Name

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## **FOOD AND NUTRITION**

0648/01

Paper 1 Theory

October/November 2005

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.

### Section A

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

## Section B

Answer all questions in the spaces provided on the Question Paper.

#### Section C

Answer either question 8(a) or 8(b) on the lined pages at the end of the Question Paper. The number of marks is given in brackets [ ] at the end of each question or part question.

For Examiner's Use		
1		
2		
3		
4		
5		
6		
7		
8		
Total		

## **Section A**

# Answer all questions.

		Why.
		2
		Section A
		2 Section A Answer all questions.  Name three nutrients which can provide energy.
(	a)	Name three nutrients which can provide energy.
		1
		3
(	b)	Give the energy value of 1 g of each of the nutrients named above.
		1
		3[3]
(	c)	State <b>four</b> different uses of energy in the body.
		[4]
(	d)	Explain what is meant by the term BMR (Basal Metabolic Rate).
		[3]
(	e)	What happens when energy intake is greater than energy output?
'	c,	What happens when energy make is greater than energy output:
		101

		l Ec-
(f)	Discuss <b>five</b> reasons for different individual energy requirements.	Examiner's Use
(-)	A service of a ser	76.
		'age
	[5]	
(a)	State <b>four</b> good sources of iron.	
(a)		
	State <b>four</b> good sources of iron.	
	[2]	
	[2]	
	Explain the importance of iron in the body.	
	Explain the importance of iron in the body.  [2]	
(b)	Explain the importance of iron in the body.  [2]	
(b)	Explain the importance of iron in the body.  [2]  Mame the deficiency disease caused by a lack of iron.	
(b)	Explain the importance of iron in the body.  [2]  Explain the importance of iron in the body.  [3]  Name the deficiency disease caused by a lack of iron.  [1]	
(b) (c) (d)	Explain the importance of iron in the body.  [2]  Explain the importance of iron in the body.  [3]  Name the deficiency disease caused by a lack of iron.  [1]  Give <b>two</b> symptoms of the deficiency disease named above.	

#### Describe and explain:

	Scribe and explain: digestion in the duodenum;	)ľ
Des	scribe and explain:	6
(a)	digestion in the duodenum;	1
		6.0
	[5]	
(b)	absorption in the ileum.	
` ,		
	[3]	

	rent dietary advice is to include fresh fruit and vegetables in the diet each day.  Give six reasons for their importance.
	5
Cur	rent dietary advice is to include fresh fruit and vegetables in the diet each day.
(a)	Give <b>six</b> reasons for their importance.
	[3]
(b)	Suggest how children can be encouraged to eat fresh fruit and vegetables. Give reasons for your suggestions.
	[3]
	[Section A Total: 40]

# **Section B**

# Answer **all** questions.

	6 Continue P	Examine Use
	Section B	1
	6 Section B Answer all questions.  State four reasons for the importance of cereals in many parts of the world.	Oride
(a)	State <b>four</b> reasons for the importance of cereals in many parts of the world.	
	[2]	
(b)	Name four cereals.	
	1	
	3[2]	
(c)	The following ingredients can be used to make shortcrust pastry.	
	200 g plain flour 100 g fat 50 ml cold water	
	Describe, with reasons, the method of making shortcrust pastry.	
	[5]	
		1
( <b>4</b> )	Give the oven temperature for baking shortcrust pastry.	

	www.
(e)	State and explain the changes which take place when the pastry is being baked.
	[5]
Wri	e an informative paragraph on each of the following:
(a)	soya;
	[5]
	[5]

	The state of the s	
	g can make food unsafe to eat.  me <b>two</b> types of bacteria which cause food poisoning.  [1]	For
Bacteria	a can make food unsafe to eat.	Use
<b>(a)</b> Nai	me <b>two</b> types of bacteria which cause food poisoning.	Shir
		36.CC
	[1]	ATT.
(b) Sta	ate the effect of the following temperatures on bacteria:	
(i)	–18 °C	
(ii)	4°C	
(iii)	37°C	
(iv)	70 °C	
	[2]	
(c) Dis	scuss the safe storage, preparation, cooking and serving of meat.	
••••		
	[6]	

	The state of the s	
	10	For Examiner's
(d)	Discuss ways in which enzymes can bring about changes in foods.	Use
		Tide
		COM
	[6]	

[Section B Total: 45]

# Section C

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

8

		May
		11
		Section C
		Section C  Answer either 8(a) or 8(b)  Discuss the points to consider when planning meals. Explain the particular nutritional needs of teepagers and suggest how their needs can be met when planning their
8	(a)	Discuss the points to consider when planning meals. Explain the particular nutritional needs of teenagers and suggest how their needs can be met when planning their meals.
	or	
	(b)	Discuss advantages and disadvantages of using convenience foods. Suggest ways in which convenience foods can be used in family meals.
••••		
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[Section C Total: 15]
[Total for Paper: 100]

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