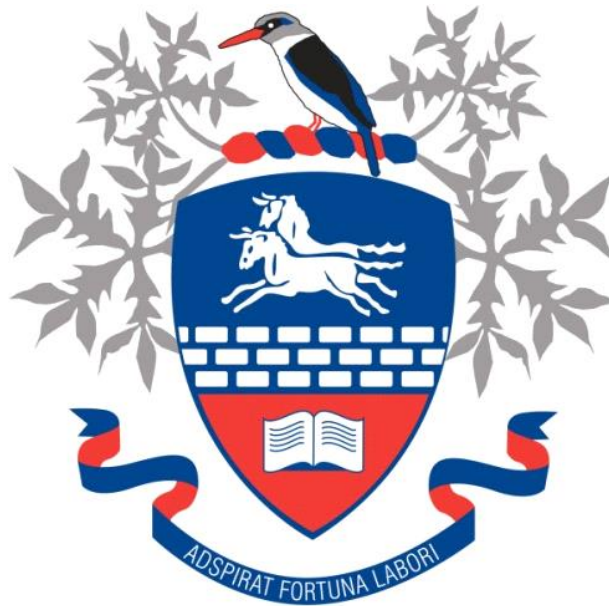


Hillcrest High School



Consumer Studies

Grade 11

June 2022

MEMORANDUM

Time: 3 Hours

Total: 200 Marks

Examiner: Mrs. J. Bega

Moderator: Mrs. S.J Geel

INSTRUCTIONS AND INFORMATION

1. This question paper consists of FOUR questions.

QUESTION	CONTENT	MARKS	TIME (minutes)
1.	Short Questions (All topics)	50	30
2.	The Consumer	60	60
3.	Design Elements and Principles	60	60
4.	Food and Nutrition	30	30
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. Draw a MARKING MARGIN.
6. You may use a calculator.
7. Write in black or blue ink only.
8. Pay attention to spelling and sentence construction.
9. Write neatly and legibly.

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 numbers (1.1.1–1.1.20) in the ANSWER BOOK, for example 1.1.21 D.

1.1.1. A warranty is a/an...

- A **assurance that something is of a specified quality or durability.** ✓
- B measure taken to provide for possible loss.
- C document that states how your property is to be disposed of when you die.
- D Document that states your goals and objectives for the near future. (1)

1.1.2. All the following documents should be kept for budgeting purposes except...

- A **airplane boarding passes** ✓
- B used cheque books
- C receipts of payments made
- D proof of interest received (1)

1.1.3. The government protects consumers by ...

- A eliminating malpractices.
- B offering information.
- C setting specifications for products.
- D **establishing protective legislation.** ✓ (1)

1.1.4. The following legislation was created in order to regulate the credit industry in South Africa:

- A Money Lending Act
- B **National Credit Act** ✓
- C Credit Card Act
- D Mortgage Credit Act (1)

1.1.5. A function of the National Consumer Forum is to...

- A act as a mediator between tenants and landlords.
- B **protect and promote.** ✓
- C make consumers aware of their rights and responsibilities.
- D set specific standards to protect the health and safety to consumers. (1)

1.1.6. The _____ deals with complaints about misleading advertisements.

- A NHBRC
- B RMI
- C **ASA** ✓
- D SABS (1)

- 1.1.7. Which design principle ensures a pleasing relationship between the parts of a design?
- A **Proportion** ✓
 - B Balance
 - C Harmony
 - D Rhythm
- (1)
- 1.1.8. Which of the following describes a complementary colour harmony?
- A Two or more colours next to each other on the colour wheel
 - B One colour used in different values and intensities
 - C Two colours next each other combined with their complementaries
 - D **Two colours opposite each other on the colour wheel** ✓
- (1)
- 1.1.9. Good proportion in design is achieved by...
- A Placing trimmings near the face.
 - B The regular repetition of lines.
 - C Combining similar textures.
 - D **The correct spacing of the parts of a design.** ✓
- (1)
- 1.1.10. Which of the following is not an element of design?
- A Colour
 - B **Harmony** ✓
 - C Line
 - D Form
- (1)
- 1.1.11. To create a casual, relaxed effect in a home _____ lines should be used.
- A **horizontal** ✓
 - B vertical
 - C curved
 - D diagonal
- (1)
- 1.1.12. Shape refers to ...
- A **an area enclosed by lines.** ✓
 - B the space within the shape.
 - C the unoccupied area between the lines.
 - D the surface quality of an object.
- (1)
- 1.1.13. To create a calm, restful ambience in a room, use ...
- A diagonal lines.
 - B warm colours.
 - C **cool colours.** ✓
 - D smooth, shiny surfaces.
- (1)

