

TOPICAL PAST PAPERS

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# IGCSE Food & Nutrition (0648) Paper 1

[Short, structured and extended response questions]

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Exam Series: May/June 2020 – May/June 2025

Format Type A:

Answers to all questions are provided as an appendix



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# Introduction

Each Topical Past Paper Questions Compilation contains a comprehensive collection of hundreds of questions and corresponding answer schemes, presented in worksheet format. The questions are carefully arranged according to their respective chapters and topics, which align with the latest IGCSE or AS/A Level subject content. Here are the key features of these resources:

1. The workbook covers a wide range of topics, which are organized according to the latest syllabus content for Cambridge IGCSE or AS/A Level exams.
2. Each topic includes numerous questions, allowing students to practice and reinforce their understanding of key concepts and skills.
3. The questions are accompanied by detailed answer schemes, which provide clear explanations and guidance for students to improve their performance.
4. The workbook's format is user-friendly, with worksheets that are easy to read and navigate.
5. This workbook is an ideal resource for students who want to familiarize themselves with the types of questions that may appear in their exams and to develop their problem-solving and analytical skills.

Overall, Topical Past Paper Questions Workbooks are a valuable tool for students preparing for IGCSE or AS/A level exams, providing them with the opportunity to practice and refine their knowledge and skills in a structured and comprehensive manner. To provide a clearer description of this book's specifications, here are some key details:

- Title: Cambridge IGCSE Food & Nutrition (0648) Paper 1 Topical Past Papers
- Subtitle: Exam Practice Worksheets With Answer Scheme
- Examination board: Cambridge Assessment International Education (CAIE)
- Subject code: 0648
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# Chapter 1

## Terms used in nutrition and nutrition-related problems

1. 0648\_s25\_qp\_11 Q: 1

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

State the cause of a deficiency disease.

..... [1]

---

2. 0648\_s25\_qp\_12 Q: 1

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

State the term used to describe the food that is normally eaten every day.

..... [1]

---

3. 0648\_s25\_qp\_13 Q: 1

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

State the cause of a deficiency disease.

..... [1]

---

4. 0648\_s24\_qp\_11 Q: 1

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

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

(a) Identify one disease that results from an insufficient amount of iron.

..... [1]

(b) State three different symptoms of the disease named in (a).

1 .....

2 .....

3 .....

[3]

[Total: 4]

5. 0648\_s24\_qp\_12 Q: 1

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

State the term used to describe an incorrect intake of nutrients.

..... [1]

6. 0648\_s24\_qp\_13 Q: 1

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

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

(a) Identify one disease that results from an insufficient amount of iron.

..... [1]

(b) State three different symptoms of the disease named in (a).

1 .....

2 .....

3 .....

[3]

[Total: 4]

7. 0648\_w24\_qp\_11 Q: 1

Define the term *balanced diet*.

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

8. 0648\_w24\_qp\_13 Q: 1

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

Define the term *balanced diet*.

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

9. 0648\_s23\_qp\_11 Q: 1

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

Define the term *malnutrition*.

..... [1]

10. 0648\_s23\_qp\_11 Q: 10

Eating too much sugar increases the risk of tooth decay, obesity and type 2 diabetes.

Identify **three** health problems that could be caused by obesity, and **three** different health problems that could be caused by type 2 diabetes.

(a) obesity

1 .....

2 .....

3 ..... [3]

(b) type 2 diabetes

1 .....

2 .....

3 ..... [3]

[Total: 6]

11. 0648\_s23\_qp\_12 Q: 1

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

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

..... [1]

12. 0648\_s23\_qp\_13 Q: 1

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

Define the term *malnutrition*.

..... [1]

13. 0648\_s23\_qp\_13 Q: 10

Eating too much sugar increases the risk of tooth decay, obesity and type 2 diabetes.

Identify **three** health problems that could be caused by obesity, and **three** different health problems that could be caused by type 2 diabetes.

(a) obesity

1 .....

2 .....

3 .....

[3]

(b) type 2 diabetes

1 .....

2 .....

3 .....

[3]

[Total: 6]

14. 0648\_w23\_qp\_12 Q: 1

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

(a) Name the deficiency disease associated with a lack of vitamin A.

