



## UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS International General Certificate of Secondary Education

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CANDIDATE NAME													
CENTRE NUMBER											NDIDATE MBER		

### **FOOD AND NUTRITION**

0648/01

Paper 1 Theory

May/June 2009

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 a soft pencil for any diagrams or graphs.

Do not use staples, paper clips, highlighters, glue or correction fluid.

DO **NOT** WIRTE 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 9 or Question 10.

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.

For Examiner's Use				
Section A				
Section B				
Section C				
Total				

This document consists of 13 printed pages and 3 blank pages.



# Section A

# Answer **all** questions.

		42.	
		Section A  Answer all questions.  Name the elements which make up fat.	1
		Section A	Can
		Answer all questions.	13
l	(a)	Name the elements which make up fat.	•
		12	
		3	[3]
	(b)	Fat can be used to provide the body with energy.	
		Name <b>two</b> other sources of energy.	
		12	[2]
	(c)	Identify <b>four</b> uses of energy in the body.	
		1	
		3	
		4	[4]
	Vita	min A and vitamin D are fat-soluble vitamins.	
	(a)	State <b>three</b> functions of vitamin A.	
		1	
		2	
		3	[3]
	(b)	Name <b>four</b> sources of vitamin A.	
		12	
		34	[2]
	(c)	Name the deficiency disease associated with a lack of vitamin A.	
			[1]

		3 State <b>two</b> functions of vitamin D.
	(d)	State <b>two</b> functions of vitamin D.
		1
		2[2]
	(e)	Name <b>four</b> sources of vitamin D.
		12
		34[2]
	(f)	Name the deficiency disease associated with a lack of vitamin D.
		[1]
3	(a)	Describe the digestion of fat in the duodenum.
		[3]
	(b)	Describe the absorption of fat in the ileum.
		[2]

	(,	diet.
		[4]
	(b)	Name <b>four</b> good sources of NSP.
		12
		34[2]
5	Wa	ter is vital to life.
	(a)	Discuss <b>four</b> uses of water in the body.
		1
		0
		2
		3
		٥ <u> </u>
		4
		4
	(b)	Name the condition which results from a deficiency of water.
		[1]

		the transfer of the transfer o	
		5	
(c)	Give <b>two</b> s	ymptoms of the condition identified in <b>(b)</b> .	For
	1	2	Article Mer's
(d)	Identify, wi	ymptoms of the condition identified in (b).  2  th reasons, three groups of people who have a particular need for water.	Se. COM
	Group 1		
	Reason 1		
	Group 2		
	Reason 2		
	Group 3		
	Reason 3	[3]	
		[Section A Total: 40]	

## Section B

# Answer all questions.

		the the tenth of t
		6 AM. Da
		Section B
		6 Section B Answer all questions. be balanced.
(a)	All meals should l	be balanced.
	Identify, with exan	nples, <b>five</b> other points to consider when planning meals.
	Point 1	
	Example 1	
	Point 2	
	Example 2	
	Point 3	
	Example 3	
	Point 4	
	Example 4	
	Point 5	
	Example 5	[5]

(b)	Discuss the particular dietary needs of pregnant women.
	[5]
(c)	Explain the problems associated with a diet which is high in fat.
(c)	
(c)	Explain the problems associated with a diet which is high in fat.
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Write an informative paragraph on each of the following: (a) different uses of sugar in the preparation of dishes; (b) rules, with reasons, for successful shortcrust pastry;

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(c	) High Biologica	al Value (HBV) protein for	<b>9</b> vegans.	MMM, Papa Cann
				[5]
8 (a	3		4	
(b		methods of preserving fis		[3]
	Method 1			
	Mathad 2			
	- · ·			[3]

(c)	Fry	ing is a popular method of cooking.	C
	(i)	Give three reasons for coating some foods before frying.	-
		1	
		2	
		3	[3]
	(ii)	Suggest <b>two</b> suitable coatings.	
		1	
		2	
	(iii)	Explain <b>four</b> safety points to consider when frying.	
		1	
		2	
		3	
		<i>A</i>	
		4	
			[4]

[Section B Total: 45]

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# **Section C**

Answer either Question 9 or Question 10.

www.PapaCambridge.com Explain the steps you would take when preparing, cooking and serving food to ensure that it 9 is safe to eat.

OR	R .	
10		and [15]
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[Section C Total: 15]

[Total for Paper: 100]

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