

Cambridge IGCSE™

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FOOD & NUTRITION

0648/13

Paper 1 Theory

May/June 2022

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** Name the term used to describe a diet that contains all nutrients in the correct proportion.

..... [1]

- 2** B-group vitamins are important for good health.

- (a)** Name **three** different plant sources of vitamin B₁ (thiamin).

1

2

3

[3]

- (b)** A deficiency of vitamin B₃ (nicotinic acid) can lead to pellagra.

Identify **one** symptom of pellagra.

..... [1]

- (c)** State **two** functions of vitamin B₁₂ (cobalamin) in the body.

1

2

[2]

[Total: 6]

3 Fats are used to provide the body with a source of energy.

(a) Give **one** example of how the body uses each of the following types of energy:

(i) mechanical energy

..... [1]

(ii) chemical energy

..... [1]

(iii) electrical energy.

..... [1]

(b) State **four** health reasons to reduce the intake of saturated fat.

1

2

3

4

[4]

(c) Suggest **five** ways that the intake of saturated fat could be reduced in meals.

1

2

3

4

5

[5]

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

..... [1]

(ii) Name the end-products of fat digestion.

1

2

[2]

[Total: 15]

4 Cheese contains calcium.

(a) Name **one** disease in children caused by a deficiency of calcium.

..... [1]

(b) Name **one** disease in adults caused by a deficiency of calcium.

..... [1]

(c) State why someone with high blood pressure should reduce the amount of cheese in their diet.

..... [1]

[Total: 3]

5 Eggs are a high-risk food.

(a) State **three** reasons why eggs are a high-risk food.

1

2

3 [3]

(b) Name **four** other different high-risk foods.

1

2

3

4 [4]

[Total: 7]

6 Identify and explain **eight** nutritional requirements for a 25-year-old female athlete.

- 1
-
- 2
-
- 3
-
- 4
-
- 5
-
- 6
-
- 7
-
- 8
-

[8]

Section B

Answer **all** questions.

- 7 A recipe for a pizza base uses the following ingredients:

strong plain white flour
salt
sugar
yeast
hand-hot water
oil

- (a) State **three** reasons why using strong plain flour is important when making the pizza base.

- 1
- 2
- 3 [3]

- (b) To increase the non-starch polysaccharide (NSP) / dietary fibre content of the pizza base wholemeal flour could be used.

Name **three** different ingredients which could be added to the pizza base to increase NSP.

- 1
- 2
- 3 [3]

- (c) State **two** functions of the salt in the pizza base recipe.

- 1
- 2 [2]

- (d) Name the gas produced by the yeast.

..... [1]

(e) Suggest **five** reasons why the baked pizza base may not have risen.

- 1
- 2
- 3
- 4
- 5

[5]

[Total: 14]

8 Describe first-aid treatment for a scald to the hand.

.....

.....

.....

.....

..... [3]

9 A slow cooker is a useful piece of kitchen equipment for cooking tough cuts of beef.

(a) State **five** other advantages of using a slow cooker.

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

(b) State **five** reasons why some cuts of beef may be tough.

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

(c) Describe **four** changes which take place when a tough cut of beef is cooked in a slow cooker.

- 1
- 2
- 3
- 4 [4]

(d) State why a recipe for a vegetable casserole advises dried kidney beans should **not** be used in a slow cooker.

..... [1]

(e) State **three** steps to follow to make dried kidney beans safe to use in the vegetable casserole.

- 1
- 2
- 3 [3]

[Total: 18]

10 The following ingredients can be used to make a thin (pouring) batter:

100 g plain flour
½ tsp salt
250 ml milk
1 egg

(a) Describe how to make the batter mixture.

.....

.....

.....

.....

.....

.....

.....

..... [5]

(b) Explain what happens to the batter mixture when it is being cooked.

.....

.....

.....

.....

..... [3]

(c) Name **two** dishes that can be made from the thin batter.

1

2 [2]

[Total: 10]

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