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Basic Education
REPUBLIC OF SOUTH AFRICA

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In Bill Gates words, at the Mandela Day 'Living Together' address: "Maintaining the quality of this country's higher education system while expanding access to more students will not be easy. But it's critical to South Africa's future" – working together, we can help achieve this."

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Clifton School	Milnerton High	Rustenburg Girls' High	St Peter's
Durban Girls'	Northwood High	St Anne's DC	St Stithians
Fairmont High	Roedean	St John's DSG	Wynberg Boys' High
Herzlia High	Rondebosch Boys'	St Mary's DSG Kloof	Wynberg Secondary

ST JOHN'S D.S.G.
JUNE EXAMINATION
CONSUMER STUDIES

GRADE 11
TIME: 2.5 HOURS

JUNE 2019
MARKS: 165

EXAMINER: MRS N. CROSSON
MODERATOR: MRS J. WESTWOOD

SECTION A	SECTION B	SECTION C	TOTAL
CONSUMER EDUCATION AND FINANCIAL MANAGEMENT	FOOD AND NUTRITION	TEXTILES AND CLOTHING	
45	65	55	165

Read the following instructions carefully:

1. The question paper consists of 16 pages. Please check that you have the correct number of pages.
2. Start each section on a new A4 page.
3. **Section A: Consumer Education and Financial Management**
Section B: Food and Nutrition
Section C: Clothing and Textiles
4. Read the questions carefully.
5. Number your work correctly and leave a line after each answer.
6. Draw a right hand margin for ease of marking and **DO NOT** write in this margin.
7. The marks allocated to each question will indicate the detail required.

SECTION A

Start each section on a new A4 page.

CONSUMER EDUCATION AND FINANCIAL MANAGEMENT

QUESTION 1

Four possible answers are given below, there is one correct alternative given. Indicate your choice by writing the question numbers and the letter of your choice next to each. Please use capital letters only.

- 1.1. What type of consumer has strong beliefs about price, quality and variety of merchandise?
A. Consumer who demands personal attention
B. Ethical consumer
C. Careless consumer
D. Economical consumer (1)
- 1.2. Which person has the best credit-worthiness?
A. Elsa, who works part-time and uses her salary to pay her accounts
B. Bertina, who is a full-time student with a study loan
C. Grace, who has a permanent job and pays her accounts regularly
D. Karli, who earns a good salary but over-spends and does not always pay her accounts (1)
- 1.3. The Consumer Price Index is the measuring of the:
A. Change in price of goods between two periods of time
B. Maximum price of a commodity over six months
C. Total household expenditure over six months
D. Change in the average price of goods purchased (1)
- 1.4. The purchasing power of money indicates the:
A. Stability of the Rand over a period of time
B. Amount of credit that will be guaranteed
C. Number of goods and services that can be bought
D. Ability to beat the effect of inflation (1)
- 1.5. Study the following advertisement and answer questions 1.5.1.-1.5.3.

STOVE

4 solid plates
91 litre oven capacity
Warmer drawer
Guarantee: 24 months

CASH PRICE

Was R3 499
Now R2 999

OR

Deposit: R299
Monthly payments: R139.50
Term 36 months



- 1.5.1. Calculate what it would cost to buy the stove, if you are not paying cash:
A. R3 499.00
B. R3 647.00
C. R5 022.00
D. R5 321.00 (1)
- 1.5.2. Name the type of transaction in Question 1.5.1.
A. Account
B. Instalment sales transaction
C. Lay-bye
D. Credit card sale (1)
- 1.5.3. These types of transactions (1.5.2.) should only be considered by consumers who:
A. Expect huge expenses over the festive season
B. Have a good credit record
C. Want to escape an increase in prices
D. Can settle an urgent purchase in a short space of time (1)
- 1.6. If the inflation rate for the next three years will be 7%, how much buying power will R100.00 have in 3 years?
A. R79.00
B. R80.44
C. R86.49
D. R93.00 (1)

- 1.7. Match the **best** explanation/examples in COLUMN B, with the budgeting term in COLUMN A. Write the correct CAPITAL LETTER ONLY on your answer sheet for numbers 1.7.1. – 1.7.5.

COLUMN A: Budgeting Term	COLUMN B: Explanation
1.7.1. Fixed expense	A. An amount spent that can change due to circumstances or needs.
1.7.2. Variable expenses	B. A detailed plan showing income, spending and savings.
1.7.3. Assured income	C. An amount of money that has to be paid, such as a furniture instalment payment.
1.7.4. Statistics	D. Cans of coke have gone up 7% since last year.
	E. A salary of (R7600) less deductions (R1800) that you receive monthly.
	F. 90% of the learners prefer their checked school uniform.

(4)

[12]**QUESTION 2**

Examine the pay slip of a working mother and answer the questions which follow:

Foschini Salary Advice					
Identity Number	Surname and Initials	Job Title	Date appointed	Salary Notch	
8805105009085	M. Patterson	Sales assistant	01 January 2010	R72 000	
Tax Number	Pension Number				
2930282933	95665016				
Pay Date	Deposit Institution	Account Number	Branch		
25/05/2019	ABSA	5656780012	632005		
Earnings		Deductions			
Salary	R6000.00	Tax	R 292.00		
Petrol Allowance	R 500.00	Medical Aid	R 375.00		
Clothing Allowance	R 500.00	Pension	R 150.00		
		Trade Union	R 15.00		
		UIF	R 70.00		
Total Earnings	R 7000.00	Total Deductions	R 902.00	Take home pay	R6098.00

