

Hillcrest High School



**GRADE 10 CONSUMER STUDIES EXAM
MEMORANDUM
JUNE 2018**

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 An intuitive decision is a decision...

- A where all consequences are considered carefully.
- B that is a 'gut' feeling about something.
- C done out of force of habit.
- D Made quickly without considering the outcome.

(1)

1.1.2 Emotional and psychological needs include food being used:

- A as a reward
- B as a symbol of love
- C for a comfort when you feeling sad
- D all of the above

(1)

1.1.3 The MAIN function of vitamin C is:

- A Essential for the formation and maintenance of connective tissues.
- B Essential for the absorption of calcium and phosphorus.
- C Essential for the clotting of blood.
- D Essential for the growth, repair and maintenance of body tissue.

(1)

1.1.4 The image on the right is an example of a



- A spatula
- B egg lifter
- C slotted spoon
- D palette knife

(1)

1.1.5 When evaluating a menu according to its aesthetic appeal, we evaluate according to...

- A colour.
- B texture.
- C type of food.
- D all of the above.

(1)

(5)

1.2 Re – arrange the steps of washing dishes into the correct order.

1. Allow to drip dry
2. Scrape off leftover foods
3. Use hot soapy water
4. Divide dishes into cleanest to dirtiest
5. Hot water to rinse

(5)

1.3 Indicate whether the following statements are **TRUE** or **FALSE**. If false, correct the statement.

1.3.1 The danger zone is between 4° C and 50° C.

1.3.2 Fibre stimulates peristaltic (bowel) movement.

1.3.3 To garnish a dish means to decorate a sweet dish to improve its appearance.

(5)

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

1.4.1 Scald is to heat liquid to just (above / below) boiling point.

1.4.2 A light meal should be eaten at (lunch / dinner).

1.4.3 Lipids are needed for the absorption of the (fat / water) soluble vitamins.

1.4.4 The general rule is that if a main course is rich and heavy, the starter and dessert should be (light / heavy).

1.4.5 In order to maintain a constant weight our energy intake must be (higher / the same) as your energy expenditure.

(5)

SECTION A [20 MARKS]

SECTION B : THE CONSUMER

QUESTION TWO

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

Jo is a high school student. He likes cars, sports and food. Jo is very popular amongst his peers, however still has good family values. He bought a pair of jeans from Markhams and when he put them on for the first time he realised there was a tear in the stitching on the leg of the pants. When he returned the pants he was treated poorly, therefore he became rude and demanded to get a refund.

- 2.1 Name TWO rights and TWO responsibilities that is evident in the case study. (4)
- 2.2 Clothing is a basic need, however Jo bought a pair of jeans from Markhams, which is an expensive upmarket store. Which need is Jo filling? (1)
- 2.3 State THREE factors that have influenced Jo's buying behaviour? Give a reason for your answer. (6)
- 2.4 Give Jo advice on how to make a rational decision by using the five steps of decision making. (10)
- 2.5 Jo's parents' disposable income determines where Jo can buy his clothes from. Define the term *disposable income*. (1)
- [22]

QUESTION THREE

Read the article below and answer the questions that follow on the next page.

Big stink over Hillcrest odour

Source of nasty smell a mystery, but big businesses ruled out

HILLCREST

A STRANGE odour in most parts of Hillcrest has left residents with health-related issues.

Locals said the smell started in December.

While the Health Department has ruled out big businesses' involvement in the smell, residents suspect the cause may stem from the Shongweni EnviroServ landfill site.

Residents have asked EnviroServ to ascertain their involvement in the smell. The results of the investigation will be made available next week.

Resident Sarah Rosslien said the smell could be described as a "strong fuel smell mixed with sulphur".

"I noticed a strong gas odour in the Hillcrest area. The smell made me sick. I suffered from headaches, nausea, dizziness,



Lauren Johnson and Sarah Rosslien want the noxious smell in Hillcrest to be dealt with because many residents have had health issues as a result.

allergies and my childhood asthma resurfaced whenever the smell was prevalent.

"We cannot leave our windows open and our doctor's bills have skyrocketed," she said.

Another resident, Lauren Johnson, said thousands of

people would face health implications if this smell persisted.

"Our health is being compromised. If this continues, our properties will devalue."

Spokesman for the South Durban Community Environ-


mental Alliance Desmond D'sa said he went to assess the problem and found the toxins could not only be harmful for residents, but also for animals, including horses.

"This is not something that should be taken lightly. We fully support residents in their fight. Our organisation will be attending the monitoring committee meeting and will arrange to meet EnviroServ to find ways to curb pollution," he said.

Clive Kidd, site manager at EnviroServ, said the company had an air-quality monitoring network at their facility, which helped determine the facility's potential nuisance and health impacts.

"EnviroServ is committed to working with all stakeholders to identify the potential sources of the odours and to take the necessary action should the odours be linked to our facility."



- 3.1 “...found the toxins could not only be harmful for residents, but also for animals, including horses.” What consumer right has been violated by toxins in the air? (1)
- 3.2 Define the term sustainable consumption. (3)
- 3.3 What is the goal of environmental sustainability? (1)
- 3.4 What are the THREE principles of sustainability? (3)
- 3.5 “...which helped determine the facility’s potential nuisance and health impacts.” Other than air pollution, give THREE other ways in which pollution has affected our environment. (3)
- 3.6 Briefly discuss ways in which we can help prevent pollution using the three R’s. (3)
- 3.7 Study the image on the right and answer the questions that follow.  (1)
- 3.7.1 What does this symbolize? (3)
- 3.7.2 Why should you support this campaign? [18]

SECTION B [40 MARKS]

SECTION C: FOOD AND NUTRITION**QUESTION FOUR**

Study the meal plan 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

4.1 Using examples from the case study above, fill in the table below: (12)

FOOD GROUP	RECOMMENDED SERVINGS	MAIN NUTRIENT	ONE EXAMPLE FROM MEAL PLAN
Grain and grain products	4.1.4	Carbohydrates	4.1.10
Fruit	4.1.5	4.1.7	Apple / banana
4.1.1	2 – 4	Vitamins / minerals	4.1.11
4.1.2	2 – 3	4.1.8	Long life milk / feta
Meat and meat alternatives	4.1.6	Protein	4.1.12
4.1.3	3 / use sparingly	4.1.9	Honey / mayonnaise

4.2 Micro – organisms cause food spoilage. Pathogenic micro – organisms cause food poisoning.

4.2.1 What type of food is mostly affected by pathogenic micro - organisms? (1)

4.2.2 Name the food item from the meal plan that could be infected with Salmonella. (1)

4.2.3 List the SIX conditions required for pathogenic micro – organisms to grow. (6)

4.3 State if the following foods are perishable, semi – perishable or non – perishable.

4.3.1 Sweet potato

4.3.2 Lettuce

4.3.3 Long life milk

4.3.4 Beef strips

4.3.5 Honey

(5)
[25]

QUESTION FIVE

Study the table below and answer the questions that follow.

CHOCOLATE MOUSSE NUTRITIONAL INFORMATION:

LIPIDS	STARCH	SUGAR	PROTEIN
3.9g	4.3g	16.2g	7.9g

- 5.1 Calculate the energy that will be provided by the chocolate mousse. Show all your calculations clearly. (9)
- 5.2 Chocolate mousse is placed in the fats and oils food group. The dietary guidelines tell us to eat fats sparingly.
- 5.2.1 Name the **THREE** types of fats (3)
- 5.2.2 List **THREE** health risks of eating too much fat (3)
- [15]**

SECTION C [40 MARKS]

GRAND TOTAL OF PAPER 100 MARKS