1.1.14. Which of these foods will provide lots of energy but almost no nutrients to the body?

- A Potatoes
 - B Bread
 - C **Sugar** ✓
 - D Sweet potatoes
- (1)

1.1.15. Vitamins and minerals ...

- A provide heat and energy.
 - B build new cells.
 - C maintain existing cells.
 - D **protect and regulate body functions.** ✓
- (1)

1.1.16. Tomatoes, eggs, and butter are all sources of the fat – soluble ...

- A **Vitamin A** ✓
 - B Vitamin D
 - C Vitamin C
 - D Vitamin B1
- (1)

1.1.17. The water – soluble vitamin present in fresh fruit and green vegetables is...

- A Vitamin A
 - B Vitamin D
 - C **Vitamin C** ✓
 - D Vitamin B2
- (1)

1.1.18. Foods are divided into groups according to their ...

- A interaction with each other.
 - B digestibility
 - C source of origin
 - D **functions in the body** ✓
- (1)

1.1.19. The carbohydrate in milk is called....

- A Casein.
 - B **Lactose.** ✓
 - C Glucose.
 - D Lactalbumin.
- (1)

1.1.20. Which ONE of the following nutrients will raise blood glucose levels the most?

- A Protein
 - B **Carbohydrates** ✓
 - C Fibre
 - D Fat
- (1)

[20]

1.2. Choose the explanation in COLUMN B that matches the banking method / payment in COLUMN A. Write only the letter (A – H) next to the number (1.2.1 – 1.2.5) in your answer book. E.g., 1.2.7 I

COLUMN A		COLUMN B	
1.2.1.	Credit Account	A	The customer only receives the goods once the full purchase price is paid.
1.2.2.	Current Account	B	The selling price of the item is paid over a specific number of months.
1.2.3.	Fixed Deposit	C	To buy goods on credit up to a specific limit.
1.2.4.	Lay-By	D	Invest money for a fixed period of time.
1.2.5.	Money Market	E	A type of account that offers the option of withdrawing more money than one has available.
		F	A short-term investment with a low interest rate.
		G	Used as an investment account and you need to keep a large minimum balance.

(5)

1.3. Choose the correct definition in COLUMN B with the correct term in COLUMN A. Write only the letter (A – G) next to the number (1.3.1 – 1.3.5) in the answer book. E.g., 1.3.6 H

COLUMN A		COLUMN B	
1.3.1.	Emphasis	A	Identical or equal objects placed on each side of a centre point
1.3.2.	Graduation	B	Consistent use of colour, line, form, or texture in a pattern
1.3.3.	Proportion	C	Relationship of size and shape of objects or parts of objects to one another and the design as a whole
1.3.4.	Rhythm	D	Objects increase from small to large or dark to light
1.3.5.	Symmetrical Balance	E	Causes an area to become a focal point
		F	When all elements of the design have been put together according to the principles

(5)

1.4. Choose the correct deficiency in COLUMN B with the correct nutrient in COLUMN A. Write only the letter (A – G) next to the number (1.4.1 – 1.4.5) in the answer book. E.g., 1.4.6 G

COLUMN A		COLUMN B	
1.4.1.	Calcium	A	Anaemia
1.4.2.	Fibre	B	Constipation
1.4.3.	Magnesium	C	Lowered Resistant to Infections
1.4.4.	Protein	D	Muscle Cramps
1.4.5.	Vitamin C	E	Night Blindness
		F	Osteoporosis
		G	Stunted Growth

(5)

