



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

CANDIDATE NAME

CENTRE NUMBER

CANDIDATE NUMBER

* 0 8 3 3 3 7 8 3 4 4 *

FOOD AND NUTRITION

0648/01

Paper 1 Theory

May/June 2007

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 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 9 **or** Question 10 on the lined pages at the end of the Question Paper.

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	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
Total	

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



Section A

Answer **all** questions.

1 (a) Name **three** nutrients which provide the body with energy.

1

2

3 [3]

(b) State the energy value of 1g of each of the nutrients named in (a).

1

2

3 [3]

(c) Give **three** ways in which the body uses energy.

1

2

3 [3]

(d) Define the term *energy balance*.

.....

..... [1]

(e) Explain what happens if too much energy-giving food is eaten.

.....

.....

.....

..... [4]

2 Iron is involved in the production of energy.

(a) Name **two** animal sources of iron.

- 1
- 2 [1]

(b) Name **two** plant sources of iron.

- 1
- 2 [1]

(c) Name the pigment which gives blood its red colour.

..... [1]

(d) Explain the function of the pigment named in (c).

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

(e) Name the deficiency disease associated with a lack of iron.

.....

State **three** symptoms of the disease.

- 1
- 2
- 3 [2]

Section B

Answer **all** questions.

6 (a) Name **six** nutrients in red meat.

- 1
- 2
- 3
- 4
- 5
- 6 [3]

(b) List **four** reasons why meat might be tough.

- 1
- 2
- 3
- 4 [2]

(c) Suggest **four** methods of tenderising tough meat before it is cooked.

- 1
- 2
- 3
- 4 [2]

(c) Name **four** dishes which could be made using shortcrust pastry.

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

(d) Give **two** reasons for each of the following faults which could occur:

(i) pastry shrinks during baking;

.....
.....

(ii) hard, tough pastry.

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

