

Centre Number	Candidate Number	Name
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UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

**FOOD AND NUTRITION**

**0648/01**

Paper 1 Theory

May/June 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 8(a) **or** 8(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	
1	
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8	
<b>Total</b>	

**Section A**

Answer **all** questions

1 (a) Name the elements which combine to form fat.

..... [3]

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

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

(c) (i) Define the term 'saturated fat'.

..... [2]

(ii) Give **two** examples of saturated fat.

..... [1]

(iii) Define the term 'polyunsaturated fat'.

..... [2]

(iv) Give **two** examples of polyunsaturated fat.

..... [1]

(d) Describe the digestion and absorption of fat.

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



4

(b) Define the term 'water balance'.

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..... [1]

4 Give advice, with reasons, on the choice and cooking of food for the elderly.

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.....  
..... [6]

[Section A Total : 40 marks]

**Section B**

Answer **all** questions

5 (a) Name **six** of the nutrients in milk.

.....

.....

..... [3]

(b) List **four** rules to follow for storing milk.

1. ....

2. ....

3. ....

4. .... [2]

(c) Name **four** milk products.

.....

..... [2]

(d) Explain why milk becomes sour.

.....

.....

..... [2]

(e) Describe the following methods of preserving milk:

(i) pasteurising;

.....

.....

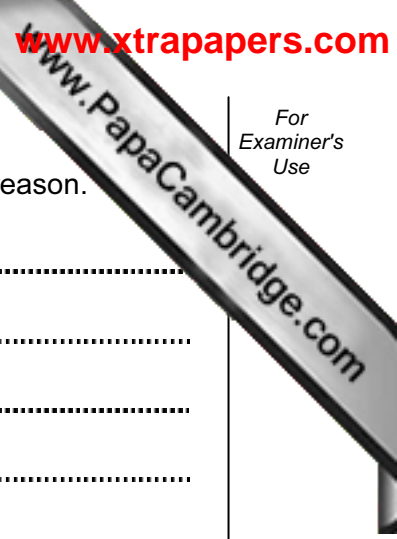
..... [3]

(ii) Ultra Heat Treatment (UHT).

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..... [3]



6 (a) State **five** reasons for cooking food. Give an example to illustrate **each** reason.

Reason 1 .....

Example 1 .....

Reason 2 .....

Example 2 .....

Reason 3 .....

Example 3 .....

Reason 4 .....

Example 4 .....

Reason 5 .....

Example 5 ..... [5]

(b) Discuss the advantages and disadvantages of each of the following methods of cooking:

(i) steaming;

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..... [3]

(ii) frying;

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..... [3]

(iii) using a microwave oven.

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..... [4]

7 The following ingredients can be used to make a Victoria sandwich cake:

- 100g plain flour
- 1 level teasp. baking powder
- 100g sugar
- 100g fat
- 2 eggs.

(a) Describe the method of making and baking the cake.

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..... [5]

(b) Suggest **two** ways of varying the cake.

1. ....  
2. .... [1]



(c) Give advice, with reasons, on the choice of the following ingredients for the cake.

(i) flour;

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

(ii) sugar;

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

(iii) fat.

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

(d) Describe and explain the changes which take place when the cake is baked.

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

[Section B Total : 45 marks]





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