- 1.5 Give ONE word for the following descriptions. Write the correct word next to the number (1.5.1 – 1.5.5) in your answer book.
- 1.5.1 This principle ensures that the elements of design are unified. (1)
Harmony. ✓
- 1.5.2 The logo that is displayed on products that are made in South Africa. (1)
Proudly South African. ✓
- 1.5.3 Details of all your income and planned expenditure for a set period of time. (1)
Budget. ✓
- 1.5.4 The amount of energy you need to stay alive and sustain life process. (1)
BMR / Basal metabolic rate. ✓
- 1.5.5 Nutrients that your body needs in larger quantities. (1)
Macro – nutrients. ✓
- 1.6 The National Credit Act has made credit providers take more responsibility for their actions. From the list below, identify FOUR aims of the Act. Write only the correct letter (A – H) next to the question number in your answer book. E.g., 1.6 A, B, C, D
- A **Ensure that consumers know exactly what is included in their credit contracts.** ✓
 B Advise government on policy and legislation concerning credit.
 C Protect consumers from unfair business practices where credit is involved.
 D **Promote the social and financial interest of South African consumers.** ✓
 E **Investigate complaints from credit providers, credit bureaus and consumers.** ✓
 F **Take action against people / business not adhering to the regulations.** ✓ (4)
- 1.7 Indicate whether the following statements are TRUE or FALSE. Choose the correct answer and write the answer 'true or false' next to the question number (1.7.1 – 1.7.6) in the answer book.
- 1.7.1 Non – financial income refers to products and services that a household gets hold of by exchanging something other than money. (1)
True ✓
- 1.7.2 Setting realistic goals and objectives is NOT a way to manage your money correctly. (1)
False ✓
- 1.7.3 Glucose is a protein. (1)
False ✓
- 1.7.4 Saturated fats are found in animal fats such as meat. (1)
True ✓
- 1.7.5 Dietary fibre helps to keep the digestive system healthy. (1)
True ✓
- 1.7.6 Lipids are needed to absorb vitamin B and C. (1)
False ✓

1.1.1	A ✓	(1)
1.1.2	A ✓	(1)
1.1.3	D ✓	(1)
1.1.4	B ✓	(1)
1.1.5	B ✓	(1)
1.1.6	C ✓	(1)
1.1.7	A ✓	(1)
1.1.8	D ✓	(1)
1.1.9	D ✓	(1)
1.1.10	B ✓	(1)
1.1.11	A ✓	(1)
1.1.12	A ✓	(1)
1.1.13	C ✓	(1)
1.1.14	C ✓	(1)
1.1.15	D ✓	(1)
1.1.16	A ✓	(1)
1.1.17	C ✓	(1)
1.1.18	D ✓	(1)
1.1.19	B ✓	(1)
1.1.20	B ✓	(1)
1.2.1	C ✓	(1)
1.2.2	E ✓	(1)
1.2.3	D ✓	(1)
1.2.4	A ✓	(1)
1.2.5	G ✓	(1)
1.3.1	E ✓	(1)
1.3.2	D ✓	(1)
1.3.3	C ✓	(1)
1.3.4	B ✓	(1)
1.3.5	A ✓	(1)
1.4.1	E/F ✓	(1)
1.4.2	B ✓	(1)
1.4.3	D ✓	(1)
1.4.4	G ✓	(1)
1.4.5	C ✓	(1)
1.5.1	Harmony ✓	(1)
1.5.2	Proudly South African ✓	(1)
1.5.3	Budget ✓	(1)
1.5.4	BMR / Basal metabolic rate ✓	(1)
1.5.5	Macro – nutrients ✓	(1)
1.6	A ✓, D ✓, E ✓, F ✓ (Any order)	(4)
1.7.1	True ✓	(1)
1.7.2	False ✓	(1)
1.7.3	False ✓	(1)
1.7.4	True ✓	(1)
1.7.5	True ✓	(1)
1.7.6	False ✓	(1)

QUESTION 2: THE CONSUMER

2.1. Study the comparison of non – poor households and poor households below and answer the questions that follow:

	HOUSING	TRANSPORT	FOOD	MISCELLANEOUS	OTHER
NON – POOR	33,1%	17,8%	10,8%	15,2%	23%
POOR	21,4%	10,2%	33,5%	9,2%	25,8%

2.1.1. State which category of expense is the highest percentage for poor households. (1)
Food. ✓

2.1.2. Explain why the expense in 2.1.1 is the highest for poor households (3)
Food is essential to survive; ✓ because they have a smaller income, ✓ food will reflect a greater percentage of their total income. ✓

