Cambridge IGCSE[™]

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		

386437475

FOOD & NUTRITION 0648/11

Paper 1 Theory October/November 2020

2 hours

You must answer on the question paper.

No additional materials are needed.

INSTRUCTIONS

- Section A: answer all questions.
- Section B: answer all questions.
- Section C: answer one question.
- Use a black or dark blue pen. You may use an HB pencil for any diagrams or graphs.
- Write your name, centre number and candidate number in the boxes at the top of the page.
- Write your answer to each question in the space provided.
- Do not use an erasable pen or correction fluid.
- Do not write on any bar codes.

INFORMATION

- The total mark for this paper is 100.
- The number of marks for each question or part question is shown in brackets [].

This document has 12 pages. Blank pages are indicated.

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Section A

Answer all questions.

You are advised to spend no longer than 45 minutes on Section A.

1		eficiency disease occurs if a nutrient is lacking in the body. ne one nutrient which is lacking if the body has the following diseases:
	(a)	goitre[1]
	(b)	pellagra[1]
	(c)	marasmus[1]
	(d)	anaemia[1]
	(e)	night blindness. [1]
		[Total: 5]
2	Stra	awberries can be used in smoothies to provide a source of vitamin C.
	(a)	Name four other different sources of vitamin C which could be used in a fruit smoothie.
		1
		2
		3
		4
	(b)	State four reasons why the body requires vitamin C.
		1
		2
		3
		4
		[4]
		[Total: 8]

3 Study the label below from a pre-packed chicken sandwich.

Use by: 20 November 2020	Keep refrigerated		
Ingredients: white bread (contains wheat flour, water, salt, yeast)	Nutritional information		
chicken blended dairy-free spread (contains rapeseed oil,		each pack contains	
palm oil, sunflower oil, salt)	energy	301 kcal 1291 kJ	
	protein	17.6g	
	carbohydrates of which sugars	36.5 g 1.5 g	
	fats of which saturates	10.4 g 1.6 g	
	fibre	1.2g	
	sodium	1.1 mg	

(a)	The sandwich contains 17.6 g of protein. State the main protein source.	
		[1]
(b)	Identify three different alternative protein foods which could be used so a vegan could eat sandwich.	the
	1	
	2	
	3	 [3]
(c)	The fibre content of the sandwich is low at 1.2g. Identify two different changes which could be made to increase the fibre content of sandwich.	the
	1	
	2	
		[2]

(d)	State five benefits of increasing fibre in the diet.	
	1	
	2	
	3	
	4	
	_	
	5	
		5
(e)	Name two enzymes involved in the digestion of the bread in the sandwich.	
	1	
	2	
		2
(f)	Name two enzymes involved in the digestion of the chicken in the sandwich.	
	1	
	2	
		2
(g)	A person with coeliac disease could not eat this sandwich as it contains wheat flour in the bread.	ıe
	List four starchy foods that a person with coeliac disease could eat.	
	1	
	2	
	3	
	4	 4
	I	+'

(h)	Explain why there is a use-by date on the packaging for this sandwich.
	[2
(i)	The sandwich is packaged in a plastic sleeve. Give six reasons why foods are packaged.
	1
	2
	3
	4
	5
	6
	[6

[Total: 27]



Section B

Answer all questions.

(a)	Justify the nutritional benefits of including fish in the diet.	
		[6]
(b)	List four points to look for when buying fresh white fish from the fish market.	
	1	
	2	
	3	
	4	[4]
(c)	A basic recipe for making fish cakes uses cod.	L ⁻⁷ .
(0)	(i) Name two different white fish which could also be used to make the fish cakes.	
	1	
	2	[2]

	(ii)	Suggest three herbs which could be used to add flavour to the fish cakes.
		1
		2
		3
		[3
(d)	The	fish cakes can be shallow fried.
	(i)	State four advantages of shallow frying as a method of cooking.
		1
		2
		3
		4
		[4
	(ii)	State five guidelines to follow when shallow frying.
		1
		2
		3
		4
		5
		[5

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	(e) l	dentify five different points to consider when choosing a pan for shallow frying.
		1
	2	2
		3
	2	4
	į	5
		[E]
		[5]
		[Total: 29]
5	Sauc	es may be used to add nutrients to a dish such as cheese sauce with cauliflower.
		ify three other reasons why a sauce may be served with a meal and suggest a different uple to illustrate each reason.
	reaso	on 1
	exam	ple
	reaso	on 2
	exam	pple
	reaso	on 3
	exam	iple
		[6]

6	(a)	Name two bacteria which can cause food poisoning.
		1
		2[2]
	<i>(</i> 1.)	
	(b)	List three symptoms of food poisoning.
		1
		2
		3
		[3]
		[Total: 5]
7	Stat	te five food safety rules which help delay food spoilage when using a refrigerator.
	1	
	2	
	3	
	4	
	5	
		[5]

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Section C

Answer either Question 8 or 9.

8 Discuss the importance and uses of soya beans and their products in the preparation of meals.
[15]

LI 10	e risk of family members suffering from obesity. [15
••	

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