

## **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 use staples, paper clips, highlighters, glue or correction fluid. DO <b>NOT</b> WRITE IN ANY BARCODES.	For Exam	iner's Use
DO NOT WITH IN ANT BARGODES.	1	
Section A		
Answer <b>all</b> questions in the spaces provided on the Question Paper.	2	
You are advised to spend no longer than 45 minutes on Section A.		
Section B	3	
Answer <b>all</b> questions in the spaces provided on the Question Paper.		
Section C	4	
Answer <b>either</b> Question 9 <b>or</b> Question 10 on the lined pages at the end of the Question Paper.	5	
At the end of the examination, fasten all your work securely together.	6	
The number of marks is given in brackets [ ] at the end of each question or part question.	7	
	8	
	9	
	10	
	Total	

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



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1		Section A	*Cal
1		Answer <b>all</b> questions.	
1	(a) Name thro	ee nutrients which provide the body with energy.	
3       [3]         b) State the energy value of 1g of each of the nutrients named in (a).       1         1	1		
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       [3]         2       [3]         3       [3]         1       [3]         2       [3]         3       [3]         1       [3]         3       [3]         3       [3]         a       [3]         b) Define the term energy balance.       [1]         (a) Define the term energy balance.       [1]         (b) Explain what happens if too much energy-giving food is eaten.       [1]	2		
1	3		[3]
2	<b>b)</b> State the	energy value of 1g of each of the nutrients named in <b>(a)</b> .	
3       [3]         c) Give three ways in which the body uses energy.       1         1	1		
<ul> <li>c) Give three ways in which the body uses energy.</li> <li>1</li></ul>	2		
<ul> <li>c) Give three ways in which the body uses energy.</li> <li>1</li></ul>			
1			
2	(c) Give three	<b>e</b> ways in which the body uses energy.	
3 [3] d) Define the term <i>energy balance</i> . [1] e) Explain what happens if too much energy-giving food is eaten. [1]	1		
<ul> <li>d) Define the term <i>energy balance</i>.</li> <li>[1]</li> <li>e) Explain what happens if too much energy-giving food is eaten.</li> </ul>	2		
e) Explain what happens if too much energy-giving food is eaten.	3		[3]
e) Explain what happens if too much energy-giving food is eaten.	d) Define the	e term <i>energy balance</i> .	
e) Explain what happens if too much energy-giving food is eaten.			
			[1]
	<b>(e)</b> Explain wi	that hannens if too much energy-giving food is eaten	
		hat happone in too mach onorgy giving lood to outon.	
[4]			
	••••••		[4]

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		3	(1)	For Examiner's
2	Iron	n is involved in the production of energy.	aCan	Use
	(a)	Name <b>two</b> animal sources of iron.	78	ia,
		1	·····	Se.con
		2	[1]	12
	(b)	Name <b>two</b> 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 <b>(c)</b> .		
			[2]	
	(e)	Name the deficiency disease associated with a lack of iron.		
		State three symptoms of the disease.		
		1		
		2		
		3	[2]	

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		4 ×	For Examiner's
3	(a)	One of the functions of vitamin C is to promote the absorption of iron.	Use Use
		Give <b>three</b> other functions.	iona,
		1	Secon
		2	
		3	[3]
	(b)	Name <b>two</b> good sources of vitamin C.	
		1	
		2	[1]
	(c)	Why is it important to have a daily supply of vitamin C?	
			[1]
4	The	e small intestine plays an important part in digestion.	
	Des	scribe and explain each stage of digestion in the small intestine.	
			[8]

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	5 Discuss reasons why individuals have different energy requirements.	
	5	For Examiner's
5	Discuss reasons why individuals have different energy requirements.	Use
		nia
		Sec
		On
	[6]	
	[Total: 40]	

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	6	For Examiner's
	Section B	Use
	Answer <b>all</b> questions.	"bride
6 (a)	Name <b>six</b> nutrients in red meat.	For Examiner's Use
	1	
	2	.   ]
	3	
	4	
	5	
	6[3	]
(b)	List <b>four</b> reasons why meat might be tough. 1	,
	2	
	3	
	4 [2	]
(c)	Suggest <b>four</b> methods of tenderising tough meat before it is cooked.	
	1	
	2	,
	3	.
	4 [2	]

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	7	For
(d)	7 Explain how tough cuts of meat become tender during cooking.	Use
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		1
	[4]	
(e)	Soya beans can be processed to resemble meat. Discuss the advantages and disadvantages of using soya beans in this way.	
	[4]	

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		32	1
		8	For Examiner's
7	The	8 following ingredients can be used to make shortcrust pastry: 200g flour 100g fat pinch of salt approx. 8 tsp. water	Use
		200g flour	Bri.
		100g fat	8
		pinch of salt	Sec.
		approx. 8 tsp. water	"On
	(a)	Give advice on the choice of flour and fat for shortcrust pastry.	
		[5]	
	(b)	Describe, with reasons, how to make shortcrust pastry.	
		[6]	
		[v]	

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	9	For Examiner's Use
<b>(c)</b> Na	me <b>four</b> dishes which could be made using shortcrust pastry.	Use Use
		in the
		·····
		\
•••••		[2]
<b>(d)</b> Giv	ve <b>two</b> reasons for each of the following faults which could occur:	
(i)	pastry shrinks during baking;	
(ii)	hard, tough pastry.	
		[2]

	10 te an informative paragraph on each of the following: prevention of accidents in the kitchen;
/ri	e an informative paragraph on each of the following:
(a)	prevention of accidents in the kitchen;
	]
(b)	personal hygiene;
. ,	

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(c)	11 storage of perishable foods.	Examiner's Use
		Tidge.
		Som
	[5]	
	[Total: 45]	

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	12	A.D.	For Examiner's
	Section C	a Can	Use
	Answer <b>either</b> Question 9 <b>or</b> Question 10.	18	idge
9	Discuss the points which should be considered when planning, preparing and cooking meals.	(15]	Conn
OR			
10	Discuss different types of vegetables and their importance in the diet.	[15]	L

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