2.1.3. Motivate why housing is the highest expense for non – poor households. (2)
They earn a greater income, ✓ therefore can service bigger bonds. ✓

2.1.4. Give TWO examples of expenses that fall under ‘other.’ (2)
ANY 2

- **Furnishings / Household Equipment / Maintenance ✓**
- **Recreation ✓**
- **Communication ✓**
- **Education ✓**
- **Restaurants And Hotels ✓**
- **Health ✓**
- **Clothing And Footwear ✓**
- **Insurance / Financial Services ✓**

2.1.5. Discuss how location and cultural / religious beliefs influence spending patterns. (2)
Location: People who live far from workplace will spend more on transport. ✓ / Cheaper areas charge less rates therefore less money. ✓

Cultural / Religious: different practices and norms will affect the products and services they buy and consume. ✓

2.2. Classify the examples below according to types of expenses:

2.2.1. Electricity **Variable ✓** (1)

2.2.2. When the cat suddenly needs to go to the vet **Emergency ✓** (1)

2.2.3. Insurance premium **Fixed ✓** (1)

2.3. Give TWO main sources of income for households. (2)
ANY 2

- **Salaries / Wages. ✓**
- **Government Social Grants / Pensions. ✓**
- **Family and Friends.**
- **Business Profits / Investments. ✓**
- **Rental Income. ✓**
- **UIF. ✓**

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

Zipo graduated at the end of last year and started working for the first time in February. The novelty of receiving her first salary and earning her own keep meant that she found it difficult to save. She would rather spend her money on clothing and entertainment. Even buying a new car seems far more attractive than putting money aside for her retirement one day which seems so far away. Then she realized that putting money aside for retirement every month was crucial at this stage of her life.

Her planned finances look like this at the beginning of the month:

Net Salary	R8000.00
Weekend work baking for cake shop per month	R250.00
Rent for garden cottage	R3000.00
Petrol	R600.00
Ingredients for cakes	R150.00
Food	R1000.00
Clothes / Cosmetics	R600.00
Cat Food	R250.00
Savings for better car	R1000.00
Savings for Retirement plan	R400.00
Gym fees - contract	R200.00
Cellphone contract	R200.00
Insurance	R350.00
Entertainment	R500.00

Reflecting back on the month, she was happy as she had a large order for her cakes which doubled her normal amount. She had spoiled herself and spent R200 more on clothing. Food prices went up so groceries cost R100 more and her entertainment was only R400.

- 2.4.1 Identify FOUR expenses that are classed as fixed in Zipo's budget. (4)
Rent / Gym Fees / Cell phone Contract / Insurance. ✓
- 2.4.2 Identify TWO variable expenses in Zipo's budget. (2)
Petrol / Ingredients / Food / Clothes / Cosmetics / Cat Food / Entertainment. ✓
- 2.4.3 Work out the total actual income for THIS month. (2)
Salary R8000 + Baking R500 (Double for this Month) ✓ = R8500 ✓
- 2.4.4 How much more did she spend on food and clothing combined than originally planned? Give ONE figure. (1)
R300. ✓
- 2.4.5 When Zipo evaluated her budget, she had spent R50 more than her income. Suggest TWO ways she should have cut down to have prevented the shortfall. (2)
She could spend less on entertainment ✓ and clothes / cosmetics. ✓

2.4.6 List THREE advantages of drawing up a budget. (3)

ANY 3

- **Avoid the debt trap and live within your means ✓**
- **To set and reach your financial goals ✓**
- **To see how much, you can afford to spend on things / see how much money is available ✓**
- **To create a savings for unexpected expenses ✓**
- **Stay in control of how your money is spent ✓**
- **To track spending and work at reducing some expenses ✓**
- **Teaches you the value of money ✓**
- **To cut out unnecessary and impulsive spending ✓**
- **To see how much credit, you can afford so that you can repay the credit ✓**

2.4.7 Zipo makes use of mobile banking. Explain this term. (2)

Doing her banking transactions using her cell phone / Personal Digital Assistant (PDA). ✓ ✓

