



CONSUMER STUDIES

Time: 3 hours

200 marks

PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY

1. This question paper consists of 16 pages. Please check that your question paper is complete.
 2. This paper is divided into four sections:
SECTION A: Food and Nutrition and Consumer-related Issues
SECTION B: Clothing and Consumer-related Issues
SECTION C: Housing and Furnishings and Consumer-related Issues
SECTION D: Extended Writing Response
 3. Read the questions carefully.
 4. Start **each section** on a **new** page.
 5. Number the answers exactly as the questions are numbered.
 6. Some of the sections have multiple-choice questions. Write only the question number and the correct **capital letter**, e.g., 1.1.8 A, in your Answer Book. Do **not** use the grid printed on the inside front cover of the Answer Book to answer these questions.
 7. Leave an open line between all answers.
 8. Do not write in the margins; leave them blank for the recording of marks.
 9. The marks allocated to each question will indicate the detail required.
 10. Calculators may be used.
 11. It is in your own interest to write legibly and to present your work neatly.
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SECTION A FOOD AND NUTRITION AND CONSUMER-RELATED ISSUES

Spend approximately 60 minutes on this section.

QUESTION 1 MULTIPLE CHOICE

Do not use the grid printed on the inside front cover of the Answer Book to answer these questions – write the question number and the correct capital letter(s) in your Answer Book.

- 1.1 Food labelling, which protects the consumer against misleading marketing strategies when products are packaged, forms part of the ... Act.
- A National Consumer Protection
 - B Foodstuff, Cosmetic and Disinfectants
 - C Consumer Affairs
 - D Merchandise Marks
- (1)
- 1.2 Which of the following must appear on a food label?
- A Country of origin
 - B Common allergens
 - C Date marking for alcohol
 - D Net contents
 - E Healthy or Wholesome
 - F Comparative claims
- (3)
- 1.3 ... is the spread of products, technology, information, and jobs across national borders and cultures.
- A Genetic engineering
 - B Food processing
 - C Organic food
 - D Globalisation
- (1)
- 1.4 A glycaemic index of ... indicates a slow and gradual increase in the blood glucose level.
- A 0 to 10
 - B 55 and less
 - C 55 to 70
 - D 70 and above
- (1)

1.5 Which of the following food preparation and hygiene precautions are the most appropriate to reduce the chances of developing an intestinal infection due to *E. coli*?

- A Use only drinkable water.
- B Avoid cross-contamination.
- C Wash hands before cooking.
- D Use bottled dairy products.
- E People with diarrhoea should not prepare meals.
- F Wash fruit and vegetables when necessary.

(2)

1.6 A food allergy causes the immune system to develop a defence mechanism and produces ... in response.

- A antibodies
- B allergens
- C antibiotics
- D antioxidants

(1)
[9]

QUESTION 2 MATCH THE COLUMNS

Match a statement in Column B to the nutrition-related term in Column A.

Do not use the grid printed on the inside front cover of the Answer Book to answer these questions – write the question number and the correct capital letter(s) in your Answer Book.

Column A Nutrition-related term		Column B Statement	
2.1	Nutraceutical foods	A	Substances added to food to maintain or improve its safety, freshness, taste, texture, or appearance.
2.2	Functional foods	B	Foods that are cultivated without the use of synthetic chemicals, such as human-made pesticides and fertilisers.
2.3	Organically grown foods	C	Foods that provide medicinal or health benefits, including the prevention and treatment of disease.
2.4	Genetically modified foods	D	Foods are strengthened by adding micronutrients that may or may not occur naturally in the food.
2.5	Food additives	E	Foods that offer health benefits beyond basic nutrition and may play a role in reducing certain health conditions.
		F	Foods that are produced from organisms that had changes introduced into their DNA.
		G	Foods that have an improved shelf life and safety as it was treated with very short light and radio waves.

[5]

QUESTION 3 CORRECT TERM

Choose the correct term in brackets that will make the statement TRUE.

Write only the correct word/term next to the question number in your Answer Book.

