



**Cambridge Assessment International Education**  
Cambridge International General Certificate of Secondary Education

CANDIDATE NAME

CENTRE NUMBER

CANDIDATE NUMBER



**FOOD AND NUTRITION**

**0648/11**

Paper 1 Theory

**May/June 2019**

**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 an HB pencil for any diagrams or graphs.

Do not use staples, paper clips, 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 7(a) **or** 7(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.

This document consists of **12** printed pages.

**Section A**

Answer **all** questions.

**1** Carbohydrates provide the body with energy.

**(a)** Name the type of carbohydrate which should be eaten to give a slow release of energy.

.....[1]

**(b)** Monosaccharides are sugars.

Define the term *monosaccharide*.

.....[1]

**(c)** Give **two** examples of monosaccharides.

1 .....

2 ..... [2]

**(d)** Dextrinisation occurs when dry heat is used on starch.

Name **four** different food products which demonstrate the process of dextrinisation.

1 .....

2 .....

3 .....

4 ..... [4]

**(e)** Describe **three** effects of moist heat on starch.

1 .....

2 .....

3 ..... [3]

**(f)** Give **three** possible effects on the body of eating too much carbohydrate.

1 .....

2 .....

3 ..... [3]

(g) Give **three** possible effects on the body of eating too little carbohydrate.

1 .....

2 .....

3 .....

[3]

(h) Maltase and lactase are enzymes which speed up the breakdown of carbohydrates during digestion.

Name the part of the digestive system where these enzymes are found.

.....[1]

[Total: 18]

2 (a) State **four** functions of calcium.

- 1 .....
- 2 .....
- 3 .....
- 4 ..... [4]

(b) Calcium is found in milk and dairy foods.

Name **three** other good sources of calcium.

- 1 .....
- 2 .....
- 3 ..... [3]

(c) Vitamin D increases the absorption of calcium.

(i) Give another name for vitamin D.

..... [1]

(ii) Name **one** other nutrient which works with calcium and vitamin D.

..... [1]

(d) The body can make vitamin D from the ultra-violet rays of the sun.

Identify **three** groups of people who may not be able to make enough vitamin D in this way.

- 1 .....
- 2 .....
- 3 ..... [3]

[Total: 12]

3 A shortage of iron is one cause of anaemia.

(a) Describe **three** symptoms of anaemia.

- 1 .....
- 2 .....
- 3 ..... [3]

(b) Name **three** different groups of people who have a higher need for iron in their diet.

- 1 .....
- 2 .....
- 3 ..... [3]

(c) Vitamin C helps with the absorption of iron.

(i) Give **one** reason why it is important to have a daily supply of vitamin C.

.....[1]

(ii) Name **three** different good sources of vitamin C.

- 1 .....
- 2 .....
- 3 ..... [3]

[Total: 10]

## Section B

Answer **all** questions.

4 Some ingredients that can be used to make a Victoria sandwich cake are listed below:

200 g self-raising flour  
200 g soft margarine  
200 g caster sugar

(a) State how many eggs would be needed to complete the recipe.

.....[1]

(b) Give **one** reason why this cake would be suitable for a person who is lactose intolerant.

.....[1]

(c) Complete the table to give **three** different functions of the named ingredients.

ingredient	function
self-raising flour	1 .....
	2 .....
	3 .....
caster sugar	1 .....
	2 .....
	3 .....

[6]



(f) Give **two** reasons to explain why each of the following problems may have happened when baking the cake:

(i) the cake has risen to a peak and cracked;

- 1 .....
- 2 ..... [2]

(ii) the cake has sunk in the middle.

- 1 .....
- 2 ..... [2]

(g) Name **three** types of icing which could be used to decorate the cake.

- 1 .....
- 2 .....
- 3 ..... [3]

[Total: 25]

5 One reason food is preserved is to prevent decay.

(a) Making jam is one way to preserve fruit.

(i) Name the substance which helps jam set.

.....[1]

(ii) Describe the wrinkle test.

.....  
.....  
.....[2]

(iii) Give **one** reason why jars are heated before filling with homemade jam.

.....[1]



(b) Describe how to prepare fresh peas for freezing.

.....  
.....  
.....  
.....  
.....[4]

(c) Give **three** effects of dehydration on food.

1 .....  
2 .....  
3 ..... [3]

(d) Name **three** methods of treating milk to preserve it for use in emergencies.

1 .....  
2 .....  
3 ..... [3]

[Total: 14]

6 Personal hygiene is one way to prevent bacterial contamination during food preparation.

State **six** other ways to prevent bacterial contamination.

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





