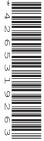


## **Cambridge International Examinations**

Cambridge International General Certificate of Secondary Education

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		



### **FOOD AND NUTRITION**

0648/12

Paper 1 Theory

October/November 2016

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 12(a) or 12(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 12 printed pages.



## Section A

# Answer all questions.

1	Def	Define the term balanced diet.							
			гоtal: 1]						
2	(a)	Name <b>four</b> elements from which proteins are formed.							
		1 2							
		3 4	 [2]						
	(b)	Explain what is meant by complementary proteins. Give <b>two</b> examples of dishes concomplementary proteins.	ıtaining						
		example 1							
		example 2	[4]						
	(c)	State three functions of protein in the body.							
		1							
		2							
		3	[3]						
	(d)	Name two deficiency diseases caused by a lack of protein.							
		1							
		2	[2]						

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(e)	Exp	plain what happens to excess protein in the body.	
			[3]
(f)	Des	scribe what happens to protein when it is heated.	
			[2]
, ,			[4]
(g)	(i)	Name the enzyme found in the <b>stomach</b> which converts protein to peptides.	
			[1]
	(ii)	Name the enzyme which clots milk.	
			[1]
	(iii)	Name the enzyme produced by the <b>pancreas</b> which converts proteins to peptide	es.
	()		
			[1]
	(iv)	Name the enzyme which converts peptides to amino acids.	
			[1]
		רן	Total: 20]
Sta	te <b>or</b>	ne function in the body of the following minerals:	
(a)	iror	າ;	
			[1]
(b)	chlo	oride;	
			[1]
<b>(2)</b>	ادما:		
(C)	iodi		
			[1]
(d)	pho	osphorus.	
			[1]

[Total: 4]

3

4	(a)	State <b>two</b> functions of vitamin A.	
		1	
		2	
			[2]
	(b)	Name <b>two</b> sources of vitamin A.	
		1 2	
			[1]
		דן	otal: 3]
5	(a)	Non-starch polysaccharide (NSP)/dietary fibre is essential for a healthy diet.	
		Name four good sources of NSP.	
		1 2	
		3 4	
			[2]
	(b)	Give reasons for the importance of NSP in the diet.	
			[5]
		דן	otal: 7]

Give guidance for planning and serving meals for an elderly convalescent person. Include for your advice.	reasons
	[5]
	[Total: 5]

6

## Section B

# Answer all questions.

7	Raising agents are important to give mixtures a light texture.
	State <b>three</b> different methods of using carbon dioxide to raise mixtures. Give a different example of a dish for each method.
	method 1
	example
	method 2
	example
	method 3
	example[6]
	[Total: 6]
8	State, with examples, <b>five</b> reasons for cooking food.
	reason 1
	example
	reason 2
	example
	reason 3
	example
	reason 4
	example
	reason 5
	example[10]

Explain how convection and radiation transfer heat when cooking food. Give an example of a dish for each method.
convection
overnle
exampleradiation
examplero
[8]
[Total: 8]

9

10	A basic ı	recipe for	shortbread	biscuits	uses the	following	ingredients:
----	-----------	------------	------------	----------	----------	-----------	--------------

50g caster sugar 100g butter 150g plain flour

(a)	Stat	te <b>one</b>	method which could be used to make the biscuits.	
			[	1]
(b)	Stat	te <b>two</b>	different functions of each of the named ingredients used in the biscuits.	
i	ngred	dient	function	
	sugar		1	
			2	
	butt	ter	1	•
			2	
(c)	Ехр	lain ho	w the basic recipe ingredients could be adapted for the following special diets:	4]
	(i)	a pers	on with coeliac disease;	
			[	1]
	(ii)	a pers	on with diabetes;	
			[	1]
	(iii)	a pers	on with coronary heart disease (CHD).	
			[	1]
(d)	Give		e, with a reason, for the storage of these biscuits.	-
` ,				
			[	21
(e)	Suc		vo ways to vary the flavour of the basic recipe.	,
ν-)	1	, , ,	,,	
	2			• • •
	<i>-</i>			 2]

https://xtremepape.rs/

11	Disc	cuss, with reasons, factors to consider when:						
	(a)	choosing kitchen knives;						
		[3]						
	(b)	caring for kitchen knives;						
		[2]						
	(c)	disposing of kitchen waste.						
		[4]						
		[Total: 9]						

# **Section C**

# Answer either Question 12(a) or 12(b).

12	(a)	Discuss the nutritive value, storage and uses of eggs in the preparation of family meals. [15]
OR		
	(b)	Identify and give examples of different types of convenience foods. Explain the reasons for packaging convenience foods. Suggest why some people prefer not to use these types of food.  [15]

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[Total: 15]

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