

### **Cambridge International Examinations**

Cambridge International General Certificate of Secondary Education

FOOD AND NU	TRITION				1	064	48/12
CENTRE NUMBER				CANDIDATE NUMBER			
CANDIDATE NAME							

Paper 1 Theory

May/June 2017

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 8(a) or 8(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.

I	(a)	Exp	lain the difference between <i>undernutrition</i> and <i>overnutrition</i> .
			[2]
	(b)	(i)	Name <b>two</b> diseases caused by undernutrition.  1
			2[2]
		(ii)	Name <b>two</b> effects on health caused by overnutrition.  1
			2
			[2]
			[Total: 6]
2	Des	scribe	e how the following nutrients work together in the body:
	(a)	carl	pohydrates and B group vitamins;
			[2]
	(b)	vita	min C and iron;
	(c)		ium and potassium.
	(6)		ium and potassium.
			[2]

(a)	List	t four functions of protein in the body.	
	1		
	2		
	3		
	4		
			[4]
(b)	Exp	plain why some proteins have a higher biological value than others.	
			[3]
(c)	Dec	scribe the digestion of protein:	[0]
(0)			
	(i)	in the stomach;	
			[3]
	(ii)	in the ileum.	
			[3]

3

(d)	Explain what happens to protein when it is heated.
	[3]
(e)	Suggest <b>six</b> advantages of soya beans as a source of protein.
	1
	2
	3
	4
	5
	6
	[6]

[Total: 22]

Describe the functions of water in the body.
[6]
[Total: 6]

4

### **Section B**

## Answer all questions.

5 (		Give <b>four</b> reasons for serving sauces with meals. Give a different example of a dish illustrate each reason.	to
		reason 1	
		example	
		reason 2	
		example	
		reason 3	
		example	
		reason 4	
		example	 8]
(	b)	Using the following ingredients, describe how to make a white sauce by the roux method. Give your answer as a series of steps to follow.	
(	b)		
(	<b>b</b> )	Give your answer as a series of steps to follow.  25 g flour 25 g margarine	
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(c)	Giv	e <b>two</b> reasons why each of the following may occur:	
	(i)	lumps in the finished sauce;	
		reason 1	
		reason 2	
			 [2]
	(ii)	the sauce is thin and runny.	
	. ,	reason 1	
		reason 2	
			[2]

[Total: 17]

(a)	Give <b>two</b> reasons for using raising agents.	
	1	
	2	
		[2]
(b)	List <b>four</b> methods of introducing air into mixtures. Give a different example of a dish illustrate each method.	to
	method 1	
	example	
	method 2	
	example	
	method 3	
	example	
	method 4	
	example	 [8]
(c)	List the ingredients used to make baking powder.	[O]
( )		
(d)	Explain why baking powder is stored in an airtight container.	[O]
(u)	Explain why baking powder is stored in an airtight container.	
(-)	Name the goe produced when believe pounder is bested	[2]
(e)	Name the gas produced when baking powder is heated.	<b>.</b>
		[1]

6

(g)		dishes whic						
								[Tota
List	the factors	which need	to be cons	idered wh	nen choosi	ng a new r	efrigerator.	
							<b>g</b>	

[Total: 8]

### **Section C**

# Answer either Question 8(a) or 8(b).

8	(a)	Describe the specific nutritional requirements of an adolescent. Discuss some of the	issues
		which may increase an adolescent's risk of developing obesity.	[15]

OR							
	(b)	Outline ways to be econom family meals.	ical with foo	d and fuel who	en planning,	preparing ar	nd cooking [15]

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[Total: 15]

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