

# UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS International General Certificate of Secondary Education

Origin Com

*	
0	
μ	
0	
0	
4	
4	
0	
Ŋ	
0	
N	

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		

#### **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 Exam	iner's Use
Section A	
Section B	
Section C	
Total	

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



## **Section A**

# Answer all questions.

	2	1
	Section A	Can
	2 Section A Answer all questions.  the three elements which combine to form fat.	13
(a) List	the <b>three</b> elements which combine to form fat.	
1	2	
3		[3]
(b) Stat	te three functions of fat.	
1		
2		
3		.[3]
(c) Give	e three facts about each of the following and give one example of each.	
Satu	urated fat	
Exa	ımple	.[2]
Mor	nounsaturated fat	
Exa	ımple	.[2]
Poly	yunsaturated fat	
Exa	ımple	.[2]

	www.xtra	papers.co
	3	
(d)	3  Describe the digestion and absorption of fat.	My
		Tide
		G. CO
		•
		·
	[5]	
e)	Current nutritional advice is to reduce the amount of saturated fat in the diet. Discuss reasons for this advice.	5
		•
	[4]	
f)	List <b>six</b> ways of reducing the amount of saturated fat in the diet.	
	1	
	2	
	3	
	4	
	5	
	6[3]	1

2	(a)	Explain the importance of Non-Starch Polysaccharide / NSP (dietary fibre) in a	Co.
		Explain the importance of Non-Starch Polysaccharide / NSP (dietary fibre) in a diet.	Mario
			36
			[4]
	(b)	Name <b>four</b> good sources of NSP.	
		1 2	
		3 4	 [2]
•	D:-		
3	DISC	cuss <b>four</b> uses of water in the body.	
	1		
	პ		
			.4]

Discuss ways of encouraging good eating habits in children.	Abridge Com
	Orida
	C.COM
	1
[6]	
[Section A Total: 40]	

## Section B

## Answer all questions.

**5** The following ingredients can be used to make shortcrust pastry:

200 g flour 100 g fat pinch of salt approx. 8 teaspoons of water

(a)	Give advice on the choice of flour and fat for shortcrust pastry.
	[5]

Describe, with reasons, how to make shor	tcrust pastry.
	[6]
Name <b>four</b> dishes that could be made using	ng shortcrust pastry.
1	2
3	4
Give <b>two</b> reasons for each of the following	[2] g faults:
(i) pastry shrinks during baking;	
(ii) pastry is hard and tough.	
2	[2]

	www.xtra	papers.com
	The state of the s	Papers.com
	8 aggs	
Wri	te an informative paragraph on each of the following:	P. Carrier
(a)	reasons for cooking;	"Brick
		36'C
		OH
		.
	[5	5]
(b)	advantages and disadvantages of frying;	
		.
	[5	5]

(c)	saving time when preparing and cooking family meals.	d.
		bridge.com
		1
		1
	[5]	

	www.xtrap
	to the changes which take place when: meat is cooked by a moist method;
Des	cribe and explain the changes which take place when:
(a)	meat is cooked by a moist method;
	[5]
(b)	a loaf of bread is baked;
	[5]

(c)	a roux sauce is made.	bridge.com
		Original
		S. COM
		13
	[5]	

[Section B Total: 45]

## **Section C**

		WELLOW X	rap
		12	
		Section C	S.C.S.
		Section C  Answer either 8(a) or 8(b).  Discuss different raising agents and their use in the preparation of dishes.	
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 plan meals for vegetarians.	ning [15]
			•••••
	•••••		•••••
	•••••		
••••			
			•••••

13 Www.xtrapa	apers.com
	Bride
	Se.Co.
	13
	1

14 WWW.xtrapa	apers.com
Apa <sub>Cah</sub>	
	Tidge
	COM
	L
	1

[Section C Total: 15]

**BLANK PAGE** 

## **BLANK PAGE**

Permission to reproduce items where third-party owned material protected by copyright is included has been sought and cleared where possible. Every reasonable effort has been made by the publisher (UCLES) to trace copyright holders, but if any items requiring clearance have unwittingly been included, the publisher will be pleased to make amends at the earliest possible opportunity.