- 2.1. Give another name for “take home pay”. (1)
- 2.2. Mrs Patterson’s employer registered her with UIF. What do you understand by this term and for what reason should she be registered? (2)
- 2.3. From the salary advice slip, identify two company fringe benefits that have been offered by “Foschini”. (2)
- 2.4. Complete the following by filling in the missing words. Write only the letter and the word of your choice.
- The tax owing by Mrs Patterson is paid to the government office _ (A) _ and it is known as _ (B) _ tax. Every person who earns above a certain income is obliged to pay tax. This money is used by the government to enhance the infrastructure of our country. (2)
- 2.5. Mrs Patterson has a pension fund. When reading the Consumer Fair she sees an advert for Retirement Annuity. Help her to understand the concept of why having both a pension fund and a Retirement Annuity is a good idea by answering the following questions:
- 2.5.1. When should a person start saving for their retirement? (2)
- 2.5.2. Why should a person save? (2)
- 2.6. Justine is a 23 year old personal trainer. Examine her budget for the month of April and answer the questions that follow:

Justine’s household	Budget- April 2019
INCOME:	
Take-home pay	R 8950
Other	R 1200
EXPENSES:	
Rent	R 3400
Retirement Annuity	R 890
Electricity	R 475
Rates	R 700
Car repayment	R 1700
Food	R 1500
Petrol	R 600
Edgars	R 840
Entertainment	R 750
Cell phone	R 505

- 2.6.1. Define the term “budget”. (1)
- 2.6.2. Analyse Justine’s budget, and provide four practical solutions as to how she can improve her budget in order to save for the apartment she would like to

buy.

(6)

2.7. In order to be financially successful, it is important for your expenditure not to exceed your income. Name TWO situations where it would be considered acceptable for Justine to get into debt and justify your reason.

(4)

2.8. Read the cartoon below and answer the questions that follow:



2.8.1. Analyse the meaning of the term "inflation"

In relation to the household budget, how could inflation have led to this situation?

(5)

2.8.2. Name TWO types of **non – monetary income** that this family could be benefiting from on a monthly basis.

(2)

2.8.3. This family's long term goal is to get out of debt. Discuss reasons using the **SMART** principle why goals are so important to ensure you stay out of debt.

(4)

[33]

Total for Section A : 45

SECTION B

Start this section on a new page.

FOOD AND NUTRITION

QUESTION 3

FOOD AND NUTRITION AND CONSUMER EDUCATION

Write the correct capital letter next to the number on your answer sheet.

- 3.1. Complete proteins
- A. Can be manufactured in the body
 - B. Have a low biological value
 - C. Are found in beans, peas and lentils
 - D. Contain all the essential amino acids
- (1)
- 3.2. Which of the foods listed below has the least amount of fibre (cellulose)?
- A. A slice of whole-wheat bread
 - B. A medium baked potato
 - C. A medium carrot
 - D. A shortbread biscuit
- (1)
- 3.3. A selection of foods ideal for a toddler:
- A. Nuts, popcorn and vegetable sticks
 - B. Fried egg, beef and fish fingers
 - C. Carrot sticks, apple slices and cheese blocks
 - D. Liver, tofu and curried vegetables
- (1)
- 3.4. BMR is influenced by:
- 1. Climate
 - 2. Emotions
 - 3. Age
 - 4. State of mind
 - 5. State of body
 - 6. Skin surface area
- A. 1, 4, 6
 - B. 2, 5, 6
 - C. 3, 5, 6
 - D. 1, 2, 3
- (2)

[5]

QUESTION 4

Table 1 gives the nutritional requirements for teenagers aged 14-18 years. Study the table and answer the questions that follow:

Table 1: Dietary Reference Intake (DRIs) for teenagers 14-18 years old.
Daily protein requirements for this active male teenager who weighs 75 kg =
 $\text{weight/mass} \times 0,85 \text{ g/kg/day} = 63,75 \text{ g}$ (round off to 64 g protein/day)

	Male	Female
Energy needs of active individuals (kJ/day)	13 238	9 946
Protein (g/kg)	0,85*	0,85*
Vitamin D (milligrams)	5,0	5,0
Vitamin A (micrograms)	900	700
Vitamin C (Ascorbic Acid) (milligrams)	75	65
Calcium (milligrams)	1 300	1300
Phosphorous (milligrams)	1 250	1 250
Iron (milligrams)	11	15

- 4.1. Identify the differences in the nutrient requirements for male and female teenagers and give reasons to account for these differences. Tabulate your answers as follows:

Different Nutritional Requirements	Reasons for the differences

3x2 (6)

- 4.2. The following breakfast is eaten by the active male teenager.

Two grilled pork sausages
80 g (reduced fat)



Two slices whole-wheat toast 76 g with 7
polyunsaturated soft margarine



g

Two scotch eggs 240 g



Mushrooms sautéed



A glass of orange juice.



- 4.2.1. Refer to the Resource Material below and calculate the energy value in kilojoules of the breakfast, given that the margarine, mushrooms and orange juice provide 722 kilojoules (show all calculations). (7)

