

Centre Number	Candidate Number	Name
---------------	------------------	------

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

FOOD AND NUTRITION

0648/01

Paper 1 Theory

May/June 2006

Candidates answer on the Question Paper.
No Additional Materials are required.

2 hours

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.

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.

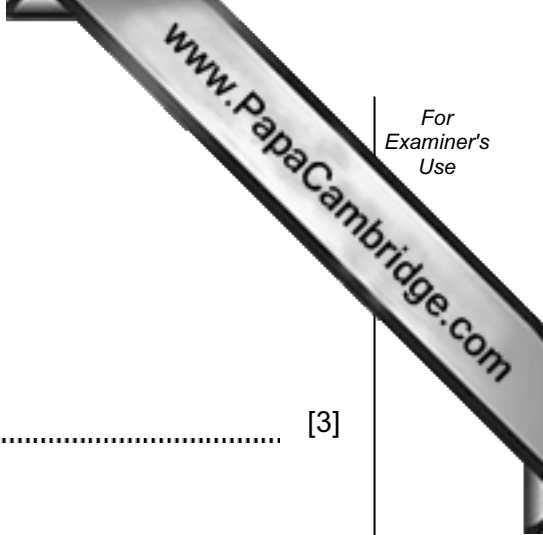
Section C

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



1 (a) Name the elements which combine to form fat.

..... [3]

(b) State **four** functions of fat.

- 1.
- 2.
- 3.
- 4. [4]

(c) (i) Define the term 'saturated fat'.

..... [2]

(ii) Give **two** examples of saturated fat.

..... [1]

(iii) Define the term 'polyunsaturated fat'.

..... [2]

(iv) Give **two** examples of polyunsaturated fat.

..... [1]

(d) Describe the digestion and absorption of fat.

.....
.....
.....
.....
..... [5]

(e) What could be the result of an excess of saturated fat in the diet?

.....

.....

.....

.....

..... [4]

2 Non-Starch Polysaccharide (NSP) / dietary fibre is essential in a healthy diet.

(a) State the functions of NSP.

.....

.....

..... [3]

(b) Name **two** possible results of a lack of NSP in the diet.

1. 2. [1]

(c) Name **four** good sources of NSP.

1. 2.

3. 4. [2]

3 (a) State and explain **five** uses of water in the body.

1.

.....

2.

.....

3.

.....

.....

4.

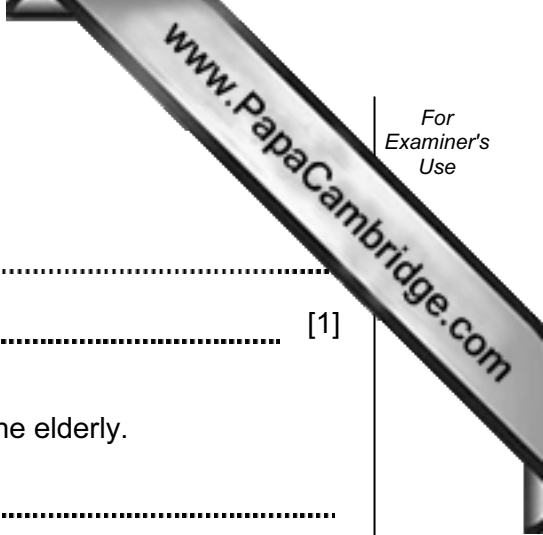
.....

.....

5.

.....

..... [5]



(b) Define the term 'water balance'.

.....
..... [1]

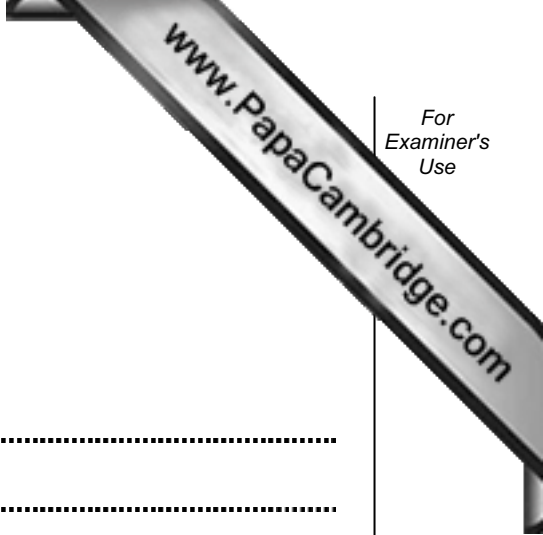
4 Give advice, with reasons, on the choice and cooking of food for the elderly.

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
..... [6]

[Section A Total : 40 marks]

Section B

Answer all questions



5 (a) Name **six** of the nutrients in milk.

.....

.....

..... [3]

(b) List **four** rules to follow for storing milk.

1.

2.

3.

4. [2]

(c) Name **four** milk products.

