



# **Cambridge International Examinations**

Cambridge IGCSE	Cambridge International Examinations Cambridge International General Certificate of Secondary Education
CANDIDATE NAME	
CENTRE NUMBER	CANDIDATE NUMBER



**FOOD AND NUTRITION** 

0648/01

Paper 1 Theory May/June 2015

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.

	May May	vw.xtrapape
	2	7. Day
	Section A	SC AL
	Answer all questions.	TOTAL
Pulses a	are a good source of low biological value (LBV) protein.	vw xtrapape
a) Exp	plain the term low biological value protein.	
 <b>b)</b> Nar	me <b>four</b> foods that are pulses.	[1
1		
2		
3		
4		[2]
c) Pul	ses are also a good source of non-starch polysaccharide (NSP).	
(i)	Explain why NSP is important in the diet.	
(ii)	Explain the effects of too much NSP in the diet.	L
(,		
		[2]

1

Mea	at is a	a source of high biological value (HBV) protein.
(a)	Nar	a source of high biological value (HBV) protein.  me <b>four</b> other good food sources of HBV protein.
	1	
	2	
	3	
	4	[2]
(b)	Exp	plain the term complementary proteins. Give an example.
		[3]
(c)	(i)	Meat is also a good source of the mineral iron.
		Name <b>three</b> other minerals needed by the body and give <b>one</b> different function of each.
		source 1
		function
		source 2
		function
		source 3
		function[3]
	(ii)	Name the disease caused by a lack of iron in the diet. Give <b>two</b> symptoms of this disease.
		disease
		symptoms
		[3]
(d)	Nar	me the vitamin required for the absorption of iron.
		[1]

2

(e)	Meat is usually cooked before being eaten. Give four reasons for cooking meat.
	Meat is usually cooked before being eaten. Give <b>four</b> reasons for cooking meat.  1
	2
	3
	4[4]
(f)	Name the method of heat transfer in frying meat in a pan. Describe how the heat is transferred
	method
	description
	[3]
(g)	Suggest <b>four</b> ways of tenderising tough cuts of meat.
	[4]

[Total: 23]

3

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But	Butter and margarine are fats that can be used to make pastry.  (a) Name the <b>three</b> chemical elements which make up fats.					
(a)	Name the three chemical elements which make up fats.					
	1		1			
	2					
	3		[1]			
(b)	Give <b>three</b> functions of fat	in the body.				
			[3]			
(c)	Complete the following table	e to show how much fat is need	ded to make different types of pastry.			
	turns of poetry. Amount of plain flaur. Amount of fat					
	type of pastry	amount of plain flour	amount of fat			
	type of pastry flaky pastry	amount of plain flour	amount of fat			
		·	amount of fat			
	flaky pastry	200 g	amount of fat			
(d)	flaky pastry	200 g 200 g				
(d)	flaky pastry shortcrust pastry	200 g 200 g				
(d)	flaky pastry shortcrust pastry  Describe what causes fats	200 g 200 g to spoil.				
(d)	flaky pastry shortcrust pastry  Describe what causes fats	200 g 200 g to spoil.	[2]			
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	flaky pastry shortcrust pastry  Describe what causes fats	200 g 200 g to spoil.	[2]			

[Turn over

[6]

[4]

### **Section B**

## Answer all questions.

4 (a) Complete the following table to show the causes and types of browning in certain foods.

food	type of browning	cause of browning
biscuit		dry heat on starch
roast chicken	maillard	
apple pieces		
fried onions		

**(b)** Complete the following table to show suitable methods of making different types of baked products.

type of baked product	method of making
scone	
gingerbread	
Victoria sponge	
Swiss roll	

[Total: 15]

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5	(a)	Describe the effect of heat on cheese.
		Describe the effect of heat on cheese.
		[3]
	(b)	Discuss the advantages of including yoghurt in the diet.
		[3]
	(c)	Describe and explain <b>one</b> method of preserving fish.
		[3]
	(d)	State the information that must be included on a food label.
	(0)	Explain what is most by the term convenience foods
	(e)	Explain what is meant by the term <i>convenience foods</i> .
		[2]
		[Z]

[Total: 14]

(a) 1	t is recommended that people should eat less lat.	de
(	(i) Explain the risks of a diet high in saturated fat.	ambrig
<i>(</i> i	ii) Explain how the diet could be changed to reduce the risks linked to fat	[3]
(1	ii) Explain how the diet could be changed to reduce the risks linked to fat.	
(b) E	Eggs are a versatile food.	
(	(i) State the nutritive value of the yolk.	
(i	ii) Give <b>four</b> different uses of eggs in cooking with examples.	[2]
		[4]
(ii	ii) Describe the effect of heat on eggs.	
		[0]

(iv)	Describe and explain <b>one</b> method of testing the freshness of an egg.	Cann
		Tide
		[2] COM
		[Total: 16]

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## **Section C**

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

ing of foods. Explain [15] (a) Discuss the importance of hygiene in the storing, preparation and cooking of foods. Explain the term *contamination* and suggest ways to avoid food contamination.

		**	
OR	(b)	Discuss the factors affecting the choice of foods for convalescents and athletes.	[15]

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[Total: 15]