

SECTION A FOOD AND NUTRITION AND CONSUMER-RELATED ISSUES

Spend approximately 60 minutes on this section.

QUESTION 1 MULTIPLE CHOICE

Choose the most correct answer to each of the following questions. Write only the letter of your choice in the table below.

Question	1.1	1.2	1.3	1.4	1.5	1.6
Answer						

1.1 The following foods are NOT VAT-exempt:

- 1 Rice
- 2 Brown bread
- 3 Coffee
- 4 Fresh carrots
- 5 Stir-fry pork
- 6 Lean mince

- A 1, 3 and 4
- B 3, 5 and 6
- C 2, 5 and 6
- D 1, 2 and 4

(2)

1.2 Risk factors for osteoporosis include:

- 1 A diet consistently low in calcium, phosphorous and vitamin D.
- 2 A lack of absorption of nutrients that may lead to diarrhoea.
- 3 Evidence of a low bone mass in women compared to men.
- 4 Excessive blood loss because of an injury or menstrual bleeding.
- 5 Doing too few weight-bearing exercises.
- 6 Loss of appetite due to mouth sores, thrush, and ulcers.

- A 1, 2 and 6
- B 2, 4 and 5
- C 1, 3 and 5
- D 3, 4 and 5

(2)

1.3 The following vitamin C-rich foods will assist with the absorption of iron.

- A Tomatoes and strawberries
- B Milk and yoghurt
- C Peas and green beans
- D Rooibos tea and Coke

(1)

1.4 A person suffering from gluten intolerance should not eat ...

- A rice cakes.
- B oat health bars.
- C wholewheat rusks.
- D mealie muffins.

(1)

1.5 Emotional and behavioural symptoms of *anorexia nervosa* include ...

- 1 excessive weight loss.
- 2 distorted body image.
- 3 fingers that turn blue.
- 4 abnormal blood counts.
- 5 lack of emotion.
- 6 social withdrawal.
- 7 dry skin and hair.
- 8 constipation and fainting.

- A 1, 4 and 7
- B 2, 5 and 6
- C 4, 5 and 7
- D 3, 6 and 8

(2)

1.6 Type 2 diabetes refers to ...

- 1 a chronic condition where the body cannot control the blood glucose level.
- 2 an occurrence in pregnant women who have elevated blood glucose levels.
- 3 a condition where the pancreas does not synthesise insulin.
- 4 a condition where the pancreas does not synthesise enough insulin.
- 5 elevated blood glucose levels due to excess abdominal fat.
- 6 a chronic condition where insulin injections are necessary.
- 7 elevated blood glucose levels due to insulin resistance.
- 8 a condition where the pancreatic enzyme lipase is excreted.

- A 1, 4, 5 and 7
- B 1, 2, 6 and 7
- C 2, 3, 5 and 6
- D 3, 4, 6 and 8

(2)
[10]

QUESTION 2

Choose the most suitable food items from Column B for the description in Column A. Write only the letter of your choice in the table below.

