

	UNIVERSITY OF CAMBRIDGE INTER International General Certificate of Sec		www.tire	emep ap
CANDIDATE NAME				
CENTRE NUMBER		CANDIDATE NUMBER		
FOOD AND NU	JTRITION		06	48/01
Paper 1 Theory October/November 2008				
2 hours				
Candidates and	swer on the Question Paper		2	nours
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No Additional M <b>READ THESE</b> Write your Cen Write in dark bl You may use a Do not use stap DO NOT WRIT <b>Section A</b> Answer all que You are advise <b>Section B</b> Answer all que	Materials are required. INSTRUCTIONS FIRST tre number, candidate number and name on ue or black pen. soft pencil for any diagrams or graphs. oles, paper clips, highlighters, glue or correct E IN ANY BARCODES. stions. d to spend no longer than 45 minutes on Sec	ion fluid.	or Examiner's U	
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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 par question.

	5	
rt	6	
	7	
	8	
	Total	

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



Answer <b>all</b> questions.
Carbohydrates provide the body with energy.
(a) Name the elements in carbohydrate.
1
2
3[3]
(b) State four different ways in which the body uses energy.
1
2
3
4[4]
(c) Explain reasons for reducing the amount of sugar in the diet.
[4]

**SECTION A** 

For Examiner's Use

(d)	Describe the digestion of starch in:
	the mouth
	the duodenum
	the ileum
	[6]
(e)	Explain the importance of Non-Starch Polysaccharide (NSP) / dietary fibre in the diet.
	[4]
(f)	Name <b>four</b> good sources of NSP.
	12
	34 [2]

Vit	amins and minerals are essential for a balanced diet.	For
(a)	Vitamin C (Ascorbic acid)	Examine Use
	State <b>four</b> functions of vitamin C.	
	1	
	2	
	3	
	4	
	Name three good sources of vitamin C.	
	1	
	2	
	3	
	Name the deficiency disease caused by a lack of vitamin C.	
	[4]	
(b)	[4] Iron State four functions of iron.	
(b)	) Iron	
(b)	) <b>Iron</b> State <b>four</b> functions of iron.	
(b)	Iron         State four functions of iron.         1         2	
(b)	Iron         State four functions of iron.         1         2	
(b)	Iron         State four functions of iron.         1         2         3         1	
(b)	Iron         State four functions of iron.         1         2         3         4	
(b)	Iron         State four functions of iron.         1         2         3         4         Name three good sources of iron.         1	
(b)	Iron         State four functions of iron.         1         2         3         4         Name three good sources of iron.         1         2         3	
(b)	Iron         State four functions of iron.         1         2         3         4         Name three good sources of iron.         1         2         2	

3	(a)	Explain why some people choose to follow a vegetarian diet.	For Examiner's Use
			036
		[3]	
	(b)	Discuss ways in which vegetarians obtain sufficient amounts of High Biological Value (HBV) protein in their diet.	
		[6]	
		[Section A Total: 40]	

### Section B

6

## Answer **all** questions.

4	Allı	meals should be well balanced.
	(a)	List <b>six</b> other points to consider when planning meals.
		1
		2
		3
		4
		5
		6 [3]
	(b)	Discuss the nutritional requirements of the elderly.
		[6]

For Examiner's Use

(c)	Explain, with named examples, the importance of fresh fruit and vegetables in the diet.	For Examiner's Use
	[6]	
		1

5	Exp	lain the following terms and give one example of each:	For
	(a)	coagulation;	Examiner's Use
		Example [2]	
		Example [3]	
	(b)	fermentation;	
		Example [3]	
	(c)	gelatinisation;	
		Example [3]	
			1

(d)	hydrogenation;	For
		Examiner's
	Example [3]	
(e)	pasteurisation.	
	Example [3]	

The	e folle	owing ingredients can b	be used to make bread.
			200g flour 12g fresh yeast or 1 level tsp. dried yeast 1 level tsp. sugar 1 tsp. salt 125ml warm water
(a)	Des	scribe, with reasons, ho	ow to carry out the following processes in bread making:
	(i)	kneading;	
		,	
			[3]
	(ii)	proving.	
	• •		
			[3]
(b)	Giv	advice with reasons	, on the choice of flour for bread making.
(0)	Giv	e auvice, with reasons,	on the choice of hour for bread making.
			[4]

(c) Describe and explain the changes, which take place when bread is baked. ..... ..... ..... ..... [5]

# [Section B Total: 45]

For Examiner's Use

Section C			
	Answer either Question 7 or Question 8.	Examiner's Use	
7	High levels of bacteria in food can cause food poisoning.		
	Discuss ways of preventing food poisoning when storing, preparing and cooking food. [15]		
OR			
8	The kitchen should be a safe place in which to work.		
	Discuss the causes and prevention of accidents in the kitchen. [15]		

[Section C Total: 15]
[Paper Total: 100]

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