

Cambridge IGCSE[™]

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		



FOOD & NUTRITION 0648/13

Paper 1 Theory May/June 2020

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. Blank pages are indicated.

Section A

Answer all questions.

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

1	(a)	Name the term used to describe a diet which contains all the nutrients in the correct propor		
				[1]
	(b)		e is one factor to consider when planning meals. It three other factors to consider when planning meals.	
		1		
		2		
		3		
		5.		[3]
	(c)		accharides are a form of carbohydrate.	
		(i)	Give two examples of a disaccharide.	
			1	
			2	[2]
		(ii)	Name three enzymes involved in the digestion of carbohydrates.	L - .
			1	
			2	
			3	[3]
		(iii)	Describe three effects of dry heat on carbohydrate.	[O]
			1	
			2	
			3	
				[3]

[Total: 12]

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2 Fats and oils have many functions i	in cooking.
---------------------------------------	-------------

1	
2	
3	
4	
	[4]

(b) Complete the table to show the different uses and examples of fats and oils.

(a) Name four polyunsaturated oils which are suitable for shallow frying.

use of fat or oil	example
improving keeping quality	rich cake
adding flavour	
basting	
decorating	
adding colour	
	greasing tins
	when used in creaming method
	mayonnaise
	when making pastry

[8]

[Total: 12]

Min	erals	are important in the diet.
(a)	Nar	ne two different animal foods and two different plant foods that are good sources of iron.
	anir	nal food
	anir	nal food
	plar	nt food
	plar	nt food[4]
(b)		ne two different animal foods and two different plant foods that are good sources of ium.
	anir	nal food
	anir	nal food
	plar	nt food
	plar	nt food[4]
(c)	For	better absorption, iron should be eaten with vitamin C.
		ne one savoury and one sweet dish which provide these two nutrients together. Identify ingredient in each dish that provides iron and vitamin C.
	(i)	name of savoury dish
		ingredient that contains iron
		ingredient that contains vitamin C[2]
	(ii)	name of sweet dish
		ingredient that contains iron
		ingredient that contains vitamin C[2]

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((d)	For better absorp	otion calcium	should be	eaten with	vitamin D
Α	· •	i di bottoi abooip	Juoni, Janoiann	oriodia bo	Caton With	vitaiiiii D.

Name **one** savoury and **one** sweet dish which provide these two nutrients together. Identify the ingredient in each dish that provides calcium and vitamin D.

(i)	name of savoury dish	
	ingredient that contains calcium	
	ingredient that contains vitamin D	[2
(ii)	name of sweet dish	
	ingredient that contains calcium	
	ingredient that contains vitamin D	
		[2

[Total: 16]

Section B

Answer all questions.

4 The following ingredients can be used to make a pineapple upside-down cake:

100 g self-raising flour 1 level tsp baking powder 100 g polyunsaturated margarine 100 g caster sugar 2 eggs 4 pineapple rings

(a)	Des	scribe how to make the cake mixture using the one-stage method.
		[3]
(b)		e finished cake has not risen well and has a heavy texture. e four possible reasons for this.
	1	
	2	
	3	
	4	
	<i>.</i>	[4]
(c)	(i)	
		1
		2[2]
	(ii)	Suggest two different ways to improve the visual appeal of the pineapple layer of the cake.
		1
		2[2]

[Total: 11]

5

ing cheese is a method of preserving milk.
Name three other dairy food products which can be made from milk.
1
2
3
[3]
In the production of cheese a bacterial culture is added to milk to convert lactose into lactic
acid. State one function of lactic acid in the production of cheese.
[1]
Rennet is used in the production of cheese.
Name the enzyme found in rennet.
[1]
State the function of rennet in the production of cheese.
[1]
Cheese can be difficult to digest.
Suggest two ways to make cheese more digestible when using it in cooking.
1
2
[2]
Explain why pregnant women are advised not to eat soft cheese.
[2]
[Total: 10]

6

An	oven	is an important piece of equipment in a kitchen.	
(a)	Exp	plain the function of the following features of an oven:	
	(i)	the thermostat	
			[1]
	(ii)	the glass part of the oven door.	
			[1]
(b)	Giv	e two advantages of using a fan-assisted oven.	
	1		
	2		
(c)	An	oven can be used to bake or roast food.	[2]
	(i)	Explain the difference between baking and roasting.	
	()		
	(ii)	State four advantages of roasting as a method of cooking.	رک]
	(11)		
		1	
		2	
		3	
		4	[4]
	(iii)	Describe how conduction transfers heat to food during roasting.	
			[21
			[Total: 12]
			[]

7	God	od lighting in a kitchen reduces the risk of accidents.
	(a)	State two ways a kitchen can be lit by natural light.
		1
		2[2]
	(b)	Identify two areas in a kitchen which may need additional lighting.
		1
		2
		[2]
		[Total: 4]
8	Giv	e four rules, with an appropriate reason, on the safe use and care of knives in the kitchen.
	rule	· 1
		son
	rule	2
		son
	rule	3
	reas	son
	rule	4
	reas	son
		[8]

Section C

Answer either Question 9 or 10.

- **9** Outline and explain factors which should be considered when planning and preparing meals to help prevent:
 - hypertension (high blood pressure)
 - colorectal cancer.

		[15]
OR		
10	Explain how a low income may influence food choice when planning and preparing family me	eals. [15]

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