

### **Cambridge Assessment International Education**

Cambridge International General Certificate of Secondary Education

CANDIDATE NAME				
CENTRE NUMBER		CANDIDATE NUMBER		

**FOOD AND NUTRITION** 

0648/12

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 9(a) or 9(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.

## **Section A**

# Answer all questions.

1	The	defi	nition of a diet is the food that is normally eaten every day.	
	(a)	Giv	e the definition of a <i>balanced diet</i> .	
				[1]
	(b)	Sta	te <b>two</b> health issues which could occur when the diet is not balanced.	
		1		
		2		
				[2]
				[Total: 3]
2	(a)	Fat	s are present in food in either visible or invisible forms.	
		Exp	plain these terms and give <b>two</b> food examples of each.	
		(i)	Visible fats are	
			example 1 example 2	
				[3]
		(ii)	Invisible fats are	
			example 1 example 2	[3]
	(b)	Des	scribe <b>four</b> characteristics of an unsaturated fat.	
	(-)			
		4		[4]
	(c)	Dur	ring digestion bile emulsifies fat.	
		(i)	Name the organ in the body which produces bile.	
		( )		[1]
		/ii\		[']
		(ii)	Name the organ in the body which stores bile.	
				[1]

(d)	Describe <b>three</b> effects of heat on fats.	
	1	
	2	
	3	[3]
(e)	Storing fats and oils for too long will cause them to deteriorate.	[O]
	(i) Give the name of this deterioration process.	
		[1]
	(ii) Name the additive used in processed foods to stop this deterioration occurring.	
		[1]
(f)	Fats and oils are solvents for vitamins A and D.	
	Give <b>four</b> other functions of fats and oils in the body.	
	1	
	2	
	3	
	4	[4]
(g)	Complete the table about vitamins A and D.	

vitamin	function	source	deficiency disease		
A	1	1 spinach			
	2	2 apricots			
	1	1			
D	2	2	osteoporosis		

[7]

3	It is important to serve food attractively.	
	Name <b>four</b> herbs which could be used to improve the appearance of chicken curry and rice.	
	1	
	2	
	3	
	4	[4
4	Many food items are packaged.	
	State <b>five</b> disadvantages of packaging foods.	
	1	
	2	
	3	
	4	
	5	
		[5

## **Section B**

# Answer all questions.

Foo	d is cooked for many reasons.	
Give	e a different example to illustrate each of the following reasons for cooking food:	
(a)	to make food safe to eat;	
		[1]
(b)	to destroy natural toxins in food;	
		[1]
(c)	to make food more digestible;	
		[1]
(d)	to make food more attractive;	
		[1]
(e)	to provide variety in the diet.	
		[1]
	(a) (b) (c)	<ul> <li>(b) to destroy natural toxins in food;</li> <li>(c) to make food more digestible;</li> <li>(d) to make food more attractive;</li> <li>(e) to provide variety in the diet.</li> </ul>

[Total: 5]

Hac	adiation is a method of heat transference.							
(a)	Describe how infra-red rays heat food by radiation.							
		[4]						
(b)	Give <b>five</b> advantages of using a microwave oven.							
	1							
	2							
	3							
	4							
	5	 [5]						
(c)	Give <b>six</b> points to consider when buying a microwave oven.							
	1							
	2							
	3							
	4							
	5							
	6	 [6]						

[Total: 15]

7 The following ingredients can be used to make a fish pie:

Flaky pastry
225 g strong plain flour
150 g butter and white fat
½ tsp salt
1 tbsp lemon juice
150 ml cold water

Filling 200 g white fish 150 ml white sauce

(a)	Give <b>one</b> reason why strong plain flour is used in the pastry.
	[1]
(b)	Describe the method of making the flaky pastry.
	r <del>~</del> 1

(c)	Name <b>four</b> shellfish which could be used to vary the flavour and texture of the pie.	
	1	
	2	
	3	
	4	
		[4]
(d)	Explain how flakiness is achieved in the pastry during making and baking.	
		[4]
(e)	Suggest <b>four</b> advantages of using ready-made pastry in the home.	
	1	
	2	
	3	
	4	[4]

[Total: 20]

8	Give advice on the correct method for washing up.
	re

## **Section C**

Answer either Question 9(a) or 9(b).

9	(a)	Disc	uss the r	ole th	nat lifest	tyle pl	ays ir	n influenc	ing food	d choi	ces.			[15]
OR														
	(b)		Many pe reasons	eople for pi	preserv reservir	e sur ng frui	nmer t in th	fruits in ele home.	order to	enjo	y ther	n in the w	inter. Disc	cuss other
			Explain methods		procedı	ures	and	principles	s involv	ed w	hen	preservin	g fish by	
														[15]
													•••••	
													•••••	
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