



# Cambridge IGCSE™

CANDIDATE  
NAME

CENTRE  
NUMBER

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## FOOD & NUTRITION

0648/12

Paper 1 Theory

October/November 2021

2 hours

You must answer on the question paper.

No additional materials are needed.

### INSTRUCTIONS

- Section A: answer **all** questions.
- Section B: answer **all** questions.
- Section C: answer **one** question.
- Use a black or dark blue pen. You may use an HB pencil for any diagrams or graphs.
- Write your name, centre number and candidate number in the boxes at the top of the page.
- Write your answer to each question in the space provided.
- Do **not** use an erasable pen or correction fluid.
- Do **not** write on any bar codes.

### INFORMATION

- The total mark for this paper is 100.
- The number of marks for each question or part question is shown in brackets [ ].

This document has **12** pages.

**Section A**

Answer **all** questions.

You are advised to spend no longer than 45 minutes on Section A.

1 Describe how to ensure a balanced diet is provided for all family members.

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

2 Protein is used to renew cells in the body as they wear out.

(a) State **three** other functions of protein in the body.

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

(b) Complementation of protein ensures that all essential amino acids are eaten in one meal.

Give **four** different examples of protein complementation.

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

(c) Name **one** enzyme in the stomach that breaks down proteins.

..... [1]

(d) Name **one** enzyme in the duodenum that breaks down proteins.

..... [1]

(e) Name **one** enzyme in the ileum that breaks down proteins.

..... [1]

[Total: 10]

3 Polysaccharides are also called complex carbohydrates.

(a) Describe the structure of polysaccharides.

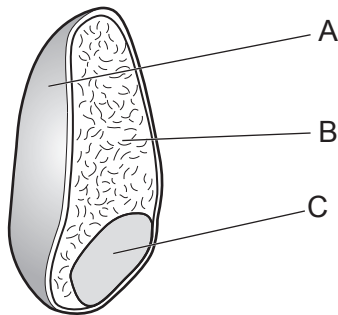
.....  
.....  
..... [2]

(b) Cereals, such as wheat, are polysaccharides.

Name **three** other cereals.

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

(c) Name the parts of the wheat grain labelled A–C.



A .....  
B .....  
C ..... [3]

(d) Wheat can be processed to make flour.

Name a different type of wheat flour that could be used to make each of the following dishes:

- (i) flaky pastry ..... [1]
- (ii) fruit scones ..... [1]
- (iii) bread rolls. .... [1]

[Total: 11]

4 If children lack vitamin D they can suffer from rickets.

(a) State **one** symptom of rickets.

..... [1]

(b) State **three** different foods that are rich in vitamin D.

1 .....

2 .....

3 .....

[3]

(c) Name **two** other nutrients that work with vitamin D.

1 .....

2 .....

[2]

[Total: 6]

5 (a) State **five** different iron-rich foods that are suitable for a lacto-vegetarian.

1 .....

2 .....

3 .....

4 .....

5 .....

[5]

(b) Name **one** nutrient that is needed for the absorption of iron.

..... [1]



**Section B**

Answer **all** questions.

6 The following ingredients can be used to make a basic coleslaw salad:

- 200 g white cabbage
- 1 large carrot
- 50 ml mayonnaise

(a) Cabbage is a leafy vegetable. Name **three** other leafy vegetables.

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

(b) Suggest **four** points to consider when buying fresh carrots.

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

(c) The method for making the coleslaw states the cabbage should be finely shredded with a sharp knife.

State **five** safety rules to follow when using a sharp knife for shredding cabbage.

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

(d) Describe the first aid treatment for someone who has cut their finger.

.....  
.....  
.....  
..... [3]

[Total: 15]

7 (a) Air is a natural raising agent used to lighten mixtures.

State **four** ways of incorporating air into a product before it is baked.

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

(b) Name **one** dish that uses water vapour to make it rise.

..... [1]

(c) Bread rises due to the action of yeast.

State **three** conditions that are needed in order for yeast to make bread rise.

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

[Total: 8]

8 Some people have a food allergy.

(a) Explain the term *food allergy*.

.....  
..... [1]

(b) Suggest **four** points to consider when planning meals and shopping for someone with a food allergy.

1 .....

.....

2 .....

.....

3 .....

.....

4 .....

.....

[4]

[Total: 5]

9 Identify **six** advantages of steaming as a method of cooking.

1 .....

2 .....

3 .....

4 .....

5 .....

6 .....

[6]



10 (a) Identify **three** factors to consider when choosing materials suitable for kitchen walls.

1 .....

2 .....

3 .....

[3]

(b) Name **three** types of materials that could be used for kitchen walls.

1 .....

2 .....

3 .....

[3]

[Total: 6]

11 State **five** guidelines to follow when disposing of kitchen waste.

1 .....

2 .....

3 .....

4 .....

5 .....

[5]





