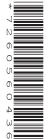


Cambridge Assessment International Education

Cambridge International General Certificate of Secondary Education

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		



FOOD AND NUTRITION

0648/11

Paper 1 Theory May/June 2019

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 an HB pencil for any diagrams or graphs.

Do not use staples, paper clips, 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 7(a) or 7(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.

This document consists of 12 printed pages.



Section A

Answer all questions.

Car	bohydrates provide the body with energy.	
(a)	Name the type of carbohydrate which should be eaten to give a slow release of energy.	F.43
(b)	Monosaccharides are sugars.	[1]
	Define the term monosaccharide.	.
(c)	Give two examples of monosaccharides.	[1]
	1	
	2	[2]
(d)	Dextrinisation occurs when dry heat is used on starch.	
	Name four different food products which demonstrate the process of dextrinisation.	
	1	
	2	
	3	
	4	[4]
(e)	Describe three effects of moist heat on starch.	
	1	
	2	
	3	[3]
(f)	Give three possible effects on the body of eating too much carbohydrate.	
	1	
	2	
	3	[3]
		_

(g)	Give three possible effects on the body of eating too little carbohydrate.
	1
	2
	3[3]
(h)	Maltase and lactase are enzymes which speed up the breakdown of carbohydrates during digestion.
	Name the part of the digestive system where these enzymes are found.
	[1]
	[Total: 18]

(a)	State four functions of calcium.	
	1	
	2	
	3	
	4	
		[4]
(b)	Calcium is found in milk and dairy foods.	
	Name three other good sources of calcium.	
	1	
	2	
	3	[3]
(c)	Vitamin D increases the absorption of calcium.	
	(i) Give another name for vitamin D.	
		[1]
	(ii) Name one other nutrient which works with calcium and vitamin D.	
		[4]
		[1]
(d)	The body can make vitamin D from the ultra-violet rays of the sun.	
	Identify three groups of people who may not be able to make enough vitamin D in this wa	ıy.
	1	
	2	
	3	
		[3]

[Total: 12]

A sl	norta	ge of iron is one cause of anaemia.	
(a)	Des	scribe three symptoms of anaemia.	
	1		
	2		
	3		
			[3
(b)	Nar	ne three different groups of people who have a higher need for iron in their diet.	
	1		
	2		
	3		
			[3
(c)	Vita	min C helps with the absorption of iron.	
	(i)	Give one reason why it is important to have a daily supply of vitamin C.	
			[1
	(ii)	Name three different good sources of vitamin C.	
		1	
		2	
		3	
			[3

[Total: 10]

Section B

Answer all questions.

4	Some ingredients that can be used to make a Victoria sandwich cake are listed	below:

200 g self-raising flour 200 g soft margarine 200 g caster sugar

(a)	State how many eggs would be needed to complete the recipe.							
(b)		son why this cake would be suitable for a person who is lactose intolerant.						
		[1						
(c)	Complete the	table to give three different functions of the named ingredients.						
	ingredient	function						
	self-raising flour	1						
	caster sugar	1						

[6]

•••••	 	 	
•••••	 	 	 •
The cake is hea			elled diagra
			elled diagra
Explain how co			elled diagra
Explain how co			elled diagra
Explain how co			elled diagra
Explain how co			elled diagra
Explain how co			elled diagra
Explain how co			elled diagra
Explain how co			elled diagra
Explain how co			elled diagra
Explain how co			elled diagra
Explain how co			elled diagra
Explain how co			elled diagra
Explain how co			elled diagra
Explain how co			elled diagra
Explain how co			elled diagra
Explain how co			elled diagra
Explain how co			elled diagra

	(f)		e two reasons to explain why each of the following problems may have ha ing the cake:	ppened when
		(i)	the cake has risen to a peak and cracked;	
			1	
			2	[2]
		(ii)	the cake has sunk in the middle.	
			1	
			2	
	()	NI		[2]
	(g)		me three types of icing which could be used to decorate the cake.	
		3		[3]
				[Total: 25]
5	One	e rea	son food is preserved is to prevent decay.	
			king jam is one way to preserve fruit.	
	(-)	(i)	Name the substance which helps jam set.	
		()		[1]
		(ii)	Describe the wrinkle test.	
				[2]
		(iii)	Give one reason why jars are heated before filling with homemade jam.	
				[1]

(b)	Describe how to prepare fresh peas for freezing.	
		[4]
(c)	Give three effects of dehydration on food.	
	1	
	2	
	3	[3]
(d)	Name three methods of treating milk to preserve it for use in emergencies.	[-]
()	1	
	2	
	3	
		[3]
	Т	otal: 14]
Per	sonal hygiene is one way to prevent bacterial contamination during food preparation.	
Stat	te six other ways to prevent bacterial contamination.	
1		
2		
3		
4		
5		
6		
		[6]

Section C

Answer either Question 7(a) or 7(b).

7	(a)	Discuss how a balanced diet can help support healthy development in a pre-school child. [15]
OR		

- (b) Some people shop for food during their lunch break.
 - Discuss hygiene points to consider when choosing food in a supermarket.

ribe how to ensure food remains safe to eat until it can be taken home. [15]

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.

To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced online in the Cambridge Assessment International Education Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download at www.cambridgeinternational.org after the live examination series.

Cambridge Assessment International Education is part of the Cambridge Assessment Group. Cambridge Assessment is the brand name of the University of Cambridge Local Examinations Syndicate (UCLES), which itself is a department of the University of Cambridge.