



CANDIDATE
NAME

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CENTRE
NUMBER

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CANDIDATE
NUMBER

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0648/12

October/November 2021

2 hours

You must answer on the question paper.

No additional materials are needed.

- 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.

- 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 Describe how to ensure a balanced diet is provided for all family members.

.....

.....

..... [2]

- 2 Protein is used to renew cells in the body as they wear out.

- (a) State **three** other functions of protein in the body.

1

2

3 [3]

- (b) Complementation of protein ensures that all essential amino acids are eaten in one meal.

Give **four** different examples of protein complementation.

1

2

3

4 [4]

- (c) Name **one** enzyme in the stomach that breaks down proteins.

..... [1]

- (d) Name **one** enzyme in the duodenum that breaks down proteins.

..... [1]

- (e) Name **one** enzyme in the ileum that breaks down proteins.

..... [1]

[Total: 10]

3 Polysaccharides are also called complex carbohydrates.

(a) Describe the structure of polysaccharides.

.....

.....

..... [2]

(b) Cereals, such as wheat, are polysaccharides.

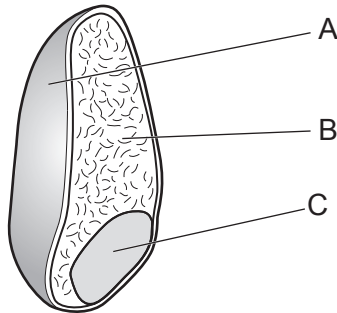
Name **three** other cereals.

1

2

3 [3]

(c) Name the parts of the wheat grain labelled A–C.



A

B

C [3]

(d) Wheat can be processed to make flour.

Name a different type of wheat flour that could be used to make each of the following dishes:

- (i) flaky pastry [1]
- (ii) fruit scones [1]
- (iii) bread rolls. [1]

[Total: 11]

4 If children lack vitamin D they can suffer from rickets.

(a) State **one** symptom of rickets.

..... [1]

(b) State **three** different foods that are rich in vitamin D.

1

2

3

[3]

(c) Name **two** other nutrients that work with vitamin D.

1

2

[2]

[Total: 6]

5 (a) State **five** different iron-rich foods that are suitable for a lacto-vegetarian.

1

2

3

4

5

[5]

(b) Name **one** nutrient that is needed for the absorption of iron.

..... [1]

(c) Explain why it is important that a pregnant woman has sufficient iron in her diet.

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [5]

[Total: 11]

Section B

Answer **all** questions.

- 6 The following ingredients can be used to make a basic coleslaw salad:

200 g white cabbage
1 large carrot
50 ml mayonnaise

- (a) Cabbage is a leafy vegetable. Name **three** other leafy vegetables.

- 1
- 2
- 3 [3]

- (b) Suggest **four** points to consider when buying fresh carrots.

- 1
- 2
- 3
- 4 [4]

- (c) The method for making the coleslaw states the cabbage should be finely shredded with a sharp knife.

State **five** safety rules to follow when using a sharp knife for shredding cabbage.

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

(d) Describe the first aid treatment for someone who has cut their finger.

.....

.....

.....

..... [3]

[Total: 15]

7 (a) Air is a natural raising agent used to lighten mixtures.

State **four** ways of incorporating air into a product before it is baked.

1

2

3

4 [4]

(b) Name **one** dish that uses water vapour to make it rise.

..... [1]

(c) Bread rises due to the action of yeast.

State **three** conditions that are needed in order for yeast to make bread rise.

1

2

3 [3]

[Total: 8]

8 Some people have a food allergy.

(a) Explain the term *food allergy*.

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

(b) Suggest **four** points to consider when planning meals and shopping for someone with a food allergy.

1
.....
2
.....
3
.....
4
.....
[4]

[Total: 5]

9 Identify **six** advantages of steaming as a method of cooking.

1
2
3
4
5
6
[6]

10 (a) Identify **three** factors to consider when choosing materials suitable for kitchen walls.

1

2

3 [3]

(b) Name **three** types of materials that could be used for kitchen walls.

1

2

3 [3]

[Total: 6]

11 State **five** guidelines to follow when disposing of kitchen waste.

1

2

3

4

5 [5]

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