2.5. List FOUR advantages of internet banking. (4)

ANY 4

- **It is quick and convenient as the transfer is automatic ✓**
- **Cheapest way to bank ✓**
- **You can keep track of your account balances ✓**
- **You do not have to leave the privacy and comfort of your own home to make purchases ✓**
- **Provided you keep to the rules it is a safe way to transfer funds ✓**
- **You can make a payment at any time of the day or night and any day of the year ✓**
- **The bank does not have to employ a person to do the transfer ✓**

2.6. Discuss FIVE ways to reduce bank charges. (5)

ANY 5

- **Use a cheque card, credit card or debit card instead of cash to pay for purchases as it is safer, cheaper, and more convenient ✓**
- **Use ATM, telephone or cell phone banking or online banking rather than going into the bank branch ✓**
- **Use the ATM of your bank as additional fees apply when using other banks ATMs. ✓**
- **Do fewer withdrawals or larger amounts rather than withdrawing small amounts often ✓**
- **Make sure there is enough money in your account to cover all your transactions to avoid penalty fees ✓**
- **Use electronic funds transfer at the point of sale and where possible draw cash while you are making a purchase ✓**

2.7. Read the scenario below and answer the questions that follow:

Justine bought a vacuum cleaner from a local shop. While using it, she discovered that it was unable to suck dirt. She took the vacuum cleaner back and demanded her money back.

- 2.7.1 Justine was sold an unsuitable product. Motivate this statement. (2)
The product was unsuitable because it did not do what the manufacturer claimed it would do / did not suck up the dirt. ✓✓
- 2.7.2 Discuss the TWO consumer rights that are applicable to Justine as outlined by the Consumer Protection Act. (4)
- **Right to fair value / good quality. ✓ Justine should receive goods that are of good quality and in good working order ✓**
 - **Right to replacement or refund. ✓ She has the right to return goods and seek redress for unsatisfactory services ✓**
- 2.7.3 Suggest the procedure that Justine would have to follow to lodge her complaint. (5)
- **Identify the specific problem that she wanted to complain about ✓**
 - **Make sure she had evidence such as damaged items and receipts to support the complaint ✓**
 - **Decide whether she wants to be refunded or have items replaced ✓**
 - **Resolve the problem with the salesperson first ✓**
 - **Be polite, fair, and sensible ✓**

2.8 Read the scenario below and answer the questions that follow:

Mr. Ringani is a principal at a high school. He still pays for his house and drives the latest car which he bought on hire purchase (instalment sale transaction). He buys his brand name clothes on credit. At the of the month, he finds himself without a cent from his salary. His lifestyle has made him to sink deeply into debt. He was advised to go see a debt counsellor.

- 2.8.1 Discuss the disadvantages Mr. Ringani will encounter because he bought his car by means of hire purchase. (3)
ANY 3
- **Even though he has the car he does not own it until the final payment has been made. ✓**
 - **The car can be repossessed if the payment is not made.**
 - **High interest is paid. ✓**
 - **All instalments have to be paid, even if the car has broken down. ✓**
 - **It is easy to buy on instalment plans, so Ringani bought a car he could not afford. ✓**
- 2.8.2 Explain the process credit providers must follow before offering credit to consumers like Mr. Ringani. (3)
ANY 3
- **The credit provider must do a full analysis of the income ✓ and debt responsibilities of the consumer. ✓**
 - **The credit provider must give the consumer a quotation / pre-agreement that is valid for five working days. ✓**
 - **The document must include the amount of credit / the cost / any terms and conditions and any other charges. ✓**

- 2.8.3 Determine how a debt counsellor will help Mr. Ringani. (3)
- **As Ringani was no longer able to pay his debt, he had the right to go to a debt counsellor. ✓**
 - **The counsellor would assess and evaluate / re-evaluate his debt situation and then arrange with the credit provider on the new terms for repaying his debt. ✓**
 - **During the time that Ringani is in debt counselling, he may not sign any credit agreements. ✓**
 - **When his debt has been paid in full the debt counsellor will issue a clearance certificate. ✓**

[60]