Resource Material

MEAT PRODUCTS	Average portion size g	Energy kcalories	Energy KJ	Fat g	Saturated fat g	Protein g	Carbohydrates g	Fibre g
Black pudding, dry-fried	75	223	927	16	6.4	8	12	0.2
Meat loaf	100	216	900	16	5.6	17	1	0.5
Scotch eggs	120	301	1255	5.2	19	14	16	0
SAUSAGES								
beef sausages, fried	40	112	464	8	3	5	5	0.3
Beef sausages, grilled	40	111	463	8	3.2	5	5	0.3
Salami	12	53	218	5	1.8	3	0	0
Frankfurter	47	135	559	12	4.3	6	1	0
Garlic sausage	40	99	412	8	2.9	6	0	trace
Pork sausages, fried	40	123	512	10	3.4	6	4	0.3
Pork sausages, grilled	40	118	488	9	3.2	6	4	0.3
VEGETABLES								
Garlic, raw	3	3	12	0	0	0	0	0.1
Mushrooms, steamed	40	22	93	trace	0	1	5	0.8
Mushrooms, fried	44	69	284	7	0.9	1	0	0.7
BREAD								
Wheat-germ bread	30	66	281	1	0.2	3	12	1.2
White bread, farmhouse	35	83	353	1	0.2	3	17	0.7
Whole-wheat bread	38	82	349	1	0.2	4	16	1.9
Whole-wheat bread, toasted	38	102	431	1	0.2	5	20	0.0
FATS								
Butter	20	147	606	16	11	0	trace	0
Margarine, polyunsaturated	7	52	215	6	1.2	trace	0	0
Margarine, hard	10	74	304	8	3.6	0	0	0

- 4.3. Using the calculation of the energy value in 4.2.1. and the Resource Material below, evaluate the kilojoules eaten by this moderately active teenager. (5)

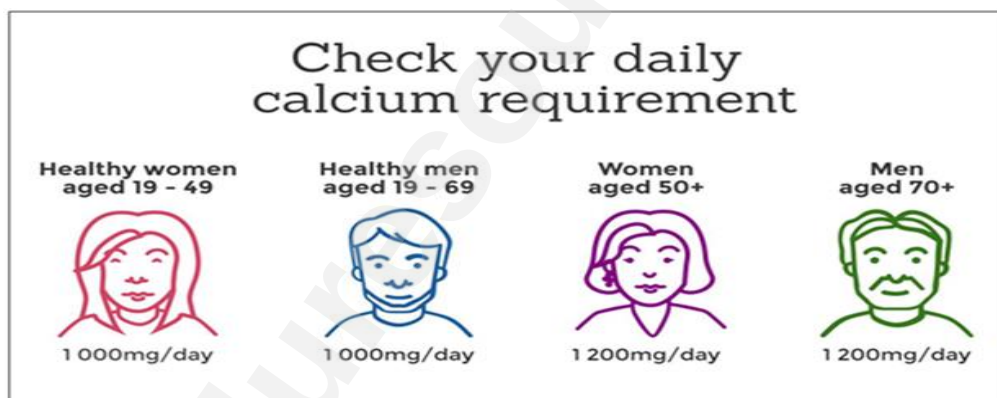
Resource Material

Requirements for a moderately active person			
Gender	Age (years)	Kcal/day	kJ/day
Male	11-14	2 500	10 500
	15-18	3 000	12 500
	19-24	2 900	12 100
Female	11-14	2 200	9 100
	15-18	2 200	9 100
	19-24	2 200	9 100

- 4.4. As a Consumer Studies learner, and having studied nutrition and nutritional requirements for the day, advise the teenager as to what should and should not be eaten for the remainder of the day. Motivate your answer. (5)
- 4.5. Choose one dish that can increase the daily kilojoule value for this active teenager. Justify why you chose this dish. (4)

[27]

QUESTION 5



It is evident from the above checklist that the nutritional needs differ through the various stages of the life cycle.

- 5.1. A lady who visited the doctor is 45 years old. Her blood test results showed that she lacks calcium. Explain in detail why the doctor recommended that she increase her calcium intake. (6)

5.2. Dietary guidelines stress that fats and oils should be eaten sparingly. Examine the information below and answer the questions that follow:



Flora light margarine

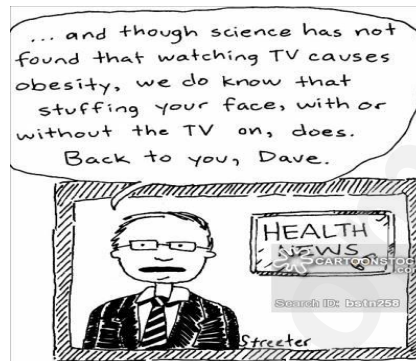


Butter

Serving size	30 grams
Kilojoules	0.45 kJ
Total fat	12 g
Saturated fat	3 g
Polyunsaturated fat	0.0
Monounsaturated fat	0.0 g
Trans fatty acids	0
Cholesterol	0.0 mg
Sodium	0.0 mg
Potassium	0.0mg
Total carbohydrates	0.0 m
Dietary fibre	0.0 g
Sugars	0.0 g
Protein	0.0 g

Serving size	30 grams
Kilojoules	0.9 kJ
Total fat	24.3 g
Saturated fat	15.42 g
Polyunsaturated fat	0.9 g
Monounsaturated fat	7.2 g
Trans fatty acids	0
Cholesterol	60 mg
Sodium	0
Potassium	0
Total carbohydrates	0
Dietary fibre	0
Sugars	0
Protein	0.3 g

- 5.2.1. Using the information on the labels of Flora light margarine and butter, evaluate which is the healthier option. (8)
- 5.2.2. What do you understand by the term “trans fatty acids” (2)
- 5.2.3. Explain why you should make sure that you do not exclude fat from your diet completely. (3)
- 5.3. “A healthy lifestyle and eating habits based on good nutrition is important in all stages of development”. Analyse this statement by referring to the cartoons on the next page. (3)



- 5.3.1. Name the most important food groups necessary for a 3 year-old toddler and justify your answer. (3)
- 5.3.2. Most of a teenager's daily diet consists of carbohydrate-rich foods. List the most important nutrients supplied by carbohydrate-rich foods and describe the main functions of these nutrients. (4)
- 5.4. Your grandmother has come to stay with you. Give examples of food that you would recommend for her when planning well-balanced meals. Justify your answer. (4)

[33]

Total for Section B : 65

**SECTION C
CLOTHING AND TEXTILES**

Start this section on a new page.

