

Hillcrest High School**GRADE 11 CONSUMER STUDIES EXAM****JUNE 2014****Marks: 160****Time: 2 hours****Examiner: Mrs. S. Minietti****Moderator: Mrs. D. Kroone****INSTRUCTIONS AND INFORMATION**

- **All sections are compulsory.**
- **Number the answers correctly according to the numbering system used in this question paper.**
- **Write all your answers on the answer book provided.**
- **Leave a margin for marking.**
- **Pay attention to spelling and sentence construction.**
- **Write neatly in blue or black pen.**
- **A calculator may be used.**

SECTION A	SHORT QUESTIONS	40 MARKS	
SECTION B	FOOD AND NUTRITION	40 MARKS	
SECTION C	THE CONSUMER	40 MARKS	
SECTION D	DESIGN ELEMENTS AND PRINCIPLES	40 MARKS	
	TOTAL	160 MARKS	

SECTION A : SHORT QUESTIONS**QUESTION ONE: Multiple Choice**

Various possible options are provided as answers to the following questions. Choose the correct answer and write the letter next to the question number in your answer book, e.g. 1.1. A

- 1.1 A basic principle of budgeting is
- A Knowing the difference between cash paid and cash received
 - B Using a credit card so that you have an accurate list of all purchases
 - C Recording and controlling spending
 - D Withdrawing cash every week
- (1)
- 1.2 The following factors influence the spending patterns of South African families
- A Total income and total expenses
 - B Wants and amounts that must be saved every month
 - C Location and credit that is available
 - D Number of people living in the same house and disposable income that is available
- (1)
- 1.3 Different objects that make up the design are arranged in a circle around a central point
- A Symmetrical balance
 - B Asymmetrical balance
 - C Radiation
 - D Radial Balance
- (1)
- 1.4 A large copper lamp suspended over a dining room table illustrates the design principle illustrates the design principle:
- A Balance
 - B Proportion
 - C Harmony
 - D Emphasis
- (1)
- 1.5 The three secondary colours are:
- A Yellow, red, green
 - B Purple, blue, orange
 - C Yellow, green, orange
 - D Purple, green, orange
- (1)

1.6 1.1. Which food group is the richest source of Vitamin C?

- A Milk group
- B Meat group
- C Fruit group
- D Grains group

(1)

1.7 Which one of the following is NOT a design element:

- A Line
- B Shape
- C Form
- D Balance

(1)

1.8 A dobby weave can be described as:

- A A decorative weave
- B A diagonal weave
- C A complex weave
- D A simple weave

(1)

1.9 Fats are a good source of vitamin:

- A A, D, B and K
- B A, D, E and K
- C A, B, C and K
- D A, C, B and E

(1)

1.10 The most basic function of food is:

- A Growth
- B Energy
- C Repair
- D Protection

(1)

[10]

QUESTION TWO: Matching columns

In **each** of the following questions, match an item from Column A with an item from Column B. Write the correct letter next to the question number in your answer booklet, e.g. **2.1.1. A**

2.1 Choose a meal from COLUMN B that will provide the best nutrition for a person in COLUMN A.

	Column A:		Column B:	
2.1.1	A 4 month old baby	A	Sausage, mash and carrots	
2.1.2	A toddler	B	Chicken salad and rye bread	
2.1.3	A teenage girl	C	Burger and chips	
2.1.4	A rugby player	D	Spinach omelette and baked potato	
2.1.5	An overweight lady	E	Beef and vegetable casserole	
		F	Creamed butternut	

(5)

2.2 Match the nutrient in Column A to the function in COLUMN B

	Column A:		Column B:	
2.2.1	Vitamin C	A	Needed for metabolism of calcium	
2.2.2	Vitamin K	B	Helps with brain development	
2.2.3	Vitamin D	C	Essential for blood clotting	
2.2.4	Magnesium	D	Helps to maintain a healthy nervous system	
2.2.5	Potassium	E	Essential for fluid balance in the body	
		F	Increases the body's resistance to infection	

(5)

2.3 Match the item in COLUMN A to the best description in COLUMN B.

	Column A:		Column B:	
2.3.1	Meal plan	A	A range of substances added to food	
2.3.2	Meal Pattern	B	A unit to measure energy value	
2.3.3	Menu	C	Regular food intake	
2.3.4	Kilojoule	D	Number and types of meals eaten daily	
2.3.5	Diet	E	Type of food eaten at a meal	
		F	A list of dishes served at a meal	

(5)

2.4 Match the item in COLUMN A to the best description in COLUMN B.

	Column A:		Column B:	
2.4.1	Receipt	A	A plan for spending money	
2.4.2	Invoice	B	Document received when payment is made	
2.4.3	Expenditure	C	Amount of money received	
2.4.4	Income	D	Form used when money is deposited	
2.4.5	Budget	E	Amount of money spent	
		F	Document received when money is due	

(5)

[20]

QUESTION THREE: Correct combinations

3. In **each** of the following questions, choose the correct combination of answers. Write the correct letters next to the question number on your answer booklet, e.g. **1.3.1 A,B,C**

3.1 Foods suitable for a 4 – 6 month old baby are:

- A pureed fruit
- B egg yolk
- C rice cereal
- D chocolate
- E biscuits
- F milk

(2)

3.2 The following household expenses are fixed expenses:

- A personal income tax
- B personal car maintenance
- C clothes
- D school fees
- E rent
- F food

(2)

3.3 The following are guidelines for a healthy eating plan:

- A Eat refined foods that are easily digested
- B Lower fat consumption
- C Lower salt intake
- D Eat foods with a high nutrient density
- E Limit intake of liquids
- F Eat three helpings of red meat per day

(2)