QUESTION 3: DESIGN ELEMENTS AND PRINCIPLES

3.1. Study the colour wheel below and answer the questions that follow:



- 3.1.1 List the THREE primary colours. (3)
Red, ✓ Blue ✓ and Yellow. ✓
- 3.1.2 Green is a hue. What does the term hue mean? (1)
The name given to the colour. ✓
- 3.1.3 State the neutral colour added to red to make pink. (1)
White. ✓
- 3.1.4 What is the term used when adding black to a colour? (1)
Value / Shade. ✓
- 3.1.5 Name the colour scheme used in the following examples: (4)
- a) Light Green, Green and Dark Green
Monochromatic. ✓
 - b) Red – Orange, Orange, Blue – Green and Blue
Double – Complementary. ✓
 - c) Violet, Orange, and Green
Triadic. ✓
 - d) Orange, Blue – Green and Blue – Purple
Split Complementary. ✓

3.2. Study the room below and answer the questions that follow:



- 3.2.1 State the balance used in this room. Give a reason for your answer. (2)
Symmetrical. ✓ Both sides of the room are identical. ✓
- 3.2.2 Briefly explain the principle 'Emphasis.' (2)
Emphasis is attention on certain areas and objects. ✓ This could be considered a focal point. ✓
- 3.2.3 What is the emphasis in this room? (1)
The fireplace. ✓
- 3.2.4 Line can create optical illusions, movement, moods, and emotions.
- a) What is the dominant line in the room? (1)
Horizontal. ✓
- b) How does this line make you feel? (2)
They create a sense of calmness / relaxation ✓ and informality. ✓
- 3.2.5 The designer has chosen to use a complementary colour scheme in the room.
- a) State what a complementary colour scheme is. (1)
Two colours that lie directly opposite each other on the colour wheel. ✓
- b) Give an example of a complementary colour scheme. (1)
Any appropriate colour schemes. ✓
- 3.2.6 There are two types of texture that can be used in a room. They are visual and tactile.
- a) Discuss the difference between the two types of texture. (3)
Tactile texture is the real texture of the object ✓ whereas the visual texture is the implied texture. ✓ Visual texture is where a texture can look different to what it is. ✓
- b) State the dominant texture in the room. (1)
Smooth. ✓

- c) How has the designer used texture to create interest? (2)
The designer has used coarse / rough textures on the feature wall ✓ this is balanced with the rough / coarse texture in the carpet. ✓

- 3.2.7 Briefly explain how rhythm has been achieved in this room. (6)
- **Coarse texture in the carpet to the feature wall makes your eyes move to the focal point. ✓**
 - **The horizontal dominant line has a flow through the room that helps your eyes move easily from one side to the other. ✓**
 - **The lamps on the floor and lights on the ceiling have the same warm colour and help your eyes to move up and down easily. ✓**
 - **The dominant smooth textures the flow through the room ✓ from the chairs to the table to the 'border' of the fireplace help your eyes move towards the focal point. ✓**
 - **The symmetrical balance helps your eyes move easily across the room because they have the same chairs, lamps, and cushions on either side. ✓**

- 3.2.8 Discuss THREE ways the designer has created interest in the room other than with texture. (3)

ANY 3

- **The 'border' of the fireplace has two different heights creating proportional interest ✓**
- **The object (branch) on the right – hand side gives interest in shape and line ✓**
- **The lights on the ceiling are arranged in small, big, small to create interest proportionally ✓**
- **The cushions on the right and left are different designs ✓**
- **The lightness of the top of the border brings attention and interest to the fireplace ✓**

3.3. Study the pictures of Zendaya below and answer the questions that follow:



- 3.3.1 What body shape is Zendaya? (1)
Hour – Glass / Figure of Eight. ✓

3.3.2 Discuss how Zendaya has flattered her body shape in BOTH outfits. (2 x 4 = 8)

Picture A:

- used two different colours that draw eyes to the waist. ✓
- two different textures draw your eyes to the waist. ✓
- the belt on the skirt defines the slimness of her waist. ✓
- she has tucked in / looks like she has tucked in her top this draws attention to the waist. ✓

Picture B:

- the horizontal line in the belt across her waist draws your attention to her waist. ✓
- the low V – neckline together with the split in the front also draw attention to the waist. ✓
- she has used a one – piece outfit that does not emphasize the top or the bottom. ✓
- She has used vertical lines which does not emphasize the top or bottom. ✓

