

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

2 hours

Paper 1 Theory	у		May/June 2007
FOOD AND NU	JTRITION		0648/01
CENTRE NUMBER		CANDIDATE NUMBER	
CANDIDATE NAME			

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 in the spaces provided on the Question Paper.

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

#### **Section B**

Answer all questions in the spaces provided on the Question Paper.

#### **Section C**

Answer either Question 9 or Question 10 on the lined pages at the end of the Question Paper.

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 par question.

	For Exam	iner's Use
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	10	
	Total	

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



# Section A

# Answer all questions.

	2	N. Day
	Section A	aCal.
	Answer all questions.	
(a) Name three nutrier	nts which provide the body with energy.	MM. PARACAI
1		
2		
3		[3]
(b) State the energy va	alue of 1g of each of the nutrients named in (a).	
1		
2		
3		[3]
(c) Give three ways in	which the body uses energy.	
1		
2		
3		[3]
(d) Define the term end	ergy balance.	
•••••		[1]
(e) Explain what happe	ens if too much energy-giving food is eaten.	
		[4]

		3		For Evaminar's
2	Iron	is involved in the production of energy.	Car	Use
	(a)	Name <b>two</b> animal sources of iron.	3	For Examiner's Use
		1		Se.Co.
		2	[1]	13
	(b)	Name <b>two</b> plant sources of iron.		1
		1		_
		2	[1]	
	(c)	Name the pigment which gives blood its red colour.		
			[1]	
	(d)	Explain the function of the pigment named in (c).		
			[2]	
	(e)	Name the deficiency disease associated with a lack of iron.		
		State <b>three</b> symptoms of the disease.		
		1		

2 \_\_\_\_\_

3 \_\_\_\_\_\_[2]

3 (a) One of the functions of vitamin C is to promote the absorption of iron. Give three other functions. 1 ..... 2 3 \_\_\_\_\_ (b) Name two good sources of vitamin C. 1 2 \_\_\_\_\_ (c) Why is it important to have a daily supply of vitamin C? [1] The small intestine plays an important part in digestion. Describe and explain each stage of digestion in the small intestine. 

	Discuss reasons why individuals have different energy requirements.	For
5	Discuss reasons why individuals have different energy requirements.	Examiner's Use
		Tage COM
		L
	[6]	

[Total: 40]

# **Section B**

# Answer **all** questions.

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	the the tenth of t	
	6 Section B Answer all questions.  me six nutrients in red meat.	
	Section B	
	Answer <b>all</b> questions.	70
(a) Na	me <b>six</b> nutrients in red meat.	
1		.
2		.
3		
4		•
5		'
		•
6	[3	J
<b>(b)</b> Lis	t <b>four</b> reasons why meat might be tough.	
1		
2		•
3		•
••		
4	[2	]
(c) Sug	ggest <b>four</b> methods of tenderising tough meat before it is cooked.	
1		.
2		
3		
4	[2	.

	4	
	7	For
(d)	7 Explain how tough cuts of meat become tender during cooking.	Use Use
		ridge
		1.6
		•
	[4]	
(e)	Soya beans can be processed to resemble meat. Discuss the advantages and disadvantages of using soya beans in this way.	
	[4]	

7 The following ingredients can be used to make shortcrust pastry:

	*	
	8 e following ingredients can be used to make shortcrust pastry:  200g flour 100g fat pinch of salt approx. 8 tsp. water	
	all	Examiner
The	e following ingredients can be used to make shortcrust pastry:	Use
	200g flour	Orin
	100g fat	30
	pinch of salt	.6
	approx. 8 tsp. water	
(a)	Give advice on the choice of flour and fat for shortcrust pastry.	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \
	[5]	
(b)	Describe, with reasons, how to make shortcrust pastry.	
	[6]	
	161	

		4.	
		g me <b>four</b> dishes which could be made using shortcrust pastry.	
(c)	Naı	me <b>four</b> dishes which could be made using shortcrust pastry.	3
			O
		[2]	
(d)	Giv	e <b>two</b> reasons for each of the following faults which could occur:	
( )		pastry shrinks during baking;	
	(ii)	hard, tough pastry.	
		[2]	

8

www.PapaCambridge.com Write an informative paragraph on each of the following: (a) prevention of accidents in the kitchen; (b) personal hygiene;

(c)	storage of perishable foods.
	[5]
	[0]

[Total: 45]

# **Section C**

### Answer either Question 9 or Question 10.

	The state of the s
	12
	Section C
	Answer either Question 9 or Question 10.
9	Section C  Answer either Question 9 or Question 10.  Discuss the points which should be considered when planning, preparing and cooking meals.  [15]
OR	
10	Discuss different types of vegetables and their importance in the diet. [15]

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