



NATIONAL SENIOR CERTIFICATE EXAMINATION
NOVEMBER 2023

**CONSUMER STUDIES
MARKING GUIDELINES**

Time: 3 hours

200 marks

These marking guidelines are prepared for use by examiners and sub-examiners, all of whom are required to attend a standardisation meeting to ensure that the guidelines are consistently interpreted and applied in the marking of candidates' scripts.

The IEB will not enter into any discussions or correspondence about any marking guidelines. It is acknowledged that there may be different views about some matters of emphasis or detail in the guidelines. It is also recognised that, without the benefit of attendance at a standardisation meeting, there may be different interpretations of the application of the marking guidelines.

SECTION A FOOD AND NUTRITION AND CONSUMER-RELATED ISSUES**QUESTION 1 MULTIPLE CHOICE**

- 1.1 Choose the most correct answer to each of the following questions. Write only the letter(s) of your choice in the table below.

Question	1.1.1	1.1.2	1.1.3	1.1.4
Answer	A, C, D	C	B	C, D, E

- 1.2 In the table below, tabulate the following characteristics into the appropriate tax type. Write only the correct letter(s) in the applicable column.

Property tax	Pay as you earn (PAYE)	Provisional tax	Environmental levy	Excise duties	Capital gains tax
E, H	A, G, I	B, J	F	C	D

QUESTION 2**2.1 Describe Acquired Immune Deficiency Syndrome (AIDS) in detail.**

The following valid points should be included in the description:

- Infectious and deadly disease.
- Caused by the Human Immunodeficiency Virus (HIV).
- HIV destroys a type of white blood cell (CD4+T cell) that normally helps fight diseases or infections.
- A person infected with HIV will eventually have a weakened immune system, develop AIDS, and be susceptible to opportunistic infections, such as Tuberculosis (TB)/pneumonia/diarrhoea.

2.2 Identify the target in which South Africa needs to improve.

The target in which only 79% of patients receive treatment.

2.3 List FOUR possible reasons for this statistic identified in Question 2.2.

Any 4 of the following reasons:

- Access to health care facilities / medication to obtain information on the benefit of treatment/incomplete knowledge of treatment benefits / Doubt or scepticism about medication leads individuals to resist or refuse taking them.
- Socio-economic status / insufficient money for transport to clinics/decreased access to nutritious food
- Government support / insufficient support to reduce the stigma attached to AIDS in some communities/Lack of confidentiality/not enough medication
- Transport issues
- Religious concerns/ cultural beliefs
- Poor education regarding the virus

2.4 'Treatment of people living with HIV/AIDS starts with nutritious food.' Analyse the above-mentioned statement with reference to healthy eating habits for a weakened immune system.

HIV destroys a type of white blood cell (CD4 or T-helper cell), resulting in a weakened immune system. Therefore, people with HIV/AIDS must eat lots of fruit and vegetables that are rich in fibre and antioxidants/Vit A, C, E, and selenium that are necessary to prevent infections and damage to cells. In addition, selenium also helps to activate the T-helper cells. Moreover, Vitamin C also aids in the recovery of infections. Fruit and vegetables also contain flavonoids and phytosterols that strengthen the immune system.

Protein-rich foods are essential for restoring and rebuilding the body after illness and strengthening the immune system. Thus, an important nutritious food to include in the diet of an individual with a compromised immune system is protein-rich foods. Foods rich in protein also contains zinc and iron that protect and strengthen the immune system.

Carbohydrates are crucial for individuals with HIV, serving as the primary energy source to combat fatigue, support the immune system, and address weight loss and muscle wasting associated with the condition. Adequate carbohydrate intake aids in maintaining a healthy body weight, supporting nutrient absorption, and regulating blood sugar levels. Furthermore, carbohydrates, particularly dietary fibre, contribute to digestive health, helping manage common gastrointestinal issues such as diarrhoea.

Include Vit B6 in the eating plan as it maintains a healthy immune and nerve system.

