



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
International General Certificate of Secondary Education

CANDIDATE  
NAME

CENTRE  
NUMBER

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CANDIDATE  
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**FOOD AND NUTRITION**

**0648/01**

Paper 1 Theory

**May/June 2011**

**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 8(a) **or** 8(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.

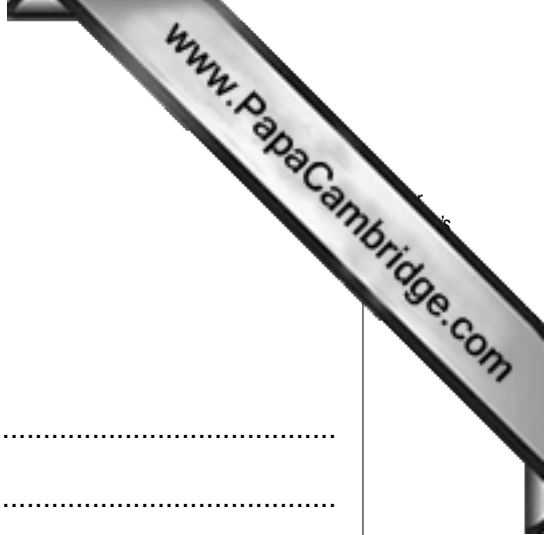
For Examiner's Use	
Section A	
Section B	
Section C	
<b>Total</b>	

This document consists of **12** printed pages.



Section A

Answer **all** questions.



1 (a) Name the **three** elements which make up fats and oils.

- 1 .....
- 2 .....
- 3 ..... [3]

(b) Give **five** functions of fats and oils in the body.

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 ..... [5]

(c) Explain what is meant by saturated fat.

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

Name **two** food sources of saturated fat.

- 1 ..... 2 ..... [1]

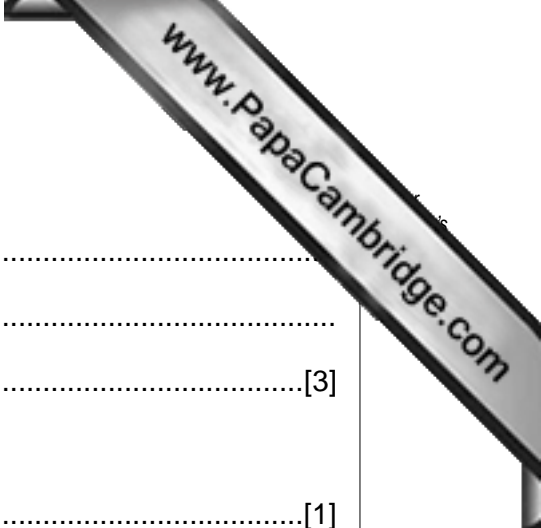
(d) Explain what is meant by polyunsaturated fat.

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

Name **two** food sources of polyunsaturated fat.

- 1 ..... 2 ..... [1]





2 (a) State **three** functions of calcium.

- 1 .....
- 2 .....
- 3 .....[3]

(b) Give **two** good sources of calcium.

- 1 ..... 2 .....[1]

(c) Name the vitamin which helps in the absorption of calcium.

.....[1]

(d) Name a deficiency disease associated with a lack of calcium.

.....[1]

3 Explain the importance of iron in the body.

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.....[4]

4 Give advice, with reasons, on planning meals for convalescents and those recovering from surgery.

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Section B

Answer all questions.

5 (a) Describe, with reasons, how to make shortcrust pastry.

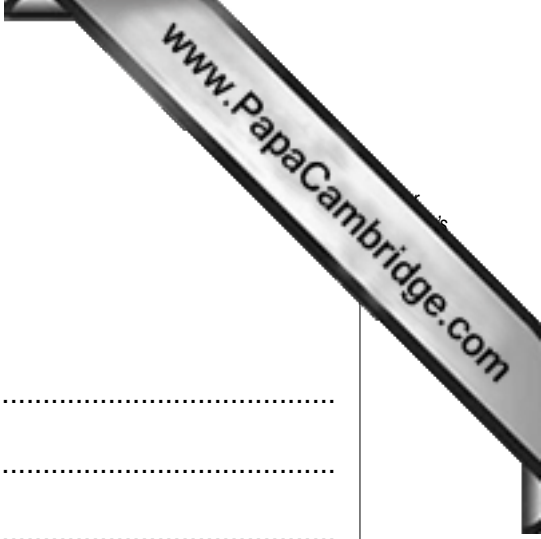
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.....[6]

(b) State four rules to follow when rolling out pastry.

1 .....  
2 .....  
3 .....  
4 .....[2]

(c) Name four dishes that could be made with shortcrust pastry.

1 ..... 2 .....  
3 ..... 4 .....[2]











(e) Describe, with reasons, the method of preparing and cooking dried red kidney beans

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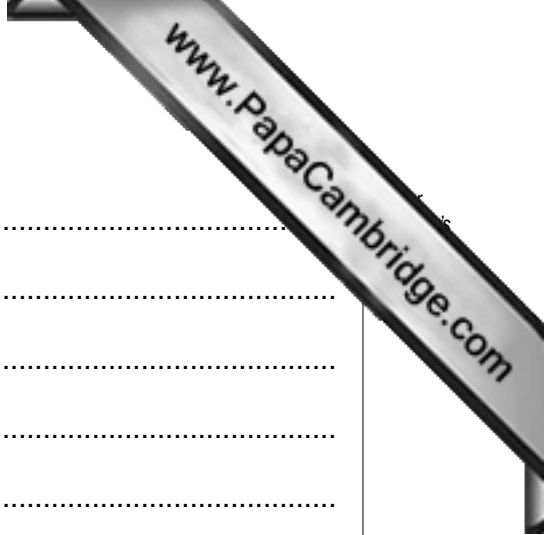
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[3]

**[Section B Total: 45]**



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Dotted lines for writing.

[Section C Total: 15]

[Total for Paper: 100]

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