Question	2.1	2.2	2.3	2.4	2.5
Answer					

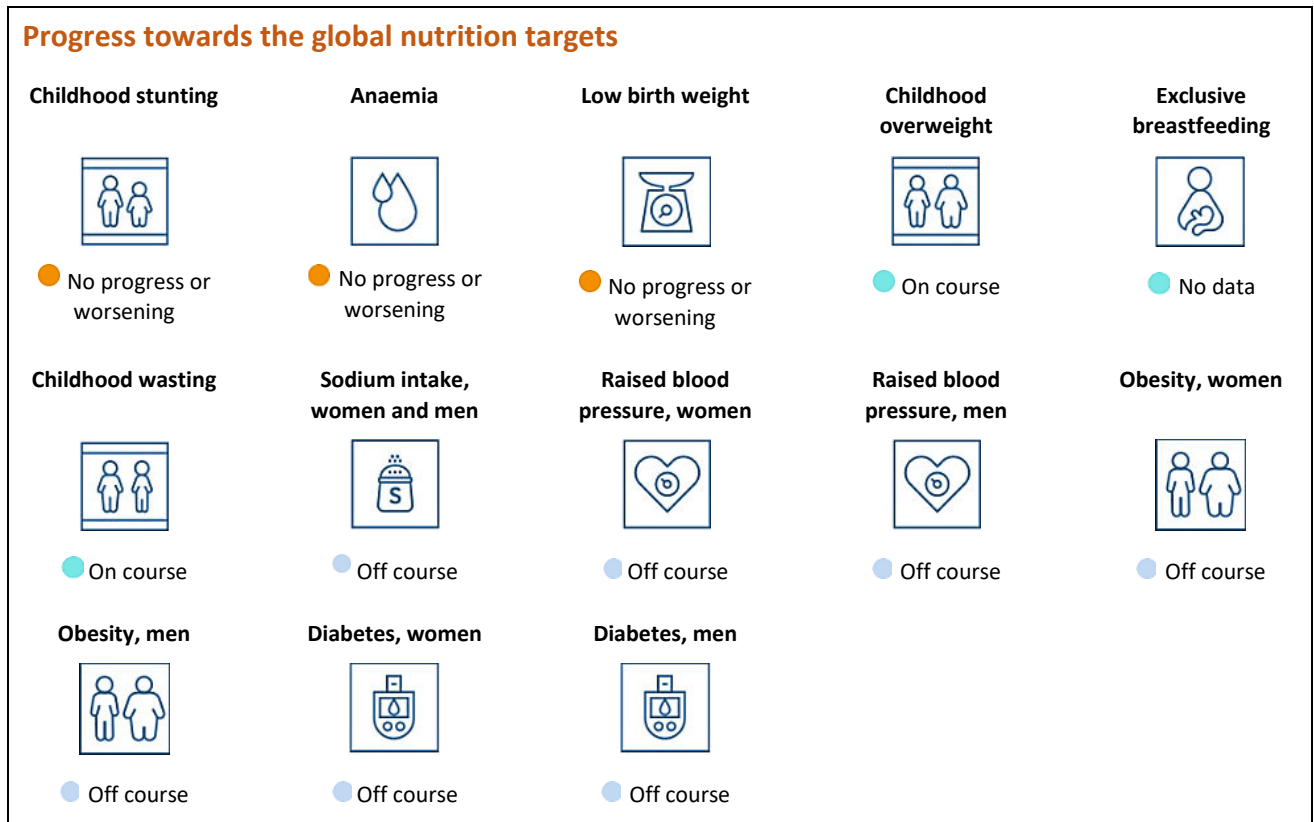
Column A Description		Column B Food items	
2.1	Foods that are high in antioxidants that fight free radicals.	A	White bread, cakes, and Marie biscuits.
2.2	Foods that cause a rapid rise in blood glucose levels.	B	Brown rice, Provita biscuits, and yoghurt.
2.3	Essential plant proteins that are needed to strengthen the immune system.	C	Dark chocolate, berries, and kale.
2.4	Foods that release glucose slowly and steadily into the bloodstream.	D	Yoghurt, kefir, and sauerkraut.
2.5	Foods that contain live micro-organisms to restore gut flora.	E	Red meat, chicken, and fish.
		F	Chickpeas, soya, and lentils.
		G	Bananas, artichokes, and garlic.

[5]

QUESTION 3

The following South African nutrition profile was released in 2021.

Use the information below to answer the questions that follow.



[Source: Global Nutrition Report | Country Nutrition Profiles]

3.1 List the THREE nutritional conditions that South Africa needs to address first.

(3)

3.2 Define the term *anaemia*.

(2)

3.5.2 Name THREE risk factors that are not nutrition-related for developing high blood pressure.

(3)

3.5.3 Suggest FOUR dietary changes to prevent or manage high blood pressure.

(4)

3.5.4 Predict the effect constant high blood pressure will have on the heart.

(3)

3.6 Explain the link between obesity and diabetes.

(4)
[32]

QUESTION 4

Read the quotation below and use it to answer the questions that follow.

'The relationship between nutrition and HIV is a vicious cycle, similar to the relationship between nutrition and other infections.'

4.1 Explain the 'vicious cycle' mentioned in the quotation.

(4)

4.2 Give FIVE examples of sound nutritional practices that are recommended for people suffering from HIV/AIDS.

(5)

4.3 Give THREE reasons for including foods rich in antioxidants in the diet of an HIV-positive patient.

(3)

4.4 Name THREE antioxidants with an example of a source for each.

(6)

4.5 Discuss habits that consumers can adopt to ensure a sustainable food system.

(5)
[23]

70 marks

SECTION B CLOTHING AND CONSUMER-RELATED ISSUES

Spend approximately 40 minutes on this section.