2.5 Provide meal-planning advice to people living with HIV/AIDS who exhibit the following symptoms.

2.5.1 Sore mouth or throat

- Eat soft, moist foods / Avoid hard and dry foods
- Eat foods at cool or room temperature.
- Drink through a straw.
- Avoid spicy / salty and acidic foods.
- Avoid carbonated drinks.

2.5.2 Diarrhoea

- Eat small frequent meals.
- Fluid replacement is important to prevent dehydration.
- Water is good, but soups, fruit juices, rehydration fluid made from sugar and salt and clear juices, will provide more energy and vitamins.
- Soluble fibre aids in managing diarrhoea by absorbing water in the intestines and forming a gel that adds bulk to stool, resulting in firmer bowel movements. It also slows down digestion, allowing for better water and nutrient absorption./ Avoid insoluble fibre foods.
- Probiotics assist in managing diarrhoea by restoring a healthy balance of gut bacteria. These beneficial live microorganisms, commonly found in foods like yogurt and supplements, inhibit the growth of harmful bacteria while promoting the growth of beneficial ones. Probiotics may also enhance the immune response in the gut, reducing the severity and duration of infectious diarrhoea.
- Limit dairy foods.
- Limit fatty foods.

2.6 Identify FOUR strategies for individuals suffering from AIDS that can be implemented to end AIDS by 2030.

Any 4 reasonable strategies that relate to HIV/AIDS.

- Refrain from unprotected sex/ Use condoms the right way every time you have sex.
- Refrain from sharing needles with a person living with HIV/AIDS.
- Check the needles when getting a tattoo and avoid unsterilised needles.
- Choose less risky sexual behaviours.
- Reduce the number of people you have sex with.
- If you are HIV-negative, consider pre-exposure prophylaxis (PrEP), taking HIV medicines as prescribed to prevent HIV infection. If taken as prescribed, PrEP is highly effective for preventing HIV from sex or injection drug use. But it is much less effective if you do not take it consistently.
- If you are HIV-negative, talk to your doctor right away (within 3 days) about post-exposure prophylaxis (PEP) if you had a recent possible exposure to HIV.
- Get tested and treated for other STDs and encourage your partners to do the same. Find an STD testing site.
- If you have HIV, take HIV medicine, called antiretroviral therapy (ART) to get and keep an undetectable viral load.
- If you are taking ART, follow your health care provider's advice.
- If your partner has HIV, encourage your partner to get and stay on treatment.
- If you are HIV-negative and your partner with HIV has an undetectable viral load, you or your partner may want to use additional prevention.
- The earlier HIV is diagnosed and treated, the more effectively HIV medicine will prevent transmission to your baby.
- If you or your partner engage in behaviours that put you at risk for HIV, get tested again in your third trimester of pregnancy.
- You should also encourage your partner to get tested for HIV/Inform your sexual partners about your HIV status.
- If you have a partner with HIV and are considering getting pregnant, talk to your health care provider about PrEP (pre-exposure prophylaxis).
- PrEP may be an option to help protect you and your baby from getting HIV while you try to get pregnant, during pregnancy, or while breastfeeding.
- If you have HIV and take HIV medicine as prescribed throughout pregnancy and childbirth and give HIV medicine to your baby for 4 to 6 weeks after giving birth, your risk of transmitting HIV to your baby can be 1% or less.
- After delivery, you can prevent transmitting HIV to your baby by avoiding breastfeeding, since breast milk contains HIV.
- Education empowers individuals with knowledge about HIV transmission, prevention, and treatment, fostering behaviour change, reducing stigma, and promoting safe practices to contribute significantly to the global goal of ending AIDS by 2030.

QUESTION 3**3.1 Identify the faces that can be the result of protein/energy malnutrition.**

Face 1 & 2 or Stunting & Wasting away (Both for one mark/No ½ marks)

3.2 Explain your answer to Question 3.1 in relation to malnutrition in South Africa.

Malnutrition is an underlying cause of stunting and wasting away in young children in South Africa. These children live in households where adults are unemployed and have little or no access to a daily healthy diet.