..... [1]

(b) Complete the table by naming **four** other different deficiency diseases and identifying the nutrient that is in poor supply for each.

deficiency disease	nutrient in poor supply

[8]

[Total: 9]

15. 0648\_s22\_qp\_11 Q: 1

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

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

..... [1]

---

16. 0648\_s22\_qp\_12 Q: 1

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

Name the term used to describe chemical processes, such as growth and cell renewal, that take place in the body.

..... [1]

---

17. 0648\_s22\_qp\_13 Q: 1

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

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

..... [1]

---

18. 0648\_w21\_qp\_11 Q: 1

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

Correct proportions of fat and minerals should be included in a balanced diet.

Name **two** other groups of nutrients that should be included in a balanced diet.

1 .....

2 ..... [2]

---

19. 0648\_w21\_qp\_12 Q: 1

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

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

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

---

20. 0648\_w21\_qp\_13 Q: 1

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

Malnutrition occurs when there is an insufficient or excessive intake of nutrients.

(a) Name **one** disease that may occur when there is an insufficient intake of:

(i) protein ..... [1]

(ii) vitamin B<sub>3</sub> ..... [1]

(iii) vitamin A. .... [1]

(b) Name **one** effect on health that may occur when there is an excessive intake of:

(i) sodium chloride ..... [1]

(ii) saturated fat. .... [1]

[Total: 5]

21. 0648\_w20\_qp\_11 Q: 1

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

A deficiency disease occurs if a nutrient is lacking in the body.

Name **one** nutrient which is lacking if the body has the following diseases:

(a) goitre ..... [1]

(b) pellagra ..... [1]

(c) marasmus ..... [1]

(d) anaemia ..... [1]

(e) night blindness. .... [1]

[Total: 5]

22. 0648\_w20\_qp\_13 Q: 1

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

A deficiency disease occurs if a nutrient is lacking in the body.

Name **one** nutrient which is lacking if the body has the following diseases:

- (a) goitre ..... [1]
- (b) pellagra ..... [1]
- (c) marasmus ..... [1]
- (d) anaemia ..... [1]
- (e) night blindness. .... [1]

---

[Total: 5]

# Chapter 2

## Nutritive value of foods

23. 0648\_s25\_qp\_11 Q: 3

Monosaccharides are sugars.

(a) Define the term monosaccharide.

..... [1]

(b) Name **two** examples of monosaccharides.

1 .....

2 .....

[2]

(c) Eating too much sugar may result in tooth decay.

(i) Name **one** other health issue that may result from eating too much sugar.

..... [1]

(ii) Describe the effects of the health issue named in (c)(i) on the body.

.....  
.....  
.....  
.....  
.....  
.....  
..... [3]

[Total: 7]

24. 0648\_s25\_qp\_11 Q: 4

Fats help protect vital organs in the body.

Give **four** other functions of fats in the body.

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

25. 0648\_s25\_qp\_11 Q: 7

Water is essential to life, so it is important to have good hydration.

State **four** occasions when extra hydration may be needed.

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

26. 0648\_s25\_qp\_12 Q: 4

Fats and oils are classified into three groups. Saturated fat is one group.

(a) Name the **two** other groups of fats and oils.

- 1 .....
- 2 ..... [2]

(b) Identify **four** health issues that could result from a diet high in saturated fat.

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

[Total: 6]

27. 0648\_s25\_qp\_13 Q: 3

Monosaccharides are sugars.

(a) Define the term monosaccharide.

..... [1]

(b) Name **two** examples of monosaccharides.

1 .....

2 ..... [2]

(c) Eating too much sugar may result in tooth decay.

(i) Name **one** other health issue that may result from eating too much sugar.

..... [1]

(ii) Describe the effects of the health issue named in (c)(i) on the body.

.....  
.....  
.....  
.....  
..... [3]

[Total: 7]

28. 0648\_s25\_qp\_13 Q: 4

Fats help protect vital organs in the body.

Give **four** other functions of fats in the body.

1 .....

2 .....

3 .....

4 ..... [4]

29. 0648\_s25\_qp\_13 Q: 7

Water is essential to life, so it is important to have good hydration.

State **four** occasions when extra hydration may be needed.

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

30. 0648\_s24\_qp\_11 Q: 3

Vitamins are vital to life and help prevent many diseases.