QUESTION 5 MULTIPLE CHOICE

Choose the most correct answer to each of the following questions. Write only the letter of your choice in the table below.

Question	5.1	5.2	5.3	5.4	5.5
Answer					

5.1 ... takes the environment, consumers' health, and the working conditions of workers in the fashion industry into account.

- A Vintage fashion
 - B Retrospective fashion
 - C Eco-fashion
 - D Classic fashion
- (1)

5.2 An advantage of workwear:

- A It reflects quantity rather than quality.
 - B It emphasises the wearer's good features.
 - C It uses fair-trade practices during manufacturing.
 - D It projects the image or identity of the company.
- (1)

5.3 The first step in planning a working wardrobe is to ...

- A evaluate your existing wardrobe.
 - B analyse your needs.
 - C examine your available resources.
 - D compile a shopping list.
- (1)

5.4 The registered name of a product that prevents others from using the same name.

- A Brand name
 - B Original name
 - C Trade name
 - D Product name
- (1)

5.5 Social factors that will influence changes in fashion include ...

- A recession, depression, and inflation.
 - B legislation, religion, and inflation.
 - C religion, culture, and lifestyle.
 - D poverty, mobility, and celebrities.
- (1)

[5]

QUESTION 6

Study the images below and use them to answer the questions that follow.



[Source: Available at <<https://www.bing.com/images>>]

6.1 Discuss the difference between the fashion styles illustrated in images A and B.

(6)

6.2 Draw a simple line graph to illustrate the difference, according to the fashion cycle, between the fashion styles mentioned in Question 6.1.

(4)

6.3 Explain how the following factors influence fashion change.

6.3.1 Economic factors

(3)

6.3.2 Technological factors

(3)




6.3.3 Social factors

(3)

[19]

QUESTION 7

'Dressing with care can impress a potential future employer.'

Hairstyle	Clothing	Shoes
		

[Source: Available at <<https://www.bing.com/images/>>]

7.1 Consider the abovementioned statement and comment on the suitability of Peter's attire and appearance for his upcoming interview at a law firm.

(6)

7.2 Suggest additions to Peter's current wardrobe to make it more appropriate for the interview.

(3)

7.3 State the characteristics of a working wardrobe.

(5)
[14]

QUESTION 8

8.1 Explain the term *sustainable textile*.

(3)

8.2 List THREE organic and eco-friendly textiles.

(3)

8.3 Discuss the positive impact of recycling and reusing old articles of clothing.

(6)
[12]

50 marks

SECTION C HOUSING AND CONSUMER-RELATED ISSUES


Spend approximately 50 minutes on this section.

QUESTION 9 MATCH THE COLUMNS

Choose the most correct option for the questions on page 17. Write only the letter of your choice in the table below.

Question	9.1	9.2	9.3	9.4	9.5
Answer					

Study the advertisement to answer Questions 9.1–9.5.

NEW DEVELOPMENT
<p>Bonsai Estate is a stunning new development next to Curro Private School, Durbanville</p> <p>Secure estate</p> <p>Fibre ready</p> <p>Solar power panels on roof</p> <p>Jetmaster braai</p> <p>Quality finishes</p>
<p>BEDS: 3</p> <p>BATHS: 2.5</p> <p>PRICE: R3 339 900</p> <p>INTERNAL REFERENCE NO: 37637068</p> <p>AREA: 187 m²</p> <p>AFFORDABLE LEVY</p> <p>COMMUNAL PLAY AREA AND SWIMMING POOL</p>


9.1 Type of ownership described in the advertisement.

- A Single title.
- B Full title.
- C Sectional title.
- D Property title. (1)

9.2 The following cost will not be applicable.

- A Property tax
- B Service connection fees
- C Interest
- D Transfer duty/fees (1)

9.3 Owners of these units will pay the monthly levy to the ...

- A estate manager.
- B body corporate.
- C municipality.
- D estate agent. (1)

9.4 Identify the type of insurance included in the monthly levy.

- A Homeowner's comprehensive insurance
- B Household insurance
- C Bond insurance
- D Life insurance (1)

9.5 Other costs that are covered by the levy include ...

- A mortgage repayment.
- B maintenance of communal areas.
- C water and electricity.
- D household insurance. (1)

[5]

QUESTION 10

Read the following descriptions and give the correct term(s) in each case.

