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UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS International General Certificate of Secondary Education

FOOD AND NUTRITION

0648/01

Paper 1 Theory

October/November 2006

Candidates answer on the Question Paper. No Additional Materials are required.

2 hours

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 a soft pencil for any diagrams, or rough working. Do not use staples, paper clips, highlighters, glue or correction fluid.

Section A

Answer all questions in the spaces provided on the Question Paper. You are advised to spend no longer than 45 minutes on Section A.

Section B

Answer all questions in the spaces provided on the Question Paper.

Answer either question 10(a) or 10(b) on the lined pages at the end of the Question Paper. The number of marks is given in brackets [] at the end of each question or part question.

For Exam	iner's Use
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
Total	

Section A

Answer all questions

	Section A Answer all questions at is a 'balanced diet'?	
	2	1
	Section A	Car
	Answer all questions	13
\ \ /h	at is a 'balanced diet'?	•
VVI	at is a palaticed diet?	
••••		
Sta	rehea and augure are earlichydrates	[2]
	arches and sugars are carbohydrates.	
(a)	State four facts about simple sugars.	
		[2]
(b)	Give two examples of simple sugars.	
	1 2	[1]
(c)	State four facts about double sugars.	
		[2]
(d)	Give two examples of double sugars.	
	1	[4]

4	Current dietary advice	is to reduce the amount o	of fat, sugar and salt in the diet.
	<i>J</i>		, 3

			y advice is to reduce the amount of fat, sugar and salt in the diet. reasons for reducing the intake of:	
			4	1
Cui	rent die	etar	ry advice is to reduce the amount of fat, sugar and salt in the diet.	Car
(a)	Give t	wo	reasons for reducing the intake of:	13
	fat	1.		
		2.		[2]
	sugar			
		2.		[2]
	salt	1.		
		2.		[2]
(b)	Sugge	est 1	four ways to reduce the intake of:	
	fat	1.		
		2.		
		3.		
		4.		[2]
	sunar	1		
	Jugai			
		4.		[2]
	salt	1.		
		4.		[2]

5	State and explain three uses of water in the body.
	[3]
6	Give advice on healthy eating to a teenager.
	[5]
	[5]

[Section A Total : 40 marks]

Section B

Answer all questions

		* Way
		6
		Section B
		Answer all questions
7	(a)	6 Section B Answer all questions State five reasons for serving sauces. Illustrate each reason with an example.
		Reason 1
		Example 1
		Reason 2
		Example 2
		Reason 3
		Example 3
		Reason 4
		Example 4
		Reason 5
		Example 5[5]
	(b)	The following ingredients can be used to make a coating sauce:
		25g flour 25g margarine 250ml milk.
		Describe how to make a roux sauce using the ingredients listed.
		[5]

(c)	Give two reasons for lumps in the finished sauce.	Ose
	1.	Aid I
	2[1]	nidge.com
(d)	Suggest two ways to vary the flavour of the sauce.	
	1	
	2[1]	-
(e)	Describe the changes which take place when the sauce is being made.	
	[3]	

[2]

		Give four reasons for preserving food.
8	(a)	Give four reasons for preserving food.
		1
		2.
		3.
		4[2]
	(b)	State four causes of food spoilage.
		1.
		2.
		3.
		4[2]
	(c)	List the conditions which are necessary for food spoilage.
		1
		2
		3.
		4[2]
	(d)	Explain the principles of:
		(i) freezing;

ireezing,		
		[2]
jam-making.		

(ii)

(e)	Discuss reasons for using preserved food when preparing meals.
	[5]

	Why.	
	Give six reasons for the importance of cereals. 1. 2.	
(a)	Give six reasons for the importance of cereals.	1
	1	00
	2.	
	3.	
	4.	
	5.	
	6[3]	
(b)	Name four cereals.	
. ,	1	
	3. 4. [2]	
(c)	Explain how cereals should be stored?	
	[3]	
	[0]	
(d)	Flour is a widely used cereal product. Give advice, with reasons, on the choice of flour for breadmaking.	
	101	

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(e)	Describe the changes which take place when a loaf of bread is baked.
	[4]

[Section B Total: 45 marks]

Section C

Answer either 10(a) or 10(b)

		The state of the s
		12 A. D.
		Section C
		Section C Answer either 10(a) or 10(b) Discuss the nutritive value, storage and uses of eggs in the preparation of meals. [15]
10	(a)	Discuss the nutritive value, storage and uses of eggs in the preparation of meals. [15]
	OR	
	(b)	Discuss the causes and prevention of food poisoning when storing, preparing and cooking food. [15]

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[Section C Total : 15 marks]	

[Total for paper: 100]

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