Poverty-stricken households lack money to buy nutritious food thus the infants' growth is compromised. Many households are unable to produce their own food to ensure the optimal growth of their young children. These households are constrained by the inability to secure employment or to generate income. Poor households are also typically characterised by few income-earners and many dependents requiring an adequate food supply. and are particularly vulnerable to economic shocks such as interest rate hikes and inflation.

Poverty-stricken households often rely on an affordable maize meal diet and while providing a readily available source of kilojoules/energy, may contribute to wasting and stunting due to its potential limitations in essential nutrients. Maize meal, being a staple in many regions, is rich in carbohydrates but lacks certain key nutrients such as protein, vitamins, and minerals. Relying heavily on an inexpensive maize meal diet without adequate supplementation from other nutrient-dense foods can lead to malnutrition.

Furthermore, limited social services, as well as a lack of and access to clinic services where babies' and young children's growth and weight can be monitored, result in stunted growth and wasting away. Clinics should identify babies/toddlers with stunted growth and wasting away and educate parents on healthy eating habits Clinics should also provide the necessary supplementation in order to prevent/alleviate the condition/malnutrition.

3.3 Identify TWO malnutrition-related health conditions that the children who are wasting away could have.

- Marasmus
- Kwashiorkor

3.4 What is the difference between these two conditions identified in Question 3.3? Tabulate your answer as shown below.

BASIS OF COMPARISON	Kwashiorkor	Marasmus
Description	Kwashiorkor occurs in children who take in sufficient kilojoules, but too little protein.	Marasmus occurs in children who take in too few kilojoules/energy/carbohydrates and too little protein.

Symptoms	<p>It is characterised by oedema (due to fluid retention) and a distended abdomen. thinning of hair/rusty hair colour/ hair may become brittle and change in texture.</p> <p>Tiredness/Lethargy/Lack of energy / Weak Diarrhoea Stunted growth/Failure to thrive Irritability Compromised immune system Skin Changes: discoloration and peeling / reddish or dark colour/ Dermatitis Loss of appetite Enlarged liver</p>	<p>Marasmus is characterised by severe loss of muscle mass and loss of subcutaneous fat in the whole body. Other symptoms of marasmus include dehydration, anaemia, dry skin and brittle hair, children are more irritable.</p> <p>Tiredness/Lethargy/Lack of energy / Weak Diarrhoea Stunted growth / Failure to thrive</p>
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3.5 Explain FOUR possible causes of childhood obesity.

- **Diet.** Consuming high-kilojoule foods such as fast food, baked goods, and vending-machine snacks on a regular basis, can cause children to gain weight. Sweets and desserts can also contribute to weight gain, and there is mounting evidence that sugary drinks, including fruit juices and sports drinks, are contributing factors to obesity in some children.
- **Lack of exercise.** Children who do not exercise regularly are more likely to gain weight because they do not burn as many kilojoules as those who do. Sedentary activities, such as watching television or playing video games, contribute to the condition. TV shows frequently feature advertisements for unhealthy foods.
- **Family factors.** If the child comes from an overweight family, he or she is more likely to gain weight. This is especially true in a culture where high-kilojoule foods are readily available and physical activity is discouraged. Their parents may exhibit similar traits; thus, children are copying their obese parents' eating habits.
- **Psychological factors.** Personal, parental, and family stress can all increase a child's chances of becoming obese. Some children overeat to deal with problems or emotions, such as stress, or to avoid boredom.
- **Socio-economic factors.** Families in some communities have limited resources and access to supermarkets. As a result, they may purchase convenience foods that do not spoil quickly, such as frozen meals, crackers, and cookies. People who live in low-income neighbourhoods may also lack access to a safe place to exercise.
- **Certain medications / medical conditions.** Some prescription drugs and medical conditions such as metabolic/hormonal disorders can increase the risk of developing obesity, as they stimulate the appetite encouraging the child to eat more than required.

