

Cambridge IGCSE[™]

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		

FOOD & NUTRITION

0648/12

Paper 1 Theory

October/November 2021

2 hours

You must answer on the question paper.

No additional materials are needed.

INSTRUCTIONS

- Section A: answer all questions.
- Section B: answer all questions.
- Section C: answer one question.
- Use a black or dark blue pen. You may use an HB pencil for any diagrams or graphs.
- Write your name, centre number and candidate number in the boxes at the top of the page.
- Write your answer to each question in the space provided.
- Do **not** use an erasable pen or correction fluid.
- Do not write on any bar codes.

INFORMATION

- The total mark for this paper is 100.
- The number of marks for each question or part question is shown in brackets [].

This document has 12 pages.

Section A

Answer all questions.

You are advised to spend no longer than 45 minutes on Section A.

Protein is used to renew cells in the body as they wear out. (a) State three other functions of protein in the body. 1	Des	cribe how to ensure a balanced diet is provided for all family members.	
(a) State three other functions of protein in the body. 1			
(a) State three other functions of protein in the body. 1			[2]
1	Prof	tein is used to renew cells in the body as they wear out.	
3	(a)	State three other functions of protein in the body.	
3		1	
(b) Complementation of protein ensures that all essential amino acids are eaten in one meal. Give four different examples of protein complementation. 1			
Give four different examples of protein complementation. 1		3	
1	(b)	Complementation of protein ensures that all essential amino acids are eaten in one meal.	·
2		Give four different examples of protein complementation.	
3		1	
4			
(c) Name one enzyme in the stomach that breaks down proteins. [1] (d) Name one enzyme in the duodenum that breaks down proteins. [1] (e) Name one enzyme in the ileum that breaks down proteins. [1]			
(d) Name one enzyme in the duodenum that breaks down proteins. [1] (e) Name one enzyme in the ileum that breaks down proteins. [1]		4	
(d) Name one enzyme in the duodenum that breaks down proteins. [1] (e) Name one enzyme in the ileum that breaks down proteins. [1]	(c)	Name one enzyme in the stomach that breaks down proteins.	
(e) Name one enzyme in the ileum that breaks down proteins. [1]			[1]
(e) Name one enzyme in the ileum that breaks down proteins. [1]	(d)	Name one enzyme in the duodenum that breaks down proteins.	
[1]			[1]
[1] [7] [7] [7] [7] [7] [7] [7] [7] [7] [7	(e)		[41
Titilal III			

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Poly	ysaccharides are also called complex carbonydrates.	
(a)	Describe the structure of polysaccharides.	
		[2]
(b)	Cereals, such as wheat, are polysaccharides.	
	Name three other cereals.	
	1	
	2	
	3	 [3]
(0)		[J]
(c)	Name the parts of the wheat grain labelled A–C.	
	B C	
	A	
	В	
	C	
<i>(</i> 1)		[3]
(d)	Wheat can be processed to make flour.	
	Name a different type of wheat flour that could be used to make each of the following disher	
	(i) flaky pastry	
	(ii) fruit scones	
	(iii) bread rolls.	[1]
	[Total: 1	11]

4	If ch	hildren lack vitamin D they can suffer from rickets.	
	(a)	State one symptom of rickets.	
			[1]
	(b)	State three different foods that are rich in vitamin D.	
		1	
		2	
		3	[3]
	(c)	Name two other nutrients that work with vitamin D.	
		1	
		2	[2]
			[Total: 6]
5	(a)	State five different iron-rich foods that are suitable for a lacto-vegetarian.	
		1	
		2	
		3	
		4	
		5	[5]
	(b)	Name one nutrient that is needed for the absorption of iron.	ر ح
	(~)	Traine Cite Hallone that is needed for the absorption of from	[1]
			[']

(c)	Explain why it is important that a pregnant woman has sufficient iron in her diet.
	[5]
	[Total: 11]

Section B

Answer all questions.

6 The following ingredients can be used to make a basic coleslaw salad:

200 g white cabbage 1 large carrot 50 ml mayonnaise

(a)	Cabbage is a leafy vegetable. Name three other leafy vegetables.
	1
	2
	3
/I-\	[3]
(a)	Suggest four points to consider when buying fresh carrots.
	1
	2
	3
	4[4]
	[4]
(c)	The method for making the coleslaw states the cabbage should be finely shredded with a sharp knife.
	State five safety rules to follow when using a sharp knife for shredding cabbage.
	1
	2
	3
	4
	5

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	(d)	Describe the first aid treatment for someone who has cut their finger.	
			[3]
			[Total: 15]
7	(a)	Air is a natural raising agent used to lighten mixtures.	
		State four ways of incorporating air into a product before it is baked.	
		1	
		2	
		3	
		4	
			[4]
	(b)	Name one dish that uses water vapour to make it rise.	
			[1]
	(c)	Bread rises due to the action of yeast.	
		State three conditions that are needed in order for yeast to make bread rise.	
		1	
		2	
		3	
			[3]
			[Total: 8]

8	Son	ne people have a food allergy.
	(a)	Explain the term food allergy.
	(b)	Suggest four points to consider when planning meals and shopping for someone with a food allergy.
		1
		n
		2
		3
		4
		[4]
		[Total: 5]
9	lder	ntify six advantages of steaming as a method of cooking.
	1	
	2	
	3	
	4	
	о	[6]

10	(a)	Identify three factors to consider when choosing materials suitable for kitchen walls.
		1
		2
		3
		[3]
	(b)	Name three types of materials that could be used for kitchen walls.
		1
		2
		3
		[3]
		[Total: 6]
11	Stat	te five guidelines to follow when disposing of kitchen waste.
	1	
	2	
	3	
	4	
	5	
		[5]

Section C

Answer either Question 12 or 13.

12	Discuss factors teenage girls should consider when planning healthy meals for themselves.	15]
OR		
13	Foods are preserved in different ways in the home or by manufacturers.	
	Using examples, discuss: reasons for preserving food in the home how to make healthy choices when selecting foods processed by a manufacturer. []	15]

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