- 3.1 Difficulty digesting certain foods and experiencing an unpleasant physical reaction to them is known as a **(food intolerance/food allergy)**. (1)
- 3.2 The main difference between anorexia and bulimia is that **(3.2.1 anorexia/bulimia)** is a syndrome of self-starvation involving a significant weight loss of at least 15 percent of ideal body weight, whereas patients with **(3.2.2 anorexia/bulimia)** are, by definition, at a normal weight or above. (2)
- 3.3 **(Low-density lipoprotein/High-density lipoprotein)** is good cholesterol because it gathers up excess cholesterol and carries it back to the liver where it is broken down for removal from the body. (1)
- 3.4 **(Prebiotics/Probiotics)** is a type of fibre that the human body cannot digest, is present in fibre-rich foods, and leads to a healthier digestive system. (1)
- [5]**

QUESTION 4

- 4.1 Describe the food-related health condition known as high blood pressure (hypertension). (4)
- 4.2 Explain the dietary changes that are necessary to control high blood pressure. (4)
- [8]**

QUESTION 5

5.1 Read the extract below and answer the questions that follow.

Exploring the link between poverty and osteoporosis

A study in *Clinical Endocrinology* explored the relationships between socio-economic status and a woman's risk for osteoporosis related fractures, and other health conditions. The study results showed a link between poverty and the following conditions: lower bone mineral density in the lumbar spine, higher body weight and body mass index (BMI), vitamin D insufficiency, and a higher prevalence of fractures.

[Adapted source: Available at: <<https://www.spineuniverse.com/professional/news/osteoporosis/exploring-link-between-poverty-osteoporosis>>]

- 5.1.1 Explain the term *body mass index* (BMI). (4)
- 5.1.2 Explain the link between vitamin D deficiency and osteoporosis. (4)
- 5.1.3 Justify why the study was done with women. (4)

5.2 Study the following menu and answer the question that follows.

Menu
Lunch
Sardines in tomato sauce (Pilchards)
Brown bread with margarine
Fresh, steamed spinach
A glass of full-cream milk

Justify why this menu is suitable for poor communities with a high incidence of osteoporosis.

(8)
[20]

QUESTION 6

- 6.1 Give reasons why each of the following is seen as one of the main causes of iron-deficiency anaemia:
- 6.1.1 Blood loss (3)
- 6.1.2 A poor diet (3)
- 6.2 Name TWO drinks that will reduce iron absorption. (2)
- [8]

QUESTION 7

- 7.1 Define the term *food security*. (3)
- 7.2 Discuss the advantages of genetically modified foods in combatting food insecurity. (8)
- 7.3 What impact does inflation have on food security? (4)
- [15]**

70 marks

SECTION B CLOTHING AND CONSUMER-RELATED ISSUES

Spend approximately 40 minutes on this section.

QUESTION 8 MULTIPLE CHOICE

Do not use the grid printed on the inside front cover of the Answer Book to answer these questions – write the question number and the correct capital letter(s) in your Answer Book.

8.1 Refer to the cartoon below. What type of behaviour is the woman in the fitting room displaying?



[Source. Available at: <<https://www.cartoonstock.com/cartoonview.asp?catref=cgs990325>>]

- A Conformity
- B Peer pressure
- C Individuality
- D Conservatism

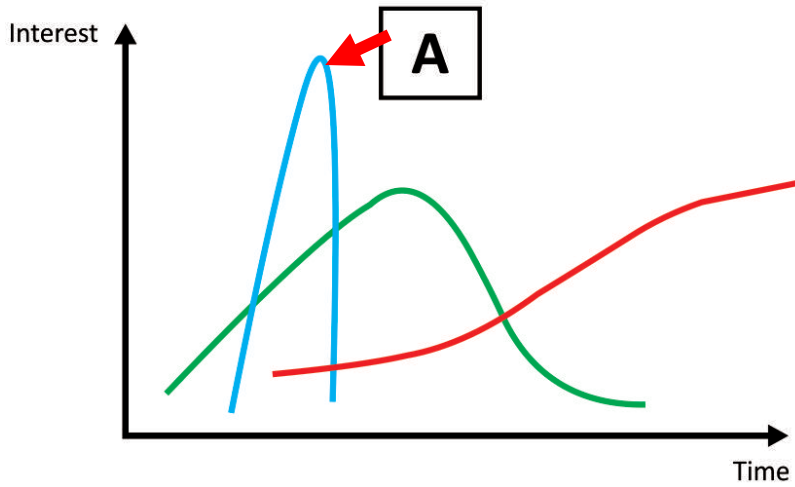
(1)

8.2 ... refers to the way an individual sees themselves, both physically and mentally.

- A Self-image
- B Self-concept
- C Self-esteem
- D Self-confidence

(1)

8.3 Line A/Curve A in the graph below is an example of ...



- A classic fashion.
- B a fashion fad.
- C high fashion.
- D contemporary fashion.