QUESTION 6

- 6.1. Value is the dimension of colour that describes the _____ of the colour.
A. Warmth or coolness
B. Brightness or dullness
C. Lightness or darkness
D. Pureness or impurity (1)
- 6.2. When everything in an outfit looks as if it belongs together, the design
A. Is balanced
B. Has good rhythm
C. Is harmonious
D. Has good proportions (1)
- 6.3. When an unusual collar is the only feature of a very plain dress, the principle of _____ is applied.
A. Proportion
B. Emphasis
C. Rhythm
D. Balance (1)
- 6.4. If no light is reflected from an object, the colour is ...
A. Warm
B. Cool
C. Black
D. White (1)
- 6.5. This is important in forming the silhouette of a garment:
A. Balance
B. Colour and texture
C. Rhythm and harmony
D. Lines, form, shape and space (1)

- 6.6. The secondary colours are:
- A. Red, yellow and orange
 - B. Blue, purple and green
 - C. Orange, yellow and green
 - D. Purple, green and orange

(1)

- 6.7. Match the combination of colours in Column A with the type of colour harmony in Column B. Write only the letter of your choice next to the relevant number.

Column A Combination of colours		Column B Type of colour harmony	
6.7.1.	Yellow and violet	A.	Analogous
6.7.2.	Orange, blue-violet and blue-green	B.	Complementary
6.7.3.	Blue, blue-green and green	C.	Monochromatic
6.7.4.	Red, yellow and blue	D.	Neutral
6.7.5.	Baby-blue, blue and royal blue	E.	Split-complementary
		F.	Triadic

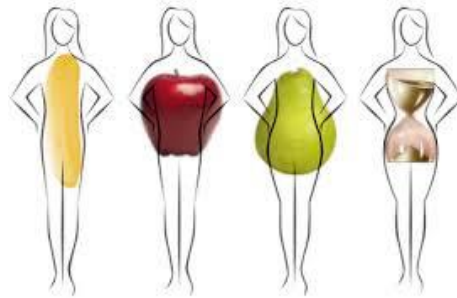
(5)

/11/

QUESTION 7

Colours create visual impressions.

- 7.1. Refer to the figure types and explain how colour can be used to create the illusion of slimness for each figure type. (8)



- 7.2. You are planning a winter wardrobe for Lois, who would like you to make new winter outfits for her that will be versatile enough for any occasion. She is short and slim with a large bust. She has dark hair, hazel brown eyes and a warm complexion. What would you choose with regard to:

- 7.2.1. Colour
- 7.2.2. Texture of fabric
- 7.2.3. Style
- 7.2.4. Design elements and principles that would best suit her.

3x4 (12)

- 7.3. Analyse the outfit in the diagram according to how the principles of design have been applied and evaluate whether this will be a suitable formal outfit for Lois.

(9)



- 7.4. 'Quality and price do not necessarily go hand in hand.' List the factors that can be used to determine the quality of this garment.

(3)

- 7.5. Lois purchased the designer Calvin Klein jeans and shirt that appeared on the magazine cover below. Answer the questions which follow:



- 7.5.1. Would the garments be classified as a need or want? (1)
- 7.5.2. Lois's shirt is a blend of polyester and cotton which is a durable fabric. Explain the characteristics that contribute to the durability of a garment. (5)
- 7.5.3. Care instructions are an important aspect of a label. List THREE other important pieces of information that a garment label provides for the consumer, and explain the importance of each. (6)

[44]

Total for Section C : 55



ST JOHN'S D.S.G.

JUNE EXAMINATION 2019

CONSUMER STUDIES MEMORANDUM

**GRADE 11
TIME: 3 HOURS
EXAMINER: MRS N. CROSSON
MODERATOR: MRS J. WESTWOOD**

**JUNE 2019
MARKS: 165**

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SECTION A

Start each section on a new A4 page.

CONSUMER EDUCATION AND FINANCIAL MANAGEMENT

QUESTION 1

Four possible answers are given below, there is one correct alternative given. Indicate your choice by writing the question numbers and the letter of your choice next to each. Please use capital letters only.

- 1.1. What type of consumer has strong beliefs about price, quality and variety of merchandise?
 - A. Consumer who demands personal attention
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 - D. **Economical consumer** (1)AP
- 1.2. Which person has the best credit-worthiness?
 - A. Elsa, who works part-time and uses her salary to pay her accounts
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 - C. **Grace, who has a permanent job and pays her accounts regularly** (1)AP
 - D. Karli, who earns a good salary but over-spends and does not always pay her accounts.
- 1.3. The Consumer Price Index is the measuring of the:
 - A. **Change in price of goods between two periods of time** (1)K
 - B. Maximum price of a commodity over six months
 - C. Total household expenditure over six months
 - D. Change in the average price of goods purchased
- 1.4. The purchasing power of money indicates the:
 - A. Stability of the rand over a period of time

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(1)K

1.5. Study the following advertisement and answer questions 1.5.1.-1.5.3.

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1.5.1. Calculate what it would cost to buy the stove, if you are not paying cash:

- E. R3 499.00
- F. R3 647.00
- G. R5 022.00
- H. R5 321.00

(1)AP

1.5.2. Name the type of transaction in Question 1.6.1.

- A. Account
- B. Instalment sales transaction
- C. Lay-bye
- D. Credit card sale

