

Centre Number	Candidate Number	Name
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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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2	
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10	
<b>Total</b>	

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



**Section A**

Answer **all** questions

1 What is a 'balanced diet'?

.....  
..... [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]

(e) Describe the digestion of starch:  
in the mouth;

.....  
.....

in the duodenum;

.....  
.....

in the ileum.

.....  
..... [4]

3 (a) State **three** functions of calcium.

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

(b) Name **four** good sources of calcium.

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

(c) Name **one** deficiency disease associated with a lack of calcium.

..... [1]

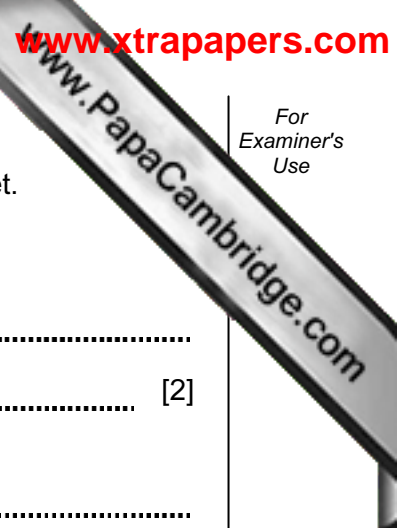
(d) Which vitamin assists in the absorption of calcium?

..... [1]

(e) State **one** food source and **one** non-food source of this vitamin.

Food source .....

Non-food source ..... [1]



4 Current dietary advice is to reduce the amount of fat, sugar and salt in the diet.

(a) Give **two** reasons for reducing the intake of:

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

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

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

(b) Suggest **four** ways to reduce the intake of:

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

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

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

5

5 State and explain **three** uses of water in the body.

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

6 Give advice on healthy eating to a teenager.

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

**[Section A Total : 40 marks]**



(c) Give **two** reasons for lumps in the finished sauce.

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

(d) Suggest **two** ways to vary the flavour of the sauce.

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

(e) Describe the changes which take place when the sauce is being made.

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

8 (a) Give **four** reasons for preserving food.

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

(b) State **four** causes of food spoilage.

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

(c) List the conditions which are necessary for food spoilage.

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

(d) Explain the principles of:

(i) freezing;

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

(ii) jam-making.

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



(e) Discuss reasons for using preserved food when preparing meals.

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..... [5]



9 (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?

.....

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.....

.....

.....

.....

..... [3]

(d) Flour is a widely used cereal product.  
Give advice, with reasons, on the choice of flour for breadmaking.

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..... [3]

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

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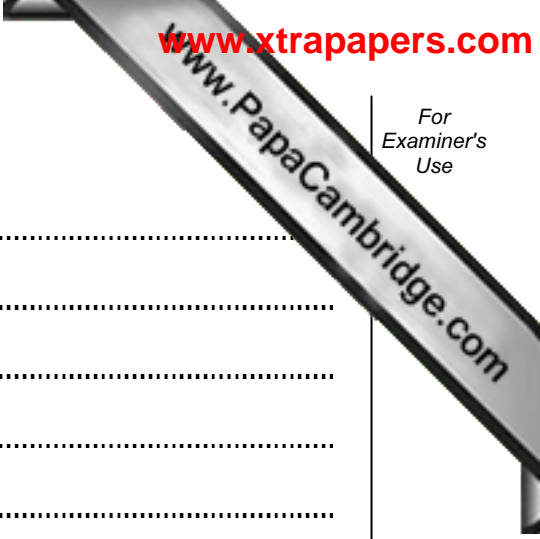
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[4]

**[Section B Total: 45 marks]**



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**[Section C Total : 15 marks]**  
**[Total for paper: 100]**