		Fibre Content: Vegetables are a good source of dietary fibre, which can help promote feelings of fullness and reduce overall food intake. High-fibre foods also support digestive health and can help regulate blood sugar levels.
10 ml Sunflower oil	Olive oil / Grape seed / Avocado oil / Sesame seed	Olive oil offers health benefits as it is high in healthy monounsaturated fats and antioxidants. It also has anti-inflammatory properties. Consuming olive oil does not appear to increase the likelihood of weight gain.
100 g Bacon bits	Mushrooms or chickpeas	Mushrooms will add flavour to the spaghetti, without all the unwanted saturated fat. In addition, they are a great source of metabolism-boosting B-complex vitamins and minerals such as magnesium and potassium.
500 g Beef mince	Lean/Extra-lean beef mince / Ostrich / Chicken / Soya	In order to reduce the fat intake of the diet, use lean protein with unsaturated fats.
500 ml Tinned pasta sauce	Homemade pasta sauce	If you make your own pasta sauce, you know what is in it to avoid any empty kilojoules, thereby reducing your kilojoule intake.

Decreasing the portion size can be used only once as an adaption.

Reason: Helping to regulate kilojoule/energy intake and promoting healthier eating habits. Smaller portions naturally result in lower kilojoule/energy consumption, which is crucial for weight management.

SECTION B CLOTHING AND CONSUMER-RELATED ISSUES**QUESTION 4 SHORT QUESTIONS**

4.1 Name the most appropriate fashion term for the descriptions below:

4.1.1 A clothing style that is widely worn by the majority of people today.

Contemporary fashion / Standard fashion

4.1.2 A clothing style that has fallen out of favour in the market.

Obsolete fashion / Rejection

4.1.3 A timeless clothing style with simple, easily identifiable lines.

Classic fashion / Timeless fashion

4.1.4 Prevailing trends or styles in clothing, footwear, accessories, hairstyles, and makeup that are popular and widely accepted within a particular culture or society.

Fashion

4.1.5 Garments that are typically expensive, often showcased in fashion shows and worn by a few fashion icons.

High fashion / Haute Couture

4.1.6 A business model and approach to fashion retail that emphasises speed and low cost in the production and distribution of clothing and accessories.

Fast fashion

4.2 Choose the word/term in brackets that will make the statement true. Write only the word/term in the space provided.

4.2.1 With a/an (instalment / lay-by) sale, the consumer receives the product only after the full amount has been paid.

Lay-by

4.2.2 The Consumer Protection Act safeguards consumers by incorporating a (cooling-off / exclusion) period during which they can cancel a contract resulting from direct marketing.

Cooling-off

4.2.3 A (warranty / guarantee) is a formal, written promise made by the seller that a clothing item is free of defects.

Warranty

- 4.2.4 **A savings opportunity known as a (stokvel / savings account) involves regular contributions of a fixed amount by its members, with the pooled money awarded to each member in turn allowing them to make a large cash purchase.**

Stokvel

- 4.2.5 **(Recycling / Upcycling) means taking apart an old garment and remaking it into a new item.**

Upcycling

QUESTION 5

- 5.1 **What is the first thing Jacques should have noticed to realise this was not an original brand T-shirt?**

- The price
- R120

- 5.2 **Name the type of contract Jacques agreed to, by paying for the T-shirt, without dispute.**

Silent agreement / Non-verbal agreement / Tacit agreement

- 5.3 **According to the supplier the T-shirt is not fake. Give a reason why this branded T-shirt is inexpensive.**

It could have been imported through unofficial channels and therefore classed as grey goods.

- 5.4 **'Luckily, in South Africa, Jacques is protected by the Consumer Protection Act'. Give reasons for this statement, with reference to your answer in Question 5.3.**

According to the Act:

- Jacques should have been informed that the T-shirts were grey goods.
- Therefore, he has the right to take defective products to the seller and ask for a refund.

- 5.5 **When will Jacques not be protected by the Consumer Protection Act?**

If he purchased the T-shirt from another country.

5.6 Give Jacques FOUR guidelines on how to complain more effectively.

- Always be polite, fair, calm, and friendly.
- Complain as soon as possible / immediately.
- Complain to the correct person / authority.
- Be specific about the issue that you want to address.
- Be very clear on what you want to achieve (redress).
- Take the emotion out of it / be factual
- Be prepared (invoices, etc.)
- Submitting a formal, written complaint is advisable for maintaining a documented record.

