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0648/12

October/November 2017

2 hours

No Additional Materials are required.

READ THESE INSTRUCTIONS FIRST

DO **NOT** WRITE IN ANY BARCODES.

You are advised to spend no longer than 45 minutes on Section A.

Answer **all** questions.

Answer **either** Question 7(a) **or** 7(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.

This document consists of **11** printed pages and **1** blank page.

Section A

Answer **all** questions.

- 1 (a) Name the substance which combines with fatty acids to form a fat molecule (triglyceride).
 [1]
- (b) State **one** physical difference between fats and oils.
 [1]
- (c) State **one** chemical difference between saturated fats and unsaturated fats.

 [1]
- (d) (i) Name **four** different examples of saturated fats.
 1 2
 3 4 [2]
- (ii) Name **four** different examples of unsaturated fats.
 1 2
 3 4 [2]
- (e) Fats are used to provide the body with a source of energy.
 State **five** different ways the body uses energy.
 1
 2
 3
 4
 5 [5]
- (f) Name **one** unit used to measure the energy value of fat.
 [1]
- (g) Describe **two** effects of heat on fat.
 1
 2 [2]

(h) Suggest **two** reasons why oil which has been used for frying should be strained after use.

- 1
- 2 [2]

(i) (i) Name the substance in the digestive system that emulsifies fats.

..... [1]

(ii) Name an enzyme which breaks down fats.

..... [1]

(iii) Name the part of the digestive system where digested food is absorbed.

..... [1]

(iv) Describe the location and function of the lacteal.

location

function [2]

[Total: 22]

2 Fats are a good source of vitamins A, D, E and K.

(a) State **two** functions of vitamin A (retinol).

- 1
- 2 [2]

(b) Give **four** different food sources of vitamin D (cholecalciferol).

- 1 2
- 3 4 [2]

(c) State **one** function of vitamin E.

..... [1]

(d) Give **one** food source of vitamin K.

..... [1]

[Total: 6]

- 3 (a) Discuss the need for iron and vitamin B₉ (folic acid) during pregnancy. Give **two** examples of how each of these nutrients could be included in the diet.

iron

.....

.....

.....

example 1

example 2

vitamin B₉ (folic acid)

.....

.....

.....

example 1

example 2

[6]

- (b) Suggest **three** types of food which should be avoided during pregnancy. Give reasons for your suggestions.

food 1

reason

.....

food 2

reason

.....

food 3

reason

.....

[6]

[Total: 12]

5 The following ingredients can be used to make bread:

500 g strong plain flour
10 g salt
1 sachet dried yeast
250 ml warm water

(a) State why this recipe is **not** suitable for a coeliac.

..... [1]

(b) Give **one** reason why the type of flour used is strong plain flour.

..... [1]

(c) Explain the function of the salt in the recipe.

..... [1]

(d) Explain why the temperature of the water is important.

..... [1]

(e) Name the process by which yeast produces carbon dioxide and alcohol.

..... [1]

(f) Give **two** reasons for kneading in bread-making.

1

2 [2]

(g) Explain why the crust turns brown when the bread is baked.

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

(h) Give **five** rules for personal hygiene when making bread.

1

2

3

4

5 [5]

- (i) Bread can be bought packaged in plastic wrapping.

Name **two** other types of packaging material and give an example of a use of each to package food.

type 1

example

type 2

example

[4]

[Total: 18]

6 Fish can be an important part of a healthy diet.

(a) List **three** points to look for when buying fresh fish.

- 1
- 2
- 3 [3]

(b) Give **two** different examples of each of the following:

(i) oily fish;

- 1 2 [2]

(ii) shellfish.

- 1 2 [2]

(c) Fish is often coated before deep frying.

Suggest **two** suitable coatings which could be used.

- 1 2 [2]

(d) State and explain **four** safety points to follow when deep frying.

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

(e) Suggest **two** different ways to make steamed white fish look more appetising when served as part of a main meal.

- 1
- 2 [2]

[Total: 15]

7 (a) Describe the functions and advantages of each of the following additives.

- [15]

(b) Describe and explain ways to prevent food poisoning when storing and preparing food. [15]

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