

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS International General Certificate of Secondary Education

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CANDIDATE NAME						
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CENTRE NUMBER				CANDIDATE NUMBER		

FOOD AND NUTRITION

0648/01

Paper 1 Theory

October/November 2009

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 8 or 9.

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
Section A	
Section B	
Section C	
Total	

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



Section A

Answer all questions.

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	Section A	Daca
	Answer all questions.	
Name the elements	s which combine to form protein.	
1	2	
	4	
	6	
State three function	ns of protein.	
1		
2		
3		[3]
Define High Biologi	cal Value (HBV) protein.	
		[2]
) Give four example:	s of HBV protein.	
1		
2		
3		
4		ro1
Nofina Low Riologic	cal Value (LBV) protein.	
, Deline Low biologic	cai vaide (LDV) pioleiii.	F41
		[1]
Give four examples	s of LBV protein.	
1	2	
2	4	[2]

(g)	Complete the following sentences which describe the digestion and absorp protein.	For iner's
	In the stomach, acid creates a suitable medium for the digestion of	Se
	protein to begin. There are two enzymes in the stomach.	COM
	Pepsin converts protein to and clots milk.	
	In the duodenum, the enzyme, produced by the continues to	
	convert protein to In the ileum, the enzyme from juice, completes the breakdown of protein to	
	·	
	Absorption takes place in the ileum. Finger-like projections, known as	
	provide a large surface area. The end products of protein digestion are absorbed into	
	and are carried around the	
	body. [6]	
(h)	Explain how the body deals with excess protein.	
	[3]	

(b) Name four sources of calcium. 1			**************************************	apape
(b) Name four sources of calcium. 1	2	(a)	State three functions of calcium.	Car
(b) Name four sources of calcium. 1			1	BA
(b) Name four sources of calcium. 1			2	
1			3	[3]
3		(b)	Name four sources of calcium.	
(c) Name the deficiency disease which results from a lack of calcium. [2] (b) Name four sources of vitamin D. 1			12	
(a) State two functions of vitamin D. 1 2 (b) Name four sources of vitamin D. 1 2 3 4 (c) The body makes vitamin D when it is exposed to the ultra-violet rays of the sun. Identify two groups of people who will not be able to make vitamin D in this way. I each case, give an explanation. Group 1 Explanation 1 Group 2			34	[2]
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3 (a) State two functions of vitamin D. 1		(0)		[1]
1 2				
(b) Name four sources of vitamin D. 1	3	(a)	State two functions of vitamin D.	
(b) Name four sources of vitamin D. 1			1	
12 3			2	[2]
3		(b)	Name four sources of vitamin D.	
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each case, give an explanation. Group 1 Explanation 1 Group 2		(0)		In
Explanation 1 Group 2				
Group 2			Group 1	
			Explanation 1	
Explanation 2			Group 2	
			Explanation 2	[2]

Explain the particular dietary needs of teenage girls.
[6]
[0]

[Section A Total: 40]

Section B

Answer all questions.

5

(a)	Name six nutrients found in red meat.
	122
	34
	56[3]
(b)	List four reasons why meat may be tough.
	12
	34[2]
(c)	Give four ways of tenderising meat before cooking.
	1
	2
	3
	4[2]
(d)	Explain how meat becomes tender during cooking.
	[3]

(e)	Processed soya beans can be used to replace meat. Discuss the advantage disadvantages of processed soya.
	[5]

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	8 8 A. P.	
(a)	Name three types of convenience food and give one example of each.	For
	Type 1	Montal iner's
	Example 1	For iner's
	Type 2	7
	Example 2	
	Type 3	
	Example 3	[3]
(b)	State the advantages and disadvantages of convenience food.	
		[5]
(c)	Name three pieces of labour-saving equipment which could be found in the kitche Give one example of the use of each.	n.
	Example 1	
	Use 1	
	Example 2	
	Use 2	
	Example 3	
	Use 3	[3]

Give advice on the safe use of electrical equipment in the kitchen.
[4]

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The following ingredients can be used to make a cake. 7

100g self-raising (SR) flour 100g margarine 100g sugar 2 eggs

(a)	Describe, with reasons, the method of making and baking the cake.
	[5]
(b)	Name two ingredients which could be added to vary the flavour of the cake.
	1
	2[1]
(c)	Explain the changes which take place when the cake is baking.
	[4]

(d)	The cake is heated by convection and conduction when baking. Explain how each of these methods transfers heat to food.
	Explain how each of these methods transfers heat to food.
	[5]
	[Section B Total: 45]

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Section C

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	Section C Answer either Question 8 or Question 9. Discuss different fats and oils and their uses in the preparation of dishes. [15]	-
	Section C	For ine
	Answer either Question 8 or Question 9.	Tage.
8	Discuss different fats and oils and their uses in the preparation of dishes. [15]	1
OR	R .	
9	Discuss eggs and their uses in the preparation of dishes. [15]	

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[Section C Total: 15]

[Total for Paper: 100]

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