Cambridge Assessment International Education

Cambridge IGCSE™

CANDIDATE NAME

CENTRE NUMBER | | | | | |

CANDIDATE NUMBER | | | | |

4068516437

FOOD & NUTRITION **0648/12**

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. 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 State the term used to describe a diet that provides all the necessary nutrients in the correct proportions.

..... [1]

2 Pulses and legumes are plant sources of protein.

(a) Name **three** other different sources of plant protein.

1 .....

2 .....

3 .....

[3]

(b) Explain how soya beans are nutritionally different from most other plant protein foods.

.....

.....

..... [2]

(c) State **three** reasons why the elderly require a good supply of protein in their diet.

1 .....

2 .....

3 .....

[3]

[Total: 8]

3 Carbohydrate foods such as sugar provide the body with energy.

(a) Name **one** sugar commonly found in fruit.

..... [1]

(b) Name **three** animal foods that are a good source of carbohydrate.

1 .....

2 .....

3 .....

[3]

[Total: 4]

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4 Fats can be classified as saturated, monounsaturated and polyunsaturated.

(a) State **four** characteristics of polyunsaturated fat.

1 .....

2 .....

3 .....

4 .....

[4]

(b) Soya bean oil contains polyunsaturated fat.

Name **four** other different foods that are a good source of polyunsaturated fat.

1 .....

2 .....

3 .....

4 .....

[4]

(c) State **two** changes that occur when fats and oils become rancid.

1 .....

2 .....

[2]

(d) Name the enzyme found in the duodenum that converts fats to glycerol and fatty acids.

..... [1]

[Total: 11]

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5 Calcium is an essential mineral that keeps the body healthy.

(a) Name **three** different plant foods that are a good source of calcium.

1 .....

2 .....

3 .....

[3]

(b) Osteoporosis is one effect of calcium deficiency on the body.

State **four** other effects of calcium deficiency on the body.

1 .....

2 .....

3 .....

4 .....

[4]

[Total: 7]

6 State **four** functions of iron in the body.

1 .....

2 .....

3 .....

4 .....

[4]

7 It is important to maintain energy balance.

State **five** health issues that may result from an excess intake of energy.

1 .....

2 .....

3 .....

4 .....

5 .....

[5]

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Section B

Answer **all** questions.

8 Bread made with wheat flour is a staple food in the diet of many cultures around the world.

(a) Suggest **five** reasons why bread is a staple food in the diet of many cultures.

1 .....

2 .....

3 .....

4 .....

5 .....

[5]

(b) Some people make bread at home.

Suggest **five** reasons why some people choose to make bread at home.

1 .....

2 .....

3 .....

4 .....

5 .....

[5]

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(c) Describe how to make a loaf of bread at home using the following ingredients.

200 g strong plain flour
25 g butter
1 tsp dried yeast
1 tsp sugar
1 tsp salt
125 ml warm water

.....

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.....

.....

.....

.....

.....

.....

.....

..... [6]

(d) Name **three** different ingredients that could be added to the bread recipe to change the flavour.

1 .....

2 .....

3 .....

[3]

(e) Before baking, the bread can be given an attractive finish by making small cuts into the surface.

Suggest **three** other different ways to make the bread attractive.

1 .....

2 .....

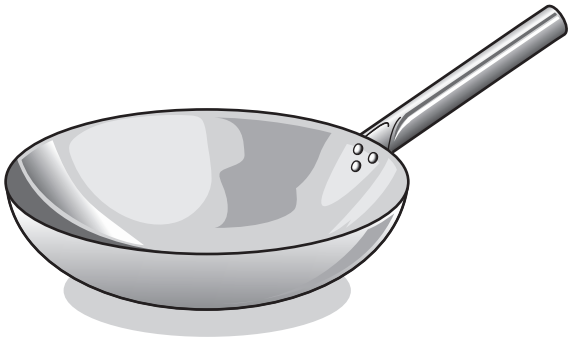
3 .....

[3]

[Total: 22]

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9 A wok is a bowl-shaped pan that spreads heat evenly.



State and explain **four** different points to consider when choosing a wok.

1 .....

.....

2 .....

.....

3 .....

.....

4 .....

.....

[4]

10 Animal flesh consists of connective tissue, muscle tissue and fatty tissue.

(a) (i) Elastin is one type of connective tissue in meat.

Name the other type of connective tissue in meat.

..... [1]

(ii) Describe the effect of moist heat on each type of connective tissue.

1 .....

2 .....

[2]

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(b) (i) Meat does **not** contain vitamin C.

Name **three** different good sources of vitamin C that are suitable to serve with a grilled steak and jacket potato.

1 .....

2 .....

3 .....

[3]

(ii) Radiation is used as a method of heat transference when grilling meat.

Explain how heat is transferred by radiation.

.....

.....

.....

.....

.....

..... [4]

(c) State **three** reasons why some cuts of meat may be tough.

1 .....

2 .....

3 .....

[3]

[Total: 13]

11 It is important to have good ventilation in a kitchen.

State **six** reasons why it is important to ensure a kitchen has good ventilation.

1 .....

2 .....

3 .....

4 .....

5 .....

6 .....

[6]

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Section C

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

12 It is important for consumers to be aware of hygiene when buying food to reduce the risk of contamination.
Discuss different ways that personal and food hygiene should be considered when buying food in shops and markets. [15]

OR

13 Use your knowledge of nutrition and meal planning to discuss ways to provide balanced, attractive meals for the healthy development of young children. [15]

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