UNIVERSITY OF CAMBRIDGE INTERNATIONAL EX
International General Certificate of Secondary Educati

CANDIDATE
NAME

CENTRE
NUMBER

CAN
NUMBER

1107399741

FOOD AND NUTRITION **0648/11**

Paper 1 Theory **October/November 2013**

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 a soft pencil for any diagrams or graphs.
Do not use staples, paper clips, highlighters, 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 8(a) **or** 8(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.

This document consists of **12** printed pages.

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Section A

Answer **all** questions.

1 **(a)** Name the elements which combine to form fat.

1 ..... 2 .....

3 .....

(b) Fats can be classified as monounsaturated, polyunsaturated and saturated.

(i) Define the term *monounsaturated fat*.

.....

..... [2]

(ii) Define the term *polyunsaturated fat*.

.....

..... [2]

(iii) Define the term *saturated fat*.

.....

..... [2]

(c) State **three** health problems associated with a diet that is high in saturated fat.

1 .....

2 .....

3 ..... [3]

(d) Before fat can be digested it must be emulsified.
Give the name of the substance that emulsifies fat.

..... [1]

(e) Complete the equation below to show the end products of fat digested by lipase.

Fat + lipase $\xrightarrow{\text{digestion}}$ ..... + ... [2]

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(f) Absorption of the end products of fat digestion takes place i the ileum wall.

(i) Give the name of these finger-like projections in the ileu

.....

(ii) The finger-like projections have many blood capillaries a A lacteal is part of a system. Give the name of this syste

.....

2 **(a)** Give **two** functions of vitamin A.

1 .....

2 ..... [2]

(b) List **two** sources of vitamin A.

1 .....

2 ..... [2]

(c) Name a deficiency disease associated with a lack of vitamin A.

..... [1]

(d) Name **two other** deficiency diseases **and**, in each case, identify the nutrient which is in poor supply.

deficiency disease 1 .....

poor supply of .....

deficiency disease 2 .....

poor supply of .....

[4]

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3 **(a)** Describe the problems which could result from excess sugar

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..... [3]

(b) Describe how the body deals with excess protein.

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..... [3]

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4 **(a)** It is recommended that **five** portions of fruit and vegetables s
Suggest ways of encouraging children to eat fruit and vegeta

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..... [4]

(b) Discuss the importance of soya in a vegan / strict vegetarian diet.

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..... [4]

[Section A Total: 40]

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Section B

Answer **all** questions.

5 Write an informative paragraph on each of the following:

(a) safety when frying;

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..... [5]

(b) personal hygiene in the kitchen;

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(c) advantages and disadvantages of small electrical kitchen eq

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..... [5]

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6 **(a)** All meals should be well balanced.

List **three** other points to consider when planning meals illustrate each point.

point 1 .....

example .....

point 2 .....

example .....

point 3 .....

example ..... [6]

(b) Explain the nutritional points to consider when planning meals for teenage **girls**.

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..... [4]

(c) Discuss ways of saving fuel when cooking meals.

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..... [5]

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7 **(a)** Name **three** nutrients in eggs and give **one** function of each

nutrient 1 .....

function .....

nutrient 2 .....

function .....

nutrient 3 .....

function ..... [6]

(b) Give advice on the storage of eggs.

.....

.....

.....

.....

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..... [3]

(c) Identify **two** different uses of eggs and give **one** example to illustrate each use.

use 1 .....

example .....

use 2 .....

example ..... [4]

(d) State **two** changes which take place when an egg is boiled.

1 .....

.....

2 .....

..... [2]

[Section B Total: 45]

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Section C

Answer **either** 8(a) **or** 8(b).

Either

8 (a) Most accidents in the home occur in the kitchen. Discuss re prevention.

Or

8 (b) The kitchen should be a well-planned area in which to work.

Discuss:

(i) different ways of arranging the cooking area;

(ii) the choice of kitchen surfaces. [15]

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[Section C Total: 15]

[Total for Paper: 100]

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