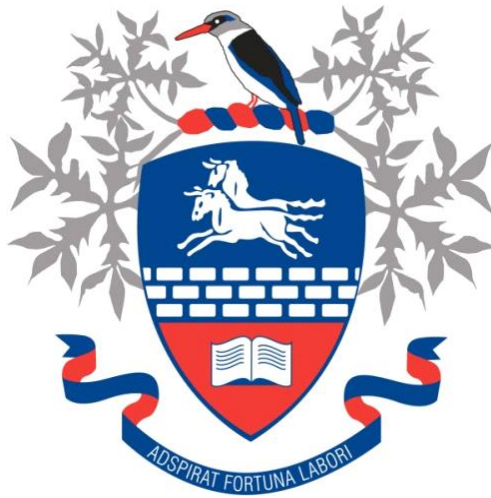


Hillcrest High School



Consumer Studies

Grade 10

June 2021

Time: 2 Hours

Total: 120 Marks

Examiner: Mrs J. Bega

Moderator: Mrs S.J. Geel

This paper consists of 9 pages.

INSTRUCTIONS AND INFORMATION

Read the instructions carefully before answering the questions:

1. This question paper consists of **THREE** questions.
2. Answer **ALL** the questions on **A4 FOOLSCAP PAPER**.
3. **NB!!** Draw a **MARKING MARGIN**.
4. Start each **QUESTION** on a new page.
5. Read all the questions carefully.
6. Non-programmable calculators may be used.
7. The following is a guide to help you to allocate the time you spend on each section.

SECTION	TOPIC	MARK	SUGGESTED TIME
QUESTION 1	Short Questions	20	20
QUESTION 2	The Consumer	40	40
QUESTION 3	Food and Nutrition	60	60
TOTAL		120 MARKS	120 MINUTES

QUESTION 1: SHORT QUESTIONS

1.1. 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 NUMBER** (1.1.1 – 1.1.5).

1.1.1 Makro is an example of a / an ...

- A. Hypermarket
 - B. Wholesaler
 - C. Supermarket
 - D. Department Store
- (1)

1.1.2 Springside Café in Hillcrest is classified as a / an

- A. Café
 - B. Fast – Food Outlet
 - C. Family Restaurant
 - D. Fine – Dining Restaurant
- (1)

1.1.3 _____ is money left over once essentials have been paid for.

- A. Nett Salary
 - B. Gross Salary
 - C. Disposable Income
 - D. All the Above
- (1)

1.1.4 Freezers should be kept at _____.

- A. – 18°C
 - B. – 17°C
 - C. – 16°C
 - D. – 15°C
- (1)

1.1.5 Legumes should be eaten at least _____ times a week.

- A. 6
 - B. 5
 - C. 4
 - D. 3
- (1)

1.2 Match the cookery term in Column A with the definition in Column B. Write **ONLY** the **QUESTION NUMBER** (1.2.1 – 1.2.5) and the **LETTER** (A – F).

COLUMN A Cookery Term		COLUMN B Definition	
1.2.1	Garnish	A	To heat liquid to just below boiling point.
1.2.2	Sauté	B	To mix until lumps have gone.
1.2.3	Fold In	C	To decorate a savoury dish with herbs and vegetables.
1.2.4	Scald	D	Cook gently in oil until food is soft but not browned.
1.2.5	Blend	E	To combine ingredients.
		F	Mix ingredients gently with a metal spoon or whisk.

(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.

(5)

1.3.1 Water is important because it regulates the body's temperature.

1.3.2 We do not have to eat fats sparingly.

1.3.3 Our lifestyles do not determine on what or how we spend our money.

1.4 Choose **ONE** correct word from the word in brackets, write **ONLY** the **CORRECT WORD** next to the **QUESTION NUMBER** (1.4.1 – 1.4.5).

