



Cambridge IGCSE™

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FOOD & NUTRITION

0648/12

Paper 1 Theory

May/June 2020

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. Blank pages are indicated.

Section A

Answer **all** questions.

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

- 1 (a) Name the term used to describe an incorrect intake of nutrients.
..... [1]
- (b) State what is meant by *energy balance*.
..... [1]
- (c) Office workers are generally less active so need less energy-giving foods.
State **three** other factors which affect the need for energy-giving foods.
- 1
- 2
- 3 [3]
- (d) Protein can provide the body with energy.
Name **two** other groups of nutrients which provide the body with energy.
- 1
- 2 [2]
- (e) Name **one** vitamin which helps to release energy from nutrients.
..... [1]

[Total: 8]

2 (a) Name **three** elements which combine to form protein.

1

2

3

[3]

(b) Milk and meat are animal sources of protein.
Name **two** other different animal sources of protein.

1

2

[2]

(c) (i) Name the enzyme which clots milk during digestion.

..... [1]

(ii) Describe the action of erepsin during the digestion of milk.

.....

.....

..... [2]

[Total: 8]

3 Nutritional advice is to drink at least 2 litres of water each day.

(a) Name the condition which results from a deficiency of water.

..... [1]

(b) State **three** symptoms caused by a deficiency of water.

1

2

3

[3]

(c) Name **two** groups of people who may need to drink more water than nutritionists advise.

1

2

[2]

[Total: 6]

4 (a) State **three** functions of sodium chloride (salt) in the body.

1

2

3

[3]

(b) Nutritional tools advise people to reduce their intake of salt.

(i) State the guideline amount for daily salt intake.

..... [1]

(ii) Identify **three** health issues linked to a high amount of salt in the diet.

1

2

3

[3]

(iii) Suggest **three** different ways to reduce salt intake when choosing ingredients for family meals.

1

2

3

[3]

(iv) Suggest **three** different ways to reduce salt intake when cooking family meals.

1

2

3

[3]

[Total: 13]

5 Discuss the importance of calcium when planning meals for a child.

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..... [5]

Section B

Answer **all** questions.

6 A basic recipe for shortcrust pastry uses 200 g of plain flour.

(a) State the proportion of fat required to make the pastry.

..... [1]

(b) Give **two** benefits of using butter to make the pastry.

1

2 [2]

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

..... [1]

(d) Name **three** different savoury dishes which could be made using shortcrust pastry.

1

2

3 [3]

(e) State **four** reasons why pastry may be hard and tough.

1

2

3

4 [4]

[Total: 11]

7 Meat is a source of protein for many people.

(a) State **three** other different nutrients found in red meat.

- 1
- 2
- 3

[3]

(b) Current nutritional advice is to reduce the intake of red meat. Identify and explain the reasons for this advice.

.....

[5]

(c) Suggest **three** different ways protein can be provided for people who do not eat any animal products.

- 1
- 2
- 3

[3]

(d) Moist methods of cooking such as stewing can help tenderise tough cuts of meat.

(i) List **three** other moist methods of cooking meat.

- 1
- 2
- 3 [3]

(ii) Describe the changes which take place when tough meat is stewed.

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..... [5]

[Total: 19]

8 (a) State **four** reasons why ceramic tiles are a suitable floor covering for a family kitchen.

- 1
- 2
- 3
- 4 [4]

(b) Name **one** other type of floor covering which is suitable for a family kitchen.

- [1]
- [Total: 5]

9 State, with a reason, **five** rules to prevent food poisoning when using a refrigerator.

- rule 1
- reason
- rule 2
- reason
- rule 3
- reason
- rule 4
- reason
- rule 5
- reason [10]

Section C

Answer **either** Question 10 **or** 11.

- 10 Give advice, with reasons, on the choice of nutrients and diet for a person who plays a lot of sport. [15]

OR

- 11 Evaluate the importance of fruit when planning family meals. [15]

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