

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS International General Certificate of Secondary Education

Origin Com



CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		

FOOD AND NUTRITION

0648/01

Paper 1 Theory

October/November 2007

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 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 **or** Question 9 on the lined pages at the end of the Question Paper.

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 Exam	iner's Use
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Total	

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



Section A

Answer all questions.

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		Section A	Car
		Section A Answer all questions. de four functions of fat.	
1 (a)	Stat	e four functions of fat.	
()	1		
	2		••••
	3		
	4		[4]
<i>a</i> . \			
(b)	(i)	Define saturated fat.	
		Nama ana ayampia	
		Name one example.	[2]
		Define monounsaturated fat.	[4]
	(11)	Deline monounsaturated rat.	
		Name one example.	
			[1]
	(iii)	Define polyunsaturated fat.	
	` ,		
		Name one example.	
			[2]

WANN, PAPAC CAMBridge, COM (c) Describe the digestion and absorption of fat. (d) Give reasons for reducing the amount of fat in the diet. (e) Suggest four ways to reduce fat in meals. 1 2 _____

3

4 _____

Vitamin A and Vitamin D are fat-soluble vitamins.

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	4 amin A and Vitamin D are fat-soluble vitamins. Give two functions of vitamin A. 1	
Vita	amin A and Vitamin D are fat-soluble vitamins.	Can
(a)	Give two functions of vitamin A.	78
	1	
	2	[2]
(b)	Name two animal sources of vitamin A.	
	1	
	2	
	Name two plant sources of vitamin A.	
	1	
	2	[2]
(c)	Name a deficiency disease associated with a poor supply of vitamin A.	
		[1]
(d)	Give two functions of vitamin D.	
	1	
	2	[2]
(e)	Name three food sources of vitamin D.	
	1	
	2	
	3	
	Name one non-food source of vitamin D.	
		[2]
(f)	Name a deficiency disease associated with a poor supply of vitamin D.	
		[1]

WANN, PAPAC Ambridge, Com (a) Explain why Non-Starch Polysaccharide (NSP) or dietary fibre is important in the (b) Name four good sources of NSP. 1 ______ 2 ______ 3 ______ 4 _____ State, with reasons, the special dietary needs of manual workers.

[Total: 40]

Section B

Answer all questions.

Section B Answer all questions. (a) Name six nutrients in eggs. 1		www.xtra	apapers.c
1		6 A. Day	For Examiner's
1		Section B	Use
1		Answer all questions.	dride
1	(a)	Name six nutrients in eggs.	36.69
3			
4		2	
5 6		3	
6		4	
(b) State five different uses of eggs and give an example for each use. Use 1 Example 1 Use 2 Example 2 Use 3 Example 3 Use 4		5	
Use 1 Example 1 Use 2 Example 2 Use 3 Example 3 Use 4		6[[3]
Use 1 Example 1 Use 2 Example 2 Use 3 Example 3 Use 4	/I ₂ .\	Chate five different was af agree and give an average for each was	
Example 1 Use 2 Example 2 Use 3 Example 3 Use 4			
Use 2 Example 2 Use 3 Example 3 Use 4			
Use 3 Example 3 Use 4			
Use 3 Example 3 Use 4		Evenue 2	
Example 3 Use 4			
Use 4			
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Example 4			
Use 5 Example 5			

For Examiner's Use (c) Discuss the storage of eggs. (d) Describe and explain the changes which take place when an egg is boiled.

6 The following ingredients can be used to make flaky pastry:

> 225g flour 150g fat 1/2 level tsp. salt Approx. 150ml water

(a)	Give advice on the choice of flour and fat for making flaky pastry.
	[3]
(b)	Describe, with reasons, the method of making flaky pastry.
	[7]

WAWN, PAPAC CAMBridge. COM (c) Name four dishes which could be made using flaky pastry. 1 2 _____ 3 _____ 4 _____ (d) Give reasons for each of the following faults which could occur: the pastry has not flaked well; the pastry has risen unevenly.

7 Write an informative paragraph on each of the following:

	www.xtrapa
	te an informative paragraph on each of the following: the choice and care of kitchen knives;
Wri	te an informative paragraph on each of the following:
(a)	the choice and care of kitchen knives;
	[5]
(b)	the disposal of kitchen waste;
	[5]

For Examiner's Use (c) hygiene in shops and markets.

[Total: 45]

Section C

Answer either Question 8 or Question 9.

fruit in family
[15] Discuss the importance of fruit in the diet and suggest ways of including fruit in family 8 meals.

OR

9

Discuss reasons for cooking food and explain the different methods of heat transfer used in the preparation of dishes. [15]

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