

Hillcrest High School



GRADE 10 CONSUMER STUDIES EXAM

JUNE 2017

Marks: 100

Time: 1½ hours

Examiner: Mrs. J. Bega

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

QUESTION ONE:

1.1 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. 1.1.1 A

1.1.1 _____ is an example of a primary need according to Maslow's Hierarchy of Needs.

- A Self – esteem
- B Social
- C Ego
- D Physiological

(1)

1.1.2 Choose the statement that is correct for the Muslim faith.

- A Yom Kippur is celebrated a week before Rosh Hashanah.
- B Do not eat Beef as they believe that a cow is sacred.
- C Alcohol and pork are Haraam.
- D Stop eating meat during Lent.

(1)

1.1.3 Our physical needs for food depend on our individual...

- A age
- B gender
- C weight
- D all of the above

(1)

1.1.4 Lipids provide our bodies with _____ of energy.

- A 17kJ
- B 38kJ
- C 29kJ
- D 18kJ

(1)

1.1.5 General dealers are ...

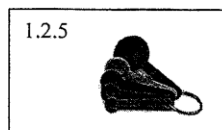
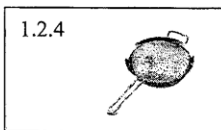
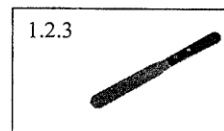
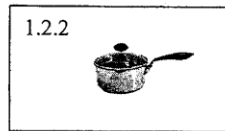
- A most common in smaller towns.
- B often called factory shops.
- C also called cafés.
- D specialise in one type of product.

(1)

(5)

- 1.2 Below you have been given images of equipment you use when you cook in the kitchen. Label each piece of equipment shown below. Write only the number and the name, e.g. 1.2.6 Chef's knife

(5)



- 1.3 Indicate whether the following statements are **TRUE** or **FALSE**. If false, replace the underlined word(s) with a word or phrase that will make the statement true.

- 1.3.1 The Roux method involves a combination of melted butter and flour cooked for a short time. Used to thicken sauces.
- 1.3.2 A habitual decision is done on a 'gut' feeling.
- 1.3.3 Basal metabolic rate is the rate at which your body uses energy when you are physically active.

(5)

- 1.4 Choose one correct word from the word in brackets, write only the correct word in your answer book.

- 1.4.1 Self – actualisation is an individual's (need /want) to become everything they are capable of becoming.
- 1.4.2 Sustainable consumption is the way in which we use our (resources/materials) to meet our needs while ensuring that future generations will meet theirs as well.
- 1.4.3 A nutrient is a (substance/process) found in food that preforms a specific function in the body.
- 1.4.4 (Unrefined/Fortified) foods are foods that have had nutrients added to them during processing.
- 1.4.5 (Sell/Use)-by date indicates how long the product can be displayed before it must be sold.

(5)

SECTION A [20 MARKS]

SECTION B : THE CONSUMER

QUESTION TWO

Study the images below and answer the questions that follow.

A



B



C



- 2.1 State what the cartoon (A) is saying businesses need to be aware of. (1)
- 2.2 List **TWO** consumer rights that apply to this cartoon. (2)
- 2.3 List **TWO** consumer responsibilities that apply to this cartoon. (2)
- 2.4 Identify what the symbols in images B and C stand for. (2)
- 2.5 Briefly explain how these symbols will help prevent the problem shown in the cartoon (A). (2 x 3=6)

[13]

QUESTION THREE

- 3.1 Study the case study below and answer the questions that follow.

Chris received R50 000 from his father as a 21st birthday present. He was so excited he started looking at buying a VW Citi Golf, which he had always dreamed of driving. On his way home from work he saw a white Citi Golf at a dealership down the road. It had a full house sound system.

- 3.1.1 Use the **FIVE** steps of decision making to help Chris to make a logical and rational decision. (10)
- 3.1.2 If Chris had to buy the white Citi Golf from the dealership down the road **without** using the rational decision making process, what type of decision would he be making? (1)
- 3.1.3 Which psychological influence has affected Chris' decision? Give a reason for your answer. (2)

[13]

QUESTION FOUR

- 4.1 Briefly explain the following types of outlets and give an example.
- 4.1.1 Chain stores (2)
 4.1.2 Supermarkets (2)
 4.1.3 Wholesalers (2)
- 4.2 We have to be informed on how to evaluate shopping outlets to be wise consumers. List **FOUR** criteria and how you would evaluate a shopping outlet accordingly. (8)
 [14]

SECTION B [40 MARKS]**SECTION C: FOOD AND NUTRITION****QUESTION FIVE**

Study the menu below and answer the questions that follow.

<p>MENU DINNER</p> <p>Smoked Tomato Soup Portuguese Roll</p> <p>***</p> <p>Grilled Chicken Fillet Dauphinoise Potato Roast Butternut Broccoli Au Gratin</p> <p>***</p> <p>White Chocolate Mousse Cream</p> <p style="text-align: right;">9/06/2017</p>
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- 5.1 Identify the food group the following foods belong to: (5)
- 5.1.1 Tomato
 5.1.2 Chicken fillet
 5.1.3 Potato
 5.1.4 Butternut
 5.1.5 Cream

- 5.2 What would need to be replaced in the menu if a person was Vegetarian? (1)
- 5.3 Evaluate the menu according to the following aesthetic appeal:
- 5.3.1 Colour (2)
- 5.3.2 Temperature (3)
- [11]

QUESTION SIX

Study the cartoon below and answer the question that follows:



"Pick that lettuce out!
You could get Salmonella."

- 6.1 Salmonella is a pathogenic micro – organism. Explain what this means. (1)
- 6.2 What rules should be followed when preparing chicken to prevent cross - contamination? (3)
- 6.3 State the **SIX** conditions that are required for a micro – organism like Salmonella to grow. (6)
- 6.4 How do we prevent the growth of micro – organisms? (4)
- [14]

QUESTION SEVEN

Study the case study below and answer the questions that follow.

Micky loves to eat healthily. Her normal meal plan looks like this:

Breakfast: Oats porridge, long life milk and honey

Snack: 1 apple and water

Lunch: Wholegrain wrap, lettuce, tomato, feta, beef strips and mayonnaise, water x 2

Snack: banana, handful of nuts and water

Dinner: Grilled chicken fillet, spinach, butternut, sweet potato and broccoli

- 7.1 Identify the MAIN nutrient found in the following food: (5)
- 7.1.1 Oats Porridge
 - 7.1.2 Milk
 - 7.1.3 Chicken Fillet
 - 7.1.4 Spinach
 - 7.1.5 Wholegrain Wrap
- 7.2 State the MAIN function of the nutrients mentioned 7.1. (5)
- 7.3 Name THREE dietary guidelines Micky is adhering to. (3)
- 7.4 Identify ONE perishable food from the meal plan and state how long it will last in the refrigerator. (2)

[15]

SECTION C [40 MARKS]

GRAND TOTAL OF PAPER 100 MARKS