

COVID-19 LOCKDOWN REVISION

**DEAR GRADE 12. PLEASE COMPLETE THE QUESTIONS
USING THE NOTES AND YOUR TEXTBOOK**



RHODES HIGH SCHOOL

CONSUMER STUDIES

TIME: 1 hour

CONTROL TEST 2

OPEN BOOK TEST

MAY 2020

GRADE 12

TOTAL: 50

INSTRUCTIONS AND INFORMATION

1. This question paper consists of TWO questions, namely:

QUESTION	MARKS
Question 1: Short questions	10
Question 2: Food & Nutrition	40
TOTAL	50

QUESTION 1 SHORT QUESTIONS

- 1.1 Four options are provided as possible answers to the following questions. Choose the answer and write only the letter (A–D) next to the question number (1.1.1–1.1.6) in the ANSWER BOOK.
- 1.1.1 Osteoporosis can be the result of insufficientin the diet.
- A vitamin C and vitamin D
 - B vitamin D and carbohydrates
 - C saturated fats and calcium
 - D calcium and vitamin D
- (1)
- 1.1.2 Examples of food that are most beneficial to people suffering from osteoporosis:
- A Hake, full-cream milk and oats porridge
 - B Tinned sardines, skimmed milk and yoghurt
 - C Fresh fruit, vegetables and pulses
 - D Red meat, full-cream milk and whole grains
- (1)
- 1.1.3 An advantage of eating low GI foods:
- A Blood vessels are constricted.
 - B Cholesterol levels are well maintained.
 - C Blood sugar levels are better maintained.
 - D The pancreas is over stimulated.
- (1)
- 1.1.4 The statement that may appear on a food label according to the new food labelling regulations:
- A This product will cure your constipation.
 - B This product will improve your health.
 - C Try this wholesome product.
 - D This product has a reduced fat content of 3%.
- (1)
- 1.1.5are the best sources of protein to support the vegan dietary requirements.
- A Milk and peanuts
 - B Lentils and soya mince
 - C Fish and eggs
 - D Green beans and samp
- (1)
- 1.1.6 The risk of obesity will increase when a person eats:
- A lentil curry.
 - B oats and low fat milk.
 - C pasta with cream sauce.
 - D grilled fish and baked potatoes.
- (1)

1.2 Choose a statement from COLUMN B that matches the food borne disease in COLUMN A. Write only the letter (A–F) next to the question number (1.2.1–1.2.4) in the ANSWER BOOK.

1.2	COLUMN A DISEASE	COLUMN B STATEMENT	
1.2.1	Hepatitis A	A	It affects the lungs, kidneys, spine and brain.
1.2.2	Dysentery	B	Bacteria that lives in the intestines of man and animals
1.2.3	Gastro-enteritis	C	Bacteria enter through the mouth and multiply in the bowel.
1.2.4	E-coli infection	D	Inflammation that irritates the stomach and intestines.
		E	Disease that attacks the liver and causes inflammation.
		F	It is the diarrhea in which the stools are loose or watery and contain visible blood.

(4)

TOTAL QUESTION 1: 10

QUESTION 2 FOOD AND NUTRITION

2.1 Read the following extract from an article that appeared in a local newspaper in Hermanus:

News / [Private school pupils infected with TB](#)



PRIVATE SCHOOL PUPILS INFECTED WITH TB

By Janine van der Riet

2020-04-07 00:00

At least 14 pupils, aged six years and younger, were diagnosed with TB at Curro Hermanus Private School.

A total of 14 pupils from Hermanus Private School in Sandbaai, all under the age of six, were diagnosed with tuberculosis (TB) after one of their teachers was accidentally infected with the virus. A further 70 pupils, who were exposed to the disease, are also on preventative medication. The teacher's TB status was not detected through repeated visits to different local private doctors and she was treated for a recurrent chest infection. A TB test was never done nor was the patient referred to a clinic.

"Becoming very ill, the staff member went to the Provincial Hospital on 6/04. She was admitted and tested for TB. The result was positive and treatment was started immediately." The 14 pupils who reacted positively to the skin test had to go for X-rays to confirm the diagnosis.

The pupils with confirmed TB will receive a full course of TB treatment. TB is a common infectious disease and typically attacks the lungs, but can also affect other parts of the body. It is spread through the air when people who have an active TB infection cough, sneeze, or otherwise transmit respiratory fluids through the air.

2.1.1 Explain how TB was transmitted to the learners. (2)

2.1.2 Name TWO symptoms the teacher may have suffered from as a result of the TB virus. (2)

2.1.3 TB can be treated and cured when a patient takes medication as prescribed by a doctor.

Discuss the nutritional treatment of TB that will assist the recovery of a person with TB. (4)

2.2 Read the case study below and answer the questions that follow.

Phillip is a 45 year old man with no history of hypertension. At a screening clinic, his blood pressure (BP) was found to be 180/120 mm Hg. He believes that BP medication will interfere with his social life. His father died of stroke at age 60 and his mother is living with hypertension. He states that he feels fine and is not a “hyper “person. He smokes at least one pack of cigarettes per day. On Friday and Saturday nights, he enjoys watching the sports channels while drinking a six pack beer, munching on biltong and popcorn. His favourite foods are pizzas and braaiied meat, which he eats with a bowl of green salad. He has recently joined a health club to try to keep fit.

2.2.1 Identify THREE factors that might put Phillip at a risk of developing high blood pressure. (3)

2.2.2 (a) Compile a detailed analysis of Phillip’s diet. (4)

(b) Recommend how he can improve on his diet. (4)

2.3 **FOOD RELATED CONSUMER ISSUES**

More people are turning to organic food as a healthy food alternative compared to the conventional way of producing food.

	<p>Natures Choice Tapioca Flour is an all-natural 100% gluten free starch that’s made from stone milled cassava root. A healthy alternative to wheat, you can use it for baking or to thicken sauces, soups and stews.</p> <p>Perfect for those of us with gluten intolerances and a great substitute for those who are looking for non GM products to use.</p> <ul style="list-style-type: none"> • Natural • Vegan • Proudly South African
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Read the following questions that follow

2.3.1 Explain the impact of genetically modified (GM) foods on the natural environment (3)

2.3.2 Nature’s Choice is focused on providing you with wholesome, organic products that are well priced, preservative and chemical free and that have not been subjected to any harmful form of processing.

Explain the meaning of the above statement in terms of how organic foods are produced. (4)

2.3.3 The product is also labeled as being GM free.

Define the term genetically modified (GM) foods. (2)

2.3.4 Some consumers are opposed to the production of genetically modified foods. Explain the reasons for some of their reservations.

- (4)
- 2.4 Food scarcity is one of the challenges that are facing the world. The provision of food to ensure that everybody is fed is currently facing South Africa.
- Mention FOUR ways in which food security can be guaranteed. (4)
- 2.5 Read the statement below and answer the questions that follow.
- Food additives are used widely in the food industry for a variety of reasons, the most common is to preserve the quality of food.
- 2.5.1 Give ONE reason for the addition each of the following food additives in food preparation and give ONE example of each.
- (a) Antioxidants (2)
- (b) Nutrients (2)

TOTAL QUESTION 2: 40

GRAND TOTAL: 50