- (a) Name the vitamin that is important for the absorption of iron.  
..... [1]
  - (b) Identify **one** disease that vitamin B<sub>1</sub> (thiamin) helps prevent.  
..... [1]
  - (c) Name the vitamin that helps the blood to clot.  
..... [1]
- [Total: 3]

31. 0648\_s24\_qp\_11 Q: 5

Name **three** foods that help to prevent the deficiency disease goitre.

- 1 .....
- 2 .....
- 3 ..... [3]

# Appendix A

## Answers

1. 0648\_s25\_ms\_11 Q: 1

Question	Answer	Marks
	<i>cause of a deficiency disease</i> lack of a/one/specific nutrient;	1

\_\_\_\_\_ compiled by [examinent.com](http://examinent.com) \_\_\_\_\_

2. 0648\_s25\_ms\_12 Q: 1

Question	Answer	Marks
	<i>term used to describe the food that is normally eaten every day</i> diet;	1

\_\_\_\_\_ compiled by [examinent.com](http://examinent.com) \_\_\_\_\_

3. 0648\_s25\_ms\_13 Q: 1

Question	Answer	Marks
	<i>cause of a deficiency disease</i> lack of a/one/specific nutrient;	1

\_\_\_\_\_ compiled by [examinent.com](http://examinent.com) \_\_\_\_\_

4. 0648\_s24\_ms\_11 Q: 1

Question	Answer	Marks
(a)	<i>disease that results from an insufficient amount of iron</i> anaemia;	1
(b)	<i>symptoms of anaemia</i> cold hands and feet; dizziness / faint; headaches / migraine; lack of red blood cells / too little haemoglobin in the blood; lethargic / tired / fatigue / lack of energy / weakness; pale complexion; short of breath;	3

\_\_\_\_\_ compiled by [examinent.com](http://examinent.com) \_\_\_\_\_

5. 0648\_s24\_ms\_12 Q: 1

Question	Answer	Marks
	<i>term used to describe an incorrect intake of nutrients</i> malnutrition;	1

\_\_\_\_\_ compiled by [examinent.com](http://examinent.com) \_\_\_\_\_

6. 0648\_s24\_ms\_13 Q: 1

Question	Answer	Marks
(a)	<i>disease that results from an insufficient amount of iron</i> anaemia;	1
(b)	<i>symptoms of anaemia</i> cold hands and feet; dizziness / faint; headaches / migraine; lack of red blood cells / too little haemoglobin in the blood; lethargic / tired / fatigue / lack of energy / weakness; pale complexion; short of breath;	3

\_\_\_\_\_ compiled by [examinent.com](http://examinent.com) \_\_\_\_\_

7. 0648\_w24\_ms\_11 Q: 1

Question	Answer	Marks
	<i>define the term balanced diet</i> contains <u>all nutrients</u> in <u>correct proportion</u> ; ;	2

\_\_\_\_\_ compiled by [examinent.com](http://examinent.com) \_\_\_\_\_

8. 0648\_w24\_ms\_13 Q: 1

Question	Answer	Marks
	<i>define the term balanced diet</i> contains <u>all nutrients</u> in <u>correct proportion</u> ; ;	2

\_\_\_\_\_ compiled by [examinent.com](http://examinent.com) \_\_\_\_\_

9. 0648\_s23\_ms\_11 Q: 1

Question	Answer	Marks
	<i>define the term malnutrition</i> incorrect or unbalanced intake of nutrients / lack of 1 or more nutrients / excess of 1 or more nutrients;	1

\_\_\_\_\_ compiled by [examinent.com](http://examinent.com) \_\_\_\_\_

10. 0648\_s23\_ms\_11 Q: 10

Question	Answer	Marks
(a)	<b>health problems that could be caused by obesity</b> arteries narrow / block; breathlessness; heart disease / CHD; hypertension; lethargy; low self-esteem; problems during surgery; stroke; varicose veins;	3
(b)	<b>health problems that could be caused by type 2 diabetes</b> circulation problems; damage to kidneys; eye problems; foot or leg problems / amputation; heart disease / CHD; hypertension; stroke;	3

