



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

CANDIDATE
NAME

CENTRE
NUMBER

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CANDIDATE
NUMBER

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FOOD AND NUTRITION

0648/01

Paper 1 Theory

May/June 2011

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(a) **or** 8(b).

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	
Section A	
Section B	
Section C	
Total	

This document consists of **12** printed pages.



Section A

Answer **all** questions.

1 (a) Name the **three** elements which make up fats and oils.

- 1
- 2
- 3 [3]

(b) Give **five** functions of fats and oils in the body.

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

(c) Explain what is meant by saturated fat.

-
- [3]

Name **two** food sources of saturated fat.

- 1 2 [1]

(d) Explain what is meant by polyunsaturated fat.

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- [3]

Name **two** food sources of polyunsaturated fat.

- 1 2 [1]

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

- 1
- 2
- 3 [3]

(b) Give **two** good sources of calcium.

- 1 2 [1]

(c) Name the vitamin which helps in the absorption of calcium.

..... [1]

(d) Name a deficiency disease associated with a lack of calcium.

..... [1]

3 Explain the importance of iron in the body.

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

4 Give advice, with reasons, on planning meals for convalescents and those recovering from surgery.

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..... [5]

7 (a) List **six** of the nutrients found in pulses.

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

(b) Name **four** examples of pulses, other than red kidney beans.

- 1
- 2
- 3
- 4[2]

(c) State the importance of pulses.

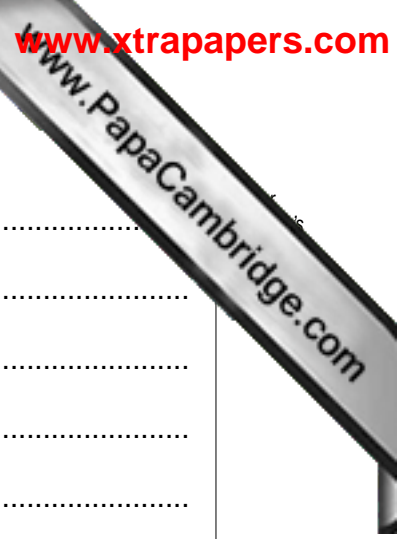
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.....[2]

(d) What is TVP?

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Discuss the use of TVP in the preparation of meals.

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.....[5]



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