

Cambridge International Examinations

Cambridge IGCSE	Cambridge International Examinations Cambridge International General Certificate of Secondary Education
CANDIDATE NAME	
CENTRE NUMBER	CANDIDATE NUMBER



FOOD AND NUTRITION

0648/13

Paper 1 Theory

October/November 2014

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 an HB pencil for any diagrams or graphs.

Do not use staples, paper clips, 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(a) or 9(b).

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.

This document consists of 11 printed pages and 1 blank page.



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Section A

Answer all questions.

	2
	Section A
	Answer all questions.
Def	Section A Answer all questions. ine the term a balanced diet.
	[1]
Car	bohydrates provide the body with energy.
(a)	Name two units of energy used to measure food.
	1
	2[2]
(b)	Describe four different ways in which the body uses energy.
	1
	2
	3
	4[4]
(c)	Define the term energy balance.
	[1]
(d)	State three effects of energy imbalance.
	1
	2
	3[3]
(e)	Complete the following sentences to show how starch is digested.
	In the mouth, glands changes
	cooked starch to
	In the ileum, starch is further broken down into which is then
	absorbed by the in the walls of the small intestine and transported
	to the

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3	It is	commended that the intake of sugar should be lowered.				
	(a)	recommended that the intake of sugar should be lowered. Apart from energy imbalance, explain two health issues associated with eating too sugar.				
		1				
		2				
		[4]				
	(b)	Suggest four ways of reducing sugar in the diet.				
		1				
		2				
		3				
		4[4]				
4		Non-starch polysaccharide (NSP) / dietary fibre is not classed as a nutrient, but is essential for good health.				
	(a)	Give four benefits of NSP in the body.				
		1				
		2				
		3				
		4[4]				
	(b)	Name three possible results of a deficiency of NSP in the diet.				
		1				
		2				
		3[3]				

3

different way for each dish.

(c) Suggest a total of four different ways to increase NSP in the following disherance a fruit-based dessert a meat dish [4] Suggest, with reasons, which nutrients a pregnant woman should include in her diet to ensure the

health of both mother and baby.
[7]
[Total: 40]

Section B

Answer all questions.

Define the term <i>cross-contamination</i> and give three examples of how it may occur. 1	examples of how it may occur. [4] [4] [5] [6] [6] [7] [8] [8] [9] [9] [1] [1] [1] [1] [1] [1	,
Define the term <i>cross-contamination</i> and give three examples of how it may occur. 1	examples of how it may occur. [4] d label which help consumers to use and	
Define the term <i>cross-contamination</i> and give three examples of how it may occur. 1	examples of how it may occur. [4] d label which help consumers to use and	Answ
Define the term <i>cross-contamination</i> and give three examples of how it may occur. 1	examples of how it may occur. [4] d label which help consumers to use and	d spoilage is caused by micro-organis
Define the term cross-contamination and give three examples of how it may occur. 1	examples of how it may occur. [4]	Name one other type of micro-organ
2	[4]	
Explain why chicken is classed as a 'high risk' food. State and explain four pieces of information on a food label which help consumers to use a store high risk food safely. 1	[4]	1
Explain why chicken is classed as a 'high risk' food. State and explain four pieces of information on a food label which help consumers to use a store high risk food safely.	d label which help consumers to use and	2
State and explain four pieces of information on a food label which help consumers to use a store high risk food safely.	od label which help consumers to use and	3
State and explain four pieces of information on a food label which help consumers to use a store high risk food safely. 1	od label which help consumers to use and	Explain why chicken is classed as a '
d) State and explain four pieces of information on a food label which help consumers to use a store high risk food safely. 1	od label which help consumers to use and	
State and explain four pieces of information on a food label which help consumers to use a store high risk food safely. 1	od label which help consumers to use and	
store high risk food safely. 1		
		1
2		
3		2
		2

[Turn over

6

(e)	Give advice, with reasons, on the storage and re-heating of left-over cooked chick
	Give advice, with reasons, on the storage and re-heating of left-over cooked chick
	[4]
(f)	Suggest three points to consider when buying a refrigerator.
	1
	2
	3
	101

Cer	reals are included in diets throughout the world.
(a)	Give reasons for the importance of cereals.
	[4]
(b)	Rice is a cereal. Name four other cereals.
	1
	2
	3
	4[4]
(c)	Describe the changes that take place during the boiling of rice.
, ,	
	F43
	[4]

7

	(d)	Give advice, with reasons, on the choice of flour for making the following product bread rolls		
		bread rolls	77	
			•	
		shortcrust pastry		
		fairy cakes		
			[6]	
	(e)	Name three methods of introducing air into a baked product.		
		1 2		
		3	[3	
8	Foo	d should have visual appeal.		
	Sug	gest two different ways of producing a decorative finish to each of the following products.		
	brea	ad rolls		
	1			
	2		[2	
	indi	vidual savoury shortcrust pastry pies		
	1			
	2		[2	
	fairy	cakes		
	1			
	2		[2	
		[Total:	45 ⁻	

Section C

Answer either Question 9(a) or 9(b).

www.PapaCambridge.com (a) Discuss reasons for the increased use of convenience foods and why this may be a concern 9 to some people.

Or		
•	(b)	Suggest reasons why some foods are cooked. Using examples, explain how grilling, stewing and roasting can affect meat. [15]

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[Total: 15]

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