



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

CANDIDATE NAME

CENTRE NUMBER

CANDIDATE NUMBER

**FOOD AND NUTRITION**

**0648/01**

Paper 1 Theory

**May/June 2008**

**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 graphs.

Do not use staples, paper clips, highlighters, 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 9 **or** Question 10.

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.

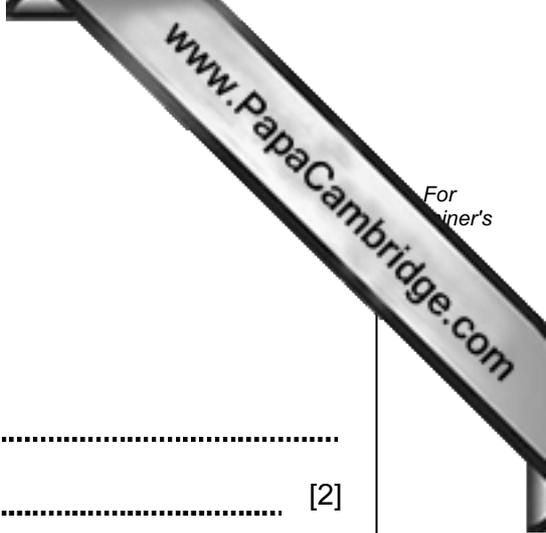
For Examiner's Use	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
<b>Total</b>	

This document consists of **13** printed pages and **3** blank pages.



SECTION A

Answer **all** questions.



1 What is a balanced diet?

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

2 (a) Name **four** of the elements that make up protein.

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

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

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

(c) What are High Biological Value (HBV) proteins?

..... [1]

(d) Name **four** examples of HBV protein foods.

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

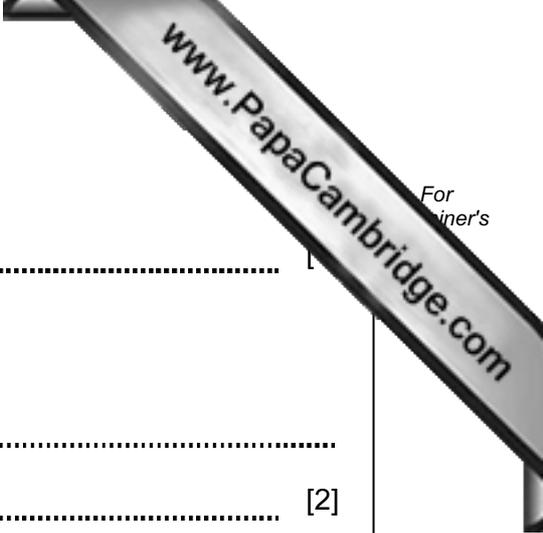
(e) What are Low Biological Value (LBV) proteins?

..... [1]

(f) Name **two** examples of LBV protein foods.

1 ..... 2 ..... [1]





(e) Identify the vitamin that helps the absorption of calcium.

..... [1]

(f) Give **four** sources of this vitamin.

1 ..... 2 .....

3 ..... 4 ..... [2]

4 It is recommended that the amount of saturated fat in the diet should be reduced.

(a) Give reasons for this advice.

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

(b) Suggest **four** ways to reduce the amount of fat in the diet.

1 .....

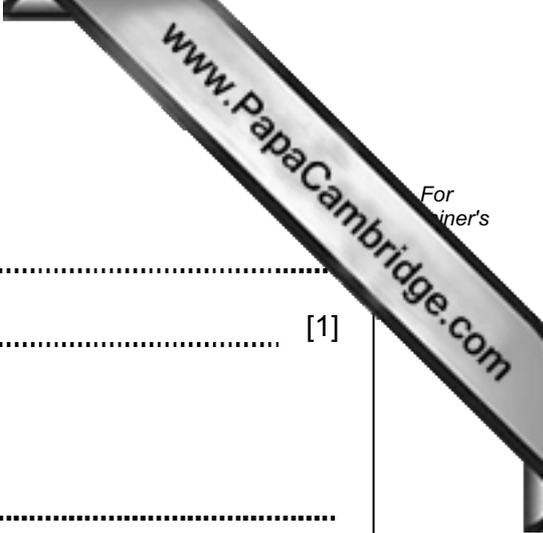
2 .....

3 .....

4 ..... [2]







(c) Name **two** dishes, which include cheese sauce.

- 1 .....
- 2 ..... [1]

(d) Suggest **three** reasons for a lumpy sauce.

- Reason 1 .....
- .....
- Reason 2 .....
- .....
- Reason 3 .....
- ..... [3]

(e) Identify **three** different ways to reduce the amount of fat in the cheese sauce.

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

7 Cereals are included in diets throughout the world.

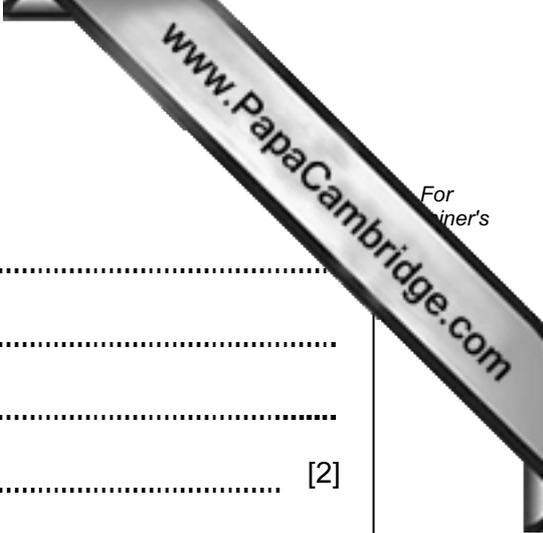
(a) List **six** reasons for the importance of cereals.

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....
- 6 ..... [3]

(b) Name **four** different cereals.

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





8 (a) State **four** reasons for preserving food.

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

(b) Freezing is a popular method of preservation.

(i) State and explain **four** rules to follow when freezing food at home.

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

(ii) State the temperature for storing food in a domestic freezer.

..... [1]

(iii) Explain why freezing delays food spoilage.

.....

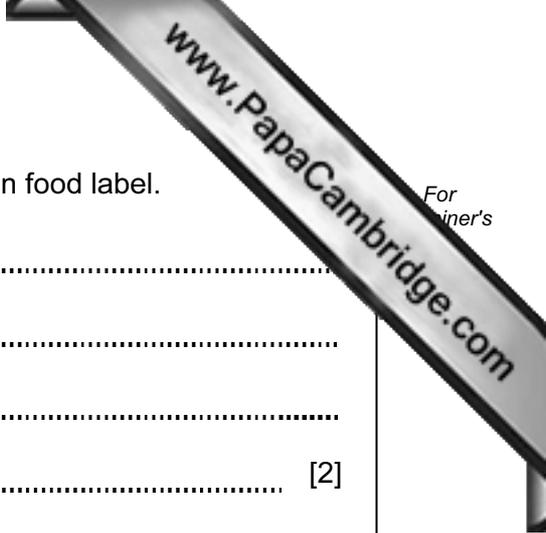
.....

.....

.....

.....

..... [3]



(iv) Identify the information which should be stated on a frozen food label.

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

(v) Discuss the types of packaging suitable for use in a freezer.

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

**[Section B Total: 45]**



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







