

Cambridge International Examinations

Cambridge International General Certificate of Secondary Education

CANDIDATE NAME	
CENTRE NUMBER	CANDIDATE NUMBER
FOOD AND NUTRITION Paper 1 Theory	0648/11 October/November 2018 2 hours

READ THESE INSTRUCTIONS FIRST

No Additional Materials are required.

Candidates answer on the Question Paper.

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 an HB pencil for any diagrams or graphs.

Do not use staples, paper clips, 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 9(a) or 9(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.



Section A

Answer all questions.

1

Sug	gars and starch are carbohydrates.	
(a)	Name two elements from which carbohydrates are formed.	
	1	
	2	[2]
(b)	Disaccharides are carbohydrates.	
	Name two examples of disaccharides.	
	1	
	2	[2]
(c)	Give two health benefits of reducing the consumption of sugar.	[4]
	1	
	2	 [2]
(d)	Carbohydrates are used by the body to provide energy.	[-]
	Name one other nutrient which provides the body with energy.	
		. [1]
(e)	Name a unit used to measure energy.	
		F 4 -

(f)	Ene	ergy is needed in the body for many reasons.
		e one example of a process carried out by the body that uses the following types or ergy:
	(i)	mechanical energy;
	(ii)	chemical energy;
	(iii)	electrical energy.
		[1]
(g)	Car	bohydrates are broken down during metabolism.
		olain what is meant by the term <i>metabolism</i> .
		[1]
(h)	Sug	gest three health issues which can occur as a result of a low energy input.
		[3]
(i)		e digestion of carbohydrates begins in the mouth.
	ivar	me the enzyme which acts on starch in the mouth. [1]
(j)	Des	scribe the effect of dry heat on starch.
		[2]
(k)		me the term used to describe the swelling and bursting of starch granules when moist hear pplied.
		[1]

Min	erals	s are essential for good health.	
(a)	Giv	e one function of fluoride in the body.	[41]
(b)	Giv	e two functions of phosphorus in the body.	[1]
	1		
	2		[2]
(c)	Des	scribe two examples of sodium and potassium working together in the body.	
	1		
	2		
			[2]
			[Total: 5]
Sor	ne vi	tamins are fat-soluble and can be stored in the body.	
		te where fat-soluble vitamins are stored in the body.	
			[1]
(b)	Vita	amin A is found in food as retinol or beta-carotene.	
	(i)	Name two different sources of retinol.	
		1	
		2	[2]
	(ii)	Name two different sources of beta-carotene.	
		1	
		2	
(c)	Nar	me the deficiency disease associated with a lack of vitamin A.	[2]
(C)	ival	·	[4]
			[

(a)	Give two functions of vitamin E (tocopherol) in the body.	
	1	
	2	
(e)	Give two functions of vitamin K in the body.	
	1	
	2	
		[Total:
Give	o civ reacone why water is vital in the diet	
	e six reasons why water is vital in the diet.	
1		
2		
3		
4		
5		
6		
0		
		[Tota

Section B

Answer all questions.

5	A basic	recipe for	making	flapiack uses	the following	ingredients:

300 g oats 150 g sugar 150 g syrup 150 g butter

	150 g butter
(a)	Name the method used to make the flapjack.
	[1]
(b)	Butter makes this recipe high in saturated fat.
	Name two ingredients that can be used to replace the butter which are lower in saturated fat.
	1
	2
	[2]
(c)	Name one ingredient in the recipe which is high in non-starch polysaccharide (NSP)/dietary fibre.
	[1]
(d)	Name three ingredients which could be added to vary the flavour of the flapjack.
	1
	2
	3
	[3]
(e)	Suggest two methods of preparing the baking tin to prevent the flapjack sticking.
	1
	2
	[2]

	(f)	The flapjack is cooked in an oven by conduction and convection.	
		Explain the term conduction.	
			[2]
		[Tota	l: 11]
6	Maı	ny recipes use chemical raising agents such as baking powder.	
	(a)	There are two main ingredients of baking powder. Bicarbonate of soda is one main ingred	dient.
		State the other main ingredient.	
			[1]
	(b)	Give one effect of using only bicarbonate of soda as the raising agent in a mixture.	
			[1]
	(c)	Name the gas produced when bicarbonate of soda is used as a raising agent.	
			[1]
	(d)	Suggest two guidelines for storing baking powder in the home.	
		1	
		2	[2]
	(e)	Give three reasons for using raising agents in baked products.	
		1	
		2	
		3	[3]
			راح

A Di	atter is a mixture of flour, milk and egg.	
(a)	Name three dishes which can be made from batters.	
	1	
	2	
	3	
(b)	Describe how to make a traditional batter mixture.	3]
(D)		
(0)	To ague time and effort an electric miver can be used to make a better	+]
(c)	To save time and effort an electric mixer can be used to make a batter.	
	Name three other pieces of labour-saving kitchen equipment and give one different example of the use of each.	le
	equipment 1	
	use	
	equipment 2	
	use	
	equipment 3	
	use	

2 3 4 5	(d)	Identify five safety rules that should be followed when using electrical kitchen equipment
3		1
4		2
5 [Total a kitchen is poorly ventilated it may cause the cook to faint. a) Describe the first-aid treatment for someone who has fainted.		3
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a) Describe the first-aid treatment for someone who has fainted.		[Total
a) Describe the first-aid treatment for someone who has fainted.		
	If a l	kitchen is poorly ventilated it may cause the cook to faint.
	(a)	Describe the first-aid treatment for someone who has fainted.
b) Suggest other reasons why it is important to have a well-ventilated kitchen.		
	(b)	Suggest other reasons why it is important to have a well-ventilated kitchen.

Section C

Answer either Question 9(a) or 9(b).

9	(a)	"Convenience foods are a popular choice for today's busy households."
		Discuss this statement with particular reference to foods that have been processed by:
		dehydrationcook-chill methods. [15]
OR		
	(b)	It is important to plan meals carefully to ensure a healthy diet. Explain how a female office worker can achieve a healthy diet. [15]

[Total: 15]

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