UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

CANDIDATE NAME

CENTRE NUMBER

CANDIDATE NUMBER

FOOD AND NUTRITION **0648/11**

Paper 1 Theory **October/November 2012**

2 hours

Candidates answer on the Question Paper.

No Additional Materials are required.

READ THESE INSTRUCTIONS FIRST

Write your Centre number, candidate number and name on all the work you hand in.
Write in dark blue or black pen.
You may use a soft pencil for any diagrams or graphs.
Do not use staples, paper clips, highlighters, glue or correction fluid.
DO **NOT** WRITE IN ANY BARCODES.

Section A
Answer **all** questions.
You are advised to spend no longer than 45 minutes on Section A.
Section B
Answer **all** questions.
Section C
Answer **either** Question 8(a) **or** 8(b).

At the end of the examination, fasten all your work securely together.
The number of marks is given in brackets [ ] at the end of each question or part question.

For Examiner's Use	
Section A	
Section B	
Section C	
Total	

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Section A

Answer **all** questions.

For Examiner's Use

1 Milk is an important source of protein for young children.

(a) State **three** functions of protein.

1 .....

2 .....

3 .....[3]

(b) Name **four** elements which combine to form protein.

1 ..... 2 .....

3 ..... 4 .....[2]

(c) Define the term *High Biological Value (HBV) protein*.

.....

.....[1]

(d) Name **four** foods which are good sources of HBV protein.

1 ..... 2 .....

3 ..... 4 .....[2]

(e) Define the term *Low Biological Value (LBV) protein*.

.....

.....[1]

(f) Name **four** foods which are good sources of LBV protein.

1 ..... 2 .....

3 ..... 4 .....[2]

(g) What are complementary proteins?

.....

.....[2]

(h) Give **two** examples of complementary proteins.

1 .....

2 .....[1]

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2 **(a)** Describe the digestion and absorption of protein.

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.....[6]

(b) What is meant by the term *deamination of protein*?

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.....[2]

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3 White fish is deficient in calcium and vitamin D.

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(a) Explain the importance of calcium in the diet.

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.....[2]

(b) Name **four** good sources of calcium.

1 ..... 2 .....

3 ..... 4 .....[2]

(c) Name a deficiency disease associated with calcium.

.....[1]

(d) Give **two** symptoms of the deficiency disease identified in **(c)**.

1.....

2.....[1]

(e) Explain the importance of vitamin D in the diet.

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.....[2]

(f) Name **four** good sources of vitamin D.

1 ..... 2 .....

3 ..... 4 .....[2]

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(g) Salt-water fish is a good source of iodine.
Explain the importance of iodine in a balanced diet.

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.....[2]

(h) Name the deficiency disease associated with a lack of iodine and give one symptom of the disease.

Deficiency disease.....

Symptom.....[1]

4 Discuss ways of encouraging good eating habits in children.

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.....[5]

[Section A Total: 40]

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Section B

Answer **all** questions.

For Examiner's Use

5 Explain the following terms and give **one** example of each.

(a) Coagulation

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Example .....[3]

(b) Fermentation

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Example .....[3]

(c) Gelatinisation

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Example .....[3]

(d) Hydrogenation

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Example .....[3]

(e) Pasteurisation

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Example .....[3]

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6 It is recommended that fruit should be eaten each day.

For Examiner's Use

(a) Name **five** nutrients that can be found in fruit.

Illustrate your answer with named examples of fruits.

Nutrient 1 .....

Example 1 .....

Nutrient 2 .....

Example 2 .....

Nutrient 3 .....

Example 3 .....

Nutrient 4 .....

Example 4 .....

Nutrient 5 .....

Example 5 ..... [5]

(b) State **five** different ways of using fruit in family meals.

Give examples to support your answers.

Method 1 .....

Example 1 .....

Method 2 .....

Example 2 .....

Method 3 .....

Example 3 .....

Method 4 .....

Example 4 .....

Method 5 .....

Example 5 ..... [5]

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(c) Discuss other reasons for including fruit in the diet.

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.....[5]

7 Write an informative paragraph on each of the following:

(a) preparing, cooking and serving green vegetables to conserve vitamin C;

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(b) the advantages and disadvantages of frying;

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.....[5]

(c) saving time when preparing and cooking family meals.

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[Section B Total: 45]

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Section C

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Answer **either** 8(a) **or** 8(b).

8 (a) Discuss ways of preventing food spoilage when preparing, cooking and storing food. [15]

OR

8 (b) Identify and give examples of different raising agents.
Discuss their use in the preparation of meals. [15]

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[Section C Total: 15]

[Total for Paper: 100]

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