



**Cambridge Assessment International Education**  
Cambridge International General Certificate of Secondary Education

CANDIDATE  
NAME

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**FOOD AND NUTRITION**

**0648/12**

Paper 1 Theory

**May/June 2019**

**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 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.

This document consists of **12** printed pages.

Section A

Answer **all** questions.

1 The definition of a diet is the food that is normally eaten every day.

(a) Give the definition of a *balanced diet*.

.....[1]

(b) State **two** health issues which could occur when the diet is not balanced.

1.....

2.....

[2]

[Total: 3]

2 (a) Fats are present in food in either *visible* or *invisible* forms.

Explain these terms and give **two** food examples of each.

(i) Visible fats are .....

example 1 ..... example 2 .....

[3]

(ii) Invisible fats are .....

example 1 ..... example 2 .....

[3]

(b) Describe **four** characteristics of an unsaturated fat.

1.....

2.....

3.....

4.....

[4]

(c) During digestion bile emulsifies fat.

(i) Name the organ in the body which produces bile.

.....[1]

(ii) Name the organ in the body which stores bile.

.....[1]

(d) Describe **three** effects of heat on fats.

1.....

2.....

3.....

[3]

(e) Storing fats and oils for too long will cause them to deteriorate.

(i) Give the name of this deterioration process.

.....[1]

(ii) Name the additive used in processed foods to stop this deterioration occurring.

.....[1]

(f) Fats and oils are solvents for vitamins A and D.

Give **four** other functions of fats and oils in the body.

1.....

2.....

3.....

4.....

[4]

(g) Complete the table about vitamins A and D.

| vitamin | function                             | source                  | deficiency disease |
|---------|--------------------------------------|-------------------------|--------------------|
| A       | 1 .....<br>.....<br>2 .....<br>..... | 1 spinach<br>2 apricots | .....              |
| D       | 1 .....<br>.....<br>2 .....<br>..... | 1 .....<br>2 .....      | osteoporosis       |

[7]

[Total: 28]

**[Turn over**

3 It is important to serve food attractively.

Name **four** herbs which could be used to improve the appearance of chicken curry and rice.

- 1 .....
- 2 .....
- 3 .....
- 4 .....

[4]

4 Many food items are packaged.

State **five** disadvantages of packaging foods.

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....

[5]

**Section B**

Answer **all** questions.

5 Food is cooked for many reasons.

Give a different example to illustrate each of the following reasons for cooking food:

(a) to make food safe to eat;

.....[1]

(b) to destroy natural toxins in food;

.....[1]

(c) to make food more digestible;

.....[1]

(d) to make food more attractive;

.....[1]

(e) to provide variety in the diet.

.....[1]

[Total: 5]

6 Radiation is a method of heat transference.

(a) Describe how infra-red rays heat food by radiation.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
..... [4]

(b) Give **five** advantages of using a microwave oven.

1.....  
2.....  
3.....  
4.....  
5..... [5]

(c) Give **six** points to consider when buying a microwave oven.

1.....  
2.....  
3.....  
4.....  
5.....  
6..... [6]

[Total: 15]



(c) Name **four** shellfish which could be used to vary the flavour and texture of the pie.

- 1.....
  - 2.....
  - 3.....
  - 4.....
- [4]

(d) Explain how flakiness is achieved in the pastry during making and baking.

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.....

[4]

(e) Suggest **four** advantages of using ready-made pastry in the home.

- 1.....
  - 2.....
  - 3.....
  - 4.....
- [4]

[Total: 20]





**Section C**

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

9 (a) Discuss the role that lifestyle plays in influencing food choices. [15]

OR

- (b) • Many people preserve summer fruits in order to enjoy them in the winter. Discuss other reasons for preserving fruit in the home.
- Explain the procedures and principles involved when preserving fish by different methods.

[15]

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