

TOPICAL PAST PAPERS

IGCSE Food & Nutrition (0648) Paper 1

[Short, structured and extended response questions]

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

Format Type B:

Each question is followed by its answer scheme



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Introduction

Each Topical Past Paper Questions Workbook 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
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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]

Answer:

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

_____ compiled by examinent.com _____

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]

Answer:

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

_____ compiled by examinent.com _____

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]

Answer:

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

..... compiled by examinent.com

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]

Answer:

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

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]

Answer:

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

_____ compiled by examinent.com _____

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]

Answer:

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

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7. 0648_w24_qp_11 Q: 1

Define the term *balanced diet*.

.....
 [2]

Answer:

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

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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]

Answer:

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

_____ compiled by examinent.com _____

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]

Answer:

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

_____ compiled by examinent.com _____

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]

Answer:

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

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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]

Answer:

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

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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]

Answer:

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

_____ compiled by examinent.com _____

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]

Answer:

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

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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]

Answer:

Question	Answer	Marks																				
(a)	<i>deficiency disease associated with a lack of vitamin A</i> night blindness / xerophthalmia;	1																				
(b)	<table border="1"> <thead> <tr> <th><i>deficiency disease</i></th> <th><i>nutrient in poor supply</i></th> </tr> </thead> <tbody> <tr> <td>kwashiorkor / marasmus;</td> <td>protein;</td> </tr> <tr> <td>beriberi;</td> <td>vitamin B₁ / thiamine;</td> </tr> <tr> <td>pellagra;</td> <td>vitamin B₃ / nicotinic acid / niacin;</td> </tr> <tr> <td><u>pernicious / megaloblastic anaemia;</u></td> <td>vitamin B₁₂ / 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>	<i>deficiency disease</i>	<i>nutrient in poor supply</i>	kwashiorkor / marasmus;	protein;	beriberi;	vitamin B ₁ / thiamine;	pellagra;	vitamin B ₃ / nicotinic acid / niacin;	<u>pernicious / megaloblastic anaemia;</u>	vitamin B ₁₂ / cobalamin;	scurvy;	vitamin C / ascorbic acid;	rickets / osteomalacia;	vitamin D / cholecalciferol / calcium;	osteoporosis;	calcium;	anaemia;	iron;	goitre;	iodide;	8
<i>deficiency disease</i>	<i>nutrient in poor supply</i>																					
kwashiorkor / marasmus;	protein;																					
beriberi;	vitamin B ₁ / thiamine;																					
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rickets / osteomalacia;	vitamin D / cholecalciferol / calcium;																					
osteoporosis;	calcium;																					
anaemia;	iron;																					
goitre;	iodide;																					

compiled by examinent.com

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]

Answer:

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

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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]

Answer:

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_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]

Answer:

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_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]

Answer:

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_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]

Answer:

Question	Answer	Marks
	<p><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.;</p>	2

_____ compiled by examinent.com _____

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 B₃ [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]

Answer:

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 B₃</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_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]

Answer:

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 ₃ / 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

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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]

Answer:

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 ₃ / 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

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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]

Answer:

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 diabetes</u> ;	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

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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]

Answer:

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

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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]

Answer:

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

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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]

Answer:

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

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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]

Answer:

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 _____

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]

Answer:

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 _____

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]

Answer:

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 _____

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 B₁ (thiamin) helps prevent.
 [1]
- (c) Name the vitamin that helps the blood to clot.
 [1]

[Total: 3]

Answer:

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 B₁ (thiamin) helps prevent</i> beri-beri;	1
(c)	<i>vitamin that helps the blood to clot</i> vitamin K / phyloquinone;	1

_____ compiled by examinent.com _____

31. 0648_s24_qp_11 Q: 5

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

1

2

3

[3]

Answer:

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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