.....

..... [2]

(d) Explain why milk becomes sour.

.....

.....

..... [2]

(e) Describe the following methods of preserving milk:

(i) pasteurising;

.....

.....

..... [3]

(ii) Ultra Heat Treatment (UHT).

.....

.....

..... [3]

6 (a) State **five** reasons for cooking food. Give an example to illustrate **each** reason.

Reason 1

Example 1

Reason 2

Example 2

Reason 3

Example 3

Reason 4

Example 4

Reason 5

Example 5 [5]

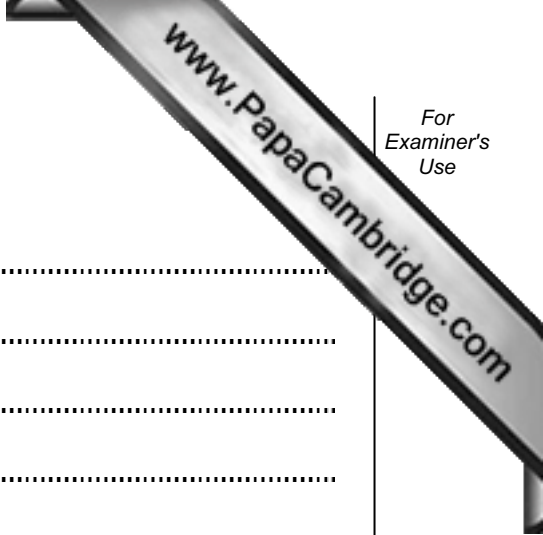
(b) Discuss the advantages and disadvantages of each of the following methods of cooking:

(i) steaming;

.....
.....
.....
.....
.....
..... [3]

(ii) frying;

.....
.....
.....
.....
..... [3]



(iii) using a microwave oven.

.....

.....

.....

.....

.....

..... [4]

7 The following ingredients can be used to make a Victoria sandwich cake:

- 100g plain flour
- 1 level teasp. baking powder
- 100g sugar
- 100g fat
- 2 eggs.

(a) Describe the method of making and baking the cake.

.....

.....

.....

.....

.....

.....

.....

.....

.....

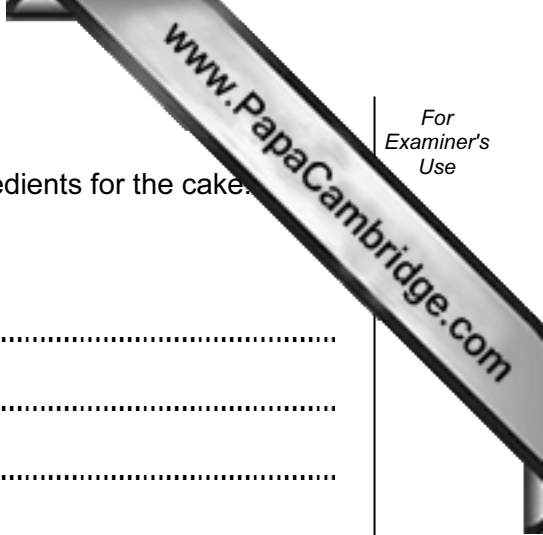
.....

..... [5]

(b) Suggest **two** ways of varying the cake.

1.

2. [1]



(c) Give advice, with reasons, on the choice of the following ingredients for the cake.

(i) flour;

.....
.....
.....
.....
..... [2]

(ii) sugar;

.....
.....
.....
..... [2]

(iii) fat.

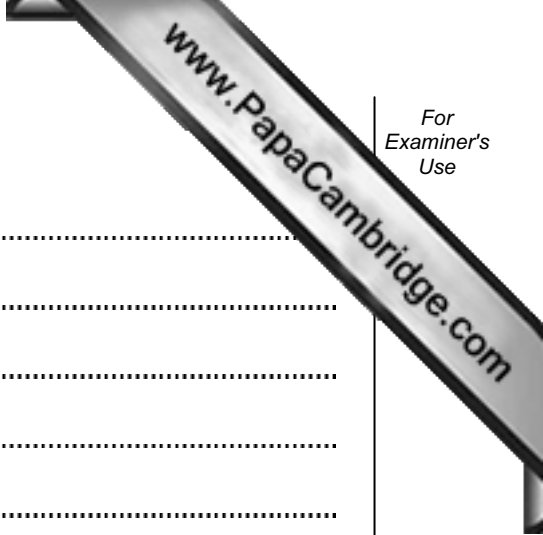
.....
.....
.....
..... [2]

(d) Describe and explain the changes which take place when the cake is baked.

.....
.....
.....
..... [3]

[Section B Total : 45 marks]

A series of horizontal dotted lines for writing, spanning the width of the page.



A series of horizontal dotted lines providing a writing area for the student.

[Section C Total : 15 marks]
[Total for Paper: 100]

