

Cambridge Assessment International Education

Cambridge International General Certificate of Secondary Education

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		



FOOD AND NUTRITION

0648/11

Paper 1 Theory

October/November 2019

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 10(a) or 10(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	(a)	Define the term overnutrition.	[1]
	(b)	Suggest one common result of overnutrition.	[1]
			[1]
			[Total: 2]
2	(a)	Proteins can prevent extreme conditions such as kwashiorkor.	
		Give four other functions of proteins in the body.	
		1	
		2	
		3	
		4	[4]
	(b)	Proteins are made up of amino acid molecules.	
		Explain why some proteins have a lower biological value (LBV) than others.	
			[2]
	(c)	Name three different foods which are a good source of low biological value protein.	
		1	
		2	
		3	[3]

	(d)	Name two enzymes which break down protein in the digestive system.	
		2	
		·	[2]
		[Total:	: 11]
3	Mor	nosaccharides are used as a source of energy in the body.	
	(a)	Define the term monosaccharide.	
			[1]
	(b)	Galactose is an example of a monosaccharide.	
		Name two other monosaccharides.	
		1	
		2	
			[2]
		[Tota	ıı: 3 <u>]</u>
4	B g	roup vitamins play an important part in the production of energy.	
	Cor	mplete the following sentences about B group vitamins:	
	(a)	Vitamin B ₁ is also known as	[1]
	(b)	A deficiency of vitamin B ₁ can lead to the disease	[1]
	(c)	Vitamin B ₂ is also known as riboflavin. Three good sources of riboflavin are yeast extract	,
		and	[2]
	(d)	Vitamin B ₃ is also known as	[1]
	(e)	Two effects on health of a prolonged deficiency of Vitamin B ₃ are	
		and	[2]
		[Tota	ป: 7]

5	Boo	Body size is one factor which can affect the energy needs of a person.						
	Give	e five other factors which affect the energy needs of a person.						
	1							
	2							
	3							
	4							
	5		[5]					
6	lder	ntify a different vitamin or mineral needed for each of the following functions:						
	(a)	formation of blood cells;						
	(b)	production of visual purple;	[1]					
			[1]					
	(c)	helping wounds heal;						
			[1]					
	(d)	aiding the absorption of calcium;						
			[1]					
	(e)	production of the hormone thyroxine;						
			[1]					
	(f)	preventing megaloblastic anaemia.						
			[1]					
			[Total: 6]					

Most absorption of digested food takes place in the lieum.
Describe the structure of the ileum.
IC'

Section B

Answer all questions.

8	Cur	rent (dietary advice is to include fresh fruit in the diet each day.	
	(a)	lder	ntify and explain five nutritional reasons for this advice.	
		1		
		2		
		3		
		4		
		5		
				 [5]
	(b)	Frui	it can be preserved by making jam.	
		Ехр	lain how each of the following steps helps to prevent fruit spoiling when making jam:	
		(i)	boiling fruit;	
				.[1]
		(ii)	adding sugar;	
				.[1]
		(iii)	sealing jars.	

.....[1]

example

(c) Complete the table to show different ways fruit can be included in family meals.

use of fruit

		hot dessert	apple pie
			[5]
(d)	Give	e three points to consider when choo	osing fresh apples in a market.
	1		
	2		
	3		
			[3]
(e)	Frui	it can be bought in various forms.	
	(i)	Give three advantages of using drie	ed fruit.
		advantage 1	
		advantage 2	
		advantage 3	
			[3]
	(ii)	Give three disadvantages of using f	rozen fruit.
		disadvantage 1	
		disadvantage 2	

disadvantage 3

[3]

A basic recipe for a cir	icken pie uses the following ingredients: shortcrust pastry 200g plain flour	
A basic recipe for a cir	shortcrust pastry 200 g plain flour 50 g butter	
A basic recipe for a cir	shortcrust pastry 200 g plain flour 50 g butter 50 g white vegetable fat	
A basic recipe for a cir	shortcrust pastry 200 g plain flour 50 g butter	
A basic recipe for a cir	shortcrust pastry 200 g plain flour 50 g butter 50 g white vegetable fat pinch of salt 100 ml cold water filling 200 g cooked chicken breast	
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(a) Give four steps fo	shortcrust pastry 200 g plain flour 50 g butter 50 g white vegetable fat pinch of salt 100 ml cold water filling 200 g cooked chicken breast 100 ml white sauce	
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(a) Give four steps for 1	shortcrust pastry 200 g plain flour 50 g butter 50 g white vegetable fat pinch of salt 100 ml cold water filling 200 g cooked chicken breast 100 ml white sauce or making the shortcrust pastry.	

(b)	Give one reason why the pastry should be left	
(c)	Name two herbs which could be added to vary	
(d)	2 State four rules to follow when rolling pastry.	
	2	
	3 4	
(e)	Different types of vegetables can be added to (i) Name one suitable root vegetable to add	
	(ii) Name one suitable bulb vegetable to add	to the pie filling.
(f)	Name the ingredient in the chicken pie which of	auses dextrinisation.
		[1]
(g)	Complete the table to show two other changes a vegan.	which would make the chicken pie suitable for
	change	replacement
	butter	vegetable margarine

[4]

[Total: 18]

Section C

Answer either Question 10(a) or 10(b).

10	(a)	Discuss ways to be economical when shopping for food and cooking family meals. [15]
OR		
	(b)	Many processed foods use additives. Explain the benefits of each of the following additives:
		• emulsifiers;
		• flavourings;
		• preservatives.
		[15]

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