



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 2010**

**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 8(a) **or** 8(b).

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	
<b>Section A</b>	
<b>Section B</b>	
<b>Section C</b>	
<b>Total</b>	

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



**Section A**

Answer **all** questions.

For  
Examiner's  
Use

1 (a) List the **three** elements which combine to form fat.

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

(b) State **three** functions of fat.

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

(c) Give **three** facts about each of the following and give **one** example of each.

Saturated fat

- .....
- .....

Example ..... [2]

Monounsaturated fat

- .....
- .....

Example ..... [2]

Polyunsaturated fat

- .....
- .....

Example ..... [2]



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

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

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

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

3 Discuss **four** uses of water in the body.

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







6 Write an informative paragraph on each of the following:

(a) reasons for cooking;

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[5]

(b) advantages and disadvantages of frying;

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[5]



(c) saving time when preparing and cooking family meals.

*For  
Examiner's  
Use*

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.....[5]





Section C

Answer **either** 8(a) **or** 8(b).

For  
Examiner's  
Use

8 (a) Discuss different raising agents and their use in the preparation of dishes. [15]

OR

8 (b) Discuss reasons for following a vegetarian diet and the points to consider when planning meals for vegetarians. [15]

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Dotted lines for writing

**[Section C Total: 15]**

**[Total for Paper: 100]**



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