

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS International General Certificate of Secondary Education

* 2 8	CANDIDATE NAME					
	CENTRE NUMBER			CANDIDATE NUMBER		
	FOOD AND NU	TRITION			0648/01	
7	Paper 1 Theory	,		October/November 2009		
3					2 hours	
9 5 1 5 8 *	Candidates answer on the Question Paper.					
	No Additional Materials are required.					
	Write your Centr Write in dark blu You may use a	ie or black pen. soft pencil for any	ate numbe diagrams	er and name on all the work you hand in. or graphs. s, glue or correction fluid.		
	DO NOT WRITE	IN ANY BARCO	DES.			

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 **or** 9.

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.



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[Turn over

	Answer all questions.				
1	(a)	Name the elements which combine to form protein.			
		12			
		34			
		56 [3]			
	(b)	State three functions of protein.			
		1			
		2			
		3 [3]			
	(c)	Define High Biological Value (HBV) protein.			
		[2]			
	(d)	Give four examples of HBV protein.			
		1			
		2			
		3			
		4 [2]			
	(e)	Define Low Biological Value (LBV) protein.			
		[1]			
	(f)	Give four examples of LBV protein.			
	(י)	12			
		3 4 [2]			

Section A

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(g) Complete the following sentences which describe the digestion and absorption of protein. In the stomach, ______ acid creates a suitable medium for the digestion of protein to begin. There are two enzymes in the stomach. Pepsin converts protein to and clots milk. In the duodenum, the enzyme _____, produced by the _____ continues to convert protein to ______. In the ileum, the enzyme ______ from juice, completes the breakdown of protein to Absorption takes place in the ileum. Finger-like projections, known as provide a large surface area. The end products of protein digestion are absorbed into _____. They dissolve in _____ and are carried around the body. [6] (h) Explain how the body deals with excess protein. [3]

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2	(a)	State three functions of calcium.	For Examiner's
		1	Use
		2	
		3 [3]	
	(b)	Name four sources of calcium.	
		12	
		34 [2]	
	(c)	Name the deficiency disease which results from a lack of calcium.	
		[1]	
3	(a)	State two functions of vitamin D.	
		1	
		2 [2]	
	(b)	Name four sources of vitamin D.	
		12	
		34 [2]	
	(c)	The body makes vitamin D when it is exposed to the ultra-violet rays of the sun.	
		Identify two groups of people who will not be able to make vitamin D in this way. In each case, give an explanation.	
		Group 1	
		Explanation 1	
		Group 2	
		Explanation 2 [2]	

[Turn over

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1		-		
		2		
٩	÷	,		

4	Explain the particular dietary needs of teenage girls.
	[6]

[Section A Total: 40]

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Section B

6

Answer all questions.

5	(a)	Name six nutrients found in red meat.
		12
		34
		56 [3]
	(b)	List four reasons why meat may be tough.
		12
		34 [2]
	(c)	Give four ways of tenderising meat before cooking.
		1
		2
		3
		4 [2]
	(d)	Explain how meat becomes tender during cooking.
		[3]

(e) Processed soya beans can be used to replace meat. Discuss the advantages and disadvantages of processed soya.

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[5]

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(a)	Name thre	e types of convenience food and give one example of each.	For Examine
	Type 1		Use
	Example 1		
	Туре 2		
	Example 2		
	Туре 3		
	Example 3	[3]	
(b)	State the a	dvantages and disadvantages of convenience food.	
		[5]	
(c)	Name thre Give one e	e pieces of labour-saving equipment which could be found in the kitchen. xample of the use of each.	
	Example 1		
	Use 1		
	Example 2		
	Use 2		
	Example 3		
	Use 3	[3]	

9

(d)	Give advice on the safe use of electrical equipment in the kitchen.	For Examiner's Use
	[4]	

7	The	following ingredients can be used to make a cake.	For
		100g self-raising (SR) flour 100g margarine	Examiner's Use
		100g sugar 2 eggs	
	(a)	Describe, with reasons, the method of making and baking the cake.	
		[5]	
	(b)	Name two ingredients which could be added to vary the flavour of the cake.	
		1	
		2 [1]	
	(c)	Explain the changes which take place when the cake is baking.	
		[4]	

(d)	The cake is heated by convection and conduction when baking.	For
	Explain how each of these methods transfers heat to food.	Examiner's Use
	[5]	

[Section B Total: 45]

Section C

Answer either Question 8 or Question 9.
nd oils and their uses in the preparation of dishes.
uses in the preparation of dishes.

8	Discuss different fats and oils and their uses in the preparation of dishes.	[15]
OR		
9	Discuss eggs and their uses in the preparation of dishes.	[15]
		•••••

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[Section C Total: 15]
[Total for Paper: 100]

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