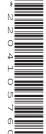


Cambridge Assessment International Education

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 two health issues which could occur when the diet is not balanced.	
		1		
		2		
				[2] [Total: 3]
2	(a)	Fats	s are present in food in either <i>visible</i> or <i>invisible</i> forms.	[Iotal. 5]
	()		blain these terms and give two 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 four characteristics of an unsaturated fat.	
		1		
		2		
		3		
		4		
	(c)	Dur	ing digestion bile emulsifies fat.	[4]
	(6)			
		(i)	Name the organ in the body which produces bile.	[4]
		(ii)	Name the organ in the body which stores bile.	[1]
		(11)		[4]
				[1]

(d)	Des	scribe three effects of heat on fats.	
	1		
	2		
	3		
(e)	Stor	ring fats and oils for too long will cause them to deteriorate.	[3]
	(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	s and oils are solvents for vitamins A and D.	
	Give	e four other functions of fats and oils in the body.	
	1		
	2		
	3		
	4		
			[4]
(g)	Con	nplete the table about vitamins A and D.	

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

[7]

3	It is important to serve food attractively.	
	Name four herbs which could be used to improve the appearance of chicken curry and rice.	
	1	
	2	
	3	
	4	[4
		١.
4	Many food items are packaged.	
	State five disadvantages of packaging foods.	
	1	
	2	
	3	
	4	
	5	[5

Section B

Answer all questions.

-000	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)	b) to destroy natural toxins in food; c) to make food more digestible; d) to make food more attractive; e) to provide variety in the diet.

[Total: 5]

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

[Total: 15]

6

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

(c)	Name four shellfish which could be used to vary the flavour and texture of the pie.	
	1	
	2	
	3	
	4	
(d)	Explain how flakiness is achieved in the pastry during making and baking.	[4]
		[4]
(e)	Suggest four 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.
	te.

Section C

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

9	(a)	Disc	cuss the	role th	nat lifes	tyle pl	ays i	n influenc	ing food o	choices.			[15]
OR													
	(b)	•						fruits in one home.	order to e	njoy the	em in the wir	nter. Di	iscuss other
		•	Explain methods		proced	ures	and	principles	involved	d when	preserving	fish	
													[15]
									•••••				•••••

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