



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 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 9 **or** Question 10.

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	
1	
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7	
8	
9	
10	
Total	

This document consists of **13** printed pages and **3** blank pages.



SECTION A

Answer **all** questions.

*For
Examiner's
Use*

1 What is a balanced diet?

.....
..... [2]

2 (a) Name **four** of the elements that make up protein.

1 2
3 4 [2]

(b) State **four** functions of protein.

1
2
3
4 [4]

(c) What are High Biological Value (HBV) proteins?

..... [1]

(d) Name **four** examples of HBV protein foods.

1 2
3 4 [2]

(e) What are Low Biological Value (LBV) proteins?

..... [1]

(f) Name **two** examples of LBV protein foods.

1 2 [1]

(g) Describe the digestion and absorption of protein.

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[5]

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

1

2

3 [3]

(b) Name **four** sources of calcium.

1 2

3 4 [2]

(c) Name **one** disease associated with a deficiency of calcium.

..... [1]

(d) Describe the symptoms of the disease named in **(c)**.

.....
.....
.....
..... [2]

(e) Identify the vitamin that helps the absorption of calcium.

..... [1]

(f) Give **four** sources of this vitamin.

1 2

3 4 [2]

4 It is recommended that the amount of saturated fat in the diet should be reduced.

(a) Give reasons for this advice.

.....
.....
..... [3]

(b) Suggest **four** ways to reduce the amount of fat in the diet.

1

2

3

4 [2]

5 State, with reasons, the special nutritional needs of young children.

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[6]

[Section A Total: 40]

For
Examiner's
Use

Section B

Answer **all** questions.

*For
Examiner's
Use*

6 (a) State **four** reasons for serving sauces and give an example for each reason.

Reason 1

Example 1

Reason 2

Example 2

Reason 3

Example 3

Reason 4

Example 4 [4]

(b) The following ingredients can be used to make cheese sauce:

- 25g flour
- 25g margarine
- 250 ml milk
- 50g cheese

Describe, with reasons, how to make cheese sauce by the roux method.

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..... [4]

(c) Name **two** dishes, which include cheese sauce.

- 1
- 2 [1]

(d) Suggest **three** reasons for a lumpy sauce.

- Reason 1
-
- Reason 2
-
- Reason 3
- [3]

(e) Identify **three** different ways to reduce the amount of fat in the cheese sauce.

- 1
- 2
- 3 [3]

7 Cereals are included in diets throughout the world.

(a) List **six** reasons for the importance of cereals.

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

(b) Name **four** different cereals.

- 1 2
- 3 4 [2]

(c) Give advice on the storage of cereals in the home.

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..... [4]

(d) Identify **three** different types of flour. State **two** facts about each flour and give **one** example of its use.

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..... [6]

*For
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Use*

8 (a) State **four** reasons for preserving food.

- 1
- 2
- 3
- 4 [2]

(b) Freezing is a popular method of preservation.

(i) State and explain **four** rules to follow when freezing food at home.

- Rule 1
-
- Rule 2
-
- Rule 3
-
- Rule 4
- [4]

(ii) State the temperature for storing food in a domestic freezer.

..... [1]

(iii) Explain why freezing delays food spoilage.

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..... [3]

(iv) Identify the information which should be stated on a frozen food label.

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..... [2]

(v) Discuss the types of packaging suitable for use in a freezer.

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..... [3]

[Section B Total: 45]

*For
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Use*

Section C

Answer **either** Question 9 **or** Question 10.

*For
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Use*

- 9 Discuss the ways in which money, time and fuel can be saved when planning, preparing and cooking food. [15]

OR

- 10 Discuss the advantages and disadvantages of convenience foods and suggest ways of including them in family meals. [15]

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Use*

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