



Cambridge IGCSE™

CANDIDATE
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FOOD & NUTRITION

0648/11

Paper 1 Theory

October/November 2024

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 or correction fluid.
- 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 Define the term *balanced diet*.

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

- 2 Undernutrition is when the body has an insufficient amount of nutrients.

- (a) Identify **one** disease that results from an insufficient amount of vitamin B₁₂ (cobalamin).

..... [1]

- (b) Name **four** different sources of vitamin B₁₂ that are suitable for vegetarians.

1
2
3
4 [4]

[Total: 5]

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3 Sugar is found in many different foods.

(a) Name **one** food that contains fructose.

..... [1]

(b) Name **one** food that contains lactose.

..... [1]

(c) Describe the effects of dry heat on sugar.

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

[Total: 6]

4 Vitamin A is found in food as retinol or beta-carotene.

Name **four** different good sources of beta-carotene.

1
2
3
4 [4]

5 (a) State the function of maltase in the digestive system.

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

(b) State where in the digestive system maltase is found.

..... [1]

[Total: 3]





6 Carbohydrate provides the body with energy.

(a) Name **two** other nutrients that provide energy.

1

2 [2]

(b) (i) State what is meant by energy balance.

..... [1]

(ii) State how to achieve energy balance.

.....
..... [1]

(c) State **one** unit used to measure energy in food.

..... [1]

(d) State **four** different factors that affect a person's energy requirements.

1

2

3

4 [4]

[Total: 9]

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7 Explain the importance of iodide in the diet.

.....

.....

.....

..... [3]

8 Current dietary advice is to drink at least two litres of water a day. One reason for this advice is because water improves the absorption of water-soluble vitamins.

(a) Name **three** different water-soluble vitamins.

1

2

3 [3]

(b) Give **five** other different reasons for drinking at least two litres of water a day.

1

2

3

4

5 [5]

[Total: 8]





Section B

Answer **all** questions.

9 Shortcrust pastry is made using plain flour, fat, water and salt.

(a) State and explain **two** functions of the plain flour when making shortcrust pastry.

1

.....

2

.....

[4]

(b) State and explain **two** functions of the fat when making shortcrust pastry.

1

.....

2

.....

[4]

(c) Sometimes faults occur during the making of shortcrust pastry products.

(i) State **four** reasons why the shortcrust pastry may be soft and crumbly.

1

2

3

4

[4]

(ii) State **four** reasons why the shortcrust pastry may be hard and tough.

1

2

3

4

[4]



(d) There are many ways in which shortcrust pastry can be given extra flavour.

Suggest **three** different seeds that could be used to flavour shortcrust pastry.

1

2

3

[3]

[Total: 19]

10 Eggs are used in a wide variety of dishes and have many functions.

(a) Complete the table to name **two** different dishes for each function of eggs.

function of eggs	name of dish
coating	1
	2
aeration	1
	2

[4]

(b) State **two** other functions of eggs in food preparation.

1

2

[2]

[Total: 6]





11 Freezing is a popular method of preservation.

(a) Explain how freezing preserves food.

.....

.....

.....

.....

.....

..... [4]

(b) Some foods, such as whole tomatoes, do **not** freeze successfully.

Explain why freezing would **not** be a suitable preservation method for a whole tomato.

.....

.....

..... [2]

(c) State **two** alternative methods for preserving tomatoes.

1

2 [2]

[Total: 8]

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12 Food additives are used in many convenience foods.

State **five** benefits of using emulsifiers in convenience foods.

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

13 (a) Explain **two** benefits to the consumer of the manufacturer's contact details on a food label.

- 1
 -
 - 2
 -
- [2]

(b) Name **three** details on a food label that ensure the food product can be safely consumed.

- 1
 - 2
 - 3
- [3]

(c) Manufacturers often use tamper-evident seals on packaging.

State **two** methods that may be used to help consumers be aware that a food product has **not** been contaminated or misused.

- 1
 - 2
- [2]

[Total: 7]

[Turn over]



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- [15]

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- [15]

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This image shows a full page of primary-ruled paper. It features approximately 20 horizontal dashed lines spaced evenly down the page, providing a guide for handwriting practice. The paper is otherwise blank, with no margins, text, or other markings.

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.