



CANDIDATE
NAME

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CENTRE
NUMBER

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CANDIDATE
NUMBER

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0648/11

October/November 2023

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. Any blank pages are indicated.

Section A

Answer **all** questions.

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

- 1 (a) Define the term *metabolism*.

..... [1]

- (b) Name the mineral that helps control the rate of metabolism.

..... [1]

[Total: 2]

- 2 Water is an important part of a healthy diet.

- (a) State approximately how much water an adult is advised to drink each day.

..... [1]

- (b) State **two** different ways water is lost from the body.

1

2 [2]

- (c) Name **four** different foods with a high water content.

1

2

3

4 [4]

[Total: 7]

- 3 One way to reduce salt intake is to replace salt with spices to flavour savoury food.

Name **three** different spices that could be used to flavour a curry sauce.

1

2

3 [3]

4 Potatoes are a source of starch.

(a) Name **four** other different food sources that provide starch in meals.

- 1
- 2
- 3
- 4 [4]

(b) Describe **four** effects of moist heat on the starch in potatoes.

- 1
- 2
- 3
- 4 [4]

[Total: 8]

5 Excess calorie intake causes obesity.

(a) Name **five** health issues that could be caused by obesity.

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

(b) A diet that is high in saturated fat has been linked to obesity.

Name **three** different dairy foods that contain a high proportion of saturated fat.

- 1
- 2
- 3 [3]

(c) Name **two** different plant-based products that contain a high proportion of saturated fat.

1

2 [2]

[Total: 10]

6 (a) Name the basic building blocks of proteins.

..... [1]

(b) Name **four** different foods that are good sources of high biological value (HBV) protein.

1

2

3

4 [4]

(c) Name the enzyme in the stomach that helps digest proteins.

..... [1]

(d) Explain why some proteins have a higher biological value than others.

.....

.....

.....

.....

.....

.....

.....

..... [4]

[Total: 10]

Section B

Answer **all** questions.

- 7 The following ingredients can be used to make rough puff pastry.

strong plain flour
butter
salt
lemon juice
cold water

- (a) State the proportion of fat to flour for making rough puff pastry.

..... [1]

- (b) State **two** reasons for each of the following instructions when making rough puff pastry.

- (i) Sieve flour and salt.

1
2 [2]

- (ii) Seal edges well after rolling and folding.

1
2 [2]

- (iii) Relax pastry in the fridge after rolling and folding.

1
2 [2]

- (iv) Keep pastry covered in the fridge.

1
2 [2]

- (c) Describe what happens to the rough puff pastry when cooked in a hot oven.

.....

.....

.....

.....

.....

.....

.....

..... [6]

- (d) Explain why a person with coeliac disease should **not** eat rough puff pastry.

.....

.....

.....

..... [3]

- (e) The pastry can be used to make a beef steak pie.

- (i) State how the ingredients for the beef steak pie could be made suitable for a Muslim.

.....

..... [1]

- (ii) State **three** different ways the recipe for the beef steak pie could be adapted to increase non-starch polysaccharide (NSP) / dietary fibre.

1

2

3 [3]

[Total: 22]

8 Grilling is a popular method of cooking meat.

(a) Describe the principles of heat transference by radiation when grilling meat.

.....

.....

.....

.....

.....

.....

.....

..... [6]

(b) State **three** guidelines to follow when storing fresh meat in the refrigerator.

1

2

3 [3]

(c) Offal is a term used to describe edible internal organs of animals.

Name **one** example of offal that is suitable for grilling.

..... [1]

(d) Name **one** cut of beef suitable for grilling.

..... [1]

(e) Name **one** cut of lamb suitable for grilling.

..... [1]

(f) Name **two** vegetables suitable for grilling.

1

2 [2]

[Total: 14]

- 9 State **four** reasons why a manufacturer may use antioxidants when manufacturing a food product.

1

2

3

4 [4]

- 10 A pressure cooker is one piece of kitchen equipment that can save fuel energy.

- (a) Name **two** other pieces of kitchen equipment that can save fuel energy.

1

2 [2]

- (b) Give advice on each of the following factors when buying a new stovetop pressure cooker.

- (i) weight

..... [1]

- (ii) size

..... [1]

- (iii) manufacturer

..... [1]

[Total: 5]

- 11 An adult male family member is convalescing from surgery for a broken leg.
 - Discuss his special nutritional needs.
 - Discuss other factors to consider when cooking and serving meals for a convalescent.

OR

- [15]

This image shows a full page of a handwriting practice worksheet. It consists of multiple sets of three horizontal dashed lines spaced evenly down the page, providing a guide for letter height and placement. The background is plain white, and there are no other markings or text present.

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