

RHODES HIGH SCHOOL



COVID- 19 LOCKDOWN REVISION

CONSUMER STUDIES

OPEN BOOK

MAY TEST 2020

GRADE 10

PLEASE COMPLETE THE FOLLOWING QUESTIONS USING YOUR NOTES

AND TEXTBOOKS

THANK YOU

QUESTION 1

1.1 Multiple choice

1.1.1 Choose the protein rich food with the healthiest type of fat

- A Milk
- B Poultry
- C Red meat
- D Fish 1

1.1.2 This prevents constipation

- A Sugar
- B Fats
- C Fibre
- D Galactose 1

1.1.3 The browning of an apple after it has been cut is caused by

- A enzymes
- B bacteria
- C natural decay
- D yeast 1

1.1.4 The nutrient dominant in cereal is

- A Protein
- B Vitamins
- C Carbohydrates
- D Minerals 1

1.1.5 A suitable packed lunch for an active teenager is

- A Chicken mayo wholewheat roll, carrot sticks, milk
- B Chicken pie, coke, chocolate

- C Doughnut, packet of chips, fanta
- D Hotdog, slice of chocolate cake, flavoured milk 1

1.1.6 Vitamin C is found in:

- A Pumpkin, sweet melon, guavas
- B Tomatoes, prunes, spinach
- C Dried lentils, paw- paw, broccoli
- D Broccoli, guavas, citrus fruits 1

1.1.7 Water-soluble vitamins

- A B and C
- B A and E
- C D and K
- D E and D 1

1.1.8 Which seasonings that contain no salt can be used instead of salt?

- A Onion salt
- B Aromat
- C Barbeque spice
- D Fresh or dried herbs and spices 1

1.1.9 Which of the following foods are rich source of iron?

- A Liver
- B Potatoes
- C Oranges
- D Kabeljou fish 1

1.1.10 An example of legumes

- A Split peas
 - B Carrots
 - C Raisins
 - D Cabbage 1
- (10)**

1.2 Pairing

Choose the option in Column B that best matches the concept in Column A

COLUMN A	COLUMN B
1.2.1 General	A. Buy wisely, spend responsibly, consider the environment
1.2.2 Consumer behaviour	B. Influenced by psychological, socio-cultural and economic factors
1.2.3 Principle of sustainability	C. Food that does not long
1.2.4 Food-based dietary guidelines	D. Reduce, reuse, recycle
1.2.5 Perishable foods	E. Stores where you can buy a small variety of a large number of products
	(5)

**1.3 You saved money from January 2012, and would like to buy a pair of boots for winter.
Use the five steps of the decision making process and give an example of each step (10)**

1.4 Complete Maslow’s hierarchy

Study the information below and answer the questions that follow it:

Tom is a 16-year-old Grade 10 learner, a popular boy and well-loved cricket player. He would like to become a professional cricket player, so he needs to look after his physical health and practice every day. His parents have taken out an insurance policy in case he gets injured and cannot pursue his dream. because he is so active, he has a big appetite, but is always willing to help his mother in the kitchen. The family usually sits down to the evening meal and shares their experiences of the day. He discusses his personal relationships willingly with his parents. He is saving money to buy a trendy cellphone so that he can make a good impression on the girls.

1.4.1 From this description, identify an example of how his needs are met in Maslow’s hierarchy. Tabulate your answer as follows on your answer sheet.

Example of a need from the description of Tom’s life	Level on Maslow’s hierarchy

(5)

(5)

QUESTION 2
THE CONSUMER

2.1 Discuss the THREE principles of sustainability. In each case, give ONE example of how you can follow this principle.

(3)

2.2 Identify FOUR good buying habits to follow when purchasing goods.

(4)

2.3 Mention the type of outlet from the following example.

2.3.1 Type of outlet found on pavements, outside taxi ranks, station ect.

2.3.2 These are often attached to a petrol service station.

2.3.3 Stores that specialize in one kind of product and related items.

2.3.4 Edgars. Pep stores and Woolworths

(4)

2.4 Dining out in restaurants

Fill the blanks in the sentences below by using words from the box:

Bar	casual restaurant	non-smoking
breakfast	dinner	lunch
brunch	fine dining	tip
buffet	smoking	waiter

The person who serves your food is called a 2.4.1.

If the food and service is good, people usually leave a 2.4.2.

Most people eat 2.4.3 after the wake up.

Nowadays, instead of having breakfast, many people eat a meal between breakfast and lunch called 2.4.4.

It's nice to eat at a 2.4.5 restaurant, but can be expensive'

If you are short on time or money, you might go to a 2.4.6 restaurant because the food is cheaper and served quickly.

Some restaurants have a 2.4.7 which means you take a plate up to a table loaded with food and put as much food as you want on your plate.

Other restaurants have a 2.4.8, where you can get an alcoholic drink while you are waiting for your table. Most restaurants these days have a 2.4.9 and a 2.4.10 section.

(10)

2.5 What are the FIVE Ps of the marketing mix.

(5)

2.6 Name the requirements of a good advertisement.

(4)

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- 1.1.1 Use the table below to compare Sue’s food intake with the recommended portions for a young adult.**
- 3.1.1 Write down the recommended number of portions from each group for a young adult for a day.**
- 1.1.2 Write down the number of portions that Sue consumed from each group on the day described above. (10)**

- 1.2 Evaluate the following menu in terms of:
 - 1.2.1 nutritional value (2)
 - 1.2.2 variety in colour, texture. (2)
- 3.3 Explain the abbreviation HACCP (2)
- 3.4 List the FOUR main reasons for food spoilage (4)
- 3.5 Name THREE micro-organisms that may cause food spoilage. (3)
- 3.6 Explain briefly how you could identify that food has been spoilt by each of the following micro-organisms simply by looking at it:
 - 3.6.1 bacteria
 - 3.6.2 yeast
 - 3.6.3 mould (3)
- 3.7 List ONE useful function of each of the following micro-organisms:
 - 3.7.1 bacteria
 - 3.7.2 yeast
 - 3.7.3 mould (3)
- 3.8 At what temperature should your freezer operate? (1)

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TOTAL: 100