(1)

8.4 Why is the following man wearing a uniform?



[Source. Available at: <<https://www.gettyimages.com/detail/news-photo /1130954302>>]

- A Modesty
- B Individuality
- C Identification
- D Religion

(1)

8.5 Identify the classic fashion garment from the following pictures:

A	B
 <p>[Source. Available at: <https://www.amazon.com/>]</p>	 <p>[Source: Available at: <https://www.aliexpress.com/>]</p>
C	D
 <p>[Source. Available at: <https://za.pinterest.com/>]</p>	 <p>[Source. Available at: <https://www.menshealth.com/>]</p>

- A Red cowboy shirt
- B White slogan t-shirt
- C Cargo pants
- D Blue jeans

(1)
[5]






QUESTION 9

Define and give an example of the following clothing terms:

- 9.1 Fashion trend (3)
 - 9.2 Silhouette (3)
 - 9.3 Eco-fashion (3)
 - 9.4 Brand name (3)
- [12]**

QUESTION 10

Study the images below and answer the questions that follow.

HISTORY OF THE WHITE SHIRT		
		
1783	1920	1940
		
1960s	1980s	1990s

[Source. Available at: <<https://www.harpersbazaar.com/uk/fashion/a32904745/history-white-shirt/>>]

- 10.1 By referring to the images, explain why a white shirt is considered a classic fashion item. (6)
- 10.2 Discuss how the new 1980s white shirt fashion style would be introduced to the consumer. (5)
- [11]**

QUESTION 11

Use the denim care label below to answer the questions that follow.



[Source. Available at:
<<http://www.generallabel.com/clothing-care-tags/>>]

- 11.1 Suggest reasons why this denim may not be seen as sustainable. (8)
 - 11.2 State FOUR ways to make denim clothing items more sustainable. (4)
- [12]**

QUESTION 12

- 12.1 Discuss the negative economic impact of counterfeit clothing items. (5)
 - 12.2 Why would a consumer buy counterfeit clothing items rather than the original? (5)
- [10]**

50 marks

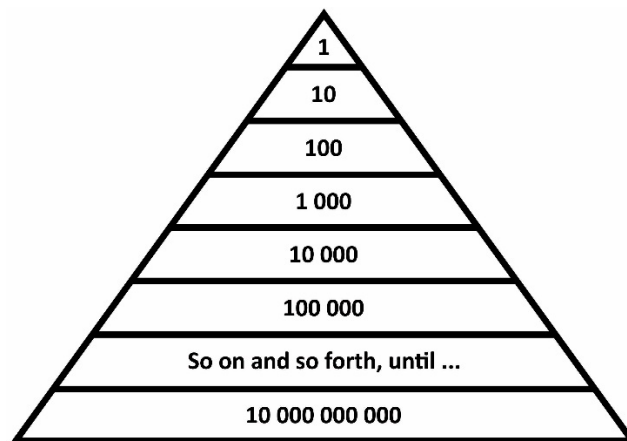
SECTION C HOUSING AND FURNISHINGS AND CONSUMER-RELATED ISSUES

Spend approximately 40 minutes on this section.

QUESTION 13 MULTIPLE CHOICE

Do not use the grid printed on the inside front cover of the Answer Book to answer these questions – write the question number and the correct capital letter(s) in your Answer Book.

13.1 The following is an example of ...



- A a scam.
- B a stokvel.
- C inflation.
- D a pyramid scheme. (1)

13.2 Which of the following are renewable energy sources?

- A Natural gas
- B Oil
- C Wind
- D Water
- E Coal (2)

13.3 The ... can be calculated only once the CPI figures have been made public.

- A municipal rate
- B prime rate
- C discount rate
- D inflation rate (1)

13.4 Identify the type of housing ownership where a monthly levy is paid.

- A Sectional title
- B Full title
- C Rental
- D Freehold (1)

[5]

QUESTION 14

Choose the most suitable advantages in Column B for each of the housing options in Column A. (Each advantage should be used only once.)

Column A Housing option		Column B Advantage	
14.1	Buying	A	The property can be used as security.
14.2	Building	B	No monthly maintenance costs.
14.3	Renting	C	No need for any permissions to make changes.
		D	The latest designs and technology can be used.
		E	No property rates or service charges.
		F	It is quieter and more private.
		G	Higher resale value due to the developing area.
		H	No household insurance is necessary.

[8]

QUESTION 15

Read the extract below and answer the questions that follow.

A property stokvel

A property stokvel takes the stokvel savings and investment approach and applies it to the property world. Making property ownership and investment a more accessible option for many people, property stokvels are sprouting up across the country. Like-minded and eager property investors get together to pool their financial resources, investing in a particular property together, or purchasing land to develop for commercial, industrial, or residential purposes.

