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FOOD & NUTRITION

0648/12

Paper 1 Theory

May/June 2026

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. Do **not** use correction fluid or tape.
- 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.

Section A

Answer **all** questions.

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

- 1 Food labels contain lots of information that can be useful to a consumer, such as DRV and a list of ingredients.

(a) State what is meant by DRV.

D

R

V [1]

(b) State **three** reasons why a list of ingredients on a food label is useful to a consumer.

1

.....

2

.....

3

..... [3]

[Total: 4]



2 (a) Minerals are important in a balanced diet.

(i) Name **one** mineral that is found in milk.

..... [1]

(ii) Name **one** deficiency disease caused by a poor supply of the mineral named in 2(a)(i).

..... [1]

(b) Metabolism is the chemical process used by the body to convert food into energy.

(i) Name the mineral and the gland that help control the rate of metabolism.

mineral

gland [2]

(ii) State **four** factors that affect energy requirements.

1

2

3

4 [4]

(iii) State **four** effects on the body when energy intake is less than energy output.

1

2

3

4 [4]

(iv) State **one** example of a process carried out by the body that uses mechanical energy.

..... [1]

[Total: 13]

3 Products made with wheat flour, such as bread and pasta, are a source of starch.

(a) Name **three** other different foods that are a good source of starch.

- 1
- 2
- 3 [3]

(b) (i) Name the enzyme that begins the breakdown of starch.

..... [1]

(ii) State where in the digestive system the breakdown of starch begins.

..... [1]

[Total: 5]

4 Vitamin B₃ (nicotinic acid) is needed to help prevent the deficiency disease pellagra.

(a) State **two** symptoms of this disease.

- 1
- 2 [2]

(b) State **one** other function of vitamin B₃.

..... [1]

(c) Name **four** different foods that are a source of vitamin B₃ for vegetarians.

- 1
- 2
- 3
- 4 [4]

[Total: 7]



5 Fats are solid at room temperature and oils are liquid at room temperature.

(a) Describe **two** other differences between fats and oils.

1

.....

2

.....

[2]

(b) Fats and oils are a source of vitamin D.

State **four** functions of vitamin D.

1

2

3

4

[4]

[Total: 6]

6 Protein is an important part of a balanced diet to help growth of the body.

Describe **five** other reasons why protein is an important part of a balanced diet.

1

.....

2

.....

3

.....

4

.....

5

.....

[5]



Section B

Answer **all** questions.

7 Shortcrust pastry is made using plain white flour, butter, white fat, water and salt.

(a) State **two** reasons why plain white flour is used to make shortcrust pastry.

- 1
- 2 [2]

(b) State **two** reasons why butter is used to make shortcrust pastry.

- 1
- 2 [2]

(c) State the proportion of fat to flour used to make shortcrust pastry.

..... [1]

(d) Name the method used to make shortcrust pastry.

..... [1]

(e) State **one** method of incorporating air when making shortcrust pastry.

..... [1]

(f) A popular use of shortcrust pastry is to make a pastry case which is baked blind.
Baking blind is where the pastry case is baked without a filling.

State **four** reasons why a pastry case is baked blind.

- 1
- 2
- 3
- 4 [4]



(g) Sometimes faults occur when making shortcrust pastry products.

State **four** reasons why the pastry may shrink during baking.

- 1
- 2
- 3
- 4

[4]

(h) When making pastry dishes in the home, many consumers use pre-prepared pastry to save time.

State **four** other different reasons why a consumer may use pre-prepared pastry.

- 1
- 2
- 3
- 4

[4]

[Total: 19]

8 Food can be preserved by irradiation.

State **four** different reasons why some foods are preserved by irradiation.

- 1
- 2
- 3
- 4

[4]



9 Silicone is a popular ovenproof material used for bakeware.

(a) State **five** advantages of silicone as a material for bakeware.

- 1
- 2
- 3
- 4
- 5 [5]

(b) Name **two** other different materials that are used for bakeware.

- 1
- 2 [2]

[Total: 7]

10 It is important to maintain high standards of hygiene in a kitchen.

(a) State **four** ways to safely dispose of kitchen waste to prevent infestation from vermin.

- 1
- 2
- 3
- 4 [4]

(b) Poor hygiene in a kitchen can lead to cases of food poisoning.

State **three** symptoms of food poisoning.

- 1
- 2
- 3 [3]

[Total: 7]



- 11 Cook-chill products, such as fresh pasta meals, curries and fish pies, are popular with many consumers.

(a) Describe **four** ways the cook-chill process helps to prevent food spoilage.

1

2

3

4

[4]

(b) Describe **four** disadvantages of cook-chill products.

1

2

3

4

[4]

[Total: 8]







This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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