1]
(e)	Describe the changes which take place when the sauce is being made.	
	[	3]

	8 Give four reasons for preserving food.	apap
	8	
(a) (	Give <b>four</b> reasons for preserving food.	Can
	I	16
2	2.	
	3.	
2	4.	[2]
(b) S	State <b>four</b> causes of food spoilage.	
	l.	
	2.	
	3.	
2	4.	[2]
(c) L	ist the conditions which are necessary for food spoilage.	
	I	
2	2.	
3	3.	
2	ł.	[2]
( <b>d</b> ) E	Explain the principles of:	
(	(i) freezing;	
		[2]
<b>(</b> i	i <b>i)</b> jam-making.	
		[2]
		[4]

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9	For Examiner's
Discuss reasons for using preserved food when preparing meals.	Use
	Tide
	COM
	-
[5]	
	Discuss reasons for using preserved food when preparing meals.

	10         Give six reasons for the importance of cereals.         1.         2.         3.	apa
(-)		2
(a)	Give <b>six</b> reasons for the importance of cereals.	an
	1.	
	2.	
	3.	
	4.	
	5.	
	6.	[3]
(b)	Name <b>four</b> cereals.	
	1 2	
	3 4	[2]
		[3]
(d)	Flour is a widely used cereal product. Give advice, with reasons, on the choice of flour for breadmaking.	
		[3]

		pers.com
	11 Describe the changes which take place when a loaf of bread is baked.	For Examiner's
(e)	Describe the changes which take place when a loaf of bread is baked.	Use
		onia.
		.9e.
		OT
	[4]	
	[Section B Total: 45 marks]	

## Section C

		WERN WAY	trapa	pers.c
		12		For Examiner
		Section C	aCar	Use
		12         Section C         Answer either 10(a) or 10(b)         Discuss the nutritive value, storage and uses of eggs in the preparation of meals.	13	bridge
10		Discuss the nutritive value, storage and uses of eggs in the preparation of meals.	[15]	.9
	OR			
	(b)	Discuss the causes and prevention of food poisoning when storing, preparing cooking food.	and [15]	
			•••••	

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14	For Examiner's Use
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[Section C Total : 15 marks]	
[Total for paper: 100]	

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