

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS International General Certificate of Secondary Education

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CANDIDATE NAME				
CENTRE NUMBER		CANDIDATE NUMBER		

FOOD AND NUTRITION

0648/01

Paper 1 Theory

October/November 2011

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 6(a) or 6(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.

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	Sec	ction A	Jac de
	Answer a	III questions.	Www.xtrap
(a	Name four examples of fats and four examples	amples of oils used in meals.	
	Fats		
	1	2	
	3	4	[2]
	Oils		
	1	2	
	3	4	[2]
(b	State one difference between fats and oil	ls.	
			[1]
(c	Give four functions of fats and oils in the	body.	
	1		
	2		
	3		
	4		[4]
(c	Explain the following terms:		
	(i) saturated fat;		
			[2]
	(ii) polyunsaturated fat;		

	(iii)	essential fatty acid(s).
		essential fatty acid(s).
		[2]
(e)	(i)	In which part of the alimentary tract are fats digested?
	(ii)	Name the substance that emulsifies fats.
	(iii)	Explain why emulsification is necessary.
	(iv)	Which enzyme brings about the breakdown of fats?
	(v)	What are the end products of fat digestion?
	(vi)	What is the energy value of 1 g of absorbed fat?
(f)	Disc	cuss the problems that may be associated with a diet high in fat.
		[3]

g) N	4 ame any two fat-soluble vitamins and explain their importance in a healthy diet ame three sources of each vitamin.) Vitamin 1	S
Ν	ame three sources of each vitamin.	Morio
(i) Vitamin 1	36
	Name	
	Importance in the diet	
	Source	
	1 2	
	3	[4]
(ii) Vitamin 2	
	Name	
	Importance in the diet	
	Source	
	1 2	
	3	[4]
	portant for everyone to have nutritionally balanced meals but individual requirementate, with reasons, the special nutritional needs of:	nts
vary. S	derly women;	

(b)	very active teenagers.	
		Mridge.
		S. COM
		1
	[4]	
	[Section A Total: 40]	

Section B

Answer **all** questions.

	Continue D	
	Section B	2
	Answer all questions.	Tido
Хр	6 Section B Answer all questions. ain the following processes and give one example of each.	100
	Gelatinisation	1
	Example[3]	
b)	Coagulation	
	Example[3]	
c)	Fermentation	

(d)	Pasteurisation	
		Tide
		S. COM
		1
	Example[3]	
(e)	Hydrogenation	
	Example[3]	

		www.xtrapa	pers.con
		8 cuss the purposes of the following ingredients in a Victoria sandwich cake: self-raising flour;	
(a)	Disc	cuss the purposes of the following ingredients in a Victoria sandwich cake:	
	(i)	self-raising flour;	Trick
			Se.Co
			177
		[3]	
	(ii)	sugar;	
'	(,	ougui,	
		[3]	
(i	iii)	margarine;	
		[3]	

	eggs.	papers
(iv)	eggs.	Mon
		ale
	[3]
(b) Wh	at could have caused:	
(i)	the cake to have risen to a peak and cracked;	
(ii)	a close-textured cake?	
	[3]
Write ar	n informative paragraph on each of the following:	
(a) the	advantages and disadvantages of frying;	
	[5]

ne cho	pice and care of sa	ucepans;		dy	1
			 	 NaCanna A	ridge
			 	 	16
	and of kitchen w		 	 [5]	
 ne dis	oosal of kitchen wa	aste.		 [5]	
ne dis	oosal of kitchen wa	aste.		 [5]	
ne dis	oosal of kitchen wa	aste.		[5]	
	oosal of kitchen wa	aste.		[5]	
ne dis	oosal of kitchen wa	aste.		[5]	
	posal of kitchen wa	aste.		[5]	

[Section B Total: 45]

Section C

Answer either 6(a) or 6(b).

6	(a)	The	re are many methods of storing and preserving food.
		(i)	State and explain reasons for preserving food.
		(ii)	Discuss, with examples, methods of preserving food.
		(iii)	Explain how food should be stored safely in a refrigerator. [15]
			[10]
OR			
6	(b)	(i)	Name the nutrients in red meat and state their functions.
		(ii)	Discuss reasons for toughness in meat and suggest ways of tenderising meat before cooking.
		(iii)	Describe and explain the changes which take place when meat is cooked by a moist method.
			[15]

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[Section C Total: 15]

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