



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

CANDIDATE
NAME

CENTRE
NUMBER

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FOOD AND NUTRITION

0648/01

Paper 1 Theory

October/November 2007

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 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 8 **or** Question 9 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 part question.

| For Examiner's Use | |
|--------------------|--|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |
| 8 | |
| 9 | |
| Total | |

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



Section A

Answer **all** questions.

1 (a) State **four** functions of fat.

- 1
- 2
- 3
- 4 [4]

(b) (i) Define *saturated fat*.

.....

.....

.....

.....

Name **one** example.

..... [2]

(ii) Define *monounsaturated fat*.

.....

.....

Name **one** example.

..... [1]

(iii) Define *polyunsaturated fat*.

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Name **one** example.

..... [2]

(c) Describe the digestion and absorption of fat.

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..... [5]

(d) Give reasons for reducing the amount of fat in the diet.

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..... [3]

(e) Suggest **four** ways to reduce fat in meals.

1 [2]

2

3

4

2 Vitamin A and Vitamin D are fat-soluble vitamins.

(a) Give **two** functions of vitamin A.

- 1
- 2 [2]

(b) Name **two** animal sources of vitamin A.

- 1
- 2

Name **two** plant sources of vitamin A.

- 1
- 2 [2]

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

..... [1]

(d) Give **two** functions of vitamin D.

- 1
- 2 [2]

(e) Name **three** food sources of vitamin D.

- 1
- 2
- 3

Name **one** non-food source of vitamin D.

..... [2]

(f) Name a deficiency disease associated with a poor supply of vitamin D.

..... [1]

3 (a) Explain why Non-Starch Polysaccharide (NSP) or dietary fibre is important in the diet.

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..... [3]

(b) Name **four** good sources of NSP.

1
2
3
4 [2]

4 State, with reasons, the special dietary needs of manual workers.

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..... [6]

[Total: 40]

Section B

Answer **all** questions.

5 (a) Name **six** nutrients in eggs.

- 1
- 2
- 3
- 4
- 5
- 6 [3]

(b) State **five** different uses of eggs and give an example for each use.

- Use 1
- Example 1
- Use 2
- Example 2
- Use 3
- Example 3
- Use 4
- Example 4
- Use 5
- Example 5 [5]

(c) Discuss the storage of eggs.

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..... [3]

(d) Describe and explain the changes which take place when an egg is boiled.

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..... [4]

(c) Name **four** dishes which could be made using flaky pastry.

- 1
- 2
- 3
- 4 [2]

(d) Give reasons for each of the following faults which could occur:

the pastry has not flaked well;

.....
.....

the pastry has risen unevenly.

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..... [3]

7 Write an informative paragraph on each of the following:

(a) the choice and care of kitchen knives;

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..... [5]

(b) the disposal of kitchen waste;

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..... [5]

(c) hygiene in shops and markets.

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[5]

[Total: 45]

Section C

Answer **either** Question 8 **or** Question 9.

- 8 Discuss the importance of fruit in the diet and suggest ways of including fruit in family meals. [15]

OR

- 9 Discuss reasons for cooking food and explain the different methods of heat transfer used in the preparation of dishes. [15]

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