1.4.1 (Conduction / Convection) is when one molecule in food rubs against another and this energy has a domino effect throughout the food. (1)

1.4.2 Boiling is when food is cooked at (100°C / 85°C). (1)

1.4.3 The method of (dry / shallow) frying is when food is placed into a pan with heated oil that just covers the bottom of the pan. (1)

1.4.4 Do not fry too (many / few) pieces of food at once when deep frying. (1)

1.4.5 (Braising / Boiling) is sautéing food on all sides in a small amount of fat and then adding liquid to it and allowing it to cook slowly. (1)

TOTAL QUESTION 1: 20

QUESTION 2: THE CONSUMER

2.1. Read the case study below and answer the questions that follow:

Jade works at a Caltex Fresh Stop shop as a chef. She drives a Renault Megane that she has had for three years. For her birthday she received R5000 from her father. Jade decided that she wanted to buy seat covers for her car and save the rest of her money, she wanted bright pink ones with flowers that all her friends had brought from *Midas*. When she went to buy the seat covers, she could not find the ones she liked and went to ask Peter who oversaw the section. Peter was very rude to Jade and told her that they did not have stock, without even looking in the stock room. Jade left without anything and was very upset.

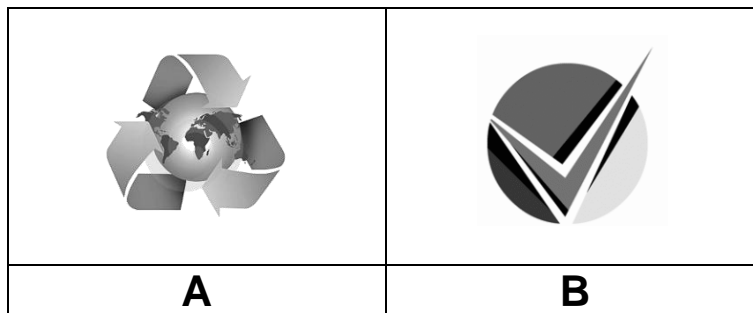
- 2.1.1 Jade is a consumer. What does this mean? (1)
- 2.1.2 State the need that Jade is fulfilling. (1)
- 2.1.3 Which one of Jade's rights has been violated? (1)
- 2.1.4 What responsibility should Jade exercise? (1)
- 2.1.5 Name and briefly explain the type of decision that Jade is making. (2)
- 2.1.6 State the factor that has influenced which car seat covers Jade wants. (1)
- 2.1.7 Name and briefly describe the type of outlet where Jade works. (5)

2.2 Study the cartoon below and answer the questions that follow:



- 2.2.1 State what the cartoon is saying businesses need to be aware of. (2)
- 2.2.2 List TWO consumer rights that apply to the cartoon. (2)
- 2.2.3 List TWO consumer responsibilities that apply to the cartoon. (2)

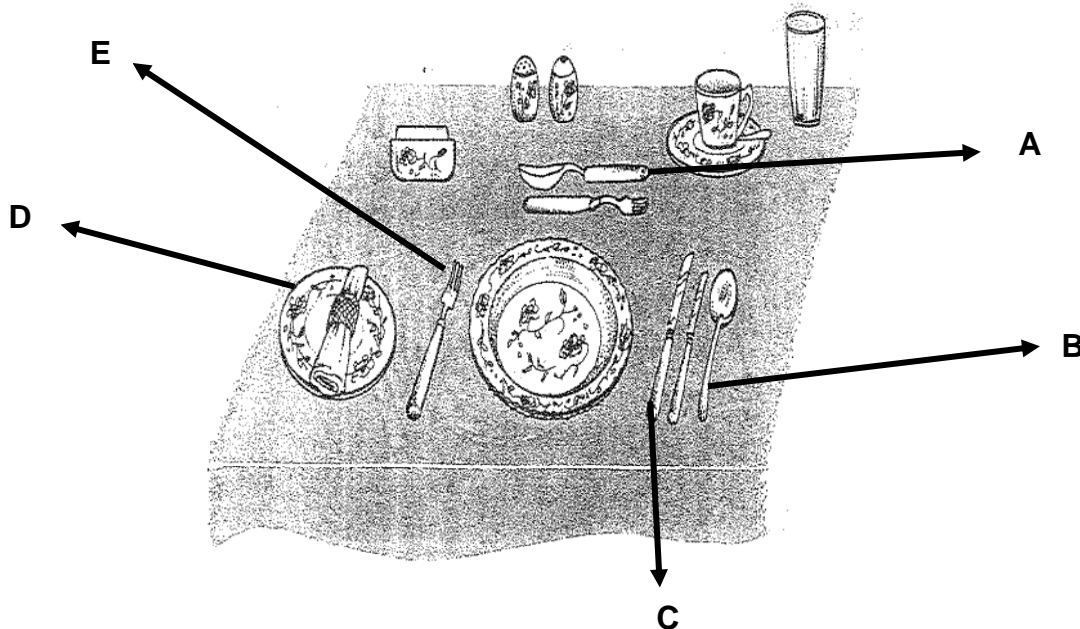
2.3 The TWO symbols below are used on packaging and many other items in South Africa.



