UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

CANDIDATE NAME	

CENTRE NUMBER						CANDIDATE NUMBER					

2196731025

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	
Total	

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Section A

Answer **all** questions.

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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]

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(e) Discuss the health problems associated with a diet high in saturated fats.

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..... [4]

(f) Describe the digestion and absorption of fat in the small intestine.

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..... [5]

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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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.....[5]

[Section A Total: 40]

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Section B

Answer **all** questions.

For Examiner's Use

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]

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For Examiner's Use

(d) Give advice, with reasons, on the choice of flour and fat for making shortcrust pastry.

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..... [5]

6 **(a)** Write an informative paragraph on saving:

(i) money;

(ii) fuel,

when planning, preparing and cooking meals.

Saving money

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Saving fuel

For Examiner's Use

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(b) Discuss the advantages and disadvantages of convenience foods.

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For Examiner's Use

7 **(a)** List **six** of the nutrients found in pulses.

1 ..... 2 .....

3 ..... 4 .....

5 ..... 6 .....[3]

(b) Name **four** examples of pulses, other than red kidney beans.

1 ..... 2 .....

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

(c) State the importance of pulses.

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.....[2]

(d) What is TVP?

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Discuss the use of TVP in the preparation of meals.

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

For Examiner's Use

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..... [3]

[Section B Total: 45]

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Section C

For Examiner's Use

Answer **either** Question 8(a) **or** 8(b).

8 **(a)** High levels of bacteria in food can cause food poisoning.

Discuss ways of preventing food poisoning when storing, preparing and cooking food. [15]

OR

8 **(b)** Cows' milk is important in the diet but it does not keep long unless it is treated or made into another dairy product.

Discuss this statement under the following headings:

(i) nutritive value of milk;

(ii) different methods of treating milk to extend its shelf-life;

(iii) dairy products.

[15]

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[Section C Total: 15]

[Total for Paper: 100]

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