Cambridge IGCSE[™]

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		



FOOD & NUTRITION

Paper 1 Theory May/June 2022

2 hours

0648/11

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.

Section A

Answer all questions.

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

1	Nar	me the term used to describe a diet that contains all nutrients in the correct proportion.	
			[1]
2	B-g	roup vitamins are important for good health.	
	(a)	Name three different plant sources of vitamin B ₁ (thiamin).	
		1	
		2	
		3	 [3]
	(b)	A deficiency of vitamin B ₃ (nicotinic acid) can lead to pellagra.	
		Identify one symptom of pellagra.	
			[1]
	(c)	State two functions of vitamin B ₁₂ (cobalamin) in the body.	
		1	
		2	
			[2]
		[Tota	l: 6]

3

Fats a	re used to provide the body with a source of energy.	
(a) G	ive one example of how the body uses each of the following types of energy:	
(i)) mechanical energy	
		[1]
(ii)) chemical energy	
		[1]
(iii)		
()	,	[1]
(b) St	tate four health reasons to reduce the intake of saturated fat.	[,]
. ,	tate Iour Health reasons to reduce the intake of Saturated fat.	
4		[4]
(c) Si	uggest five ways that the intake of saturated fat could be reduced in meals.	
4		
5		[5]
(d) (i)) Name the part of the digestive system where fats are digested.	[-1
(4)		[4]
		[1]
(ii)		
	1	
	2	[2]
		[Total: 15]
		[

4	Che	Cheese contains calcium.						
	(a)	Name one disease in children caused by a deficiency of calcium.						
		[1]						
	(b)	Name one disease in adults caused by a deficiency of calcium.						
		[1]						
	(c)	State why someone with high blood pressure should reduce the amount of cheese in their diet.						
		[1]						
		[Total: 3]						
5	Egg	s are a high-risk food.						
	(a)	State three reasons why eggs are a high-risk food.						
		1						
		2						
		3						
	(b)	[3] Name four other different high-risk foods.						
	(b)							
		1						
		2						
		3						
		4[4]						

[Total: 7]

6

Identify and explain eight nutritional requirements for a 25-year-old female athlete.
1
2
3
4
5
6
7
8
[8]

6

Section B

Answer all questions.

7 A recipe for a pizza base uses the following ingredients:

strong plain white flour salt sugar yeast hand-hot water oil

(a)	State three reasons why using strong plain flour is important when making the pizza base.
	1
	2
	3[3
(b)	To increase the non-starch polysaccharide (NSP) / dietary fibre content of the pizza base wholemeal flour could be used.
	Name three different ingredients which could be added to the pizza base to increase NSP.
	1
	2
	3
	[3
(c)	State two functions of the salt in the pizza base recipe.
	1
	2[2
(d)	Name the gas produced by the yeast.
	[1

((e)	Suggest five reasons why the baked pizza base may not have risen.
		1
		2
		3
		4
		5
		[5]
		[Total: 14]
8 I	Des	cribe first-aid treatment for a scald to the hand.
		101

A slow cooker is a useful piece of kitchen equipment for cooking tough cuts of beef.

9

(a)	State five other advantages of using a slow cooker.
	1
	2
	3
	4
	5
	[5]
(b)	State five reasons why some cuts of beef may be tough.
	1
	2
	3
	4
	5
	[5]
(c)	Describe four changes which take place when a tough cut of beef is cooked in a slow cooker.
	1
	2
	3
	4
/ IN	[4]
(d)	State why a recipe for a vegetable casserole advises dried kidney beans should not be used in a slow cooker.
	[1]
(e)	State three steps to follow to make dried kidney beans safe to use in the vegetable casserole.
	1
	2
	3
	[3]

[Total: 18]

10 The following	lowing ingredients of	can be used to make	a thin (pouring) batter:
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100 g plain flour ½ tsp salt 250 ml milk 1 egg

(a)	Describe how to make the batter mixture.	
		[5]
(b)	Explain what happens to the batter mixture when it is being cooked.	
		[3]
(c)	Name two dishes that can be made from the thin batter.	
	1	
	2	 [2]

[Total: 10]

Section C

Answer either Question 11 or 12.

- It is important that protein is included in the diet of a two-year-old child.
 - Discuss the importance of high biological value (HBV) protein in the diet of a two-year-old child.
 - Describe the possible consequences to their health if protein intake is too low.
 - Discuss ways to ensure that HBV foods are safe for a two-year-old child to eat.

[15]

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OR	
12	It is important to plan meals that suit the nutritional needs of individuals. Discuss aspects, other than nutrition, that should be considered when planning and cooking family meals. [15]

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