

CAMBRIDGE IGCSE

Food and Nutrition 0648

Learning Resources

Examinations 2026, 2027 and 2028

All essential learning resources required for this preparation course are provided within the course.

The course is intended to give you an organised pathway, so you do not need to purchase several books or search randomly before beginning. The materials below describe the planned course provision; use the items released in your course and the official references for your examination year.

Materials within the preparation course

Resource	How it supports Food & Nutrition
Syllabus-aligned lessons	Build understanding through nutritional explanations, food-science examples, planning models and practical-assessment guidance.
Diagnostic guidance	Clarifies the starting knowledge and skills needed before the main syllabus work. Diagnostic results guide study; they do not award or predict a Cambridge grade.
Topic and skills practice	Develops the assessed abilities alongside each relevant topic.
Model approaches and correction guidance	Shows why a method or response works and how to improve an error.
Paper-specific preparation and revision	Connects content with the required format and supports the move towards timed work.

The resources serve different purposes. Lessons establish understanding; practice reveals where it is insecure; models and correction guidance help explain the gap. Availability follows the course release plan, rather than a promise that every future resource is already live.

Official Cambridge references

Resource	Where to find it	How to use it
Official subject page and syllabus	Cambridge IGCSE Food & Nutrition 0648	Select the PDF covering your examination year and read its updates. The syllabus defines scope, routes and assessment requirements.
Matching syllabus PDF	Official examination-year syllabus PDF for 0648	Direct official document retrieved on 11 October 2026. Check subsequent updates before examination entry.
Specimen and past-paper materials	Cambridge past papers and examination resources	Use the syllabus code to find available question papers and mark schemes. Specimen papers show a new format; older papers may not match a changed syllabus.
Mark schemes and examiner reports	Available through Cambridge's resources and your approved centre	Mark schemes explain how credit is awarded. Examiner reports identify common difficulties. Availability varies by subject and series.
Learner guides and candidate responses	Ask the centre for materials available for 0648	Use these where Cambridge has published them. Annotated responses show how the assessment criteria apply; availability is not assumed for every course.
School Support Hub	Cambridge support for teachers	A secure teacher service accessed through Cambridge schools. Your centre can provide or explain appropriate material; it is not a promised public learner login.
Published resources	Cambridge published resources for 0648	Use the official directory to check what Cambridge endorses and which syllabus the endorsement covers.

The syllabus has priority if another resource differs from it. Specimen material is especially useful after an assessment change. When using a past paper, check both its code and year before treating its structure or content as representative of your examination.

Optional published resources

The Cambridge published-resources directory is the reference for optional endorsed material. No individual textbook is prescribed in this draft where its edition, ISBN and suitability for this examination-year range could not all be confirmed. Course materials remain the starting point; a resource listed for an older syllabus needs checking against this one.

Cambridge endorsement describes the resource and syllabus coverage stated by Cambridge. It does not make a book compulsory or guarantee an examination result. Check that the format includes any access you need, and use only the chapters and components relevant to your route.

Additional reading and enrichment

Reliable food-science demonstrations, food-label information and supervised cooking experiences can connect nutrition and preparation methods. These complement centre-supervised practical training; they do not replace the formal practical assessment.

These are optional ways to extend understanding, not additional orientation assignments. External information should be attributable to a reliable organisation or author and relevant to a syllabus requirement. A useful resource fills a specific gap; a large collection of disconnected notes can make revision harder.

Using resources in sequence

Begin with the relevant course lesson and its syllabus area. Use an additional explanation only where it clarifies a difficulty, then return to the course's subject practice and assessment guidance. Reviewing why a response is correct is more useful than collecting model answers without understanding them.

Key pointers: The course pathway comes first, the current syllabus remains the authority, and optional resources should serve a clear purpose. **Next:** Open **About the Preparation Course**.