[Source. Available at: <<https://www.privateproperty.co.za/advice/property/articles/how-does-a-property-stokvel-work/7086>>]

- 15.1 Define the term *stokvel*. (4)
- 15.2 What are the benefits of investing in a property stokvel? (6)
- 15.3 State FOUR ways to avoid being scammed by this investment opportunity. (4)

[14]

QUESTION 16

Use the information below to answer the questions that follow.

After their break-up, Mark moved out of the apartment they rented and signed for. They had no formal agreement with regard to the monthly rental that Mark paid every month. After two months, Susan was evicted from the apartment but decided to take the matter to the small claims court. The first thing her lawyer asked her was: 'Did you read the lease agreement?'

- 16.1 What is a lease agreement? (2)
- 16.2 Explain FOUR reasons why the lawyer asked her the question: 'Did you read the lease agreement?' (4)
- 16.3 State TWO financial responsibilities of a tenant. (2)
- 16.4 List the advantages of the following housing options to assist Susan in making an informed decision regarding purchasing a property.
- 16.4.1 Full-title (free-standing) property (3)
- 16.4.2 Sectional-title property (3)
- 16.5 Name FIVE hidden costs that Susan must be aware of before she buys a property. (5)
- 16.6 Explain the meaning of any TWO of the following types of insurance.
- 16.6.1 Mortgage protection insurance
- 16.6.2 Comprehensive homeowners' insurance
- 16.6.3 Household insurance (4)
- 16.7 State THREE factors Susan must consider before she buys new household appliances. (3)
- 16.8 Explain why an instalment-sale purchase would be a better option than a lay-by agreement when Susan buys household appliances. (4)
- 16.9 Why should Susan be aware of grey goods when buying household appliances? (3)

[33]**60 marks**

SECTION D EXTENDED WRITING RESPONSE

Spend approximately 40 minutes on this section.

QUESTION 17

Read the extract below and answer the question that follows.

The environmental impact of using energy-efficient major appliances

Few of us ever imagine purchasing a major appliance when the current one is still running. But when you consider how your present refrigerator, dishwasher, or washing machine is impacting your life and the world in general, you may begin to have a different opinion.

Think of your current appliance as that toxic friend or partner who is dragging down your life in ways that you sense subconsciously but cannot quite define. When you re-frame the purchase of a new and more efficient appliance, not as an indulgence or a luxury, but as a highly practical solution to an urgent matter, everything seems to fall in place and to make more sense.

[Adapted source. Available at: <<https://www.fix.com/blog/energy-efficient-appliances/>>]

Write an article* for consumers that outlines the advantages of buying eco-friendly large household appliances.

Study the rubric to guide your response.

Glossary

*article – a piece of writing included with others in a newspaper, magazine or other publication.

Criteria	Performance Indicators				
	6 marks	4 marks	2–3 marks	1 mark	0 marks
Criteria for buying specific eco-friendly household appliances	The response includes at least 3 household appliances with a thorough explanation of the criteria to consider when buying eco-friendly appliances. No factual errors.	The response includes at least 2 household appliances with a good explanation of the criteria to consider when buying eco-friendly appliances. No factual errors.	Only 1 household appliance is mentioned. Some lack appropriateness, clarity or detail.	Response attempts to provide criteria for buying specific household appliances but they are mostly inappropriate or vague.	Response provides no criteria for buying specific household appliances.
Possible environmental impact	6–8 marks The response shows a thorough understanding of the possible environmental impact of not buying eco-friendly household appliances. No factual errors.	4–6 marks The response shows a good understanding of the possible environmental impact of not buying eco-friendly household appliances. Minor factual errors.	2–4 marks The response shows an understanding of the possible environmental impact of not buying eco-friendly household appliances. Some important information is missing/incorrect.	1 mark The response shows a weak understanding of the possible environmental impact of not buying eco-friendly household appliances.	0 marks The response shows a poor or no understanding of the possible environmental impact of not buying eco-friendly household appliances.
Quality of the article	4 marks The article is written clear and concise. Flow is logical. Focus is consistently maintained. The use of terminology is accurate.	3 marks For the most part, the article is clear, the flow is logical, the focus is maintained, and the use of terminology is accurate. There are minor lapses.	2 marks The response has some flaws relating to clarity, reasoning, focus and terminology, which affect the quality of the article.	1 mark The article is often vague, lacking cohesion, rambling or repetitive. The terminology used is often incorrect.	0 marks The article is meaningless.
Presentation			2 marks The response is organised with an appropriate title, well-constructed paragraphs, an engaging introduction and a clear conclusion. Language and tone are appropriate.	1 mark The response is organised but flawed in several respects.	0 marks The response is flawed in all or almost all aspects of the presentation.

20 marks

Total: 200 marks