\_\_\_\_\_ compiled by [examinent.com](http://examinent.com) \_\_\_\_\_

11. 0648\_s23\_ms\_12 Q: 1

Question	Answer	Marks
	<i>term used to describe a diet that contains all nutrients in the correct proportion</i> balanced (diet);	1

\_\_\_\_\_ compiled by [examinent.com](http://examinent.com) \_\_\_\_\_

12. 0648\_s23\_ms\_13 Q: 1

Question	Answer	Marks
	<b>define the term malnutrition</b> incorrect or unbalanced intake of nutrients / lack of 1 or more nutrients / excess of 1 or more nutrients;	1

\_\_\_\_\_ compiled by [examinent.com](http://examinent.com) \_\_\_\_\_

13. 0648\_s23\_ms\_13 Q: 10

Question	Answer	Marks
(a)	<b>health problems that could be caused by obesity</b> arteries narrow / block; breathlessness; heart disease / CHD; hypertension; lethargy; low self-esteem; problems during surgery; stroke; varicose veins;	3
(b)	<b>health problems that could be caused by type 2 diabetes</b> circulation problems; damage to kidneys; eye problems; foot or leg problems / amputation; heart disease / CHD; hypertension; stroke;	3

compiled by examinent.com

14. 0648\_w23\_ms\_12 Q: 1

Question	Answer	Marks																				
(a)	<b>deficiency disease associated with a lack of vitamin A</b> night blindness / xerophthalmia;	1																				
(b)	<table border="1"> <thead> <tr> <th>deficiency disease</th> <th>nutrient in poor supply</th> </tr> </thead> <tbody> <tr> <td>kwashiorkor / marasmus;</td> <td>protein;</td> </tr> <tr> <td>beriberi;</td> <td>vitamin B<sub>1</sub> / thiamine;</td> </tr> <tr> <td>pellagra;</td> <td>vitamin B<sub>3</sub> / nicotinic acid / niacin;</td> </tr> <tr> <td><u>pernicious / megaloblastic</u> anaemia;</td> <td>vitamin B<sub>12</sub> / cobalamin;</td> </tr> <tr> <td>scurvy;</td> <td>vitamin C / ascorbic acid;</td> </tr> <tr> <td>rickets / osteomalacia;</td> <td>vitamin D / cholecalciferol / calcium;</td> </tr> <tr> <td>osteoporosis;</td> <td>calcium;</td> </tr> <tr> <td>anaemia;</td> <td>iron;</td> </tr> <tr> <td>goitre;</td> <td>iodide;</td> </tr> </tbody> </table>	deficiency disease	nutrient in poor supply	kwashiorkor / marasmus;	protein;	beriberi;	vitamin B <sub>1</sub> / thiamine;	pellagra;	vitamin B <sub>3</sub> / nicotinic acid / niacin;	<u>pernicious / megaloblastic</u> anaemia;	vitamin B <sub>12</sub> / cobalamin;	scurvy;	vitamin C / ascorbic acid;	rickets / osteomalacia;	vitamin D / cholecalciferol / calcium;	osteoporosis;	calcium;	anaemia;	iron;	goitre;	iodide;	8
deficiency disease	nutrient in poor supply																					
kwashiorkor / marasmus;	protein;																					
beriberi;	vitamin B <sub>1</sub> / thiamine;																					
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osteoporosis;	calcium;																					
anaemia;	iron;																					
goitre;	iodide;																					

compiled by examinent.com

15. 0648\_s22\_ms\_11 Q: 1

Question	Answer	Marks
	<b>diet that contains all the nutrients in the correct proportion</b> balanced diet;	1

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16. 0648\_s22\_ms\_12 Q: 1

Question	Answer	Marks
	<i>term used to describe chemical processes that take place in the body</i> metabolism;	1

\_\_\_\_\_ compiled by examinent.com \_\_\_\_\_

17. 0648\_s22\_ms\_13 Q: 1

Question	Answer	Marks
	<i>diet that contains all the nutrients in the correct proportion</i> balanced diet;	1

\_\_\_\_\_ compiled by examinent.com \_\_\_\_\_

18. 0648\_w21\_ms\_11 Q: 1

Question	Answer	Marks
	<i>groups of nutrients that should be included in a balanced diet</i> protein; carbohydrate; vitamins;	2

