

# **Cambridge IGCSE**<sup>™</sup>

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		



FOOD & NUTRITION 0648/12

Paper 1 Theory May/June 2020

2 hours

You must answer on the question paper.

No additional materials are needed.

#### **INSTRUCTIONS**

- Section A: answer all questions.
- Section B: answer all questions.
- Section C: answer one question.
- Use a black or dark blue pen. You may use an HB pencil for any diagrams or graphs.
- Write your name, centre number and candidate number in the boxes at the top of the page.
- Write your answer to each question in the space provided.
- Do **not** use an erasable pen or correction fluid.
- Do not write on any bar codes.

#### **INFORMATION**

- The total mark for this paper is 100.
- The number of marks for each question or part question is shown in brackets [].

This document has **12** pages. Blank pages are indicated.

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[Turn over

# **Section A**

# Answer all questions.

You are advised to spend no longer than 45 minutes on Section A.

1	(a)	Name the term used to describe an incorrect intake of nutrients.	
			[1
	(b)	State what is meant by energy balance.	
			[1
	(c)	Office workers are generally less active so need less energy-giving foods. State <b>three</b> other factors which affect the need for energy-giving foods.	
		1	
		2	
		3	
			[3
	(d)	Protein can provide the body with energy.  Name <b>two</b> other groups of nutrients which provide the body with energy.	
		1	
		2	
			[2
	(e)	Name <b>one</b> vitamin which helps to release energy from nutrients.	
			[1

[Total: 8]

2	(a)	Nar	me three elements which combine to form protein.	
		1		
		2		
		3		
				[3]
	(b)		k and meat are animal sources of protein. me <b>two</b> other different animal sources of protein.	
			·	
				[2]
	(c)	(i)	Name the enzyme which clots milk during digestion.	
				[1]
		(ii)	Describe the action of erepsin during the digestion of milk.	
				[2]
			[Tot	al: 8]
3	Nut	trition	nal advice is to drink at least 2 litres of water each day.	
	(a)	Nar	me the condition which results from a deficiency of water.	
				[1]
	(b)	Sta	te <b>three</b> symptoms caused by a deficiency of water.	
		1		
		2		
		3		
				[3]
	(c)	Nar	me <b>two</b> groups of people who may need to drink more water than nutritionists advise	
		1		
		2		[2]
				[4]

[Total: 6]

(a)	Sta	te <b>three</b> functions of sodium chloride (salt) in the body.
	1	
	2	
	3	ro1
		[3]
(b)	Nut	ritional tools advise people to reduce their intake of salt.
	(i)	State the guideline amount for daily salt intake.
		[1]
	(ii)	Identify three health issues linked to a high amount of salt in the diet.
		1
		2
		3
		[3]
	(iii)	Suggest <b>three</b> different ways to reduce salt intake when choosing ingredients for family meals.
		1
		2
		3
		[3]
	(iv)	Suggest three different ways to reduce salt intake when cooking family meals.
		1
		2
		3
		[3]

[Total: 13]

4

Discuss the importance of calcium when planning meals for a child.
[E]

# Section B

# Answer all questions.

A ba	asic recipe for shortcrust pastry uses 200 g of plain flour.	
(a)	State the proportion of fat required to make the pastry.	
		[1]
(b)	Give <b>two</b> benefits of using butter to make the pastry.	
	1	
	2	[2]
(c)	Name the method used to make shortcrust pastry.	
		[1]
(d)	Name <b>three</b> different savoury dishes which could be made using shortcrust pastry.	
	1	
	2	
	3	
(0)	Ctate faur reasons why pacture may be hard and tough	[3]
(e)	State <b>four</b> reasons why pastry may be hard and tough.	
	2	
	3     4	
	T	[4]

[Total: 11]

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6

7	Mea	at is a source of protein for many people.
	(a)	State <b>three</b> other different nutrients found in red meat.
		1
		2
		3[3]
	(b)	Current nutritional advice is to reduce the intake of red meat.  Identify and explain the reasons for this advice.
		[5]
	(c)	Suggest <b>three</b> different ways protein can be provided for people who do not eat any animal products.
		1
		2
		3[3]

(d)	Moi	ist methods of cooking such as stewing can help tenderise tough cuts of meat.	
	(i)	List three other moist methods of cooking meat.	
		1	
		2	
		3	
			[3]
	(ii)	Describe the changes which take place when tough meat is stewed.	
			[5]

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[Total: 19]

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8	(a)	State <b>four</b> reasons why ceramic tiles are a suitable floor covering for a family kitchen.
		1
		2
		3
		4[4]
	(b)	Name one other type of floor covering which is suitable for a family kitchen.
		[1]
		[Total: 5]
9	Stat	e, with a reason, <b>five</b> rules to prevent food poisoning when using a refrigerator.
	rule	1
	reas	son
	rule	2
	reas	son
	rule	3
	reas	son
	rule	4
	reas	son
	rule	5
	reas	son[10]

# Section C

# Answer either Question 10 or 11.

10 Give advice, with reasons, on the choice of nutrients and diet for a person who plays a lot of sport.
[15]

OR	
11	Evaluate the importance of fruit when planning family meals. [15]

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