Cambridge Assessment International Education

Cambridge IGCSE™

CANDIDATE NAME

CENTRE NUMBER | | | | | |

CANDIDATE NUMBER | | | | |

5408043155

FOOD & NUTRITION **0648/11**

Paper 1 Theory **October/November 2025**

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.

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[Turn over

Section A

Answer **all** questions.

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

1 Name the term used to describe excess intake of nutrients.

..... [1]

2 **(a)** Name the term used to describe protein food that lacks at least one essential amino acid.

..... [1]

(b) State **three** reasons why teenagers require a good supply of protein in their diet.

1 .....

2 .....

3 .....

[3]

(c) Name **one** enzyme found in the stomach that is necessary for the digestion of protein.

..... [1]

[Total: 5]

3 State **four** possible health issues that could result from eating too much carbohydrate in the diet.

1 .....

2 .....

3 .....

4 .....

[4]

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4 **(a)** State **four** characteristics of monounsaturated fats.

1 .....

2 .....

3 .....

4 .....

[4]

(b) Name **four** different foods that are a good source of monounsaturated fats.

1 .....

2 .....

3 .....

4 .....

[4]

[Total: 8]

5 Describe the action of lactase in the ileum.

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.....

..... [2]

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6 Minerals are important in a healthy diet.

(a) State **three** health issues that could result from a high amount of sodium chloride (salt) in the diet.

1 .....

2 .....

3 .....

[3]

(b) The mineral that helps prevent goitre is iodide.

(i) Name **three** different good sources of iodide.

1 .....

2 .....

3 .....

[3]

(ii) Name the part of the body that is affected by goitre.

..... [1]

(c) Name **four** different foods a lacto-vegetarian could eat that provide a good source of iron.

1 .....

2 .....

3 .....

4 .....

[4]

(d) State **three** functions of potassium in the body.

1 .....

2 .....

3 .....

[3]

[Total: 14]

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7 **(a)** Name **three** different foods that are a good source of vitamin D.

1 .....

2 .....

3 .....

[3]

(b) The body can make vitamin D using the ultraviolet rays from sunlight.

State **three** groups of people who may **not** be able to make enough vitamin D in this way. Include a reason for each answer.

1 .....

.....

2 .....

.....

3 .....

.....

[3]

[Total: 6]

Section B

Answer **all** questions.

8 The following ingredients can be used to make a sponge cake.

100 g self-raising flour
100 g butter
100 g caster sugar
2 eggs

(a) Complete the table to show **three** functions of each ingredient when making a sponge cake.

ingredient	function
butter	1 ..... 2 ..... 3 .....
flour	1 ..... 2 ..... 3 .....

[6]

(b) Describe how to make the sponge cake mixture using the creaming method.

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..... [6]

[Total: 12]

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9 Stir-frying is a popular method of cooking.

(a) Name **three** other methods of frying.

1 .....

2 .....

3 .....

[3]

(b) Frying uses conduction and convection as methods of heat transference.

Explain the process of conduction when stir-frying.

.....

.....

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..... [3]

(c) State and explain **four** benefits of stir-frying as a method of cooking.

1 .....

.....

2 .....

.....

3 .....

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4 .....

.....

[4]

(d) State **four** disadvantages of frying as a method of cooking.

1 .....

2 .....

3 .....

4 .....

[4]

(e) State **six** guidelines to follow to avoid accidents when stir-frying.

1 .....

2 .....

3 .....

4 .....

5 .....

6 .....

[6]

(f) Name **three** different types of protein foods suitable for a vegan that could be used in a stir-fry.

1 .....

2 .....

3 .....

[3]

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(g) Poultry, such as chicken, is often used in a stir-fry.

State **six** ways to prevent food poisoning when preparing and cooking a chicken stir-fry. Include a reason for each answer.

1 .....

.....

2 .....

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3 .....

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4 .....

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5 .....

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6 .....

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[6]

[Total: 29]

10 Describe **four** advantages of using ceramic tiles as a wall covering in a kitchen.

1 .....

2 .....

3 .....

4 .....

[4]

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Section C

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

11 Pulses are the edible seeds from legume plants.

Discuss, with examples:
- the nutritional value of pulses
- the importance of pulses as a cooking ingredient.

[15]

OR

12 A 25-year-old overweight female has been told she has type 2 diabetes.

Use your knowledge of nutrition and meal planning to discuss ways this female could make healthier food choices to manage her weight and type 2 diabetes. [15]

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