Cambridge International Examinations
Cambridge International General Certificate of Second

CANDIDATE NAME

CENTRE NUMBER | | | | | |

CAN NUMBER

3930321611

FOOD AND NUTRITION **0648/12**

Paper 1 Theory **October/November 2014**

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 an HB pencil for any diagrams or graphs.
Do not use staples, paper clips, 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 9(a) **or** 9(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.

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Section A

Answer **all** questions.

1 Define the term *malnutrition*.

.....

.....

2 **(a)** Name the **three** vitamins in the vitamin B complex.

B1 .....

B2 .....

B3 ..... [3]

(b) Name **four** foods which provide a good supply of the vitamin B complex.

1 .....

2 .....

3 .....

4 ..... [2]

(c) State which vitamin would be lacking if you suffered from megaloblastic anaemia.

..... [1]

(d) Complete the following sentences.

Vitamin C is also known as ..... . It helps absorb

..... from food and helps protect against the deficiency disease

known as ..... . [3]

(e) Name **four** good sources of vitamin C.

1 .....

2 .....

3 .....

4 ..... [2]

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(f) Explain the effect of moist heat cooking methods on vitamin

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3 Write an informative paragraph on the importance of calcium in a

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..... [7]

4 For each of the following digestive enzymes state where they are found **and** what they do.

(a) amylase

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.....

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..... [4]

(b) lipase

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..... [3]

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(c) pepsin

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5 Discuss points to consider when planning a packed lunch for a m

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..... [9]

[Total: 40]

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Section B

Answer **all** questions.

6 **(a)** State **five** different types of vegetable **and** give an example o

1 .....

2 .....

3 .....

4 .....

5 ..... [5]

(b) Explain the importance of fresh vegetables in the diet.

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..... [5]

(c) Describe, with reasons, how peas are prepared for freezing.

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..... [4]

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(d) Explain the meaning of these symbols printed on the label of

(i) * .....

(ii) *** .....

(e) Give reasons why some people prefer to use frozen rather th

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..... [3]

7 Many people use electrical equipment when preparing and cooking food.

(a) With reasons, suggest advantages and disadvantages of using:

(i) a microwave .....

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..... [5]

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(ii) a food processor. .....

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..... [5]

(b) Give advice for the safe use of electrical equipment.

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..... [3]

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8 This is a recipe for scones.

200 g self raising flour
½ level teaspoon salt
50 g salted butter
50 g sugar
125 ml whole milk

(a) Name the method used to incorporate the fat into the flour.

.....

(b) Explain how:

(i) air is incorporated into the scones;

..... [1]

(ii) CO_2 is incorporated into the scones.

..... [1]

(c) Describe what changes take place when the scones are baked.

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..... [4]

(d) Explain how to adapt the recipe to suit someone with:

(i) high blood pressure ..... [1]

(ii) high cholesterol ..... [1]

(iii) diabetes ..... [1]

(iv) constipation ..... [1]

(e) Suggest **two** ways to vary the recipe to give a savoury product.

1 .....

2 ..... [2]

[Total: 45]

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Section C

Answer **either** Question 9(a) **or** 9(b).

Either

9 (a) Discuss some of the factors which influence food choices.

Or

9 (b) Explain the causes of food spoilage and describe good kitchen hygiene practices. [15]

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[Total: 15]

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