Cambridge Assessment International Education

Cambridge IGCSE™

CANDIDATE NAME									
CENTRE NUMBER						CANDIDATE NUMBER			

9204972016

FOOD & NUTRITION **0648/12**

Paper 1 Theory **May/June 2020**

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. Blank pages are indicated.

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Section A

Answer **all** questions.

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

1 **(a)** Name the term used to describe an incorrect intake of nutrients.

..... [1]

(b) State what is meant by *energy balance*.

..... [1]

(c) Office workers are generally less active so need less energy-giving foods.
State **three** other factors which affect the need for energy-giving foods.

1 .....

2 .....

3 .....
[3]

(d) Protein can provide the body with energy.
Name **two** other groups of nutrients which provide the body with energy.

1 .....

2 .....
[2]

(e) Name **one** vitamin which helps to release energy from nutrients.

..... [1]

[Total: 8]

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2 **(a)** Name **three** elements which combine to form protein.

1 .....

2 .....

3 .....
[3]

(b) Milk and meat are animal sources of protein.
Name **two** other different animal sources of protein.

1 .....

2 .....
[2]

(c) **(i)** Name the enzyme which clots milk during digestion.

..... [1]

(ii) Describe the action of erepsin during the digestion of milk.

.....

.....

..... [2]

[Total: 8]

3 Nutritional advice is to drink at least 2 litres of water each day.

(a) Name the condition which results from a deficiency of water.

..... [1]

(b) State **three** symptoms caused by a deficiency of water.

1 .....

2 .....

3 .....
[3]

(c) Name **two** groups of people who may need to drink more water than nutritionists advise.

1 .....

2 .....
[2]

[Total: 6]

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4 **(a)** State **three** functions of sodium chloride (salt) in the body.

1 .....

2 .....

3 .....
[3]

(b) Nutritional tools advise people to reduce their intake of salt.

(i) State the guideline amount for daily salt intake.

..... [1]

(ii) Identify **three** health issues linked to a high amount of salt in the diet.

1 .....

2 .....

3 .....
[3]

(iii) Suggest **three** different ways to reduce salt intake when choosing ingredients for family meals.

1 .....

2 .....

3 .....
[3]

(iv) Suggest **three** different ways to reduce salt intake when cooking family meals.

1 .....

2 .....

3 .....
[3]

[Total: 13]

5 Discuss the importance of calcium when planning meals for a child.

.....

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.....

..... [5]

Section B

Answer **all** questions.

6 A basic recipe for shortcrust pastry uses 200 g of plain flour.

(a) State the proportion of fat required to make the pastry.

..... [1]

(b) Give **two** benefits of using butter to make the pastry.

1 .....

2 .....
[2]

(c) Name the method used to make shortcrust pastry.

..... [1]

(d) Name **three** different savoury dishes which could be made using shortcrust pastry.

1 .....

2 .....

3 .....
[3]

(e) State **four** reasons why pastry may be hard and tough.

1 .....

2 .....

3 .....

4 .....
[4]

[Total: 11]

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7 Meat is a source of protein for many people.

(a) State **three** other different nutrients found in red meat.

1 .....

2 .....

3 .....

[3]

(b) Current nutritional advice is to reduce the intake of red meat.
Identify and explain the reasons for this advice.

.....

.....

.....

.....

.....

.....

.....

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.....

.....

..... [5]

(c) Suggest **three** different ways protein can be provided for people who do not eat any animal products.

1 .....

2 .....

3 .....

[3]

(d) Moist methods of cooking such as stewing can help tenderise tough cuts of meat.

(i) List **three** other moist methods of cooking meat.

1 .....

2 .....

3 .....

[3]

(ii) Describe the changes which take place when tough meat is stewed.

.....

.....

.....

.....

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.....

.....

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..... [5]

[Total: 19]

8 **(a)** State **four** reasons why ceramic tiles are a suitable floor covering for a family kitchen.

1 .....

2 .....

3 .....

4 .....

[4]

(b) Name **one** other type of floor covering which is suitable for a family kitchen.

..... [1]

[Total: 5]

9 State, with a reason, **five** rules to prevent food poisoning when using a refrigerator.

rule 1 .....

reason .....

rule 2 .....

reason .....

rule 3 .....

reason .....

rule 4 .....

reason .....

rule 5 .....

reason .....

[10]

Section C

Answer **either** Question 10 **or** 11.

10 Give advice, with reasons, on the choice of nutrients and diet for a person who plays a lot of sport. [15]

OR

11 Evaluate the importance of fruit when planning family meals. [15]

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