

Cambridge IGCSE[™]

CANDIDATE NAME					
CENTRE NUMBER			CANDIDATE NUMBER		

FOOD & NUTRITION 0648/11

Paper 1 Theory May/June 2022

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.

Section A

Answer all questions.

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

B-gr	roup vitamins are important for good health.	
(a)	Name three different plant sources of vitamin B ₁ (thiamin).	
	1	
	2	
	3	[3]
(b)	A deficiency of vitamin B ₃ (nicotinic acid) can lead to pellagra.	
	Identify one symptom of pellagra.	
		[1]
(c)	State two functions of vitamin B ₁₂ (cobalamin) in the body.	
	1	
	2	[2]
	lTot	al: 6]

Fat	Fats are used to provide the body with a source of energy.						
(a)	a) Give one example of how the body uses each of the following types of energy:						
	(i) mechanical energy						
			[1]				
	(ii)	chemical energy					
	()		[1]				
	/:::\						
	(iii)	electrical energy.	F.4.1				
			[1]				
(b)	Sta	te four health reasons to reduce the intake of saturated fat.					
	1						
	2						
	3						
	4						
			[4]				
(c)	Sug	ggest five ways that the intake of saturated fat could be reduced in meals.					
	1						
	2						
	3						
	4						
	5						
			[5]				
(d)	(i)	Name the part of the digestive system where fats are digested.					
			[1]				
	(ii)	Name the end-products of fat digestion.					
		1					
		2					
			[2]				
			[Total: 15]				

[Turn over

3

4	Che	eese contains calcium.				
	(a)	Name one disease in children caused by a deficiency of calcium.				
		[1]				
	(b)	Name one disease in adults caused by a deficiency of calcium.				
		[1]				
	(c)	State why someone with high blood pressure should reduce the amount of cheese in their diet.				
		[1]				
		[Total: 3]				
5	Egg	s are a high-risk food.				
	(a)	State three reasons why eggs are a high-risk food.				
		1				
		2				
		3				
	(b)	[3] Name four other different high-risk foods.				
		1				
		2				
		3				
		4				
		[4]				

[Total: 7]

6

Identify and explain eight nutritional requirements for a 25-year-old female athlete.	
1	
2	
3	
4	
5	
6	
7	
8	
[1	

Section B

Answer all questions.

7 A recipe for a pizza base uses the following ingredients:

strong plain white flour salt sugar yeast hand-hot water oil

(a)	State three reasons why using strong plain flour is important when making the pizza base.
	1
	2
	3[3
(b)	To increase the non-starch polysaccharide (NSP) / dietary fibre content of the pizza base wholemeal flour could be used.
	Name three different ingredients which could be added to the pizza base to increase NSP.
	1
	2
	3
	[3
(c)	State two functions of the salt in the pizza base recipe.
	1
	2[2
(d)	Name the gas produced by the yeast.
	[1

	(e)	Suggest five reasons why the baked pizza base may not have risen.
		1
		2
		3
		4
		5
		[5]
		[Total: 14]
8	Des	scribe first-aid treatment for a scald to the hand.
		[3]

A slow cooker is a useful piece of kitchen equipment for cooking tough cuts of beef.

9

(a)	State five other advantages of using a slow cooker.
	1
	2
	3
	4
	5
	[5]
(b)	State five reasons why some cuts of beef may be tough.
	1
	2
	3
	4
	5
	[5]
(c)	Describe four changes which take place when a tough cut of beef is cooked in a slow cooker.
	1
	2
	3
	4
	[4]
(d)	State why a recipe for a vegetable casserole advises dried kidney beans should not be used in a slow cooker.
	[1]
(e)	State three steps to follow to make dried kidney beans safe to use in the vegetable casserole.
(6)	
	1
	2
	3[3]
	[Total: 18]

10 The following ingredients can be used to make a thin (pouring) batter:

100 g plain flour ½ tsp salt 250 ml milk 1 egg

(a)	Describe how to make the batter mixture.
	[5
(b)	Explain what happens to the batter mixture when it is being cooked.
	[3
(c)	Name two dishes that can be made from the thin batter.
	1
	2
	[2

Section C

Answer either Question 11 or 12.

- It is important that protein is included in the diet of a two-year-old child.
 - Discuss the importance of high biological value (HBV) protein in the diet of a two-year-old child.
 - Describe the possible consequences to their health if protein intake is too low.
 - Discuss ways to ensure that HBV foods are safe for a two-year-old child to eat.

[15]

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OR	
12	It is important to plan meals that suit the nutritional needs of individuals. Discuss aspects, other than nutrition, that should be considered when planning and cooking family meals. [15]

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