



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

CANDIDATE NAME

CENTRE NUMBER 

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CANDIDATE NUMBER 

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**FOOD AND NUTRITION**

**0648/01**

Paper 1 Theory

**October/November 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 7 **or** 8.

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	
<b>Total</b>	

This document consists of **14** printed pages and **2** blank pages.



SECTION A

Answer **all** questions.

1 Carbohydrates provide the body with energy.

(a) Name the elements in carbohydrate.

1 .....

2 .....

3 ..... [3]

(b) State **four** different ways in which the body uses energy.

1 .....

2 .....

3 .....

4 ..... [4]

(c) Explain reasons for reducing the amount of sugar in the diet.

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..... [4]

(d) Describe the digestion of starch in:

the mouth .....

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the duodenum .....

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the ileum .....

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..... [6]

(e) Explain the importance of Non-Starch Polysaccharide (NSP) / dietary fibre in the diet.

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..... [4]

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

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

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

2 Vitamins and minerals are essential for a balanced diet.

**(a) Vitamin C (Ascorbic acid)**

State **four** functions of vitamin C.

- 1 .....
- 2 .....
- 3 .....
- 4 .....

Name **three** good sources of vitamin C.

- 1 .....
- 2 .....
- 3 .....

Name the deficiency disease caused by a lack of vitamin C.

..... [4]

**(b) Iron**

State **four** functions of iron.

- 1 .....
- 2 .....
- 3 .....
- 4 .....

Name **three** good sources of iron.

- 1 .....
- 2 .....
- 3 .....

Name the deficiency disease caused by a lack of iron.

..... [4]

3 (a) Explain why some people choose to follow a vegetarian diet.

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..... [3]

(b) Discuss ways in which vegetarians obtain sufficient amounts of High Biological Value (HBV) protein in their diet.

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..... [6]

[Section A Total: 40]





5 Explain the following terms and give one example of each:

(a) coagulation;

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Example ..... [3]

(b) fermentation;

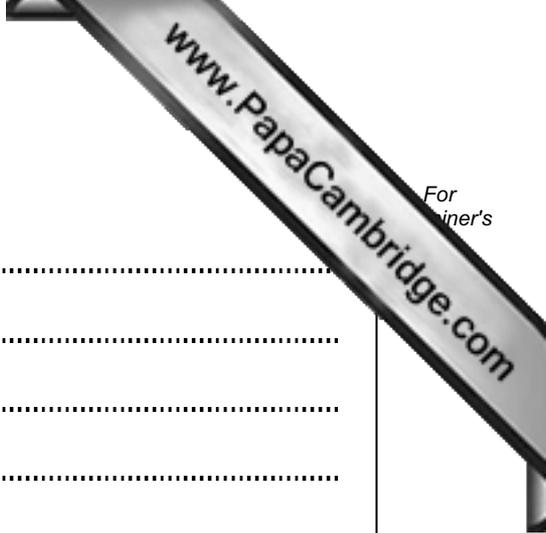
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Example ..... [3]

(c) gelatinisation;

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Example ..... [3]



(d) hydrogenation;

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Example ..... [3]

(e) pasteurisation.

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Example ..... [3]

6 The following ingredients can be used to make bread.

- 200g flour
- 12g fresh yeast or 1 level tsp. dried yeast
- 1 level tsp. sugar
- 1 tsp. salt
- 125ml warm water

(a) Describe, with reasons, how to carry out the following processes in bread making:

(i) kneading;

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..... [3]

(ii) proving.

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..... [3]

(b) Give advice, with reasons, on the choice of flour for bread making.

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..... [4]





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