\_\_\_\_\_ compiled by examinent.com \_\_\_\_\_

19. 0648\_w21\_ms\_12 Q: 1

Question	Answer	Marks
	<i>how to ensure a balanced diet is provided for all family members</i> diet should contain <u>all nutrients</u> ; nutrients should be tailored to specific needs / in correct proportions / sufficient amounts for each family member according to age, gender, health status etc.;	2

\_\_\_\_\_ compiled by examinent.com \_\_\_\_\_

20. 0648\_w21\_ms\_13 Q: 1

Question	Answer	Marks
(a)(i)	<i>disease that may occur when there is an insufficient intake of protein</i> marasmus / kwashiorkor;	1
(a)(ii)	<i>disease that may occur when there is an insufficient intake of vitamin B<sub>3</sub></i> pellagra;	1
(a)(iii)	<i>disease that may occur when there is an insufficient intake of vitamin A</i> xerophthalmia / night blindness;	1
(b)(i)	<i>effect on health that may occur when there is an excessive intake of sodium chloride</i> high blood pressure / hypertension; hypertension can result in strokes / heart disease / CHD; water retention / swelling of tissues / oedema; damage to kidneys / kidney failure;	1
(b)(ii)	<i>effect on health that may occur when there is an excessive intake of saturated fat</i> obesity / CHD / high cholesterol;	1

\_\_\_\_\_ compiled by examinent.com \_\_\_\_\_

21. 0648\_w20\_ms\_11 Q: 1

Question	Answer	Marks
(a)	<i>nutrient which is lacking if the body has goitre</i> iodide;	1
(b)	<i>nutrient which is lacking if the body has pellagra</i> nicotinic acid / B <sub>3</sub> / niacin;	1
(c)	<i>nutrient which is lacking if the body has marasmus</i> protein;	1
(d)	<i>nutrient which is lacking if the body has anaemia</i> iron;	1
(e)	<i>nutrient which is lacking if the body has night blindness</i> vitamin A / retinol / beta-carotene;	1

\_\_\_\_\_ compiled by [examinent.com](http://examinent.com) \_\_\_\_\_

22. 0648\_w20\_ms\_13 Q: 1

Question	Answer	Marks
(a)	<i>nutrient which is lacking if the body has goitre</i> iodide;	1
(b)	<i>nutrient which is lacking if the body has pellagra</i> nicotinic acid / B <sub>3</sub> / niacin;	1
(c)	<i>nutrient which is lacking if the body has marasmus</i> protein;	1
(d)	<i>nutrient which is lacking if the body has anaemia</i> iron;	1
(e)	<i>nutrient which is lacking if the body has night blindness</i> vitamin A / retinol / beta-carotene;	1

\_\_\_\_\_ compiled by [examinent.com](http://examinent.com) \_\_\_\_\_

23. 0648\_s25\_ms\_11 Q: 3

Question	Answer	Marks
(a)	<i>define the term monosaccharide</i> simple sugar / single-unit / molecule (carbohydrate) / base unit for other carbohydrates / sugar that cannot be hydrolysed (broken down by addition of water);	1
(b)	<i>examples of monosaccharides</i> glucose; fructose; galactose;	2
(c)(i)	<i>health issue that may result from eating too much sugar</i> obesity / <u>type 2</u> diabetes;	1
(c)(ii)	<i>effects on the body of the named health problem</i> <i>obesity</i> increases risk of complications during surgery / pregnancy / childbirth; problems with the knees / hips / spine / arthritis; breathing / respiratory problems; high/increased blood pressure / stroke; CHD / heart disease; psychological problems / low self-esteem;  <i>type 2 diabetes</i> insufficient insulin made in pancreas; glucose remains in blood / too much sugar in the blood; circulation problems; eye problems; foot / leg amputation; damage to kidneys; CHD / heart disease; high/increased blood pressure / stroke;	3

\_\_\_\_\_ compiled by [examinent.com](http://examinent.com) \_\_\_\_\_

24. 0648\_s25\_ms\_11 Q: 4

Question	Answer	Marks
	<i>functions of fats in the body</i> formation of cell membranes; high satiety value / gives a feeling of fullness after a meal; protein sparing; provides energy store; provides energy; provides essential fatty acids e.g. Omega 3, Omega 6; provides vitamin A / D / E / K (as they are fat-soluble); provides warmth / heat / insulation;	4

