

# UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS International General Certificate of Secondary Education

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CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		

### **FOOD AND NUTRITION**

0648/01

Paper 1 Theory

October/November 2008

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.

You are advised to spend no longer than 45 minutes on Section A.

#### **Section B**

Answer all questions.

### **Section C**

Answer either Question 7 or 8.

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 Exam	iner's Use
1	
2	
3	
4	
5	
6	
7	
8	
Total	

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



## **SECTION A**

# Answer **all** questions.

1

SECTION A  Answer all questions.  Carbohydrates provide the body with energy.  (a) Name the elements in carbohydrate.	apa
2	1
SECTION A	Can
Answer all questions.	13
Carbohydrates provide the body with energy.	•
(a) Name the elements in carbohydrate.	
1	
2	
3	[3]
(b) State four different ways in which the body uses energy.	
1	
2	
3	
4	[4]
(c) Explain reasons for reducing the amount of sugar in the diet.	
	[4]

(d)	Describe the digestion of starch in:
	the mouth
	the duodenum
	the ileum
	[6]
(e)	Explain the importance of Non-Starch Polysaccharide (NSP) / dietary fibre in the diet.
	[4]
(f)	Name <b>four</b> good sources of NSP.
	12
	3 4 [2]

2 Vitamins and minerals are essential for a balanced diet.

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	4 amins and minerals are essential for a balanced diet.  Vitamin C (Ascorbic acid)  State four functions of vitamin C.
Vita	umins and minerals are essential for a balanced diet.
(a)	Vitamin C (Ascorbic acid)
	State <b>four</b> functions of vitamin C.
	1
	2
	3
	4
	Name three good sources of vitamin C.
	1
	2
	3
	Name the deficiency disease caused by a lack of vitamin C.
	[4]
(b)	Iron
	State <b>four</b> functions of iron.
	1
	2
	3
	4
	Name three good sources of iron.
	1
	2
	3
	Name the deficiency disease caused by a lack of iron

3

(a)	Explain why some people choose to follow a vegetarian diet.
	[3]
(b)	Discuss ways in which vegetarians obtain sufficient amounts of High Biological Value (HBV) protein in their diet.
	[6]

[Section A Total: 40]

### Section B

## Answer all questions.

All meals should be well balanced.		
<b>(a)</b> Li	ist <b>six</b> other points to consider when planning meals.	
1		
2		
3		
4		
5		
6	[3]	
<b>(b)</b> D	siscuss the nutritional requirements of the elderly.	
	re1	

(c)	Explain, with named examples, the importance of fresh fruit and vegetables in the
	[6]

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	8  Plain the following terms and give one example of each:  coagulation;	1
Exp	plain the following terms and give one example of each:	Can
(a)	coagulation;	76
	Example	[3]
(b)	fermentation;	
	Example	[3]
<b>(</b> 0\	galatiniantian	
(C)	gelatinisation;	
	Example	[3]

(d)	hydrogenation;	For iner's
		Original
		COM
		.
		1
		.   -
	Example [3	5]
(e)	pasteurisation.	
(e)	pasteurisation.	
(e)		

6 The following ingredients can be used to make bread.

200g flour
12g fresh yeast or 1 level tsp. dried yeast
1 level tsp. sugar
1 tsp. salt
125ml warm water

(a) Describe, with reasons, how to carry out the following processes in bread making: (i) kneading; (ii) proving. [3] (b) Give advice, with reasons, on the choice of flour for bread making. [4]

(c)	Describe and explain the changes, which take place when bread is baked.
	[5]

[Section B Total: 45]

### **Section C**

### Answer either Question 7 or Question 8.

For food [15] High levels of bacteria in food can cause food poisoning. 7 Discuss ways of preventing food poisoning when storing, preparing and cooking food.

8

**OR** The kitchen should be a safe place in which to work. Discuss the causes and prevention of accidents in the kitchen. [15]

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[Section C Total: 15]

[Paper Total: 100]

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