

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 2018

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	Name two groups of people who have a greater need for protein in their diet.	
	1	
	2	
		[2]
		[Total: 2]
2	State three characteristics of an unsaturated fat.	
	1	
	2	
	3	
		[3]
		[Total: 3]
3	Give two functions of carbohydrates in the body.	
	1	
	2	
		[2]
		[Total: 2]

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Bas	sal metabolic rate (BMR) is the rate at which the body uses energy when at rest.				
lde	ntify and explain four factors which affect BMR.				
1 .					
2 .					
3 .					
4 .					
		 [4]			
	[Total:	4]			
Cal	cium helps with the formation of bones and teeth.				
(a)	Name three different good sources of calcium.				
	1				
	2				
	3				
/ I- \		[3]			
(D)	Name two other nutrients which work with calcium in the formation of bones and teeth.				
	1				
	2	[2]			
(c)	Name a deficiency disease associated with a lack of calcium.				
		[1]			
	[Total:				

6	(a)	Name three different foods from animals which provide a good supply of B gro	oup vitamins.
		1	
		2	
		3	
			[3]
	(b)	State two functions of B group vitamins.	
		1	
		2	
			[2]
	(c)	Give two health problems caused by a deficiency of nicotinic acid.	
		1	
		2	
			[2]
			[Total: 7]
7	(-)	Chata the vale of engumes in the dispetitive eveters	
′	(a)		
			[1]
	(b)	(i) Name the enzymes found in gastric juice.	
		1	
		2	
			[2]
		(ii) Name the nutrient which the enzymes found in gastric juice act upon.	
			[1]
			[Total: 4]
			_

1116	s most common result of overhamilor is obesity.	
(a)	Name four health issues which can result from obesity.	
	1	
	2	
	3	
	4	 [4
		[4
(b)	Eating food that is high in fat contributes to obesity.	
	Suggest eight ways to adapt meals to reduce the amount of fat that they contain.	
	1	
	2	
	3	
	4	
	5	
	6	
	7	
	8	[8]
		-

8

Section B

Answer **all** questions.

Give four reasons why some meat can be tough.
1
2
3
4[4]
Tough meat can be tenderised before cooking. Give four methods of tenderising tough meat.
1
2
3
4
[4] Suggest two methods of cooking tough meat.
1
2
[2]
State four changes that happen to beef during cooking.
1
2
3
4[4]
Meat is a highly perishable food product. Give three guidelines that should be followed when storing fresh meat.
1
2
3[3]

(f)) State five	reasons why	some peo	ple choose	not to	eat mea
	, Claic HVC	TOGGOTIO WITH	, some pee		HOL IO	catini

1	
2	
3	
4	
5	
	15

[Total: 22]

10	The following	ingredients ca	an be used to	make a batch	of small cakes:

100 g self-raising flour 100 g margarine 100 g caster sugar 2 eggs

a)	Describe how to	make the cake mixture using the creaming method.	
		[5]
)		eggs add flavour to small cakes.	2
)	Complete the ta of eggs.	ble to give two other functions of margarine, and two other different functions	3
))	Complete the ta	ble to give two other functions of margarine, and two other different functions	3
)	Complete the ta of eggs.	ble to give two other functions of margarine, and two other different functions	3
)	Complete the ta of eggs.	ble to give two other functions of margarine, and two other different functions function adds flavour	3
	Complete the ta of eggs.	ble to give two other functions of margarine, and two other different functions function adds flavour	S
	Complete the ta of eggs.	ble to give two other functions of margarine, and two other different functions function adds flavour	5
•	Complete the ta of eggs.	function 1 adds flavour 2	5
)	Complete the ta of eggs. ingredient margarine	function 1 adds flavour 2	6
)	Complete the ta of eggs. ingredient margarine	function 1 adds flavour 2	
	Complete the ta of eggs. ingredient margarine egg	function 1 adds flavour 2	
	Complete the ta of eggs. ingredient margarine egg	function function adds flavour	_
c)	complete the ta of eggs. ingredient margarine egg Name two different	function function adds flavour adds flavour]

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	(d) Du	ring baking caramelisation and dextrinisation occur.
	(i)	Name the ingredient in the cakes which causes caramelisation.
		[1]
	(ii)	
	(a) O:	[1]
		ve three reasons why paper cases are useful when making small cakes.
		[3]
		[Total: 16]
11		even well-explained points to consider when choosing kitchen flooring.
	3	
	4	
	5	
	6	
	7	
	,	
		[7]
		[Total: 7]

Section C

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

OR (b) There are many ways to slow down the process of food spoilage and improve qualities of food.		
OR (b) There are many ways to slow down the process of food spoilage and improve qualities of food. Discuss different processes where the use of a high temperature is the main factor.	(a) N	Nutritional needs are one factor to consider when planning meals.
(b) There are many ways to slow down the process of food spoilage and improve qualities of food.Discuss different processes where the use of a high temperature is the main factor.	lo	dentify and discuss other factors to consider when planning meals for a pre-school child. [15]
qualities of food. Discuss different processes where the use of a high temperature is the main factors.	₹	
		There are many ways to slow down the process of food spoilage and improve the keeping qualities of food.
		Discuss different processes where the use of a high temperature is the main factor preventing ood spoilage.

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[Total: 15]

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