

Hillcrest High School



GRADE 12 CONSUMER STUDIES EXAM
May 2019

Marks: 200

Examiner: Mrs. D. Kroone

Time: 3 hours

Moderators: Mrs. N. Magubane
Mrs. J. Bega**INSTRUCTIONS AND INFORMATION**

1. This question paper consists of **FOUR** sections.

SECTION	CONTENT	MARKS	MINUTES
A	Short Questions (all topics from Term 1 and 2)	40	40
B	Food and Nutrition	80	80
C	Clothing	40	40
D	Entrepreneurship	40	40
TOTAL		200	180

2. **ALL** the questions are **COMPULSORY** and must be answered in the **ANSWER BOOK**.
3. Number the answers correctly according to the numbering system used in this question paper.
4. Start **EACH** question on a **NEW** page.
5. You may use a calculator.
6. Write only in **black** or **blue** ink.
7. Pay attention to **spelling** and **sentence construction**.
8. Write **neatly** and **legibly**.

SECTION A: SHORT QUESTIONS

Various options are provided as possible answers to the following questions. Choose the answer and write only the letter (A–D) next to the question numbers (1.1 to 1.12) in the ANSWER BOOK, e.g. 1.1 D.

QUESTION ONE

- 1.1 Restricted food intake to the point of dangerous weight loss:
- A Malnutrition
 - B Bulimia
 - C Anorexia
 - D Diet
- (1)
- 1.2 Eating fat sparingly will help with the management of ...
- A anaemia
 - B anorexia
 - C diabetes
 - D osteoporosis
- (1)
- 1.3 A food combination that assists with the formation of red blood cells:
- A Tomato salad and stewed liver
 - B Deep fried potato chips and fish
 - C Macaroni and minced meat
 - D Carrot salad and oven-roasted chicken
- (1)
- 1.4 A suitable choice for breakfast for a person suffering from celiac disease:
- A All bran flakes
 - B Jungle oats
 - C Weet-bix
 - D Maize porridge
- (1)
- 1.5 The nutrient required to boost the absorption of iron by the body:
- A Calcium
 - B Vitamin C
 - C Vitamin D
 - D Potassium
- (1)

- 1.6 A mineral which is needed for the prevention of Goitre is:
- A Calcium
 - B Iron
 - C Iodine
 - D Sodium
- (1)
- 1.7 The similarity between the number of people wearing haute couture and dated fashion is that ...
- A fashion examples are expensive
 - B few people are seen wearing the fashion
 - C most people do not know the fashion
 - D they occur at the end of the fashion cycle
- (1)
- 1.8 Eco fashion implies that:
- A Chemical dyes were used to colour fabrics for garments
 - B Inorganically grown cotton is environmentally friendly
 - C Only synthetic fibres are used to manufacture garments
 - D The manufacturing process does not harm the environment
- (1)
- 1.9 The following occupation provides a good opportunity to express one's fashion sense through clothing:
- A Laboratory assistant
 - B Dental technician
 - C Interior designer
 - D Motor mechanic
- (1)
- 1.10 ONE of the careers below has the largest influence on your choice of clothing for a working wardrobe
- A personal fitness trainer
 - B doctor
 - C banker
 - D waitron
- (1)
- 1.11 A person with an oval body shape should wear clothes with ...
- A curved lines and analogous colours
 - B dark colours and a contrasting belt
 - C monochromatic colours and vertical lines
 - D horizontal lines and light colours
- (1)

1.12 Mark-up includes ...

- A overheads and profit
 - B packaging and raw materials
 - C profit and packaging
 - D raw materials and overheads
- (1)

[12]

QUESTION TWO

2.1 Choose the fashion term from COLUMN B that matches a description in COLUMN A. Write the correct letter next to the question number in your answer booklet, e.g. 2.1.1. A

	Column A:		Column B:	
2.1.1	A new garment style that is worn by a few fashion leaders	A	Design	
2.1.2	The outline of a garment	B	high fashion	
2.1.3	Individual differences in a style	C	silhouette	
2.1.4	A style which remains popular and is worn over a long period of time	D	fashion trend	
2.1.5	Accepted style worn by many people during a specific period	E	fashion	
		F	classic style	
		G	fashion fad	
				(5)

2.2 Choose the description from COLUMN B that matches the term in COLUMN A.

	Column A:		Column B:	
2.2.1	Capital	A	Costs such as wages, electricity, water.	
2.2.2	Selling price	B	Money or assets used to start a business.	
2.2.3	Overheads	C	Surplus after expenses have been deducted.	
2.2.4	Production costs	D	The cost of the product is covered by the sales.	
2.2.5	Profit	E	The flow of money into and out of the business.	
		F	The price displayed on the product.	
		G	The total amount paid for materials, labour and overheads.	
				(5)

2.3 Choose a nutrient from COLUMN B and a consequence from COLUMN C that match the food-related health condition in COLUMN A.

