Cambridge Assessment International Education

Cambridge IGCSE™

CANDIDATE NAME									
CENTRE NUMBER						CANDIDATE NUMBER			

3538155282

FOOD & NUTRITION **0648/13**

Paper 1 Theory **May/June 2023**

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.

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Section A

Answer **all** questions.

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

1 Define the term *malnutrition*.

..... [1]

2 All B-group vitamins are water-soluble.

Name **two** B-group vitamins.

1 .....

2 .....
[2]

3 Complete the following sentences:

(a) The body needs iron to produce ..... in red blood cells. [1]

(b) The red blood cells help carry ..... around the body to muscles. [1]

(c) A deficiency of iron can lead to the medical condition ..... . [1]

[Total: 3]

4 Give **one** example of a process carried out by the body that uses electrical energy.

..... [1]

5 State the role of the mouth in digestion.

..... [1]

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6 **(a)** State **three** functions of potassium in the body.

1 .....

2 .....

3 .....
[3]

(b) List **three** different good sources of potassium.

1 .....

2 .....

3 .....
[3]

[Total: 6]

7 **(a)** Name the vitamin that helps prevent night blindness.

..... [1]

(b) Name **three** different plant sources of the vitamin named in **(a)**.

1 .....

2 .....

3 .....
[3]

[Total: 4]

8 **(a)** State **four** reasons why proteins are essential to life.

1 .....

2 .....

3 .....

4 .....

[4]

(b) Name the enzyme in gastric juice that starts the digestion of proteins in meat.

..... [1]

(c) Describe **three** effects of dry heat on the proteins in meat.

1 .....

2 .....

3 .....

[3]

[Total: 8]

9 **(a)** Name the type of fat that contains **only** one double bond.

..... [1]

(b) Name **one** food that is a good source of the type of fat in **(a)**.

..... [1]

[Total: 2]

10 Eating too much sugar increases the risk of tooth decay, obesity and type 2 diabetes.

Identify **three** different health problems that could be caused by each of obesity and type 2 diabetes.

(a) obesity

1 .....

2 .....

3 .....

[3]

(b) type 2 diabetes

1 .....

2 .....

3 .....

[3]

[Total: 6]

11 It is important to plan nutritionally well-balanced meals.

Explain **six** points, other than nutrition, to consider when planning and preparing a packed lunch.

1 .....

.....

2 .....

.....

3 .....

.....

4 .....

.....

5 .....

.....

6 .....

.....

[6]

Section B

Answer **all** questions.

12 A recipe for a batter includes the following ingredients.

egg
milk
plain flour
salt

(a) Name **two** ingredients in the recipe that contain high biological value (HBV) protein.

1 .....

2 .....
[2]

(b) State the main raising agent in a batter.

..... [1]

(c) Batter can be used to coat fish before deep-fat frying.

Name **three** different ingredients that could be used with egg to make a coating to be used when frying food.

1 .....

2 .....

3 .....
[3]

(d) State **five** functions of the batter when frying fish.

1 .....

2 .....

3 .....

4 .....

5 .....
[5]

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(e) Attractive presentation of food helps to stimulate appetite.

Name **three** different garnishes suitable for serving with fried fish in batter.

1 .....

2 .....

3 .....

[3]

(f) Many people use an electric deep-fat fryer.

State, with reasons, **four** safety points to consider when buying an electric deep-fat fryer.

1 .....

.....

2 .....

.....

3 .....

.....

4 .....

.....

[8]

[Total: 22]

13 Drying is one method of treating cow's milk to prevent souring.

(a) Name **two** other methods of treating cow's milk to prevent souring.

1 .....

2 .....
[2]

(b) State **four** guidelines for the storage of fresh cow's milk in the home.

1 .....

2 .....

3 .....

4 .....
[4]

(c) Some people have an intolerance to the lactose in cow's milk.

Suggest **three** alternative milk products suitable for someone who is lactose intolerant.

1 .....

2 .....

3 .....
[3]

[Total: 9]

14 Manufacturers often use preservatives in their products.

(a) Explain **four** ways the consumer benefits from the addition of preservatives.

1 .....

2 .....

3 .....

4 .....
[4]

(b) Name **two** ingredients that may be used to preserve food in the home.

1 .....

2 .....
[2]

[Total: 6]

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15 Budget and type of material are two factors to consider when choosing kitchen work surfaces.

(a) State **five** other factors to consider when choosing kitchen work surfaces.

1 .....

2 .....

3 .....

4 .....

5 .....

[5]

(b) Name **three** types of materials that could be used for kitchen work surfaces.

1 .....

2 .....

3 .....

[3]

[Total: 8]

Section C

Answer **either** Question 16 **or** 17.

16 Meat and poultry are often eaten as part of a balanced diet.
- Discuss nutritional benefits of including meat and poultry in the diet.
- Discuss, with examples, reasons for cooking meat and poultry.

[15]

OR

17 Discuss reasons why convenience foods are popular with some families. [15]

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[Turn over

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