Cambridge Assessment International Education

Cambridge IGCSE™

CANDIDATE NAME									
CENTRE NUMBER						CANDIDATE NUMBER				

5358546106

FOOD & NUTRITION **0648/13**

Paper 1 Theory **October/November 2022**

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 **(a)** Define the term *diet*.

..... [1]

(b) Identify **one** food that is avoided in each of the following special diets:

(i) coeliac

..... [1]

(ii) lactose intolerant.

..... [1]

[Total: 3]

2 **(a)** Name **two** elements from which carbohydrate is formed.

1 .....

2 .....

[2]

(b) Starchy foods such as breakfast cereals contain carbohydrate.

Name **three** other different foods that contain starch.

1 .....

2 .....

3 .....

[3]

(c) Name the substance produced by the action of the enzyme amylase on carbohydrate.

..... [1]

(d) Name **two** other enzymes involved in the digestion of carbohydrate.

1 .....

2 .....

[2]

[Total: 8]

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3 Green leafy vegetables such as cabbage are a good source of vitamin C.

(a) State **three** effects on the body of vitamin C deficiency.

1 .....

2 .....

3 .....

[3]

(b) Name **four** other green leafy vegetables that are a good source of vitamin C.

1 .....

2 .....

3 .....

4 .....

[4]

(c) State and explain **four** guidelines to conserve vitamin C when preparing cabbage for cooking.

1 .....

.....

2 .....

.....

3 .....

.....

4 .....

.....

[4]

[Total: 11]

4 Vegetables are a good source of non-starch polysaccharide (NSP) / dietary fibre.

(a) State **five** health benefits for adults of eating a variety of foods rich in NSP.

1 .....

2 .....

3 .....

4 .....

5 .....

[5]

(b) Pulse vegetables include beans, lentils and peas.

Name **four** types of beans that could be added to a curry to increase NSP.

1 .....

2 .....

3 .....

4 .....

[4]

(c) State **three** effects on the body of eating too much NSP.

1 .....

2 .....

3 .....

[3]

[Total: 12]

5 The disease associated with a deficiency of iron is anaemia.

(a) State **four** effects of anaemia on the body.

1 .....

2 .....

3 .....

4 .....

[4]

(b) Explain why an anaemic person needs a daily supply of vitamin C.

.....

.....

..... [2]

[Total: 6]

Section B

Answer **all** questions.

6 The following ingredients can be used to make rough puff pastry.

200 g strong plain flour
150 g butter
1 tsp salt
2 tsp lemon juice
125 ml cold water

(a) (i) Give **two** reasons why strong plain flour is used to make rough puff pastry.

1 .....

2 .....
[2]

(ii) Give **two** reasons why butter is used to make rough puff pastry.

1 .....

2 .....
[2]

(iii) Give **one** reason why lemon juice is used to make rough puff pastry.

..... [1]

(b) Complete the instructions for making rough puff pastry.

1 sieve flour and salt

2 .....

3 .....

4 .....

5 .....

6 .....

7 .....
[6]

(c) When baked, the pastry does not rise well.

Identify and explain **three** reasons why rough puff pastry may not rise well.

reason 1 .....

explanation .....

reason 2 .....

explanation .....

reason 3 .....

explanation .....

[6]

(d) Suggest **five** reasons why some people use ready-made pastry rather than making their own.

1 .....

2 .....

3 .....

4 .....

5 .....

[5]

[Total: 22]

7 **(a)** State **four** reasons for using raising agents in cake mixtures.

1 .....

2 .....

3 .....

4 .....

[4]

(b) State **three** gases that can cause a cake mixture to rise when it is baked.

1 .....

2 .....

3 .....

[3]

(c) Name **one** ingredient that can be added to cake mixtures as a raising agent.

..... [1]

[Total: 8]

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8 Frying is a popular method of cooking fish.

(a) Name **three** different methods of frying that could be used to cook fish.

1 .....

2 .....

3 .....

[3]

(b) Name **one** method of heat transfer used when frying fish.

..... [1]

(c) Give **three** advantages of frying as a method of cooking fish.

1 .....

2 .....

3 .....

[3]

(d) Suggest **two** alternative methods of cooking a fillet of white fish for a convalescent.

1 .....

2 .....

[2]

[Total: 9]

9 State **six** guidelines, with reasons, for choosing kitchen knives.

1 .....

.....

2 .....

.....

3 .....

.....

4 .....

.....

5 .....

.....

6 .....

.....

[6]

Section C

Answer **either** Question 10 **or** 11.

10 Eggs are a very useful commodity to include in the preparation of meals.
Discuss:
- the nutritional benefits of including eggs in the diet
- guidelines that should be followed when buying **and** storing eggs.

[15]

OR

11 Milk is a very useful commodity to include in the preparation of meals.
Discuss:
- the nutritional benefits of including milk in the diet
- processing of milk by pasteurisation and the effect it has on the sensory quality of the milk
- processing of milk by ultra-heat treatment (UHT) and the effect it has on the sensory quality of the milk.

[15]

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