UNIVERSITY OF CAMBRIDGE INTERNATIONAL EX
International General Certificate of Secondary Educati

CANDIDATE
NAME

CENTRE
NUMBER

CAN
NUMBER

2176903095

FOOD AND NUTRITION **0648/12**

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 ink.
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 10(a) **or** 10(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 **15** printed pages and **1** blank page.

DC (SJW) 80962
© UCLES 2013

Section A

Answer **all** questions.

1 Define the following terms:

(a) *balanced diet*;

.....

..... [1]

(b) *malnutrition*.

.....

..... [1]

2 Sugars and starches are examples of carbohydrates.

(a) Sugars are found in the form of monosaccharides or disaccharides.

(i) Name **one** example of a monosaccharide.

..... [1]

(ii) Name **one** example of a disaccharide.

..... [1]

(b) Starch is an example of a polysaccharide and is found in many foods.

Describe the digestion of starch in:

(i) the duodenum;

.....

.....

.....

.....

.....

..... [3]

© UCLES 2013

(ii) the ileum.

.....

.....

.....

.....

.....

..... [3]

(c) Explain how the end products of the digestion of starch are used to release energy.

.....

.....

.....

.....

.....

..... [3]

© UCLES 2013

3 Fat is a concentrated source of energy.

(a) State **four** other functions of fat.

1 .....

2 .....

3 .....

4 .....

(b) Discuss reasons for the advice to reduce the amount of fat in the diet.

.....

.....

.....

.....

.....

.....

.....

..... [4]

(c) Suggest **two** ways to reduce the amount of fat in the diet.

1 .....

2 ..... [2]

© UCLES 2013

4 **(a)** Discuss the importance of Non Starch Polysaccharides (NSP

.....

.....

.....

.....

.....

..... [3]

(b) Name **two** good sources of NSP.

1 .....

2 ..... [2]

5 **(a)** List **three** functions of salt (sodium chloride/NaC*l*) in the body.

1 .....

2 .....

3 ..... [3]

(b) Name **one** food which contains a high amount of salt.

..... [1]

(c) Current nutritional advice is to limit salt intake to 6 g per day.
Explain the problems which could occur if the diet contains a high level of salt.

.....

.....

.....

..... [2]

© UCLES 2013

6 Discuss points to consider when planning and serving meals for t

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [6]

[Section A Total: 40]

© UCLES 2013

Section B

Answer **all** questions.

7 Write an informative paragraph on each of the following:

(a) saving time when preparing and cooking food;

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [5]

(b) saving money when choosing food;

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [5]

© UCLES 2013

(c) the changes which take place when a loaf of bread is baked.

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [5]

© UCLES 2013

8 **(a)** Name and explain **three** types of vegetarian diet.

type 1 .....

explanation .....

.....

type 2 .....

explanation .....

.....

type 3 .....

explanation .....

..... [3]

(b) Discuss reasons for following a vegetarian diet.

.....

.....

.....

.....

.....

.....

.....

..... [4]

(c) Explain ways of ensuring that a vegetarian diet has sufficient High Biological Value (HBV) protein.

.....

.....

.....

.....

.....

.....

.....

..... [4]

© UCLES 2013

(d) Discuss problems, other than insufficient HBV protein, w following a vegetarian diet.

.....

.....

.....

.....

.....

.....

.....

..... [4]

© UCLES 2013

9 **(a)** List **two** causes of food spoilage.

1 .....

2 .....

(b) State **two** conditions which favour food spoilage.

1 .....

2 .....

(c) Explain the principles of the following methods of preserving food:

(i) freezing;

.....

.....

.....

.....

(ii) drying.

.....

.....

.....

..... [4]

(d) Food contamination must be prevented when preparing and cooking food.
Discuss this statement under the following headings:

(i) personal hygiene;

.....

.....

.....

.....

.....

..... [3]

© UCLES 2013

(ii) kitchen hygiene.

.....

.....

.....

.....

.....

.....

.....

..... [4]

[Section B Total: 45]

© UCLES 2013

Section C

Answer **either** 10(a) **or** 10(b).

Either

10 (a) Discuss the importance of vegetables in the diet and sugges
be used in the preparation of family meals.

Or

10 (b) Discuss the information which could be found on a food label and state why the information is important. [15]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

© UCLES 2013

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

© UCLES 2013

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

[Section C Total: 15]

[Total for Paper: 100]

© UCLES 2013

BLANK PAGE

Permission to reproduce items where third-party owned material protected by copyright is included has been sought and cleared where possible. Every reasonable effort has been made by the publisher (UCLES) to trace copyright holders, but if any items requiring clearance have unwittingly been included, the publisher will be pleased to make amends at the earliest possible opportunity.

University of Cambridge International Examinations is part of the Cambridge Assessment Group. Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.

© UCLES 2013