UNIVERSITY OF CAMBRIDGE INTERNATIONAL EX
International General Certificate of Secondary Educati

CANDIDATE
NAME

CENTRE
NUMBER

CAN
NUMBER

*1407823361*

**FOOD AND NUTRITION** **0648/13**

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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