



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

October/November 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 7 **or** 8.

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	
2	
3	
4	
5	
6	
7	
8	
Total	

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



SECTION A

Answer **all** questions.

*For
Examiner's
Use*

1 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.

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- [4]

(d) Describe the digestion of starch in:

the mouth

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the duodenum

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the ileum

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..... [6]

(e) Explain the importance of Non-Starch Polysaccharide (NSP) / dietary fibre in the diet.

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..... [4]

(f) Name **four** good sources of NSP.

1 2

3 4 [2]

2 Vitamins and minerals are essential for a balanced diet.

(a) Vitamin C (Ascorbic acid)

State **four** 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) Iron

State **four** functions of iron.

- 1
- 2
- 3
- 4

Name **three** good sources of iron.

- 1
- 2
- 3

Name the deficiency disease caused by a lack of iron.

..... [4]

3 (a) Explain why some people choose to follow a vegetarian diet.

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..... [3]

(b) Discuss ways in which vegetarians obtain sufficient amounts of High Biological Value (HBV) protein in their diet.

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..... [6]

[Section A Total: 40]

Section B

Answer **all** questions.

*For
Examiner's
Use*

4 All meals should be well balanced.

(a) List **six** other points to consider when planning meals.

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

(b) Discuss the nutritional requirements of the elderly.

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..... [6]

5 Explain the following terms and give one example of each:

(a) coagulation;

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Example [3]

(b) fermentation;

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Example [3]

(c) gelatinisation;

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Example [3]

(d) hydrogenation;

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Example [3]

(e) pasteurisation.

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Example [3]

*For
Examiner's
Use*

6 The following ingredients can 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) Describe, with reasons, how to carry out the following processes in bread making:

(i) kneading;

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..... [3]

(ii) proving.

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(b) Give advice, with reasons, on the choice of flour for bread making.

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..... [4]

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