

Hillcrest High School



GRADE 10 CONSUMER STUDIES EXAM

JUNE 2019

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 A consequence of not eating all the nutrients your body requires is that you ...

- A become underweight.
- B do not grow properly.
- C lack energy.
- D all of the above.

(1)

1.1.2 Breakfast helps restores your _____ levels.

- A blood glucose
- B water content
- C lipid
- D sucrose

(1)

1.1.3 You should have at least _____ small meals a day to maintain a healthy metabolism.

- A 3
- B 4
- C 5
- D 6

(1)

1.1.4 The image on the right is an example of a/an ...



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

(1)

1.1.5 One cup is _____ ml.

- A 300
- B 250
- C 200
- D 150

(1)

(5)

- 1.2 Match the term in Column A with the definition in Column B. Write the correct letter next to the question number in your answer booklet, e.g. 1.2.1. A

	Column A: Term		Column B: Definition
1.2.1	Blanch	A	A combination of melted butter and flour cooked for a short time
1.2.2	Shred	B	Mix ingredients together gently with a metal spoon
1.2.3	Roux	C	Cut food into very small cubes
1.2.4	Fold in	D	Immersing food into boiling water followed by iced water
1.2.5	Dice	E	Combine ingredients
		F	Cut food into very thin slices

(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 You have to read liquid in a measuring jug from the top.

(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**

Alwande is very popular among her peers. They like to shop at Cotton On and Edgars. Alwande won R1000 in a recycling competition and decided to buy a GHD. She looked around at different options before making her decision. Alwande decided to buy the GHD from Makro as it was cheaper, however she still had to use some of her savings to pay for it.

- 2.1 Name the needs from Maslow's Hierarchy of needs in your answer booklet. Give an example of each need. (10)
- 2.2 What need is Alwande fulfilling by buying a GHD? (1)
- 2.3 What type of outlets are the following:
- 2.3.1 Cotton On (1)
- 2.3.2 Edgars (1)
- 2.3.3 Makro (1)
- 2.4 Redraw the table below into your answer booklet. Complete the table by comparing the two types of outlets. (2 x 2) (4)

Speciality Store	Convenience store

- 2.5 "*Alwande won R1000 in a recycling competition...*". Recycling is a principal of sustainability.
- 2.5.1 Define the term sustainable consumption. (3)
- 2.5.2 State the other TWO principles. (2)
- 2.6 Read the sentence below and answer the questions that follow:
"she looked around at different options before making her decision."
- 2.6.1 List the FOUR types of decisions that consumers make. (4)
- 2.6.2 State the type of decision that Alwande made based on the sentence above. (1)
- 2.7 The money Alwande won was not enough for her purchase and she had to use money from her "*savings*". Money saved comes from disposable income. Define the term disposable income. (2)
- 2.8 Many things influence our buying decisions. Briefly discuss how the following influence consumers buying behaviour.
- 2.8.1 Perception (2)
- 2.8.2 Lifestyle (2)
- 2.9 What influences Alwande's buying behaviour? (1)

2.10 When Alwande gets home after her purchase she finds that her GHD's plug is missing. She returns to Makro and complains to a manager. The manager was not helpful and she eventually had to speak to a supervisor to get an exchange.

2.10.1 State THREE Consumer Rights from the paragraph above that Alwande has. (3)

2.10.2 State TWO Consumer Responsibilities from the paragraph above that Alwande has. (2)

[40]

SECTION B [40 MARKS]

SECTION C: FOOD AND NUTRITION

QUESTION THREE

Study the meal plan below and answer the questions that follow.

Kyle is a Jewish student at your school. He is popular among his friends and they always eat lunch together. His meal plan for today is:

Breakfast: Oatmeal porridge with a banana and a glass of milk

Mid – day snack: an apple, yoghurt and salted peanuts

Lunch: Roast chicken breast with broccoli, carrots and rice

Mid – afternoon snack: packet of Simba chips

Dinner: Baked fish with green leaf salad (lettuce, tomato, onion and yellow pepper)

3.1 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	3.1.4	Carbohydrates	3.1.10
Fruit	3.1.5	3.1.7	Apple / banana
3.1.1	2 – 4	Vitamins / minerals	3.1.11
3.1.2	2 – 3	3.1.8	Glass of milk / yoghurt
Meat and meat alternatives	3.1.6	Protein	3.1.12
3.1.3	3 / use sparingly	3.1.9	Simba chips

3.2 State the MAIN function of the following nutrients

3.2.1 Protein (2)

3.2.2 Vitamin E (1)

3.2.3 Iodine (3)

3.3 Kyle follows the Jewish religion.

3.3.1 State the term used for how their food must be prepared. (1)

3.3.2 What is forbidden for him to eat? (4)

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

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

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

[25]

QUESTION FOUR

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

4.1 Calculate the energy that will be provided by the chocolate mousse. Show all your calculations clearly. (9)

4.2 Chocolate mousse is placed in the fats and oils food group. The dietary guidelines tell us to eat fats sparingly.

4.2.1 Name the THREE types of fats (3)

4.2.2 List THREE health risks of eating too much fat (3)

[15]

SECTION C [40 MARKS]

GRAND TOTAL OF PAPER 100 MARKS