5.7 Why would teenagers, such as Jacques, be tempted to buy counterfeit branded-clothing items?

- It indicates financial success and status amongst teenagers.
- Gives teenagers a sense of belonging/peer acceptance/fit in
- It is considered a fashion trend by teenagers / Sign of good style and taste / builds self-esteem.
- Be popular and creates confidence.
- Within their budget, affordable.
- More readily available than the branded shirt, especially in smaller towns/rural areas.

QUESTION 6**6.1 Name and define the fashion style shown in the above images.**

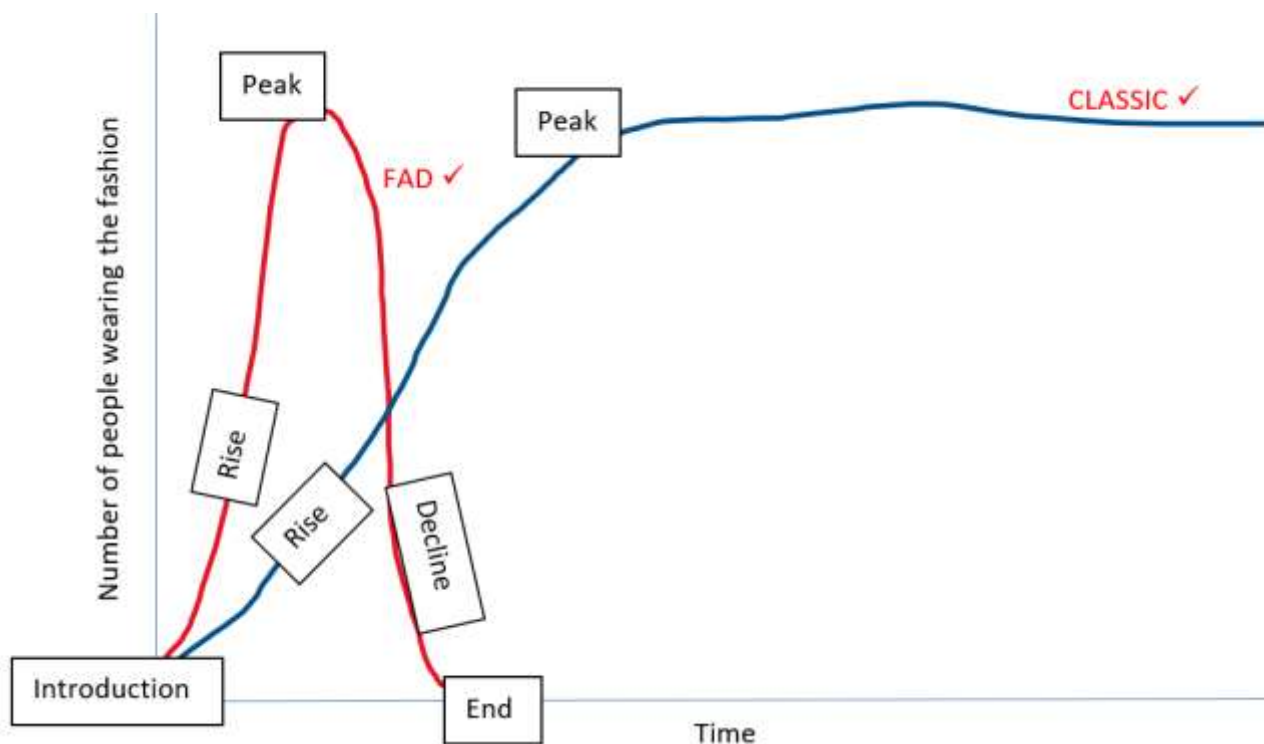
Classic style / Timeless fashion

Classic styles are a collection of wardrobe staples that have stood the test of time, simplistic, good value for money as they do not need to be replaced often and that are easy to mix and match with one another.

