Cambridge Assessment International Education

Cambridge IGCSE™

CANDIDATE NAME									
CENTRE NUMBER						CANDIDATE NUMBER			

4598843233

FOOD & NUTRITION **0648/11**

Paper 1 Theory **October/November 2021**

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. Any blank pages are indicated.

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Section A

Answer **all** questions.

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

1 Correct proportions of fat and minerals should be included in a balanced diet.

Name **two** other groups of nutrients that should be included in a balanced diet.

1 .....

2 .....
[2]

2 **(a)** Name **two** elements in molecules of fats and oils.

1 .....

2 .....
[2]

(b) Triglycerides are a common type of fat.

Complete the equation to show the composition of a triglyceride molecule.

1 molecule of triglyceride = 1 molecule of ..... + 3 molecules of .....
[2]

(c) Give the term used to describe what happens to fat when it spoils due to over-exposure to air.

..... [1]

(d) State **four** functions of fat in the body.

1 .....

2 .....

3 .....

4 .....
[4]

(e) State **three** characteristics of a polyunsaturated fat.

1 .....

2 .....

3 .....
[3]

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(f) Name **four** different foods that contain saturated fat.

1 .....

2 .....

3 .....

4 .....

[4]

(g) Name **one** enzyme that breaks down fat during digestion.

..... [1]

[Total: 17]

3 **(a)** State **two** different functions of calcium in the body.

1 .....

2 .....

[2]

(b) Name **one** nutrient that helps calcium to be absorbed in the body.

..... [1]

(c) Name **two** diseases that may be caused by a lack of calcium.

1 .....

2 .....

[2]

[Total: 5]

4 The chemical name for salt is sodium chloride.

(a) State **one** function of chloride in the body.

..... [1]

(b) State **two** effects in the body if the diet is lacking in salt.

1 .....

2 .....

[2]

(c) State **two** results in the body if the diet has excess salt.

1 .....

2 .....
[2]

(d) State how salt prevents the growth of microorganisms when used in preserving food.

..... [1]

[Total: 6]

5 **(a)** Name **four** different iron-rich foods that are suitable for a vegetarian.

1 .....

2 .....

3 .....

4 .....
[4]

(b) Discuss reasons why iron-rich foods need to be included in the diet of adult women.

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..... [6]

[Total: 10]

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Section B

Answer **all** questions.

6 A basic recipe for making a blended custard sauce uses the following ingredients:

25 g custard powder
25 g sugar
500 ml full fat milk

(a) Give **three** reasons for continually stirring the sauce during cooking.

1 .....

2 .....

3 .....
[3]

(b) Explain how the sauce thickens during cooking.

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..... [4]

(c) Explain why a person who is lactose intolerant would not be able to eat this sauce.

.....

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..... [3]

(d) To save time many people buy ready-made custard sauce in a tin or carton.
Give **five** other reasons for using ready-made custard sauce.

1 .....

2 .....

3 .....

4 .....

5 .....
[5]

[Total: 15]

7 Bacteria can cause food poisoning.

(a) State **three** conditions that are needed for bacteria to multiply.

1 .....

2 .....

3 .....
[3]

(b) Identify **six** different personal hygiene practices to follow when cooking in order to prevent food poisoning.

1 .....

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2 .....

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3 .....

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4 .....

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5 .....

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6 .....

.....
[6]

[Total: 9]

8 Complete the table to show a **different** raising agent that can be used for each named dish.

dish	raising agent
fruit scone	
gingerbread	
Swiss roll	
bread roll	

[4]

9 **(a)** Give **two** reasons for evaluating the sensory properties of food products.

1 .....

2 .....

[2]

(b) Name **two** sensory properties of food that could be evaluated.

1 .....

2 .....

[2]

(c) Describe **three** rules that must be followed when evaluating the sensory properties of food products.

1 .....

2 .....

3 .....

[3]

[Total: 7]

10 A refrigerator is a piece of equipment found in most kitchens.

(a) Suggest **five** different points to consider when buying a new refrigerator for a family of four.

1 .....

.....

2 .....

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3 .....

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4 .....

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5 .....

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[5]

(b) Keeping food in a refrigerator delays spoilage of food.

List **five** points to follow when using the refrigerator to ensure food is kept safe to eat.

1 .....

.....

2 .....

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3 .....

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4 .....

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5 .....

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[5]

[Total: 10]

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Section C

Answer **either** Question 11 **or** 12.

11 Electrical equipment must be used safely in the kitchen in order to prevent accidents. Discuss, with examples, ways to prevent other causes of accidents in the kitchen.

[15]

OR

12 Some foods are cooked before being eaten.

Using examples, discuss:
- the reasons for cooking food
- roasting as a method of cooking different foods.

[15]

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