

Sastri College

CONSUMER STUDIES

GRADE: 10

MARCH EXAMINATION

TIME: 1 HOUR

EXAMINER: K. DEVANAND

MODERATOR: G.T. MOODLEY

TOTAL: 75 MARKS

QUESTION ONE:	10 MARKS
QUESTION TWO:	10 MARKS
QUESTION THREE:	10 MARKS
QUESTION FOUR:	10 MARKS
QUESTION FIVE:	10 MARKS
QUESTION SIX:	5 MARKS
QUESTION SEVEN:	20 MARKS
TOTAL : 75 MARKS	

1. THIS QUESTION PAPER CONSISTS OF 5 PAGES AND SEVEN QUESTIONS
2. ALL QUESTIONS ARE COMPULSORY AND MUST BE ANSWERED CORRECTLY ACCORDING TO THE NUMBERING SYSTEM USED IN THE QUESTION PAPER
3. WRITE NEATLY AND LEGIBLY

QUESTION	LEVEL 1 (30%)	LEVEL 2 (50%)	LEVEL 3 (20%)	TOTAL	TIME (MINUTES)
1	3	5	2	10	5
2	3	5	2	10	5
3	3	5	2	10	5
4	9	15	6	10	10
5	0	5	5	10	10
6	1	3	1	5	5
7	6	10	4	20	20
PERCENTAGE	30	50	20	100%	60 MINUTES

QUESTION ONE- TRUE / FALSE. IF FALSE, CORRECT THE STATEMENT. (IF REASONING WRONG NO MARKS AWARDED)

- 1.1. Consumers have the responsibility to keep a budget.
- 1.2. Social needs are the fourth level of Maslow's Hierarchy.
- 1.3 Perception is the process of selecting, being original and having good interpretation skills.
- 1.4. Supermarkets are bigger than hyper markets and offer a wider selection of products.
- 1.5. Consumers have the responsibility to be well informed. **(5x2=10)**

QUESTION TWO- MATCH COLUMN A WITH COLUMN B (E.G 2.6 H)

COLUMN A	COLUMN B
2.1. Habitual decisions	A- People make these decisions in a hurry. They give little thought to the outcomes of their decisions.
2.2. Decision	B- People make these decisions out of habit, such as buying a newspaper or putting sugar in their coffee.
2.3. Spur-of –the moment decisions	C- People make these decisions using logical, sequential steps.
2.4. Rational decisions	D- A conclusion or resolution reached after consideration
2.5. Intuitive decisions	E- People make these decisions using their intuition, their inner knowing, or their sense that something is the right thing to do. There may be little or no reasoning or logic involved in the decision-making process.

(5x2=10)

QUESTION THREE: MATCHING- RELIGIOUS PRACTICES

3. Match a religious practice in Column B with an explanation of the practice in Column A. Write only the letter of your choice next to the relevant question number.

Column A Explanation of practice	Column B Religious practice
3.1 Jewish day of fasting for 24 hours.	A. Halaal
3.2 Month during which Muslims fast between sunrise and sunset.	B. Christianity
3.3 A term indicating that Muslim people are not allowed to eat pork or drink alcohol.	C. Holy Communion
3.4 The Hindu celebration at which sweet treats are eaten.	D. Kosher
3.5 Jewish food that is blessed and prepared under certain conditions.	E. Diwali
3.6 Religion eating Ital food.	F. Buddhism
3.7 Eat fish and meat for health reasons.	G. Yom Kippur
3.8 Bread which symbolises the body of Christ.	H. Rastafarianism
3.9 Easter and Christmas	I. Ramadan
3.10 Only eats Halaal food	J. Hanukkah
	K. Haraam
	L. Islam

(10x1=10)

QUESTION FOUR: PROBLEM SOLVING

4. Study the case study below and then answer the questions that follow:

Jessica is a hardworking and ambitious young lady. It is important for her to get good results at the end of the year in order for her to go to university. Examinations will be starting on Monday and she feels she has not prepared well for her exams. Unexpectedly, she receives an invitation from her best friend to a party on Saturday night.

In making a decision she will have to choose between alternatives.

- 4.1 Identify two alternatives that she has to choose between. (2x1) (2)
- 4.2 Name the type of decision that she has to take. (1)
- 4.3 List the steps that she should follow when making her decision. (5x1) (5)
- 4.4 Explain to Jessica on why good decision making is necessary (2x1) (2)
- (10)**

QUESTION FIVE: FACTORS THAT INFLUENCE FOOD PRACTICES

- 5.1 Explain how peer group pressure can influence the eating habits of teenagers (5x1=5)
- 5.2 Outline how socio-economic status impact food choices in South Africa. (5x1=5)
- (10)**

QUESTION 6: CHOOSE THE CORRECT WORD

- 6.1 The absorption and use of food and nutrients by the body is called
(nutrition/chemistry)
- 6.2 **(Nutrients / Diet)** include all foods eaten during the day.

6.3 Chemical elements in food that is essential for certain functions in our body is known as **(Nutrients / Food groups)**.

6.4 A diet that contains the correct quantities of nutrients, from all the basic food groups for healthy growth and activity is called **(Malnutrition / Balanced diet)**.

6.5 **(Meal pattern / Meal plan)** is the number of meals eaten per day and the foods served during each of the meals. **(5x1=5)**

QUESTION SEVEN: FOOD AND NUTRITION

7. Bongiwe had the following to eat last Monday:

Breakfast
250 ml sugar pops
125 ml milk
Lunch
2 slices white bread sandwich with jam
250 ml milkshake
Supper
250 ml maize--meal porridge
250 ml cooked spinach
1 cup of coffee with 125 ml milk

7.1 Tabulate your answers to the questions listed below as follows.

TYPE OF FOOD GROUP	RECOMMENDED DAILY ALLOWANCE	MAIN NUTRIENTS
(8÷2=4)	(4÷2=2)	(20÷2=10)

- Identify and classify the different food items that Bongiwe ate according to the food groups in the food pyramid. (8÷2=4)
- What is the recommended daily intake of each food group that was included in Bongiwe's diet? (4÷2=2)

-List the main nutrients in each food or drink that she consumed. (20÷2=10)

7.2 Critically evaluate Bongiwe's diet with regard to the recommended daily allowance of the different food groups and the food--based dietary guidelines. (8÷2=4)

(20)

GRAND TOTAL 75

