Name

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UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS International General Certificate of Secondary Education

FOOD AND NUTRITION

0648/01

Paper 1 Theory

October/November 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.

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.

For Examiner's Use			
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7			
Total			

Section A

Answer all questions

	2	Papa
	Section A	Cal
	Answer all questions	PapaCal
(a) St	ate three functions of protein.	
		[3]
b) Na	ame the elements which combine to form protein.	
 (c) (i)	Define the term 'High Biological Value (HBV) protein'.	[2]
(ii)	Name four foods which are good sources of HBV protein.	[1]
		[2]
(d) (i)		
(ii)	Name four foods which are good sources of LBV protein.	[1]
(e) (i)	What are complementary proteins?	[2]
(-) (1)		
(ii)	Give two examples of protein complementation.	[۷]
		[1]

(C)		For
	Describe the digestion and absorption of protein.	Examiner's Use
(f)	Describe the digestion and absorption of protein.	COM,
		Tide
		[6]
رم) ا	What is meant by 'deamination of protein'?	[0]
9)	what is meant by dearnination of protein !	
		[2]
۹n a	adequate supply of Non-Starch Polysaccharide (NSP) is an essential in a healthy die	
	adequate supply of Non-Starch Polysaccharide (NSP) is an essential in a healthy die Explain how NSP is used by the body.	
		t.
	Explain how NSP is used by the body.	t.
	Explain how NSP is used by the body.	t.
	Explain how NSP is used by the body.	t
(a)	Explain how NSP is used by the body.	t

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(a)	State three reasons for including sodium chloride (salt) in the diet.	Andh.
		Jose Strategie Com
(b)	Name two situations in which individuals will require additional salt. Give a reason fo each of your answers.	
(c)	What would be the result if a diet is lacking in salt?	.
(0)	[1]
(d)	Give advice, with explanations, on the choice or preparation of foods for those who wish to reduce their intake of salt.	1
	[6]

[TOTAL for Section A: 40]

Section B

Answer all questions

		Why.	
		5	
		Section B	2
		5 Section B Answer all questions me six of the nutrients in red meat.	1
(a)	Nar	me six of the nutrients in red meat.	
	1		
	3	4	
	5	[3]]
(b)	Sug	ggest four methods of tenderising tough meat before cooking	
	1		
	2		
		[2]	
(c)		Give two moist methods of cooking meat.	,
(0)	(-)	1	1
		•	•
	(ii)	Describe the changes which take place when meat is cooked by one of these methods.	;
			•

		May	
		6	1
(d)	Cur	rent nutritional advice is to reduce the intake of red meat.	Co
	(i)	rent nutritional advice is to reduce the intake of red meat. Give reasons for this statement.	
	<i>(</i> 11)		[3]
	(ii)	Suggest four alternatives to red meat.	
			.[2]
(a)		five methods of introducing air into mixtures. Give a named example of where ea hod is used.	ıch
	Met	hod 1	
	Exa	mple	
	Met	hod 2	
	Exa	mple	
	Met	hod 3	
	Exa	mple	
	Met	hod 4	
	Exa	mple	
	Met	hod 5	
	Exa	mple	[5]

(b) The following list of ingredients can be used to make plain scones.

200g (8 oz) plain flour 4 level teasp. baking powder 1/2 level teasp. salt 50g (2 oz) margarine, lard or other hard fat 125 ml (1/4 pt) milk

Nar	me two ingredients which could be used to vary the mixture.
	The two ingredients which could be asea to vary the mixture.
1	
1 (i)	
	Name the gas used as the raising agent in scones.
(i)	Name the gas used as the raising agent in scones.
(i)	Name the gas used as the raising agent in scones. Explain:
(i)	Name the gas used as the raising agent in scones. Explain:
(i)	Name the gas used as the raising agent in scones. Explain:
(i)	Name the gas used as the raising agent in scones. Explain: (a) how it is produced in the mixture

6	(a)	(i)	List four causes of food spoilage.	To Carl Use	
			1 2	78hic	
			3 4	age.	.cc
		(ii)	Identify four conditions which promote food spoils	age.	JIN .
			1 2		
			3 4	[2]	L
	(b)	Free	ezing is often used to preserve food. Explain:		
		(i)	how freezing prevents food spoilage;		
				[2]	
		(ii)	the reason for 'fast freezing' food.		
				[2]	
	(c)	(i)	Give the temperature at which a domestic refrige	rator should operate.	
				[1]	
		(ii)	What would happen if the temperature in the refri	gerator was:	
			(a) too high;		
			(b) too low?		

(iii)	State and explain five rules to observe when storing food in a refrigerator.
	[5]

[TOTAL for Section B: 45]

Section C

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

	**
	10
	Section C
	Answer either 7(a) or 7(b).
(a) (b)	Section C Answer either 7(a) or 7(b). Discuss reasons for cooking food Suggest ways of saving money when buying and cooking food. Discuss the information which could be found on a food label and state why the information is important.

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[15]	
[TOTAL for Section C: 15]	

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[Total for Paper: 100]