

Cambridge International Examinations

Cambridge International General Certificate of Secondary Education

CANDIDATE NAME								
CENTRE NUMBER					NDIDATE IMBER			
FOOD AND NU	JTRITION						064	48/12
Paper 1 Theory	y					May		2017 hours

No Additional Materials are required.

Candidates answer on the Question Paper.

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 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.



Section A

Answer all questions.

1	(a)	Explain the difference between undernutrition and overnutrition.						
			[2]					
	(b)	(i)	Name two diseases caused by undernutrition.					
			1					
			2[2]					
		(ii)	Name two effects on health caused by overnutrition.					
			1					
			2[2]					
			[Total: 6]					
_	_							
2			e how the following nutrients work together in the body:					
	(a)	carl	pohydrates and B group vitamins;					
			[2]					
	(b)		min C and iron;					
			[2]					
	(c)	sod	ium and potassium.					
			[2]					

3

(a)	List	t four functions of protein in the body.	
	1		
	2		
	3		
	4		
			[4]
(b)	Exp	plain why some proteins have a higher biological value than others.	
(c)	Dog	scribe the digestion of protein:	[0]
(0)			
	(i)	in the stomach;	
			[3]
	(ii)	in the ileum.	
			[3]

(d)	Explain what happens to protein when it is heated.
	[3]
(e)	Suggest six advantages of soya beans as a source of protein.
	1
	2
	3
	4
	5
	6
	[6]

[Total: 22]

4	Describe the functions of water in the body.
	[6]
	[Total: 6]

Section B

Answer all questions.

5	(a)	Give four reasons for serving sauces with meals. Give a different example of a dish to illustrate each reason.
		reason 1
		example
		reason 2
		example
		reason 3
		example
		reason 4
		example
		[8]
	(b)	Using the following ingredients, describe how to make a white sauce by the roux method. Give your answer as a series of steps to follow.
		25 g flour 25 g margarine 250 ml milk

(c)	Giv	e two reasons why each of the following may occur:	
	(i)	lumps in the finished sauce;	
		reason 1	
		reason 2	
			[2
			L
	(ii)	the sauce is thin and runny.	
		reason 1	
		reason 2	
			[2]

[Total: 17]

6

(a)	Give two reasons for using raising agents.	
	1	
	2	
	[2	2]
(b)	List four methods of introducing air into mixtures. Give a different example of a dish tillustrate each method.	:0
	method 1	
	example	
	method 2	
	example	
	method 3	
	example	
	method 4	
	example	
	[8	
(c)	List the ingredients used to make baking powder.	
		3]
(d)	Explain why baking powder is stored in an airtight container.	
		••
	Tr.	··
		<u>-</u>]
(e)	Name the gas produced when baking powder is heated.	
		1]

(f)	Explain how steam can be used as a raising agent.
	[2
(g)	Name two dishes which use steam as a raising agent.
	1
	2
	[Total: 20
List	the factors which need to be considered when choosing a new refrigerator.
	81

Section C

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

8	(a)	Describe the specific nutritional requirements of an adolescent. Discuss some of the	issues
		which may increase an adolescent's risk of developing obesity.	[15]

OR		
	(b)	Outline ways to be economical with food and fuel when planning, preparing and cooking family meals. [15]

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[Total: 15]

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