



**CANDIDATE** 

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

Original Con

0648/01

2 hours

October/November 2009

NAME		
CENTRE NUMBER		CANDIDATE NUMBER
FOOD AND N	IUTRITION	
Paper 1 Theo	ory	0
Candidates ar	nswer on the Question Paper.	

#### **READ THESE INSTRUCTIONS FIRST**

No Additional Materials are required.

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 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 8 or 9.

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 Exam	iner's Use
Section A	
Section B	
Section C	
Total	

This document consists of 14 printed pages and 2 blank pages.



# Section A

# Answer all questions.

		Why.	
	2	A. Day	
	Section	1A	Car
	Answer <b>all</b> qu	n A uestions. m protein.	
(a)	Name the elements which combine to form	n protein.	
	1	2	
	3	4	
		6	[3]
(b)	State <b>three</b> functions of protein.		
	1		
	2		
	2		[3]
(c)	Define High Biological Value (HBV) protein	n.	
			[2]
(d)	Give <b>four</b> examples of HBV protein.		
	1		
	2		
	2		
			[2]
	· · · · · · · · · · · · · · · · · · ·		[4]
(e)	Define Low Biological Value (LBV) protein	ı.	
			[1]
(f)	Give <b>four</b> examples of LBV protein.		
	1	2	
	3	4	[2]

	May
	3
)	Complete the following sentences which describe the digestion and absorption protein.  In the stomach, acid creates a suitable medium for the digestion of protein to begin. There are two enzymes in the stomach.
	In the stomach, acid creates a suitable medium for the digestion of
	protein to begin. There are two enzymes in the stomach.
	Pepsin converts protein to and clots milk.
	In the duodenum, the enzyme, produced by the continues to
	convert protein to In the ileum, the enzyme from
	juice, completes the breakdown of protein to
	Absorption takes place in the ileum. Finger-like projections, known as provide a large surface area. The end products of protein digestion are absorbed into They dissolve in and are carried around the
	body. [6]
	Explain how the body deals with excess protein.
	[3]
	[9]

		the state of the s	
		State three functions of calcium.  1  2	1
2	(a)	State three functions of calcium.	Cal
		1	
		2	
		3	[3]
	(b)	Name <b>four</b> sources of calcium.	
		12	
		34	[2]
	(c)	Name the deficiency disease which results from a lack of calcium.	
	(0)		[1]
			۲۰,
3	(a)	State <b>two</b> functions of vitamin D.	
		1	
		2	[2]
	(b)	Name <b>four</b> sources of vitamin D.	
		12	
		34	[2]
	(c)	The body makes vitamin D when it is exposed to the ultra-violet rays of the sun.	
		Identify <b>two</b> groups of people who will not be able to make vitamin D in this way. each case, give an explanation.	In
		Group 1	
		Explanation 1	
		Group 2	
		Explanation 2	[2]

[Section A Total: 40]

## Section B

# Answer all questions.

5

	the state of the s	
	6 Section B Answer all questions.  Name six nutrients found in red meat.	1
	Section B	dn
	Answer all questions.	
)	Name <b>six</b> nutrients found in red meat.	
	12	
	34	
		[3]
)	List <b>four</b> reasons why meat may be tough.	
	12	
	34	[2]
	Give <b>four</b> ways of tenderising meat before cooking.	
	1	
	2	
	3	
	4	[2]
	4	,
	Explain how meat becomes tender during cooking.	
		[3]

(e)	Processed soya beans can be used to replace meat. Discuss the advantage disadvantages of processed soya.
	[5]

For iner's 

		8 ee types of convenience food and give one example of each.
		8
(a)	Name thre	ee types of convenience food and give one example of each.
	Type 1	
	Example 1	
	Type 2	
	Example 2	
	Type 3	
	Example 3	[3]
(b)	State the a	dvantages and disadvantages of convenience food.
		[5]
(c)		e pieces of labour-saving equipment which could be found in the kitchen. xample of the use of each.
	Example 1	
	Use 1	
	Example 2	
	Use 2	
	Example 3	
	Use 3	[3]

	the state of the s	
	9	
(d)	9 Give advice on the safe use of electrical equipment in the kitchen.	For iner's
		Tidde Co.
		13
		_
	[4]	

The following ingredients can be used to make a cake. 7

	42
	10 AA. D
The	following ingredients can be used to make a cake.
	following ingredients can be used to make a cake.  100g self-raising (SR) flour 100g margarine 100g sugar 2 eggs
(a)	Describe, with reasons, the method of making and baking the cake.
	[5]
	[o]
(b)	Name <b>two</b> ingredients which could be added to vary the flavour of the cake.
	1
	2[1]
(c)	Explain the changes which take place when the cake is baking.
	[4]

	the state of the s	
	11	
(d)	The cake is heated by convection and conduction when baking.	For
	The cake is heated by convection and conduction when baking.  Explain how each of these methods transfers heat to food.	And the same
		Sc. COM
		1
	[5]	
	[Section B Total: 45]	

## **Section C**

# Answer either Question 8 or Question 9.

	4.
	Section C  Answer either Question 8 or Question 9.  Discuss different fats and oils and their uses in the preparation of dishes.  [15]
	Section C
	Answer either Question 8 or Question 9.
8	Discuss different fats and oils and their uses in the preparation of dishes. [15]
OR	
9	Discuss eggs and their uses in the preparation of dishes. [15]

13 MANAL DE LA COLONIA DE LA C	For iner's
	Tide
	Se.Co.
	177
	J

Bay	
For iner's	

•••••

[Section C Total: 15]

[Total for Paper: 100]

**BLANK PAGE** 

www.PapaCambridge.com

16

#### **BLANK PAGE**

www.PapaCambridge.com

Permission to reproduce items where third-party owned material protected by copyright is included has been sought and cleared where possible. Every reasonable effort has been made by the publisher (UCLES) to trace copyright holders, but if any items requiring clearance have unwittingly been included, the publisher will be pleased to make amends at the earliest possible opportunity.