2.3.1 Identify the symbols (2)

2.3.2 Discuss how these symbols will help prevent the problem shown in the cartoon. (2 x 3) (6)

2.4 Study the image below and answer the questions that follow:



2.4.1 Label each item (A – E) on the image. Write only the letter and your answer. (5)

2.4.2 Name the type of restaurant you would see this table setting. (1)

2.4.3 Differentiate between a Full-Service Restaurant and a Family Restaurant. Redraw and complete the table below: (2 x 2) (4)

FULL – SERVICE RESTAURANT	FAMILY RESTAURANT

2.4.4 Purpose of dining out and menu are factors to consider when selecting a restaurant. State the other TWO factors. (2)

2.4.5 List TWO examples of restaurant etiquette. (2)

TOTAL QUESTION 2: 40

QUESTION 3: FOOD AND NUTRITION

3.1 Define the following terms:

- 3.1.1 Nutrient (1)
- 3.1.2 Malnutrition (1)
- 3.1.3 Diet (1)
- 3.1.4 BMR (2)
- 3.1.5 Meal pattern (1)
- 3.1.6 Fortified foods (1)

3.2 Study the case study below and answer the questions that follow:

Onathi and her husband are celebrating their 50th Wedding Anniversary on the 20th of June 2021. They have chosen to do a fancy dinner at a fine dining restaurant in their area. The menu below is what they have been given as their set menu for the event.

Starter:

Spicy butternut soup and croutons

Main:

Roast Beef with roasted potato wedges, glazed carrots, Broccoli Au Gratin

Dessert:

Malva Pudding and custard

- 3.2.1 Onathi and her husband are of Hindu faith. Is this menu suitable? Give a reason for your answer. (2)
- 3.2.2 The Malva pudding has the following nutrient measurements:

Protein	Starch	Lipids
15g	25g	30g

- a) Using the amounts above calculate the total amount of energy in the Malva pudding. (4)
- 3.2.3 Re – write the menu in the correct format. (7)
- 3.2.4 Evaluate the menu according to the following aesthetic appeal:
 - a) Colour (2)
 - b) Temperature (2)
 - c) Cooking methods (2)

3.2.5 Classify the foods below according to the Food Pyramid: (5)

- a) Butternut
- b) Beef
- c) Potato
- d) Custard
- e) Croutons

3.2.6 Identify the main nutrient found in the following foods: (5)

- a) Carrots
- b) Broccoli
- c) Malva Pudding
- d) Beef
- e) Potato wedges

3.2.7 State the function of the following nutrients: (5)

- a) Carbohydrates
- b) Iodine
- c) Calcium
- d) Fibre
- e) Protein

3.2.8 Classify the following foods according to perishable, semi-perishable and non-perishable. (5)

- a) Whole Butternut
- b) Long life milk
- c) Croutons
- d) Broccoli
- e) Cheese

3.3 Read the case study below and answer the questions that follow:

CHILDREN DIE AFTER MEAL

Two toddlers died at the Red Cross Children's Hospital in Rondebosch after contracting food poisoning.

The children's uncle arrived in Cape Town on Friday from the Transkei to visit his brother. He brought a cooked chicken with him. The brother, his wife and the couple's two children aged 2 and 4, ate some of the chicken. The children and their parents became ill on the Friday night and the children were taken to the Red Cross Children's Hospital, where the 2-year-old girl died. The 4-year-old girl died on Saturday night.

The parents were taken to Groote Schuur Hospital, their condition is satisfactory.

- 3.3.1 Name the most likely micro - organism that caused the illness. (1)
- 3.3.2 What may have caused the chicken to become contaminated? (1)
- 3.3.3 List the FOUR methods for the prevention of the growth of micro – organisms. (4)
- 3.3.4 Describe how to store cooked chicken correctly. (3)
- 3.3.5 What does the statement "First In, First Out" refer to? (2)
- 3.4 List THREE kitchen hygiene measures that should be followed in the kitchen. (3)

TOTAL QUESTION 3: 60