



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

**May/June 2009**

**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 9 **or** Question 10.

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.

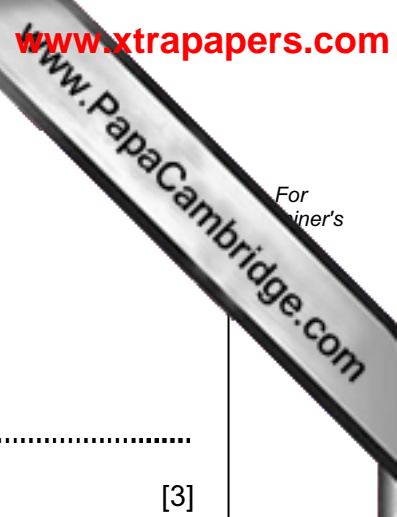
For Examiner's Use	
Section A	
Section B	
Section C	
<b>Total</b>	

This document consists of **13** printed pages and **3** blank pages.



Section A

Answer all questions.



1 (a) Name the elements which make up fat.

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

(b) Fat can be used to provide the body with energy.

Name two other sources of energy.

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

(c) Identify four uses of energy in the body.

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

2 Vitamin A and vitamin D are fat-soluble vitamins.

(a) State three functions of vitamin A.

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

(b) Name four sources of vitamin A.

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

(c) Name the deficiency disease associated with a lack of vitamin A.

..... [1]

(d) State **two** functions of vitamin D.

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

(e) Name **four** sources of vitamin D.

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

(f) Name the deficiency disease associated with a lack of vitamin D.

..... [1]

3 (a) Describe the digestion of fat in the duodenum.

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

(b) Describe the absorption of fat in the ileum.

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

4 (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]

5 Water is vital to life.

(a) Discuss **four** uses of water in the body.

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

(b) Name the condition which results from a deficiency of water.

..... [1]

5

(c) Give **two** symptoms of the condition identified in (b).

1 ..... 2 .....

(d) Identify, with reasons, **three** groups of people who have a particular need for water.

Group 1 .....

Reason 1 .....

Group 2 .....

Reason 2 .....

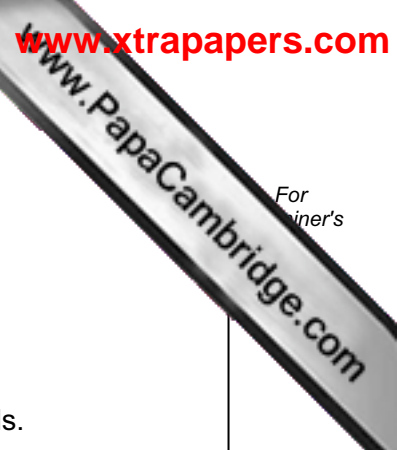
Group 3 .....

Reason 3 ..... [3]

[Section A Total: 40]

Section B

Answer **all** questions.



6 (a) All meals should be balanced.

Identify, with examples, **five** other points to consider when planning meals.

Point 1 .....

.....

Example 1 .....

Point 2 .....

.....

Example 2 .....

Point 3 .....

.....

Example 3 .....

Point 4 .....

.....

Example 4 .....

Point 5 .....

.....

Example 5 ..... [5]



7 Write an informative paragraph on each of the following:

(a) different uses of sugar in the preparation of dishes;

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

[5]

(b) rules, with reasons, for successful shortcrust pastry;

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.....

[5]



(c) High Biological Value (HBV) protein for vegans.

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.....

[5]

8 (a) Name **six** nutrients in fish.

1 .....	2 .....
3 .....	4 .....
5 .....	6 .....

[3]

(b) Explain **three** methods of preserving fish.

Method 1 .....

Explanation .....

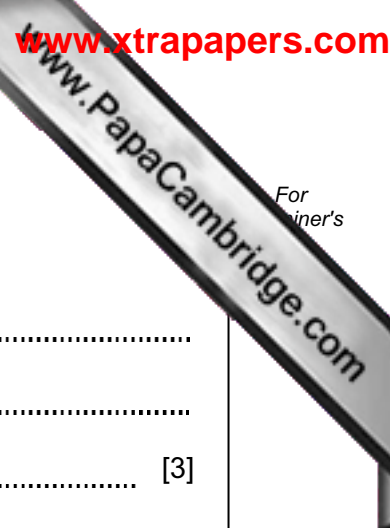
Method 2 .....

Explanation .....

Method 3 .....

Explanation .....

[3]



(c) Frying is a popular method of cooking.

(i) Give **three** reasons for coating some foods before frying.

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

(ii) Suggest **two** suitable coatings.

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

(iii) Explain **four** safety points to consider when frying.

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

[Section B Total: 45]





A series of horizontal dotted lines for writing, spanning the width of the page.





