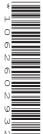


Cambridge International Examinations

Cambridge International General Certificate of Secondary Education

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		



FOOD AND NUTRITION

0648/11

Paper 1 Theory

October/November 2016

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	(a)	Name two elements from which fats and oils are formed.	
		1 2	[1]
	(b)	Name two vitamins that are found in fatty food.	
		1	
		2	[2]
	(c)	State two differences between saturated fat and polyunsaturated fat.	
		1	
		2	
			[2]
	(d)	Name four examples of polyunsaturated fat.	
		1 2	
		3 4	[2]
	(e)	Current dietary advice is to reduce the amount of saturated fat in the diet.	
		Suggest five ways of following this advice.	
		1	
		2	
		3	
		4	
		5	[5]

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(f)	One use of butter is for spreading on bread.	
	Suggest five other uses of fats and oils in cooking. Name an appropriate fat or oil in eacase.	ach
	use 1	
	fat or oil	
	use 2	
	fat or oil	
	use 3	
	fat or oil	
	use 4	
	fat or oil	
	use 5	
	fat or oil	
(g)	Describe the effects of heat on butter.	[5]
		[3]
(h)	Describe the roles of bile and lipase in the digestion of fat:	
	(i) bile;	
		[1]
	(ii) lipase.	
		[2]
	[Total:	231

2	(a)	Name two sources of vitamin B ₁ (thiamin).	
		1 2	[1]
	(b)	List three symptoms of a deficiency of vitamin B ₂ (riboflavin).	
		1	
		2	
		3	
			[3]
	(c)	State two functions of vitamin B ₁₂ (cobalamin).	
		1	
		2	[2]
			رے [Total: 6]
			[lotal. o]
3	(a)	Explain the function of iodine in a balanced diet.	
			[1]
	(b)	Name the deficiency disease associated with a lack of iodine.	
	` ,		[1]
	(c)	Name two sources of iodine.	
	(0)	1 2	
		Ι ∠	[1]
			[Total: 3]

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(a)	Non-starch polysaccharide (NSP)/dietary fibre is essential for a healthy diet.
	Name four good sources of NSP.
	1 2
	3 4
	[2]
(b)	Outline problems associated with a lack of NSP in the diet.
	[6]
	[Total: 8]

Section B

Answer all questions.

5	(a)	Milk can be processed to extend its shelf life.
		Give five other reasons for preserving food.
		1
		2
		3
		4
		5[5]
	(b)	Name one method of pasteurising milk.
		[1]
	(c)	Describe the process of manufacturing condensed milk.
		[3]
	(d)	Give advice, with reasons, on the storage of fresh milk in the home.
		[4]

C	The following	ingradianta con	ha wood to	maka ahaasa	000000
U	THE IOHOWING	ingredients can	טב עסבע נט	make cheese	500He5.

250 g self-raising flour 50 g butter 50 g cheese 125 ml milk

(a)	Name the method which could be used to make the scones.
(b)	The scones are cooked using conduction and convection.
	Explain the term convection.
	[3]
(c)	Describe what happens to cheese when it is cooked.
	[2]
(d)	Self-raising flour contains starch.
	Describe the effect of dry heat on starch.
	[2]
	[Total: 8]

7 (a) Air can be introduced into dishes in many ways. Complete the table below. An example has been given for you.

method of introducing air	dish
whisking egg white	meringue

		[4]
(b)	Name a dish which uses steam (water vapour) to make it rise.	
		[1]
(c)	Bread rises due to the action of yeast.	
	Name two conditions required by yeast for it to reproduce (bud).	
	1	
	2	[2]
(al\	Forms outstiers account in level of making. Names they are a much read	[~]
(a)	Fermentation occurs in bread making. Name the gas produced.	F4.1
		נון
(e)	State what happens to the yeast if:	
	(i) boiling water is used to make the dough;	
		[1]
	(ii) the dough is put into a freezer.	
		[1]
(f)	Suggest, with reasons, two suitable types of flour for making bread.	
	1	
	2	
		••••
		 [2]

[Total: 12]

Disc	Discuss, with reasons, factors to consider:							
(a)	to ensure good kitchen hygiene;							
	[4							
(b)	when choosing kitchen flooring;							
(0)	when sheeping kitchen page							
(0)	when choosing kitchen pans.							
	ΓΔ							

Section C

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

9	(a)	lder	ntify and discuss specific dietary needs during pregnancy. [1	5]
OR				
	(b)	Disc	cuss the advantages and disadvantages of each of the following methods of cooking:	
		(i)	steaming;	
		(ii)	frying. [1	
				•••
				•••
				•••
				•••

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[Total:15]

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