3.4 Specific factors that influence eating habits are:

- A Social activities
- B Independence
- C Pets
- D Family
- E Hair colour
- F Height

(2)

3.5 Foods suitable for an elderly person include:

- A Hamburgers
- B Flaked fish
- C Stew
- D Hot curry
- E Prunes
- F Boerewors rolls

(2)

[10]

TOTAL SECTION A : [40 Marks]

SECTION B: FOOD AND NUTRITION

QUESTION FOUR

Study the following recipe and answer the questions that follow:

Maize meal pie with spicy pilchards

<p>Pie crust 750 ml water 5 ml salt 250 ml maize meal 30 ml butter 125 ml grated cheddar cheese 2 egg yolks</p>	<p>Filling 425 g can Pilchards in Chilli 4 onions, sliced 1 green pepper, sliced 5 ml oil for frying 5 ml mixed dried herbs Salt and ground black pepper 4 tomatoes, thinly sliced</p>
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- 4.1 Identify the ingredient in the recipe that contains the most starch (1)
- 4.2.1 Identify the ingredient in the recipe that is a good source of iodine. (1)
- 4.2.2 Explain the most important function of iodine. (3)
- 4.3 Which nutrient in this ingredient that lowers blood cholesterol levels? (1)
- 4.4 State the nutrient that is essential for growth and repair, and identify ONE ingredient that is a rich source of this nutrient. (2)
- 4.5 Identify TWO ingredients that are high in saturated fat. (2)

[10]

QUESTION FIVE

Read the paragraph below and then answer the questions that follow.

Eating for two?

DO	DON'T
<ul style="list-style-type: none"> • Make every bite count • Consume plenty of calcium-rich foods • Get enough fluid • Focus on iron rich foods 	<ul style="list-style-type: none"> • Drink alcohol • Follow fad diets • Gain too much weight • Smoke

- 5.1 Why is it important for pregnant woman to eat plenty of calcium rich foods? (2)
- 5.2 List three foods that are a rich source of calcium. (3)
- 5.3 Name TWO reasons for increased fluid intake in pregnant woman. (2)
- 5.4 Why is an Iron supplement so important to take during pregnancy? (3)
- 5.5 Name TWO iron rich foods. (2)
- 5.6 What effect can drinking alcohol have on a growing foetus? (2)
- 5.7 Explain the medical condition **spina bifida**. (2)

- 5.8 What is the normal weight gain for pregnant woman? (2)
- 5.9 How much weight should underweight woman gain during pregnancy? (2)

[20]

QUESTION SIX

6. You are planning a special lunch for Father's day. Choose foods from the following list to write a menu for a three course lunch that your father will enjoy, but will not increase his cholesterol (10)

Apple pie	Smoked chicken	Roast vegetables
Baked potato	Fruit Salad	Mixed salad
Chocolate sauce	Cream of butternut soup	Low fat yoghurt
Seafood cocktail	Grilled black mushrooms	
Roast Beef	Cauliflower au gratin	

TOTAL SECTION B : [40 Marks]**SECTION C: THE CONSUMER****QUESTION SEVEN**

- 7.1 What are the main benefits of budgeting? (4)
- 7.2 Re-arrange the following steps of financial planning in the right order. (4)
- Compare income and expenditure
 - Evaluate budget
 - List income
 - Estimate expenses
- 7.3 List FOUR sources of income for South African families. (4)

- 7.4 *John receives R8 000 in salary and rents a room in his home to a friend for R1 000. He receives an addition of R500 from his friend as contribution towards food, water and electricity. John has the following monthly expenses: food R2 500, vehicle repayments R1 300, water and electricity R1000, mobile phone contract R500; clothing R250, entertainment R500 and the balance goes into a savings account. He uses his cheque book to pay for all his purchases.*

- 7.4.1 Draw up a budget for John. (20)
- 7.4.2 What can John do to reduce his expenditure and further increase his savings? (4)
- 7.4.3 What percentage of John's total income is he spending on entertainment? (2)
- 7.4.4 What percentage of his total income is he spending on clothing? (2)

TOTAL SECTION C : [40 Marks]

SECTION D: DESIGN ELEMENTS AND PRINCIPLES

QUESTION EIGHT

8.1. Copy and complete the following tables pertaining to body shape.

8.1.1.

Characteristics of an OVAL body shape	
FEMALE	MALE
(2)	(2)

8.1.2.

Application of design for a person with an OVAL body	
DESIGN ELEMENTS	DESIGN PRINCIPLES
(3)	(3)

8.2.



- 8.2.1 Name and explain the type of balance that has been used in this room. (2)
- 8.2.2 What type of line has been used in this room and why? (2)
- 8.2.3 Define emphasis and how this has been achieved in the bedroom. (2)

[16]

QUESTION NINE

Look at the picture below and then answer the questions that follow:



- 9.1 Identify the dominant line in this garment and explain the effect on the body. (2)
- 9.2 Evaluate the suitability of this style of dress on a woman with an hourglass figure. (3)
- 9.3 The dress in the above picture is in varying shades of blue, blue green and green. (1)
What is this colour scheme called?

[6]

QUESTION TEN

Identify the following weaves:

10.1.

10.2.

10.3.

10.4.

(4)

- 10.5 The label on the jersey below states that it is shrink resistant. Discuss TWO processes that can be applied to wool to prevent shrinkage. (4)



[8]

QUESTION ELEVEN

- 11.1 Peter is a keen mountaineer. He needs new hiking socks. What finish should he look for? Tell him why you are making this suggestion. (4)
- 11.2 How do waterproof and water repellent finishes differ? Tabulate as follows (8)

Waterproof	Water - repellent

[12]

TOTAL SECTION D: [40 Marks]**GRAND TOTAL OF PAPER 160 MARKS**