	Column A:		Column B:		Column C:
2.3.1	Gluten Intolerance	A	calcium	A	bloating and diarrhoea
2.3.2	Diabetes	B	sodium chloride	B	bones lose density
2.3.3	Lactose intolerance	C	iron	C	can cause coronary heart disease
2.3.4	Milk allergy	D	milk sugar	D	excessive thirst
		E	milk protein	E	leads to blindness
		F	glucose	F	immune system responds
		G	wheat protein	G	reduces oxygen supply to cells
					(8)

[18]

QUESTION THREE

3.1 Identify FIVE CORRECT statements in the list below regarding hypertension. Write only the letters (A–J) next to the question number (3.1) in the ANSWER BOOK

- A Avoid processed food
- B Consume enough potassium, magnesium and calcium
- C Eat enough chicken and fish. It is caused by consuming too much sodium
- D Include vitamin C in the diet to help with the absorption of sodium
- E It increases the workload of the heart
- F Normal blood pressure is 140/90
- G People that are anaemic are more likely to suffer from hypertension
- H Reduce the consumption of eggs
- I The walls of the larger arteries lose their natural elasticity

(5)

3.2 Study the list of ingredients below and answer the question that follows.

Pasta salad (Serves 6)

250 g pasta
 500 g streaky bacon/macon
 250 mℓ sweet corn kernels
 ½ cucumber
 200 g cherry tomatoes
 200 g cheddar cheese
 250 mℓ mayonnaise
 250 mℓ full-cream yoghurt
 salt and black pepper

Select FIVE CORRECT statements regarding the pasta salad above. Write only the letters (A–J) next to the question number (3.2) in the ANSWER BOOK

- A The salad has a low-fat content
- B The salad has a high mono-unsaturated fat content
- C It is suitable for a person with high blood cholesterol
- D It may help to prevent and manage osteoporosis
- E The bacon/macon may contain an additive that could cause cancer
- F The salad may help to prevent and manage anaemia
- G The salad is suitable for a person with a milk allergy
- H It is not suitable for a person with gluten intolerance
- I A person with lactose intolerance can eat the salad
- J The cucumber will assist with the strengthening of the immune system

(5)

[10]

TOTAL SECTION A: [40 Marks]

SECTION B: FOOD AND NUTRITION

QUESTION FOUR

4.1	<p>Read the scenario below and answer the questions that follow.</p> <div style="border: 1px solid black; padding: 10px; margin: 10px 0;"> <p>Nicole is a 55-year-old voluntary nursing assistant and has a long history of obesity. She enjoys cake, chocolates, fried meat and fizzy drinks. She is very inactive. Recently she automatically started losing excessive weight; she remains tired and thirsty and struggles with infections that do not heal quickly. She is slowly losing feeling in her feet and legs. The doctor warned that her cholesterol levels are high, although she does not have atherosclerosis or high blood pressure yet. He recommended the intake of monounsaturated fat and physical exercises.</p> <p style="text-align: right;"><i>Department of Education NSC 2018</i></p> </div>	
	4.1.1 Define the health condition obesity.	(1)
	4.1.2 Give ONE reason for Nicole's obesity.	(1)
	4.1.3	
	(a) Other than obesity, identify the food-related health condition that Nicole is suffering from due to her high carbohydrate intake.	(1)
	(b) Explain the causes of the food-related health condition identified in QUESTION 4.1.3(a).	(5)
	4.1.4 Nicole was concerned that she might be HIV positive. Give TWO reasons for her concern.	(2)
	4.1.5 Explain why Nicole has high cholesterol levels.	(6)
	4.1.6 Describe the advantages of the following for Nicole:	
	(a) Physical exercises	(2)
	(b) The inclusion of monounsaturated fats in her diet	(2)
		[20]