\_\_\_\_\_ compiled by [examinent.com](http://examinent.com) \_\_\_\_\_

25. 0648\_s25\_ms\_11 Q: 7

Question	Answer	Marks
	<i>occasions when extra hydration may be needed</i> during high temperatures / humidity; after exercise / any specific sport or activity causing sweating / manual labour; if suffering from constipation; during pregnancy / lactation; when ill / have a raised temperature / fever / convalescing; after vomiting / being sick; after diarrhoea;	4

\_\_\_\_\_ compiled by [examinent.com](http://examinent.com) \_\_\_\_\_

26. 0648\_s25\_ms\_12 Q: 4

Question	Answer	Marks
(a)	<i>groups of fats and oils</i> monounsaturated; polyunsaturated;	2
(b)	<i>health issues that could result from a diet high in saturated fat</i> breathing / respiratory problems; artery walls blocked/narrowed/clogged / CHD / heart disease; excess fat / adipose tissue stored under skin / around internal organs causing weight gain / overweight / obesity; high blood pressure / strokes; IBS; psychological problems / low self-esteem; problems with the knees / hips / spine / arthritis caused by obesity; obesity increases the risk of complications during surgery / pregnancy / childbirth;	4

\_\_\_\_\_ compiled by [examinent.com](http://examinent.com) \_\_\_\_\_

27. 0648\_s25\_ms\_13 Q: 3

Question	Answer	Marks
(a)	<i>define the term monosaccharide</i> simple sugar / single-unit / molecule (carbohydrate) / base unit for other carbohydrates / sugar that cannot be hydrolysed (broken down by addition of water);	1
(b)	<i>examples of monosaccharides</i> glucose; fructose; galactose;	2
(c)(i)	<i>health issue that may result from eating too much sugar</i> obesity / <u>type 2</u> diabetes;	1
(c)(ii)	<i>effects on the body of the named health problem</i> <i>obesity</i> increases risk of complications during surgery / pregnancy / childbirth; problems with the knees / hips / spine / arthritis; breathing / respiratory problems; high/increased blood pressure / stroke; CHD / heart disease; psychological problems / low self-esteem;  <i>type 2 diabetes</i> insufficient insulin made in pancreas; glucose remains in blood / too much sugar in the blood; circulation problems; eye problems; foot / leg amputation; damage to kidneys; CHD / heart disease; high/increased blood pressure / stroke;	3

\_\_\_\_\_ compiled by [examinent.com](http://examinent.com) \_\_\_\_\_

28. 0648\_s25\_ms\_13 Q: 4

Question	Answer	Marks
	<i>functions of fats in the body</i> formation of cell membranes; high satiety value / gives a feeling of fullness after a meal; protein sparing; provides energy store; provides energy; provides essential fatty acids e.g. Omega 3, Omega 6; provides vitamin A / D / E / K (as they are fat-soluble); provides warmth / heat / insulation;	4

\_\_\_\_\_ compiled by [examinent.com](http://examinent.com) \_\_\_\_\_

29. 0648\_s25\_ms\_13 Q: 7

Question	Answer	Marks
	<i>occasions when extra hydration may be needed</i> during high temperatures / humidity; after exercise / any specific sport or activity causing sweating / manual labour; if suffering from constipation; during pregnancy / lactation; when ill / have a raised temperature / fever / convalescing; after vomiting / being sick; after diarrhoea;	4

\_\_\_\_\_ compiled by [examinent.com](http://examinent.com) \_\_\_\_\_

30. 0648\_s24\_ms\_11 Q: 3

Question	Answer	Marks
(a)	<i>vitamin that is important for the absorption of iron</i> vitamin C / ascorbic acid;	1
(b)	<i>disease that vitamin B<sub>1</sub> (thiamin) helps prevent</i> beri-beri;	1
(c)	<i>vitamin that helps the blood to clot</i> vitamin K / phylloquinone;	1

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Question	Answer	Marks
	<i>foods to help prevent the deficiency disease goitre</i> cod liver oil; dairy foods; green leafy vegetables e.g. lettuce, broccoli, kale; iodised salt; nuts; seafood; seaweed; vegetables grown near the sea;	3

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