(1)K

1.5.3. These types of transactions (1.5.1.) should only be considered by consumers who:

- A. Expect huge expenses over the festive season
- B. Have a good credit record
- C. Want to escape an increase in prices
- D. **Can settle an urgent purchase in a short space of time** (1)C

1.6. If the inflation rate for the next three years will be 7%, how much buying power will R100.00 have in 3 years?

- A. **R79.00**
- B. R80.44
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- D. R93.00 (1)AP

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(4)APP
/12/

QUESTION 2

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Earnings		Deductions		
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		Trade Union	R 15.00	
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Total Earnings	R 7000.00	Total Deductions	R 902.00	Take home pay R6098.00

- 2.1. Give another name for “take home pay” **Nett Income** (1)ANA
- 2.2. Mrs Patterson’s employer registered her with UIF. What do you understand by this term and for what reason should she be registered? (2)SYN
Unemployment Insurance Fund
Reason – retrenchment, maternity leave
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Clothing allowance
- 2.4. Complete the following by filling in the missing words. Write only the letter and the word of your choice.
- The tax earned by Mrs Patterson is paid to the government office (A) **SARS** and it is known as (B) **Income** tax. Every person who earns above a certain income is obliged to pay tax. This money is used by the government to enhance the infrastructure of our country. (2)ANA
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When you are permanently employed or when you begin earning money
- 2.5.2. Why should a person save? (2)C
A person should save in order to cater for unforeseen expenses and long term plans
- 2.6. Justine is a 23 year old personal trainer. Examine her budget for the month of April and answer the questions that follow:

Justine's household	Budget- April 2019
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2.6.1. Define the term "budget".

(1)K

A budget is a detailed breakdown of all your income and planned expenses for a specific period

2.6.2. Analyse Justine's budget, and provide four practical solutions as to how she can improve her budget in order to save for the apartment she would like to buy.

(4)AP+(2)ANA

Justine's expenditure exceeds her income. Practical solutions: explain how to reduce food petrol. Edgars account entertainment and cellphone
Assess answers – ways of reducing expenditure must be explained

2.7. In order to be financially succesful, it is important for your expenditure not to exceed your income. Name TWO situations where it would be considered acceptable for Justine to get into debt and justify your reason.

(4)APP

Emergencies such as car repairs healthcare – illness, dentist, accident
Assess answers

2.8. Read the cartoon below and answer the questions that follow:



- 2.8.1. Analyse the meaning of the term “inflation” in relation to the household budget, how could inflation have led to this situation? (5)ANA+K

The purchasing power of money decreases as inflation increases. ✓ Inflation will affect the household budget as shown in the cartoon the cost of living has increased, ✓ income has not increased and all committed expenses must still be paid. ✓ the only option for this family is to reduce their monthly expenses ✓ and this may mean retrenching one of their employees ✓

- 2.8.2. Name TWO types of **non – monetary income** that this family could be benefiting from on a monthly basis.

(2)K

Home production, services from property or appliances you own, public services such as fire and police protection

- 2.8.3. This family’s long term goal is to get out of debt. Discuss reasons using the **SMART** principle why goals are so important to ensure you stay out of debt.

(4)ANA

S – specific
M – measurable
A - Attainable
R – Relevant
T – Time –related

Relate reasons to the above principles. Assess answers

[33]

Total for Section A : 45

SECTION B

Start this section on a new page.

FOOD AND NUTRITION

QUESTION 3

FOOD AND NUTRITION AND CONSUMER EDUCATION

Write the correct capital letter next to the number on your answer sheet.

- 3.1. Complete proteins

- A. Can be manufactured in the body
- B. Have a low biological value
- C. Are found in beans, peas and lentils
- D. Contain all the essential amino acids

(1) K

3.2. Which of the foods listed below has the least amount of fibre (cellulose)?

- A. A slice of whole-wheat bread
- B. A medium baked potato
- C. A medium carrot
- D. A shortbread biscuit

(1)

3.3. A selection of foods ideal for a toddler:

- A. Nuts, popcorn and vegetable sticks
- B. Fried egg, beef and fish fingers
- C. Carrot sticks, apple slices and cheese blocks
- D. Liver, tofu and curried vegetables

(1) K

3.4. BMR is influenced by:

- 1. Climate
- 2. Emotions
- 3. Age
- 4. State of mind
- 5. State of body
- 6. Skin surface area

- A. 1, 4, 6
- B. 2, 5, 6
- C. 3, 5, 6
- D. 1, 2, 3

(2) AP

/5/

QUESTION 4

Table 1 gives the nutritional requirements for teenagers aged 14-18 years. Study the table and answer the questions that follow:

Table 1: Dietary Reference Intake (DRIs) for teenagers 14-18 years old.
Daily protein requirements for this active male teenager who weighs 75 kg =
weight/mass $\times$ 0,85 g/kg/day = 63,75 g (round off to 64 g protein/day)

	Male	Female
Energy needs of active individuals (kJ/day)	13 238	9 946
Protein (g/kg)	0,85*	0,85*
Vitamin D (milligrams)	5,0	5,0
Vitamin A (micrograms)	900	700
Vitamin C (Ascorbic Acid) (milligrams)	75	65
Calcium (milligrams)	1 300	1300
Phosphorous (milligrams)	1 250	1 250
Iron (milligrams)	11	15

4.1. Identify the differences in the nutrient requirements for male and female

teenagers and give reasons to account for these differences. Tabulate your answers as follows:

Different Nutritional Requirements	Reasons for the differences
Males energy requirements are more than females Males need more Vitamin A and C Females need more iron	Males are generally more active and their body has more muscle Vitamin A promotes growth and vitamin C is responsible for the synthesis of connective tissue that binds body cells together Menstrual cycle
Iron – females need more	

(6)AP

4.2. The following breakfast is eaten by an active male teenager.

Two grilled pork sausages, 80 g (reduced fat), two slices whole-wheat toast 76 g with 7 g polyunsaturated soft margarine, two scotch eggs 240 g, mushrooms sautéed and a glass of orange juice.