4.2	<p>Read the scenario below and answer the questions that follow.</p> <div style="border: 1px solid black; padding: 10px; margin: 10px 0;"> <p>According to food safety regulations, E. Coli is a bacterium found in soil, water and vegetation. It can also occur in the faeces of animals, such as poultry and cattle. Raw milk and foods made from raw milk may carry the bacteria as well as vegetables washed with contaminated water. The bacteria can also be transferred from person to person when infected people do not wash their hands properly after the toilet.</p> <p>Most people infected by E. Coli recover within seven days. However, those with a compromised immune system, e.g. older adults, infants or pregnant women, require urgent medical care. Treatment involves either a course of antibiotics or fluids through a drip.</p> <p style="text-align: center;"><i>Adapted from Department of education NSC November 2018</i></p> </div> <p>4.2.1 List the symptoms of E. Coli. (4)</p> <p>4.2.2 Explain how poor food hygiene of consumers living in rural areas contributes to the transmission of E. Coli. (2 x 2) (4)</p> <p>4.2.3 Discuss why E. Coli affects consumers in the low socio-economic group so readily. (3 x 2) (6)</p> <p>4.2.4 Name the nutrients that will assist those with a compromised immune system to build up resistance to infection. (6)</p> <p style="text-align: right;">[20]</p>	
4.3	<p>4.3.1 Give FIVE nutritional guidelines to manage hypertension. (5)</p> <p>4.3.2 State FOUR causes of iron-deficiency anaemia. (4)</p> <p>4.3.3 Write a paragraph to explain the effect of high GI foods and low GI foods on blood glucose levels. (4)</p>	
4.4	<p>Read the information below and answer the questions that follow.</p> <p>LOOK AFTER YOUR HEART WITH THESE HEART-HEALTHY FOOD EXCHANGES ...</p> <p style="padding-left: 40px;">Potato crisps → popcorn</p> <p style="padding-left: 40px;">Butter → canola oil for food preparation</p> <p style="padding-left: 40px;">White, refined flour → brown, whole-wheat flour</p> <p style="text-align: right;"><i>PnP Fresh living Magazine, Oct. 2016</i></p>	

	Discuss the nutritional advantages/ disadvantages of these exchanges:	
	4.4.1 Potato crisps exchanged with popcorn	(2)
	4.4.2 Butter exchanged with canola oil for food preparation	(3)
	4.4.3 White, refined flour exchanged with brown, whole-wheat flour	(2)
		[20]

4.5	Read the scenario below and answer the questions that follow.	
	<p>Sonia feels overweight. Often, she cannot help herself eating large amounts of food. She then feels guilty and depressed, so she purges everything she eats. Her worried mother took her to the doctor who suggested treatment.</p>	
	4.5.1 Name the disorder Sonia suffers from.	(1)
	4.5.2 What is meant by 'she purges everything she eats'?	(1)
	4.5.3 Analyse how the following will assist Sonia in recovering:	
	(a) Psychological treatment	(4)
	(b) Nutritional education and treatment	(4)
		[10]

4.6	A business runs a food and beverage canteen for employees. A popular light snack is sandwiches with a choice of fillings.									
	4.6.1 From the list below select a suitable combination for an employee suffering from high cholesterol and motivate your choice.									
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;">ONE TYPE OF BREAD</th> <th style="text-align: center;">ONE SPREAD</th> <th style="text-align: center;">ONE PROTEIN FILLING</th> <th style="text-align: center;">TWO ACCOMPANIMENTS</th> </tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> • White • Brown • Whole-wheat </td> <td> <ul style="list-style-type: none"> • Butter • Margarine • 'Lite' margarine </td> <td> <ul style="list-style-type: none"> • Ham • Chicken • Tuna mayonnaise </td> <td> <ul style="list-style-type: none"> • Tomato • Avocado • Cheese • Lettuce </td> </tr> </tbody> </table>	ONE TYPE OF BREAD	ONE SPREAD	ONE PROTEIN FILLING	TWO ACCOMPANIMENTS	<ul style="list-style-type: none"> • White • Brown • Whole-wheat 	<ul style="list-style-type: none"> • Butter • Margarine • 'Lite' margarine 	<ul style="list-style-type: none"> • Ham • Chicken • Tuna mayonnaise 	<ul style="list-style-type: none"> • Tomato • Avocado • Cheese • Lettuce 	(2x5)
ONE TYPE OF BREAD	ONE SPREAD	ONE PROTEIN FILLING	TWO ACCOMPANIMENTS							
<ul style="list-style-type: none"> • White • Brown • Whole-wheat 	<ul style="list-style-type: none"> • Butter • Margarine • 'Lite' margarine 	<ul style="list-style-type: none"> • Ham • Chicken • Tuna mayonnaise 	<ul style="list-style-type: none"> • Tomato • Avocado • Cheese • Lettuce 							
		[10]								