10.1 A tax that a government imposes on luxury items like alcohol.

(1)

10.2 Tax paid to the government when someone dies that is based on the value of that person's possessions.

(1)

10.3 A tax that you pay on goods that come from another country.

(1)

10.4 A tax based on your earnings that you pay to the government.

(1)

10.5 A tax paid by consumers on goods and services.

(1)

10.6 The interest charged by the South African Reserve Bank to major banks and other lending institutions.

(1)

10.7 The instrument used to determine the increase in prices and the inflation rate.

(1)

10.8 This interest is calculated on the principal amount borrowed.

(1)

10.9 This body ensures adequate standards of construction and responsible behaviour by building contractors.

(2)

[10]

QUESTION 11

11.1 Tabulate the advantages and disadvantages of cash transactions and instalment sale transactions from the buyer's point of view.

	Advantages	Disadvantages
Cash transactions	1.	1.
	2.	2.
Instalment sale transactions	1.	1.
	2.	2.

(8)

11.2 Discuss why the environmental impact of household equipment should influence your purchasing choice.

(6)
[14]

QUESTION 12

Sipho, Khumo and their two children are moving from Mpumalanga to Johannesburg and are looking for the best housing option to suit their needs. Khumo is an interior decorator and Sipho is a captain for SAA (South African Airways).

Advertisement 1

395 m² residential vacant land for sale in Hyde Park (Sandton)

R400 000
plus VAT thereon

Astute developers, this is for you – Rezoned land with possibilities for residential or commercial

Prime sought-after position.

Electricity is available, no road widening, don't miss out on this one!

Advertisement 2



4-bedroom house for sale in Hurlingham Manor
R2 995 000



ADD



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Advertisement 3



3-bedroom apartment to rent in Hurlingham
R25 000 per month



12.1 Name the housing options available to the family relocating to Johannesburg.

(3)

12.2 Choose, with sound reasoning, the best option for the abovementioned couple.

(2)

12.3 How might having to sign a lease agreement influence their decision?

(4)

12.4 List THREE costs involved for each of the different housing options.

(9)

12.5 State the disadvantages of building a new home.

(4)

12.6 The couple decides to apply for a home loan to buy the existing house.

What are the bank requirements for granting home loans?

(3)

12.7 Explain the following costs to the couple.

12.7.1 Transfer duty

(2)

12.7.2 Conveyance fees

(2)

12.7.3 Deeds fees

(2)

[31]

60 marks

SECTION D INTEGRATED WRITING RESPONSE

Spend approximately 30 minutes on this section.

QUESTION 13

Study the cartoon and use it as a stimulus to direct your response.



Write an essay of 1½–2 pages on the following topic:

Discuss the importance of food labelling legislation to prevent lifestyle diseases and food allergies.

To answer this question, you are expected to:

- Make use of the rubric to shape your response.
- Integrate your relevant Consumer Studies knowledge.
- Use real-life examples where applicable.

	0 marks	1 mark	2 marks	3 marks	4 marks	Possible mark (20)
Quality of content (Lifestyle diseases and food allergies) X 2	Little or no content relevance.	A significant amount of important information is missing AND facts not related to the topic AND there are some serious factual errors. No real-life examples are provided.	Some vital information missing OR there are many irrelevant facts OR errors affect the quality of the essay. No examples were provided, or real-life examples not integrated into the discussion.	Sufficient facts provided. Most information is relevant, appropriate, and accurate. Real-life examples integrated into the discussion.	The content is detailed. All information is relevant, appropriate, and accurate. Real-life examples are integrated into the discussion.	8
Use of own knowledge /experience or real-life examples X 2	No own knowledge/ experience or real-life examples was provided.	Very few facts and little information provided from own knowledge/ experience or real-life examples.	Includes some facts and information from own knowledge/ experience or real-life examples but not well integrated into the discussion (add on).	Some facts and information from own knowledge/ experience or real-life examples were integrated into the discussion.	Many facts and much information from own knowledge/ experiences or real-life examples were integrated into the discussion.	8
Quality of discussion	The discussion is meaningless.	Flawed in all respects.	Flawed in two respects.	Flawed in one respect.	Discussion is consistently focused, clear and concise (not long-winded or rambling or repetitive). Flow is logical.	4

20 marks

Total: 200 marks

