

Centre Number

Candidate Number

Name

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

FOOD AND NUTRITION**0648/01**

Paper 1 Theory

October/November 2006

Candidates answer on the Question Paper.
No Additional Materials are required.

2 hours**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 rough working.

Do not use staples, paper clips, highlighters, glue or correction fluid.

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 10(a) **or** 10(b) on the lined pages at the end of the Question Paper.

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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Total	

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



Section A

Answer **all** questions

1 What is a 'balanced diet'?

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

2 Starches and sugars are carbohydrates.

(a) State **four** facts about simple sugars.

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

(b) Give **two** examples of simple sugars.

1. 2. [1]

(c) State **four** facts about double sugars.

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

(d) Give **two** examples of double sugars.

1. 2. [1]

(e) Describe the digestion of starch:
in the mouth;

.....
.....

in the duodenum;

.....
.....

in the ileum.

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

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

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

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

1. 2.
3. 4. [2]

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

..... [1]

(d) Which vitamin assists in the absorption of calcium?

..... [1]

(e) State **one** food source and **one** non-food source of this vitamin.

Food source

Non-food source [1]

4 Current dietary advice is to reduce the amount of fat, sugar and salt in the diet.

(a) Give **two** reasons for reducing the intake of:

fat 1.
2. [2]

sugar 1.
2. [2]

salt 1.
2. [2]

(b) Suggest **four** ways to reduce the intake of:

fat 1.
2.
3.
4. [2]

sugar 1.
2.
3.
4. [2]

salt 1.
2.
3.
4. [2]

5 State and explain **three** uses of water in the body.

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

6 Give advice on healthy eating to a teenager.

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.....
..... [5]

[Section A Total : 40 marks]

Section B

Answer **all** questions

7 (a) State **five** reasons for serving sauces. Illustrate **each** reason with an example.

Reason 1

Example 1

Reason 2

Example 2

Reason 3

Example 3

Reason 4

Example 4

Reason 5

Example 5 [5]

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

- 25g flour
- 25g margarine
- 250ml milk.

Describe how to make a roux sauce using the ingredients listed.

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..... [5]

(c) Give **two** reasons for lumps in the finished sauce.

- 1.
- 2. [1]

(d) Suggest **two** ways to vary the flavour of the sauce.

- 1.
- 2. [1]

(e) Describe the changes which take place when the sauce is being made.

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-
-
-
-
- [3]

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

- 1.
- 2.
- 3.
- 4. [2]

(b) State **four** causes of food spoilage.

- 1.
- 2.
- 3.
- 4. [2]

(c) List the conditions which are necessary for food spoilage.

- 1.
- 2.
- 3.
- 4. [2]

(d) Explain the principles of:

(i) freezing;

-
-
-
- [2]

(ii) jam-making.

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-
- [2]

(e) Discuss reasons for using preserved food when preparing meals.

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..... [5]

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

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

(b) Name **four** cereals.

- 1.
- 2.
- 3.
- 4. [2]

(c) Explain how cereals should be stored?

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

(d) Flour is a widely used cereal product.
Give advice, with reasons, on the choice of flour for breadmaking.

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..... [3]

(e) Describe the changes which take place when a loaf of bread is baked.

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..... [4]

[Section B Total: 45 marks]

Section C

Answer either 10(a) or 10(b)

10 (a) Discuss the nutritive value, storage and uses of eggs in the preparation of meals. [15]

OR

(b) Discuss the causes and prevention of food poisoning when storing, preparing and cooking food. [15]

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