TOTAL SECTION B: [80]

SECTION C: CLOTHING

QUESTION FIVE

5.1	Name FOUR factors that influence fashion change.	(4)
5.2	Name the FIVE stages of the fashion cycle.	(5)
5.3	Explain the importance of versatile items for a working wardrobe.	(2)
5.4	Discuss how your knowledge of standard fashion trends, classic fashions and fashion fads can be applied when you plan a basic working wardrobe.	(6)
5.5	Read the following scenario, analyse the pictures and then answer the questions that follow.	
	<p>Gloria, who is 20 years old, is appointed as an office assistant at a fashion wholesaler. Her contract indicates that she should wear the company uniform on Mondays and Fridays when working with the public. The company uniform consists of a pencil skirt, white shirt and formal jacket. The rest of the week she should dress professionally. No informal clothes, shorts, jeans, takkies (sneakers) or brand labels are allowed. Below are the outfits she selected for a week.</p>	
5.5.1	Explain why brand labels are not part of this company's professional dress code.	(2)
5.5.2	'Gloria has better self-esteem when wearing the company uniform.' Discuss this statement.	(5)
5.5.3	Discuss whether her selected outfits comply with the company's dress code and the requirements of her contract.	(7)

5.6	John is an architect and building contractor who spends most of his time outdoors. Analyse John's clothing needs with specific reference to:	
	5.6.1 Weather conditions	(3)
	5.6.2 Colour of clothing	(2)
	5.6.3 Safety	(2)
	5.6.4 Durability	(2)
		[40]

TOTAL SECTION C: [40]

SECTION D: ENTREPRENEURSHIP

QUESTION SIX

6.1	Give THREE examples of overhead costs for a business.	(3)
6.2	Explain the following terms:	
	6.2.1 Quality control	(2)
	6.2.2 Sustainable production	(2)
6.3	Write a paragraph and explain the importance of a cash-flow projection.	(3)
6.4	Read the scenario below and answer the questions that follow.	
	<div style="border: 1px solid black; padding: 10px;"> <p>Two entrepreneurs supply bags to several stores countrywide. They actively source the best quality fabrics and leather in South Africa. The patterns for the bags are cut by hand and then passed to a team of skilled seamstresses who ensure that there is quality in every stitch.</p> <p>The business grows due to their creativity and because they are constantly updating their range and fabrics to keep up with trends.</p> <p>They sell most bags from October to January and they make sure that they have enough stock for these months. Consumers can buy their bags at markets and in stores or order online. They keep in touch with their customers through personal contact at markets and with social media.</p> </div>	

	<p>The product range consists of the following:</p> <ul style="list-style-type: none"> • Accessories: Toiletry bags for men and women, purses, cosmetic bags • Handbags: Sling bags, clutch bags • Travel bags: Weekend bags, overnight bags • Business bags: Cell phone covers, laptop bags • Children's bags: Pencil cases, back packs for boys and girls • Baby bags: Nappy bags, mini toiletry bags, baby travel bags <p style="text-align: right;">Adapted from: www.peppertreebags.co.za</p> <p>6.4.1 Name ONE human skill in the scenario and explain how this skill contributes to the success of the business. (3)</p> <p>6.4.2 Discuss TWO ways in which the business meets the requirements to produce quality products. (2 x 2) (4)</p> <p>6.4.3 Read the information below and answer the questions that follow.</p> <p>The cost of raw materials to produce 10 back packs for children is R900,00. The business's mark-up is 150% to cover the overheads and to make a profit. In September the business produced 10 back packs per day, for 21 working days.</p> <p>(a) Calculate the profit that this business will make if all the back Packs that were produced in September are sold. (9)</p> <p>(b) Explain the possible reasons why this business sells the most products from October to January. (4)</p> <p>(c) Predict whether this business is likely to have a sustainable profitability in the long term. Give clear explanations for your reasoning. (10)</p> <p style="text-align: right;">[30]</p>	
6.5	List FOUR functions of good quality packaging for consumable products.	(4)
6.6	Name THREE methods which an entrepreneur can use to do market research in his/her local community.	(3)
6.7	Promotion and Price are two of the P's that form part of the marketing mix. Name the other THREE P's of the marketing mix.	(3) [10]

TOTAL SECTION D: [40 Marks]

TOTAL OF PAPER: [200 Marks]