

Cambridge International Examinations

Cambridge International General Certificate of Secondary Education

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		

FOOD AND NUTRITION

0648/12

Paper 1 Theory

October/November 2018

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

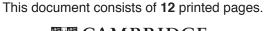
Answer all questions.

Section C

Answer either Question 12(a) or 12(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	Name two groups of people who have a greater need for protein in their diet.	
	1	
	2	
		[2]
		[Total: 2]
2	State three characteristics of an unsaturated fat.	
	1	
	2	
	3	
		[3]
		[Total: 3]
3	Give two functions of carbohydrates in the body.	
	1	
	2	
		[2]
		[Total: 2]

4	Bas	al metabolic rate (BMR) is the rate at which the body uses energy when at rest.
	lder	ntify and explain four factors which affect BMR.
	1	
	2	
	3	
	4	
		[4]
		[Total: 4]
5	Cal	cium helps with the formation of bones and teeth.
	(a)	Name three different good sources of calcium.
		1
		2
		3
	(b)	[3]
	(D)	Name two other nutrients which work with calcium in the formation of bones and teeth.
		1
		2[2]
	(c)	Name a deficiency disease associated with a lack of calcium.
		[1]
		[Total: 6]

6	(a)	Nar	me three different foods from animals which provide a good supply of B gro	oup vitamins.
		1		
		2		
		3		[3]
	(b)	Sta	te two functions of B group vitamins.	
		1		
		2		[2]
	(c)	Giv	re two health problems caused by a deficiency of nicotinic acid.	[2]
		1		
		2		
				[2]
				[Total: 7]
7	(a)	Sta	te the role of enzymes in the digestive system.	
				[1]
	(b)	(i)	Name the enzymes found in gastric juice.	
			1	
			2	
				[2]
		(ii)	Name the nutrient which the enzymes found in gastric juice act upon.	
				[1]
				[Total: 4]

8

The	most common result of overnutrition is obesity.
(a)	Name four health issues which can result from obesity.
	1
	2
	3
	4
	[4]
(b)	Eating food that is high in fat contributes to obesity.
	Suggest eight ways to adapt meals to reduce the amount of fat that they contain.
	1
	2
	3
	4
	5
	6
	7
	8
	[8]

[Total: 12]

Section B

Answer all questions.

9	(a)	Give four reasons why some meat can be tough.
		1
		2
		3
		4[4]
	(b)	Tough meat can be tenderised before cooking. Give four methods of tenderising tough meat.
	(-)	1
		2
		3
		4
		[4]
	(c)	Suggest two methods of cooking tough meat.
		1
		2[2]
	(d)	State four changes that happen to beef during cooking.
		1
		2
		3
		4
	(e)	[4] Meat is a highly perishable food product. Give three guidelines that should be followed when storing fresh meat.
		1
		2
		3[3]

(f)	State five	reasons why	some neonl	e choose	not to ea	at meat
\! <i>!</i>	State IIVE	TEASONS WITY		C 011003C		ai iii c ai.

1	
2	
3	
1	
4	
5	
_	F

[Total: 22]

10	The following	ingredients can	be used to m	nake a batch	of small	cakes:

100 g self-raising flour 100 g margarine 100 g caster sugar 2 eggs

		55	
(a)	Describe how to	make the cake mixture using the creaming method.	
			[6]
			[ວ]
(b)	Margarine and	eggs add flavour to small cakes.	
	Complete the ta	ble to give two other functions of margarine, and two other differe	nt functions
	of eggs.		
	ingredient	function	
		1 adds flavour	
	margarine	2	
	marganno		
		3	
		1 adds flavour	
	egg	2	
		3	
			[4]
(c)	Name two diffe	rent ways of decorating the finished small cakes.	
(0)	Name (WO dille	rent ways of decorating the infished small cakes.	
	1		
	2		
			[2]

	(d)	Dur	ring baking caramelisation and dextrinisation occur.	
		(i)	Name the ingredient in the cakes which causes caramelisation.	
				[1]
		(ii)	State the effect of dextrinisation.	
				[1]
	(e)	Giv	e three reasons why paper cases are useful when making small cakes.	
		1 .		
		2 .		
		3 .		
				[3]
44	O is			[Total: 16]
11			ven well-explained points to consider when choosing kitchen flooring.	
	3 .			
	7 .			
	5			
	Ο.			
	6			
	Ο.			
	7			
	, .			
				[7]
				[Total: 7]

Section C

Answer either Question 12(a) or 12(b).

12	(a)	Nutritional needs are one factor to consider when planning meals.
		Identify and discuss other factors to consider when planning meals for a pre-school child. [15]
OR		
	(b)	There are many ways to slow down the process of food spoilage and improve the keeping qualities of food.
		Discuss different processes where the use of a high temperature is the main factor preventing food spoilage. [15]

[Total: 15]

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