

### **Cambridge International Examinations**

Cambridge International General Certificate of Secondary Education

NAME	
CENTRE NUMBER CANDIDATE NUMBER	

73978716

**FOOD AND NUTRITION** 

0648/11

Paper 1 Theory May/June 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 11(a) or 11(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		Give <b>one</b> reason why energy input and energy output should be the same for a person with a healthy body weight.		
			[1]	
			[Total: 1]	
2	(a)	List <b>three</b> functions of protein in the body.		
		1		
		2		
		3		
			[3]	
	(b)	Name <b>one</b> disease caused by a protein deficiency.		
			[1]	
			[Total: 4]	
3	Nar	me a <b>different</b> mineral or vitamin which helps with each of the following functions:		
	(a)	healing wounds;	[1]	
	(b)	formation of red blood cells;	[1]	
	(c)	blood clotting;	[1]	
	(d)	prevention of goitre;	[1]	
	(e)	maintenance of healthy bones;	[1]	
	(f)	prevention of megaloblastic anaemia;	[1]	
	(g)	protection of teeth against dental decay;	[1]	
	(h)	night vision.	[1]	
			[Total: 8]	

4	Des	scribe the structure and function of the ileum.	
			[4]
			[Total: 4]
5	Nut	tritionists may advise eating a diet that is low in salt.	
	(a)	Name a health risk that could result from having too much salt in the diet.	
			[1]
	(b)	Name three herbs which could be used to flavour food instead of salt.	
		1	
		2	
		3	
			[3]
			[Total: 4]

6

Stir-frying is a popular method of cooking.		
(a)	Give four benefits of stir-frying.	
	1	
	2	
	3	
	4	
		[4
(b)	Give four rules to follow to avoid accidents when stir-frying.	
	1	
	2	
	3	
	4	
		[4

[Total: 8]

7

Sug	Sugary foods are enjoyed by many people but may cause tooth decay.		
(a)	Explain how sugar causes too	oth decay.	
		[4]	
(b)	Sugar has many different us example of each different use	es in food. Complete the table naming a food or drink as an of sugar.	
	use of sugar	example	
į	ncreasing the energy value	drinks for athletes	
	confectionery		
	aerating		
	sweetening		
	preservation		
	decoration		
	glazing		
	improving colour		
		[7]	

[Total: 11]

## Section B

# Answer all questions.

8 "	'It is	s important that children eat a healthy breakfast."
(	(a)	Suggest <b>four</b> reasons for this statement.
		1
		2
		3
		4[4]
(	(b)	The picture of scrambled egg on toast, a popular breakfast meal, shows examples of coagulation and dextrinisation.
		Explain these terms.
		(i) coagulation
		[2]
		(ii) dextrinisation

	(iii)	Name <b>one</b> vitamin which is <b>not</b> present in the meal.				
				[1]		
	(iv)		ods which could be added to the meal to provide the vit			
		1	2			
		3	4	 [2]		
	(v)	State why a person	with coeliac disease should <b>not</b> eat the scrambled egg	on toast.		
				[1]		
(c)	Egg	s have many function	ns in cooking.			
	Con	nplete the table nami	ng a <b>different</b> dish for each function of eggs.			
fu	nctior	n of eggs in cooking	name of dish			
		aeration	Swiss roll			
	E	emulsification				
		glazing				
		binding				
		coating				
		garnishing				
				[5]		
(d)	Give	e <b>four</b> guidelines, with	h reasons, for storing eggs.			
	guio	leline 1				
	reas	son				
	guio	leline 2				
	reas	son				
	guio	leline 3				
	reas	son				
	guio	deline 4				
	reas	son				
				[8]		

**9** The following ingredients can be used to make a white sauce:

25 g cornflour 25 g sugar 500 ml milk

(a)	Describe the stages used to make a blended sauce using these ingredients.	
		[4]
(b)	Describe the process that causes the sauce to thicken.	
		I
		[¬-]

[Total: 8]

10	(a)	List <b>three</b> conditions necessary for the growth of microorganisms.
		1
		2
		3
		[3]
	(b)	Suggest <b>five</b> rules for personal hygiene to help prevent the transfer of food-poisoning bacteria.
		1
		2
		3
		4
		5
		[5]
	(c)	Give advice for disposing of kitchen waste.
		[4]
		[Total: 12]

## **Section C**

Answer either Question 11(a) or 11(b).

11	(a)	Discuss reasons why convenience foods are advantageous for a modern family. [15]
OR		
	(b) •	Discuss factors which need to be considered to minimise the risk of the following dietary related disorders in the elderly: obesity osteoporosis [15]


[Total: 15]

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