



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

CANDIDATE
NAME

CENTRE
NUMBER

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CANDIDATE
NUMBER

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FOOD AND NUTRITION

0648/01

Paper 1 Theory

May/June 2010

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 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 9(a) **or** 9(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.

For Examiner'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.



1 Carbohydrates are an important source of energy.
They can be classified as monosaccharides, disaccharides and polysaccharides.

(a) Give **four** other facts about monosaccharides.

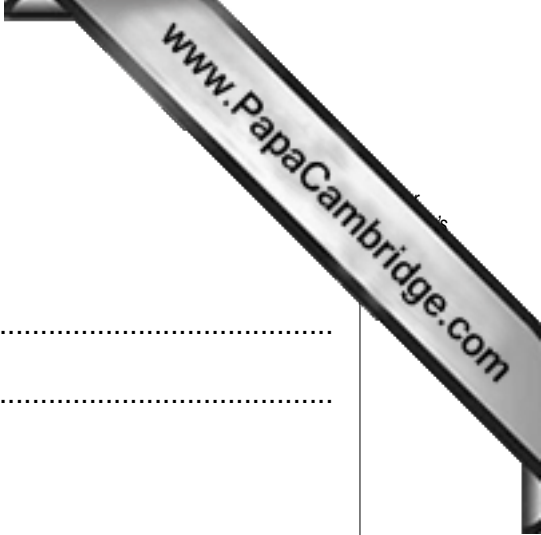
- 1
- 2
- 3
- 4 [2]

(b) Give **four** other facts about disaccharides.

- 1
- 2
- 3
- 4 [2]

(c) Give **four** other facts about polysaccharides.

- 1
- 2
- 3
- 4 [2]



(d) Describe the digestion and absorption of starch:

in the mouth;

.....
.....

in the duodenum;

.....
.....

in the ileum.

.....
.....
.....
.....[6]

(e) It is recommended that the intake of sugar should be lowered. Explain **three** reasons for this recommendation.

1

.....

2

.....

3

.....[3]

(f) List **six** ways of reducing sugar.

1

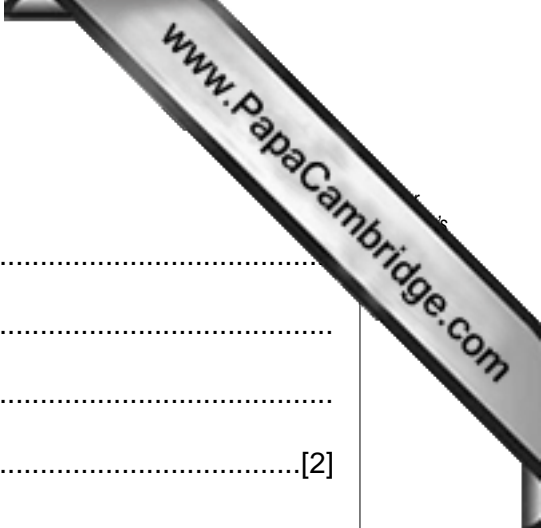
2

3

4

5

6[3]



2 (a) Explain the importance of iron in the body.

.....
.....
.....
.....[2]

(b) Give **four** good sources of iron.

1 2
3 4 [2]

(c) Name the deficiency disease associated with a poor supply of iron.

.....[1]

(d) State **two** symptoms of the deficiency disease named in (c).

1 2 [1]

3 (a) Explain the importance of vitamin C in the body.

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.....[2]

(b) Give **four** good sources of vitamin C.

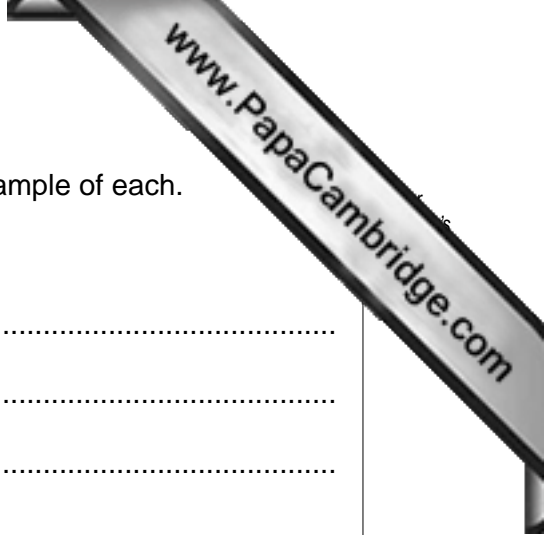
1 2
3 4 [2]

(c) Name the deficiency disease associated with a poor supply of vitamin C.

.....[1]

(d) State **two** symptoms of the deficiency disease named in (c).

1 2 [1]



8 Explain how to carry out the following processes and give **one** example of each.

(a) creaming;

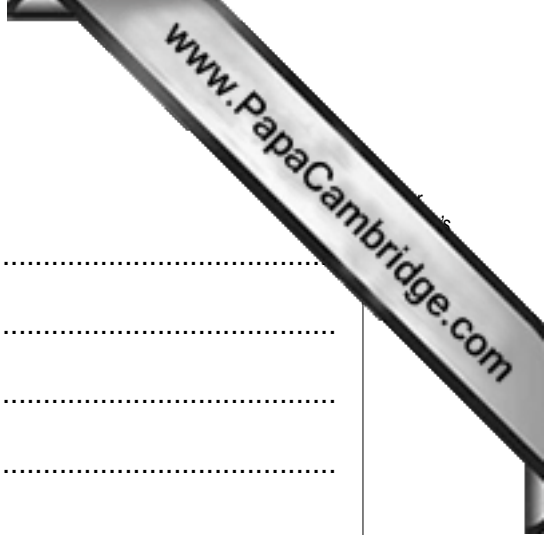
.....
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.....
.....[3]

(b) basting;

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.....
.....
.....
.....[3]

(c) making a roux;

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.....
.....
.....[3]



(d) sautéing;

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.....[3]

(e) making stock.

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.....[3]

[Section B Total: 45]

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