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UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS International Certificate of Secondary Education

FOOD AND NUTRITION

0648/01

Paper 1 Theory

May/June 2004

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 in the spaces provided on the Question Paper. You may use a soft pencil for any diagrams, or rough working. Do not use staples, paper clips, highlighters, glue or correction fluid.

Answer **all** questions in the spaces provided on the Question Paper. You are advised to spend no longer than 45 minutes on Section A. 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.

If you have been given a label, look at the details. If any details are incorrect or missing, please fill in your correct details in the space given at the top of this page.

Stick your personal label here, if provided.

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Section A

Answer all questions.

1

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	Section A	din
	Answer all questions.	
tarche	Section A Answer all questions. es and sugars are carbohydrates and provide the body with energy.	
ı) Na	me the elements from which carbohydrates are formed.	
 o) Na	me two other nutrients which can provide energy.	[3]
		[2]
c) De	fine the following terms and give two examples of each.	
(i)	monosaccharides	
	example 1 example 2	[1]
(ii)	disaccharides	
		[2]
	example 1 example 2	[1]
d) Sta	arch is a polysaccharide.	
(i)	What do you understand by the term Non-Starch Polysaccharide (NSP)?	
(::)	Harris it would be the head O	[1]
(ii)	How is it used by the body?	
		•••••
		[2]
(iii)	Name four foods which are good sources of NSP.	-[]
. ,	-	
		[0]

	Describe the digestion and absorption of starch in: the mouth	
	3	
(e)	Describe the digestion and absorption of starch in:	Can
	the mouth	
	the small intestine	
		[6]
Iron	is important for the production of energy.	
(a)	Explain how iron is used by the body.	
		[3]
(b)	Describe the symptoms of a deficiency of iron in the diet.	
` '		
		[2]
(c)	Name four foods which are good sources of iron.	(-)
(0)	Traine real loods which are good sources of from.	
(~I\	Name the vitemin which is important for the absorption of iron	[4]
(d)	Name the vitamin which is important for the absorption of iron.	F43
		[1]

Diet	ary advice is to reduce the intake of sugar.	Cal Use
(a)	ary advice is to reduce the intake of sugar. Give reasons for this advice.	Mide
b)	How can sugar be reduced in the diet?	
		[0]
		.[2]
Disc	cuss ways of encouraging good eating habits in children.	.[2]
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Section B

Answer all questions.

		5
		Section B
		5 Section B Answer all questions. e, with examples, four reasons for serving sauces with meals.
(a)	State	e, with examples, four reasons for serving sauces with meals.
	1	
	2	
	3	
	4	
		[4]
(b)	(i)	Describe the making of a roux sauce using the following ingredients:
		25 g (1 oz) flour 25 g (1 oz) margarine 250 ml (1/2 pt) milk
		[5]
	(ii)	Suggest two ways to change the flavour.

	6	Examiner's
;) Giv	e two reasons for each of the following: using a wooden spoon when making the sauce; 1	Can Use
(i)	using a wooden spoon when making the sauce;	MATION
	1	Se
	2	[1]
(ii)	lumps in the finished sauce.	
	1	
	2	[1]
l) De	scribe the changes which take place during the cooking of the sauce.	
		[3]
 ne kitc		[3]
		[3]
	hen should be a safe, pleasant place in which to work.	[3]
) Sta	hen should be a safe, pleasant place in which to work. te how accidents can be prevented when:	
) Sta	hen should be a safe, pleasant place in which to work. te how accidents can be prevented when:	
) Sta	hen should be a safe, pleasant place in which to work. te how accidents can be prevented when:	
) Sta	hen should be a safe, pleasant place in which to work. te how accidents can be prevented when: storing and using knives;	
i) Sta	hen should be a safe, pleasant place in which to work. te how accidents can be prevented when: storing and using knives;	
i) Sta	hen should be a safe, pleasant place in which to work. te how accidents can be prevented when: storing and using knives;	
) Sta	hen should be a safe, pleasant place in which to work. te how accidents can be prevented when: storing and using knives;	
) Sta	hen should be a safe, pleasant place in which to work. te how accidents can be prevented when: storing and using knives; deep frying;	

(b) Write an informative paragraph on each of the following:

www.PapaCambridge.com (i) work surfaces;[3] ventilation. (ii)[3] (a) List six of the nutrients found in fish. 7 4. 1. 2. 5. 6.[3] 3. (b) State six points to look for when buying fresh fish. 4. 1. 2. 5. 3. 6.[3]

(c)	Des	scribe how to:
	(i)	clean a whole fresh fish before cooking;
	(::\	
	(ii)	prepare fish for freezing.
		[2]
(d)	(i)	Explain why freezing preserves fish.
		[1]
	(ii)	Name two other methods of preserving fish. In each case, state the principles of preservation involved.
		Method 1
		Principle
		Method 2

[SECTION B TOTAL: 45]

Section C

Answer either 8(a) or 8(b).

- 8 (a) Meals should be well-balanced.
 - (i) Explain other points to consider when planning and cooking family meals.
 - (ii) Explain, with examples, how vegans (strict vegetarians) can be provided with High Biological Value (HBV) protein.

OR

(b)

Discuss the reasons for named methods of preser	preserving vation.	food and	explain	how spo	oilage is	prevented in

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	Strick
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11 MANAL DE DESCRIP	For Examiner's Use
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[15]	

[SECTION C TOTAL: 15]

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