



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

CANDIDATE  
NAME

CENTRE  
NUMBER

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**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	
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<b>Total</b>	

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]

3 (a) One of the functions of vitamin C is to promote the absorption of iron.

Give **three** other functions.

- 1 .....
- 2 .....
- 3 ..... [3]

(b) Name **two** good sources of vitamin C.

- 1 .....
- 2 ..... [1]

(c) Why is it important to have a daily supply of vitamin C?

..... [1]

4 The small intestine plays an important part in digestion.

Describe and explain each stage of digestion in the small intestine.

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..... [8]



**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]

(d) Explain how tough cuts of meat become tender during cooking.

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..... [4]

(e) Soya beans can be processed to resemble meat. Discuss the advantages and disadvantages of using soya beans in this way.

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..... [4]





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

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..... [2]

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

(i) pastry shrinks during baking;

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(ii) hard, tough pastry.

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..... [2]

8 Write an informative paragraph on each of the following:

(a) prevention of accidents in the kitchen;

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..... [5]

(b) personal hygiene;

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..... [5]











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