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FOOD & NUTRITION

0648/13

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 It is important for good health to eat a balanced diet.

Explain the meaning of a balanced diet.

.....
..... [2]

- 2 Vitamins are essential in a diet for good health.

(a) Describe **three** health issues caused by a deficiency of vitamin A in the diet.

1
2
3 [3]

(b) (i) State **three** health issues caused by a deficiency of vitamin B₂ (riboflavin) in the diet.

1
2
3 [3]

(ii) Name **three** different animal foods that are a good source of vitamin B₂.

1
2
3 [3]

[Total: 9]



3 State **three** reasons why manual workers require a good supply of protein in their diet.

1

2

3

[3]

4 Carbohydrates provide the body with energy.

State **three** other functions of carbohydrates in the body.

1

2

3

[3]

5 Garnishing is a way of enhancing the appearance of savoury food.

Name **three** different garnishes suitable for serving with boiled white rice.

1

2

3

[3]



6 Fats and oils can be classified as saturated, monounsaturated and polyunsaturated.

(a) Name **three** chemical elements that make up fats and oils.

- 1
- 2
- 3 [3]

(b) State **four** reasons why saturated fats, such as butter, are commonly used to make cake products.

- 1
- 2
- 3
- 4 [4]

(c) Name the part of the digestive system where fats are digested.

..... [1]

(d) Name the enzyme involved in the breakdown of fats during digestion.

..... [1]

(e) State the function of bile in the digestion of fats.

..... [1]

(f) Name the end products of fat digestion.

- 1
- 2 [2]

[Total: 12]



- 7 State and explain **four** reasons why increasing the amount of vegetables in the diet can help maintain good health.

reason 1

explanation 1

.....

reason 2

explanation 2

.....

reason 3

explanation 3

.....

reason 4

explanation 4

.....

[8]



Section B

Answer **all** questions.

- 8 The following ingredients can be used to make a cheese sauce using the roux method.

50 g butter
50 g plain white flour
250 ml full fat milk
50 g Cheddar cheese
¼ tsp salt
pinch pepper
pinch mustard

- (a) Name **two** ingredients in the recipe that make the roux.

1
2 [2]

- (b) Name **one** ingredient in the sauce that makes it suitable for a person with osteoporosis.

..... [1]

- (c) Name **one** ingredient in the sauce that makes it unsuitable for a person who is lactose intolerant.

..... [1]

- (d) Suggest **two** different ways to adapt the recipe to meet each of the following dietary needs.

- (i) low-cholesterol diet

1
2 [2]

- (ii) high-fibre diet

1
2 [2]





(iii) low-sodium diet

1

2

[2]

(e) Sauces are served with meals to add flavour.

State **four** other different reasons for serving sauces with meals.

1

2

3

4

[4]

(f) Name **two** different bulb vegetables that could be added to change the flavour of the sauce.

1

2

[2]

(g) State **four** reasons why it is important to stir the mixture continuously when making a roux sauce.

1

2

3

4

[4]

[Total: 20]



9 Many types of fruit can be preserved using dehydration.

(a) Name **three** other different types of food that can be preserved using dehydration.

- 1
- 2
- 3 [3]

(b) State how the process of dehydration preserves fruit.

-
-
- [2]

(c) (i) State **four** benefits of dehydrated fruit to the consumer.

- 1
- 2
- 3
- 4 [4]

(ii) State **two** disadvantages of dehydrated fruit to the consumer.

- 1
- 2 [2]

[Total: 11]

10 Kitchens should be kept clean at all times to avoid attracting household pests.

List **four** cleaning tasks that should be carried out in the kitchen to prevent attracting household pests.

- 1
- 2
- 3
- 4 [4]





11 Boiling is a moist method of cooking.

(a) Name **three** other different moist methods of cooking.

1

2

3

[3]

(b) Scalding is one of the most common injuries in the kitchen when using moist cooking methods.

State **four** safety rules to follow to reduce the risk of a scald when using moist cooking methods.

1

2

3

4

[4]

(c) Describe the first aid treatment for a scald.

.....

.....

.....

.....

.....

..... [3]

[Total: 10]





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

Discuss the benefits to a family of using a microwave oven.

OR

Discuss modifications to food choices that can be made to prevent this risk.

This image shows a single sheet of white paper with horizontal ruling lines. 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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