4.2.1. Referring to Resource Material 2, calculate the energy value, in kilojoules, of the breakfast, given that the margarine, mushrooms and orange juice provide 722 kilojoules (show all calculations)

4 C +(3)AP

MEAT PRODUCTS	Average portion size	Energy kcalories	Energy KJ	Fat g	Saturated fat g	Protein g	Carbohydrates g	Fibre g
Black pudding, dry-fried	75	223	927	16	6.4	8	12	0.2
Meat loaf	100	216	900	16	5.6	17	1	0.5
Scotch eggs	120	301	1255	5.2	19	14	16	0
SAUSAGES								
beef sausages, fried	40	112	464	8	3	5	5	0.3
Beef sausages, grilled	40	111	463	8	3.2	5	5	0.3
Salami	12	53	218	5	1.8	3	0	0
Frankfurter	47	135	559	12	4.3	6	1	0
Garlic sausage	40	99	412	8	2.9	6	0	trace
Pork sausages, fried	40	123	512	10	3.4	6	4	0.3
Pork sausages, grilled	40	118	488	9	3.2	6	4	0.3
VEGETABLES								

Formatted Table

Garlic, raw	3	3	12	0	0	0	0	0.1
Mushrooms, steamed	40	22	93	trace	0	1	5	0.8
Mushrooms, fried	44	69	284	7	0.9	1	0	0.7
BREAD								
Wheat-germ bread	30	66	281	1	0.2	3	12	1.2
White bread, farmhouse	35	83	353	1	0.2	3	17	0.7
Whole-wheat bread	38	82	349	1	0.2	4	16	1.9
Whole-wheat bread, toasted	38	102	431	1	0.2	5	20	0.0
FATS								
Butter	20	147	606	16	11	0	trace	0
Margarine, polyunsaturated	7	52	215	6	1.2	trace	0	0
Margarine, hard	10	74	304	8	3.6	0	0	0

2 grilled pork sausages 80g 976 kJ✓✓
 Two slices whole-wheat toast 76 g 862 kJ✓✓
 Margarine, mushrooms and orange juice 722 kJ
 Two scotch eggs 240 g 2510 kJ✓✓
 Total kilojoules 5070 kJ✓
 Resource Material 1

- 4.3. Using the calculation in 4.2.1. and Resource Material 1, evaluate the kilojoules eaten by this moderately active teenager. (5)EV

Requirements for a moderately active person			
Gender	Age (years)	Kcal/day	kJ/day
Male	11-14	2 500	10 500
	15-18	3 000	12 500
	19-24	2 900	12 100
Female	11-14	2 200	9 100
	15-18	2 200	9 100
	19-24	2 200	9 100

The kilojoules needed for the day for a male teenager is 12 500. ✓He has eaten more than a third of his daily requirements. ✓ Increase calcium, phosphorus and iron as these minerals are important during this growth and development stage. ✓ For a balanced breakfast include more calcium rich food such as milk and dairy products. ✓
 Grilled pork sausages lowers the saturated fat and cholesterol levels. ✓
 Whole-wheat bread increases the fibre content of a meal. ✓
 Comment on kilojoule intake then evaluate the meal.

- 4.4. As a Consumer Studies learner, and having studied nutrition and nutritional requirements for the day, advise the teenager as to what should and should not be eaten for the remainder of the day. Motivate your answer.

(3) APP+(2)SYN

Guidelines according to food groups
 Bread and cereals – wholegrain as fibre plays an important part in body processes ✓

Plenty of fruit and vegetables to increase vitamin and mineral intake necessary during the growth and development stages and increases the resistance to infection.✓

Meat and meat alternatives and milk and dairy products necessary to promote growth✓

Limit saturated fat✓ intake by eating lean meat, fish and vegetable oils which are low in saturated fat and cholesterol.✓

- 4.5. Choose one dish that can increase the daily kilojoule value for this active teenager. Justify why your dish would be ideal. (2)APP+(2)EV

Pasta dish such as lasagna

Lasagne sheets – carbohydrates, provide energy

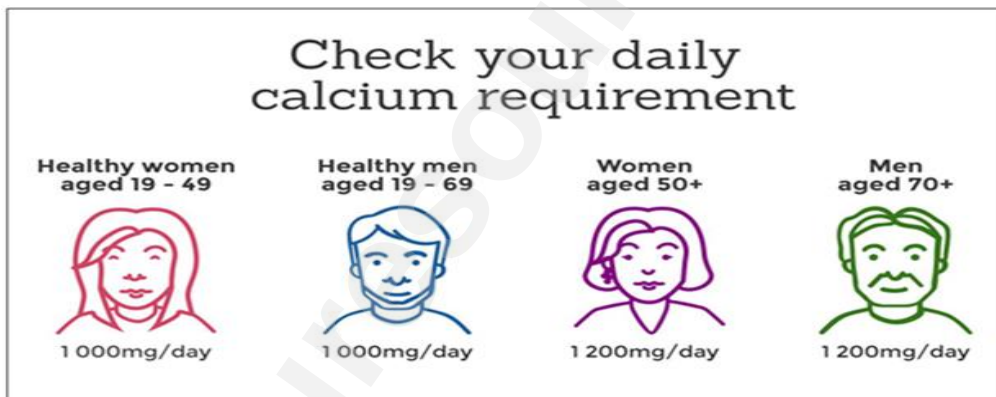
Mincemeat – protein for growth and development

Cheese sauce – protein, calcium, fats and oils – growth and development and additional energy.