3.3.3 How has the designer made Zendaya look taller in Picture A? (4)

- They have enhanced her waistline which draws your eyes attention ✓
- Using vertical pleats in the skirt causes your eyes to move up and down ✓
- The skirt is A – Line which gives her a slim appearance ✓
- The skirts hem line is over her feet which allows your eyes to move further down creating length ✓

3.3.4 Is outfit B appropriate for a formal occasion? Give a reason for your answer. (3)

No✓. Her dress has a low-neckline and high slit ✓ and also is very baggy for a formal occasion. ✓

3.3.5 Explain how proportion has been used in outfit B. (3)

- The lines are the same on either side keeping the balance of the body. ✓
- They have pockets on either side of the dress on the top. ✓
- The belt is placed to help the body look proportionally balanced ✓

3.4 Define the following terms:

3.4.1 Form (2)

It is a three dimensional (3D) and enclosed space. ✓ Form has height, width, and depth. ✓

3.4.2 Space (1)

Defines the open areas between, around or below and object. ✓

3.4.3 Harmony (2)

When all elements of the design have been put together according to the principles. ✓ This creates a feeling of unity. ✓

3.4.4 Radial Balance (1)

The different objects that make up the design are arranged around a central point in the shape of a circle. ✓

QUESTION 4: FOOD AND NUTRITION

4.1 State the TWO types of nutrients. (2)
Macro – Nutrients ✓ and Micro – Nutrients ✓

4.2 Read the sentence below and answer the questions that follow:

“Proteins consist of a chain of amino acids. Many amino acids linked together form a peptide and many peptides linked together form a protein”

From Oxford Successful Consumer Studies Grade 11 Learner’s Book pg. 58

4.2.1 Name and explain the TWO types of amino acids. (2 x 2) (4)
Essential amino acids. ✓ Cannot be produced by the body. ✓
Non – essential amino acids. ✓ Can be produced by the body. ✓

4.2.2 Differentiate between complete and incomplete proteins. (2)
Complete proteins contain all the essential amino acids ✓ whereas incomplete proteins lack some of the amino acids. ✓

4.3 Carbohydrates are classified according to the number of sugars they contain. They are monosaccharides, disaccharides, and polysaccharides.

4.3.1 What are the THREE types of carbohydrates? (3)
Starch, ✓ Sugar ✓ and Fibre. ✓

4.3.2 Name the THREE types of monosaccharides. (3)
Glucose, ✓ Fructose ✓ and Galactose. ✓

4.3.3 Discuss the difference between a disaccharides and polysaccharides. (2)
Disaccharides are two monosaccharides joined together. ✓ Polysaccharides are chains of many monosaccharides ✓.

4.4 Lipids are often referred to as fats and oils.

4.4.1 What is a fat or oil molecule called? (1)
Triglyceride. ✓

4.4.2 What is each of these molecules made of? (2)
A unit of glycerol ✓ and three fatty – acids. ✓

4.4.3 Name the THREE types of fatty – acids (3)
Saturated, ✓ Mono – Unsaturated ✓ and Poly – Unsaturated. ✓

4.5 Water is considered to be a nutrient as it is essential for life.

4.5.1 How many glasses of water do you need a day? (1)
8 – 10 glasses of water. ✓

- 4.5.2 State FOUR functions of water. (4)
- ANY 4**
- It is the solvent in which nutrients are digested, absorbed, and transported. ✓
 - It allows waste products of metabolism to be removed through the urine and faeces. ✓
 - It keeps skin moist and supple. ✓
 - It lubricates joints and muscle membranes. ✓
 - It controls the body temperature. ✓

- 4.5.3 List TWO deficiencies of water. (2)
- ANY 2**
- Concentrated Urine. ✓
 - Reduced Sweating. ✓
 - Constipation. ✓
 - Water Retention. ✓
 - Tiredness. ✓
 - Headaches. ✓
 - Digestive Upsets. ✓
 - Dehydration. ✓

- 4.5.4 What does an excess of water cause? (1)
- Drinking too much water puts strain on your kidneys ✓**

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