Cambridge Assessment International Education

Cambridge IGCSE™

CANDIDATE NAME									
CENTRE NUMBER						CANDIDATE NUMBER				

2334676836

FOOD & NUTRITION **0648/11**

Paper 1 Theory **October/November 2023**

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 *metabolism*.

..... [1]

(b) Name the mineral that helps control the rate of metabolism.

..... [1]

[Total: 2]

2 Water is an important part of a healthy diet.

(a) State approximately how much water an adult is advised to drink each day.

..... [1]

(b) State **two** different ways water is lost from the body.

1 .....

2 .....

[2]

(c) Name **four** different foods with a high water content.

1 .....

2 .....

3 .....

4 .....

[4]

[Total: 7]

3 One way to reduce salt intake is to replace salt with spices to flavour savoury food.

Name **three** different spices that could be used to flavour a curry sauce.

1 .....

2 .....

3 .....

[3]

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4 Potatoes are a source of starch.

(a) Name **four** other different food sources that provide starch in meals.

1 .....

2 .....

3 .....

4 .....

[4]

(b) Describe **four** effects of moist heat on the starch in potatoes.

1 .....

2 .....

3 .....

4 .....

[4]

[Total: 8]

5 Excess calorie intake causes obesity.

(a) Name **five** health issues that could be caused by obesity.

1 .....

2 .....

3 .....

4 .....

5 .....

[5]

(b) A diet that is high in saturated fat has been linked to obesity.

Name **three** different dairy foods that contain a high proportion of saturated fat.

1 .....

2 .....

3 .....

[3]

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(c) Name **two** different plant-based products that contain a high proportion of saturated fat.

1 .....

2 .....
[2]

[Total: 10]

6 **(a)** Name the basic building blocks of proteins.

..... [1]

(b) Name **four** different foods that are good sources of high biological value (HBV) protein.

1 .....

2 .....

3 .....

4 .....
[4]

(c) Name the enzyme in the stomach that helps digest proteins.

..... [1]

(d) Explain why some proteins have a higher biological value than others.

.....

.....

.....

.....

.....

.....

.....

..... [4]

[Total: 10]

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Section B

Answer **all** questions.

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

strong plain flour
butter
salt
lemon juice
cold water

(a) State the proportion of fat to flour for making rough puff pastry.

..... [1]

(b) State **two** reasons for each of the following instructions when making rough puff pastry.

(i) Sieve flour and salt.

1 .....

2 .....
[2]

(ii) Seal edges well after rolling and folding.

1 .....

2 .....
[2]

(iii) Relax pastry in the fridge after rolling and folding.

1 .....

2 .....
[2]

(iv) Keep pastry covered in the fridge.

1 .....

2 .....
[2]

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(c) Describe what happens to the rough puff pastry when cooked in a hot oven.

.....

.....

.....

.....

.....

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.....

..... [6]

(d) Explain why a person with coeliac disease should **not** eat rough puff pastry.

.....

.....

.....

..... [3]

(e) The pastry can be used to make a beef steak pie.

(i) State how the ingredients for the beef steak pie could be made suitable for a Muslim.

.....

..... [1]

(ii) State **three** different ways the recipe for the beef steak pie could be adapted to increase non-starch polysaccharide (NSP) / dietary fibre.

1 .....

2 .....

3 .....

[3]

[Total: 22]

8 Grilling is a popular method of cooking meat.

(a) Describe the principles of heat transference by radiation when grilling meat.

.....

.....

.....

.....

.....

.....

.....

..... [6]

(b) State **three** guidelines to follow when storing fresh meat in the refrigerator.

1 .....

2 .....

3 .....

[3]

(c) Offal is a term used to describe edible internal organs of animals.

Name **one** example of offal that is suitable for grilling.

..... [1]

(d) Name **one** cut of beef suitable for grilling.

..... [1]

(e) Name **one** cut of lamb suitable for grilling.

..... [1]

(f) Name **two** vegetables suitable for grilling.

1 .....

2 .....

[2]

[Total: 14]

9 State **four** reasons why a manufacturer may use antioxidants when manufacturing a food product.

1 .....

2 .....

3 .....

4 .....

[4]

10 A pressure cooker is one piece of kitchen equipment that can save fuel energy.

(a) Name **two** other pieces of kitchen equipment that can save fuel energy.

1 .....

2 .....

[2]

(b) Give advice on each of the following factors when buying a new stovetop pressure cooker.

(i) weight

..... [1]

(ii) size

..... [1]

(iii) manufacturer

..... [1]

[Total: 5]

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Section C

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

11 An adult male family member is convalescing from surgery for a broken leg.
- Discuss his special nutritional needs.
- Discuss other factors to consider when cooking and serving meals for a convalescent.

[15]

OR

12 Stir-frying and stewing are both popular methods of cooking.
Compare and contrast stir-frying and stewing as methods of cooking.

[15]

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