Any suitable dish can be justified – must increase the daily kilojoule intake.

/27/

QUESTION 5



It is evident from the above checklist that the nutritional needs differ through the various stages of the life cycle.

- 5.1. The lady who visited the doctor is 45 years old. Explain in detail why the doctor recommended that she increase her calcium intake. (6) AP

Ladies need additional minerals on a daily basis✓ and calcium as from the age of 40 onwards✓ calcium and other minerals leach from the bones more quickly than they can be replaced.✓ Menopausal women have more bone loss than men.✓ Calcium may also help to

keep blood pressure low✓ and play a role in preventing colon cancer✓

Mention sources of calcium✓

- 5.2. Dietary guidelines stress that fats and oils should be eaten sparingly. Examine the information on the next page and answer the questions that follow:



Flora light margarine



Butter

Serving size	30 grams
Kilojoules	0.45 kJ
Total fat	12 g
Saturated fat	3 g
Polyunsaturated fat	0.0
Monounsaturated fat	0.0 g
Trans fatty acids	0
Cholesterol	0.0 mg
Sodium	0.0 mg
Potassium	0.0mg
Total carbohydrates	0.0 m
Dietary fibre	0.0 g
Sugars	0.0 g
Protein	0.0 g

Serving size	30 grams
Kilojoules	0.9 kJ
Total fat	24.3 g
Saturated fat	15.42 g
Polyunsaturated fat	0.9 g
Monounsaturated fat	7.2 g
Trans fatty acids	0
Cholesterol	60 mg
Sodium	0
Potassium	0
Total carbohydrates	0
Dietary fibre	0
Sugars	0
Protein	0.3 g

- 5.2.1. Using the information on the labels of Flora light margarine and butter, evaluate which is the healthier option. (8) EV

Compare each nutrient mentioned

✓✓✓✓

Mention possible reasons why butter supplies more kilojoules than margarine ✓ and the saturated fat content of butter is more than margarine. Polyunsaturated and mono-unsaturated fats reduce cholesterol levels✓, found in butter whereas margarine does not contain polyunsaturated and monounsaturated fats that assist in reducing cholesterol levels ✓ Butter contains 60 mg of cholesterol and cholesterol is also naturally made by the body✓
Conclusion ✓

5.2.2. What do you understand by the term “trans fatty (2) K

**Trans-fatty acids are produced when hydrogen gas is pumped into oil to make it solid at room temperature (hydrogenation) ✓✓
Trans-fatty acids are harmful and cause cardiovascular diseases.
Hydrogenated fats are added to so many products that it is almost impossible to avoid them.**

5.2.3. Explain why you should make sure that you do not exclude fat from your diet completely. (3) AP

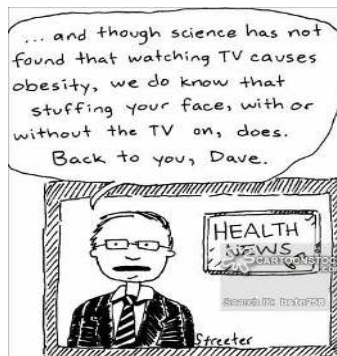
Functions of Fats

- **Provide a concentrated source of energy**
- **Provide essential fatty acids which the body cannot manufacture, that are necessary for good health**
- **Help the body to digest food**
- **Help regulate the body temperature**
- **Allow for the absorption of fat soluble vitamins A, D, E, K**
- **Digest slowly, delaying the feeling of hunger.**

Any 3

5.3. “A healthy lifestyle and eating habits based on good nutrition is important in all stages of development”. Analyse this statement by referring to the cartoons below. (3) ANA

**Outdoor activities for toddlers is important for growth and development as well as muscle co-ordination✓ It is important to establish long-term good habits that will keep their bodies fit and healthy.✓
The statement in the second cartoon is true✓ as obesity is not only caused through a sedentary lifestyle but also overeating.✓**



5.3.1. Name the most important food groups necessary for a 3 year-old toddler and justify your answer. (3) AP

The most important food groups is the meat and meat alternatives, milk and milk products and the fruit and vegetable group.

Provide a reason for the importance of each group

1x3 (3)

- 5.3.2. Most of a teenager's daily diet consists of carbohydrate-rich foods. List the most important nutrients supplied by carbohydrate-rich foods and describe the main functions of these nutrients. (4) K

Monosaccharides/simple sugars✓ provides the body with energy✓

Carbohydrate-rich foods containing fibre delays the feeling of hunger✓ and fibre promotes peristalsis and prevents constipation✓

- 5.4. Your grandmother has come to stay with you. Give examples of food that you would recommend for her when planning well-balanced meals. Justify your answer. (4) APP

They need lean meat, fish and eggs,✓ to ensure an adequate intake of protein and limit fats and oils as excess weight puts a strain on joints such as hips, knees and ankles.✓
They need plenty of seafood, nuts, legumes, wholegrains, dried fruit and vegetables✓ to in order to increase their mineral intake such as calcium, zinc, phosphorous✓ and iron-rich foods such as liver and spinach to prevent anaemia✓

/33/

Section B Total: 65

SECTION C CLOTHING AND TEXTILES

Start this section on a new page.

