Cambridge Assessment International Education

Cambridge IGCSE™

CANDIDATE NAME									
CENTRE NUMBER						CANDIDATE NUMBER				

2234982972

FOOD & NUTRITION **0648/12**

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.

© UCLES 2021

Section A

Answer **all** questions.

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

1 Describe how to ensure a balanced diet is provided for all family members.

.....

.....

..... [2]

2 Protein is used to renew cells in the body as they wear out.

(a) State **three** other functions of protein in the body.

1 .....

2 .....

3 .....
[3]

(b) Complementation of protein ensures that all essential amino acids are eaten in one meal.

Give **four** different examples of protein complementation.

1 .....

2 .....

3 .....

4 .....
[4]

(c) Name **one** enzyme in the stomach that breaks down proteins.

..... [1]

(d) Name **one** enzyme in the duodenum that breaks down proteins.

..... [1]

(e) Name **one** enzyme in the ileum that breaks down proteins.

..... [1]

[Total: 10]

© UCLES 2021

3 Polysaccharides are also called complex carbohydrates.

(a) Describe the structure of polysaccharides.

.....

.....

..... [2]

(b) Cereals, such as wheat, are polysaccharides.

Name **three** other cereals.

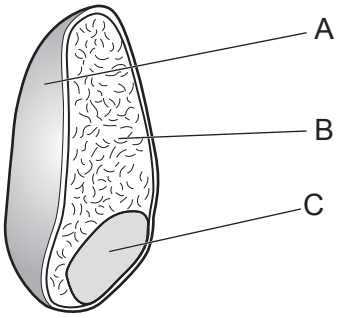
1 .....

2 .....

3 .....

[3]

(c) Name the parts of the wheat grain labelled A–C.



A .....

B .....

C .....

[3]

(d) Wheat can be processed to make flour.

Name a different type of wheat flour that could be used to make each of the following dishes:

(i) flaky pastry ..... [1]

(ii) fruit scones ..... [1]

(iii) bread rolls. ..... [1]

[Total: 11]

4 If children lack vitamin D they can suffer from rickets.

(a) State **one** symptom of rickets.

..... [1]

(b) State **three** different foods that are rich in vitamin D.

1 .....

2 .....

3 .....
[3]

(c) Name **two** other nutrients that work with vitamin D.

1 .....

2 .....
[2]

[Total: 6]

5 **(a)** State **five** different iron-rich foods that are suitable for a lacto-vegetarian.

1 .....

2 .....

3 .....

4 .....

5 .....
[5]

(b) Name **one** nutrient that is needed for the absorption of iron.

..... [1]

© UCLES 2021

(c) Explain why it is important that a pregnant woman has sufficient iron in her diet.

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [5]

[Total: 11]

Section B

Answer **all** questions.

6 The following ingredients can be used to make a basic coleslaw salad:

200 g white cabbage
1 large carrot
50 ml mayonnaise

(a) Cabbage is a leafy vegetable. Name **three** other leafy vegetables.

1 .....

2 .....

3 .....

[3]

(b) Suggest **four** points to consider when buying fresh carrots.

1 .....

2 .....

3 .....

4 .....

[4]

(c) The method for making the coleslaw states the cabbage should be finely shredded with a sharp knife.

State **five** safety rules to follow when using a sharp knife for shredding cabbage.

1 .....

.....

2 .....

.....

3 .....

.....

4 .....

.....

5 .....

.....

[5]

(d) Describe the first aid treatment for someone who has cut their finger.

.....

.....

.....

..... [3]

[Total: 15]

7 **(a)** Air is a natural raising agent used to lighten mixtures.

State **four** ways of incorporating air into a product before it is baked.

1 .....

2 .....

3 .....

4 .....

[4]

(b) Name **one** dish that uses water vapour to make it rise.

..... [1]

(c) Bread rises due to the action of yeast.

State **three** conditions that are needed in order for yeast to make bread rise.

1 .....

2 .....

3 .....

[3]

[Total: 8]

© UCLES 2021

8 Some people have a food allergy.

(a) Explain the term *food allergy*.

.....

..... [1]

(b) Suggest **four** points to consider when planning meals and shopping for someone with a food allergy.

1 .....

.....

2 .....

.....

3 .....

.....

4 .....

.....

[4]

[Total: 5]

9 Identify **six** advantages of steaming as a method of cooking.

1 .....

2 .....

3 .....

4 .....

5 .....

6 .....

[6]

© UCLES 2021

10 **(a)** Identify **three** factors to consider when choosing materials suitable for kitchen walls.

1 .....

2 .....

3 .....

[3]

(b) Name **three** types of materials that could be used for kitchen walls.

1 .....

2 .....

3 .....

[3]

[Total: 6]

11 State **five** guidelines to follow when disposing of kitchen waste.

1 .....

2 .....

3 .....

4 .....

5 .....

[5]

Section C

Answer **either** Question 12 **or** 13.

12 Discuss factors teenage girls should consider when planning healthy meals for themselves.

[15]

OR

13 Foods are preserved in different ways in the home or by manufacturers.

Using examples, discuss:
- reasons for preserving food in the home
- how to make healthy choices when selecting foods processed by a manufacturer.

[15]

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.

To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced online in the Cambridge Assessment International Education Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download at www.cambridgeinternational.org after the live examination series.

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