QUESTION 6

- 6.1. Value is the dimension of colour that describes the _____ of the colour.
- A. Warmth or coolness
 - B. Brightness or dullness
 - C. Lightness or darkness**
 - D. Pureness or impurity
- (1)K
- 6.2. When everything in an outfit looks as if it belongs together, the design ...
- A. Is balanced
 - B. Has good rhythm
 - C. Is harmonious**
 - D. Has good proportions
- (1)K

- 6.3. When an unusual collar is the only feature of a very plain dress, the principle of _____ is applied.
- A. Proportion
 - B. Emphasis**
 - C. Rhythm
 - D. Balance (1)K
- 6.4. If no light is reflected from an object, the colour is ... (1)K
- A. Warm
 - B. Cool
 - C. Black**
 - D. White
- 6.5. This is important in forming the silhouette of a garment:
- A. Balance
 - B. Colour and texture
 - C. Rhythm and harmony
 - D. Lines, form, shape and space** (1)K
- 6.6. The secondary colours are;
- A. Red, yellow and orange
 - B. Blue, purple and green
 - C. Orange, yellow and green
 - D. Purple, green and orange** (1) K
- 6.7. Match the combination of colours in Column A with the type of colour harmony in Column B. Write only the letter of your choice next to the relevant number.

Column A Combination of colours		Column B Type of colour harmony	
6.7.1.	Yellow and violet B	A.	Analogous
6.7.2.	Orange, blue-violet and blue-green E	B.	Complementary
6.7.3.	Blue, blue-green and green A	C.	Monochromatic

6.7.4.	Red, yellow and blue	F	D.	Neutral
4.7.5.	Baby-blue, blue and royal blue	C	E.	Split-complementary
			F.	Triadic

(5)APP

/11/

QUESTION 7

Colours create visual impressions.

- 7.1. Refer to the figure types and explain how colour can be used to create the illusion of slimness for each figure type. (8)APP



ALL DISCUSSIONS
REFERENCE TO COLOUR

MUST MAKE

Rectangle: No defined waistline and the silhouette is shapeless. Draw attention upwards by interesting detail near the face or downwards by using detail on the hemline and shoes. Avoid cuts that cut the figure at midpoint. Avoid large prints and broad stripes that will increase the size of the figure. (apply to colour)

Apple-shape: Overall appearance is round. This figure shape should draw attention upwards towards the shoulders and face to create the illusion of a longer, inverted triangle body shape.

Semi-fitting and loose fitting clothes, tops and bottoms in the same colour; Low necklines and flat-fronted pants work well.

Pear-shaped: Narrow shoulders and smaller bust and waist in proportion to the size of the hips and thighs

Emphasize the upper body with light and bright colours. Horizontal lines above the waist and interesting shoulder detail.

Wear tops that end above the fullest part of the hips or below the crotch line. Avoid tops that end at the hips. Avoid detail that draws attention to the hips, such as buttons or pockets.

Hour glass: Choose colours that emphasize the figure shape. Combination of light and dark.

7.2. You are planning a winter wardrobe for Lois, who would like you to make new winter outfits for her that will be versatile enough for any occasion. She is short and slim with a large bust. She has dark hair, hazel brown eyes and a warm complexion. What would you choose with regards to:

7.2.1. Colour

Choose warm colours that draws attention to her hazel-brown eyes (stimulating and energetic) Warm complexion can also wear cool colours. cool dull colours – not to emphasize bust

7.2.2. Texture of fabric

Dull textures such as denim, twill and cheesecloth are suitable for all figure types.

Clingy fabrics will emphasize her thinness

Shiny textures reflect light and increase the apparent size of the figure.

Suitable for average and slender figures

7.2.3. Style

Style is how the design elements of colour, line, texture, form, shape and space have been combined to create the style.

Full bust simple vertical detail. Avoid decorations at the bust area. Select tops that are long enough to create a flattering line. Use v-necklines to lead the attention to the face. Emphasize the hips and legs to balance the larger top.

7.2.4. Design elements and principles that would best suit her.

Large bust – Vertical lines on the top, tops flowing over the waist, slim sleeves
Emphasis on lower part of body

Short and slim – vertical lines, flowing curved lines, texture – smooth fabrics with small prints

3x4 (12)ANA

7.3. Analyse the outfit in the diagram according to how the principles of design have been applied and evaluate whether this will be a suitable formal outfit for Lois(9)



A short person with a slim figure and large bust

ANA

Analyse according to design principles/not design elements

- Scale and Proportion
- Emphasis
- Rhythm
- Balance
- Harmony

Stay away from garments with lots of obvious detail

Large bust:

Choose

- Garments with detail in areas other than the bust
- Styles with soft flowing fullness on the shoulders and across the bust
- Tops flowing over the waist

Assess accordingly

7.4. 'Quality and price do not necessarily go hand in hand.' List the factors that can be used to determine the quality of this garment. (3)K

- Quality of the fabric
- The label which gives a clear indication of what to expect of the garment
- Designer labels usually indicate good quality
- Good construction and workmanship – hems, collars etc.
- Finishing details such as pockets, waistbands, buttons and buttonholes

7.5. Lois purchased the designer Calvin Klein jeans and shirt that appeared on the magazine cover below. Answer the questions which follow:



7.5.1. Would the garments be classified as a need or want? (1)APP

Want

7.5.2. Lois's shirt is a blend of polyester and cotton which is a durable fabric. Explain the characteristics that contribute to the durability of a garment. (5)K

Strength – the fabric's ability to withstand tension

Abrasion resistance and pilling – occurs when fabrics are continually rubbed in the same place

Sunlight resistance – UV absorbent finishes are used to reduce exposure to UV radiation

7.5.3. Care instructions are an important aspect of a label. List THREE other important pieces of information that a garment label provides for the consumer, and explain the importance of each. (6)K

Size of garment: helps to buy the correct size

Type of fabric : helps with care instructions

The brand name: determines quality of garment

[44]

SECTION C TOTAL: /55/