6.2 Compare the style you defined in Question 6.1 to fad fashion. Use the table below as guidance for your answer.

	Your answer to Question 6.1 <u>Classic style/Timeless fashion</u>	Fad fashion
6.2.1 Time	Timeless	Very short lifespan/Short-lived
6.2.2 Number of people wearing the style.	Most people accept the style	Small group of people accept the style
6.2.3 Suitability for all body types and shapes.	Suitable for most body types and shapes	Too extravagant and extreme for all body types and shapes

6.3 Draw a graph to explain the stages of these two fashion styles. Label graph accordingly.



Identify stages on graphs:

Introduction / Innovation

Rise

Peak

Decline for FAD cycle

Obsolescence/End for FAD cycle

6.4 Why is the 2022 suit an excellent option for a formal job interview?

- Shades of blue send the message that you are credible, reliable, dependable and trustworthy.
- Highly professional look that suggests you are ready to work.
- It is clean, wrinkle-free and well maintained, which will ensure that you feel confident.
- It fits well – it is not too tight or too loose that sends out a favourable message about yourself / not revealing.
- When dressing for an interview it is better to overdress than underdress to show confidence.
- Because the suit is classic it is considered good taste and for a formal interview that will possibly reflect the image that the company wants to convey.

6.5 Assess the label in relation to the suit's long-term sustainability.

- Polyester is not a sustainable textile option, as it is made from polyethylene terephthalate (PET), the most common type of plastic in the world.
- Furthermore, the label suggest that the garment must be kept away from fires as it will burn easily, get damaged, thus must be replaced.
- The label suggests that it must be washed separately; thus dyes are used in the production of this garment. These dyes pollute water resources.
- Microfibres are shed into the oceans annually during the washing of plastic-based textiles such as polyester, thus the garment is not biodegradable / end in landfills.
- A cool iron is suggested, which uses electricity usually from non-renewable sources.
- In addition, the garment is produced in the UK, which suggests that it is imported, thus not a sustainable option due to an increased carbon footprint.
- Imported clothing poses potential harm to the local economy and sustainability in several ways. The increased dependence on imported garments can lead to job losses in the domestic textile and apparel industry, negatively affecting local workers and communities. Opting for imported clothing over local options results in economic leakage, where a substantial amount of money spent on these products exits the local economy, diminishing overall economic benefits.
- However, polyester has often been considered more sustainable from a consumer care standpoint – polyester garments last a really long time and require less water, energy, and heat for washing than natural fibres, such as cotton, do.

SECTION C HOUSING AND CONSUMER-RELATED ISSUES**QUESTION 7 SHORT QUESTIONS**

- 7.1 Choose the most correct answer to each of the following questions. Write only the letter(s) of your choice in the table below.

Question	7.1.1	7.1.2	7.1.3	7.1.4	7.1.5
Answer	A	A	D	C, D	B

- 7.2 Fill in the missing word/term in the following statements.

7.2.1 CPI / Consumer Price Index

7.2.2 Front-loading

7.2.3 Energy

QUESTION 8

- 8.1 State **FOUR** factors that the couple need to consider before deciding whether to rent, build or buy.

- The family's lifestyle / needs
- The size of the family
- The stage in the life cycle of the family
- Financial circumstances / Budget
- Location of the property
- Bond approval

- 8.2 List **THREE** documents that they must provide to the bank when applying for a home loan.

- A certified copy of the offer to purchase
- Completed home loan application form
- A certified copy of the buyer's South African identity document or passport
- Proof of a steady income
- 3 months' bank statements
- Proof of current residential address
- Income tax reference number

8.3 Explain the difference between a fixed and variable interest rate to the couple.

- A fixed interest rate applies to a loan where the interest rate remains the same for the full period and does not fluctuate. A variable interest rate applies to a loan where the interest rate fluctuates as the bank's interest rate changes.
- **OR** with a fixed interest rate, if the interest rate increases, the instalments remain the same and no additional interest is paid. If the interest rate drops, however, the loan repayments do not decrease as the instalments remain the same. Whereas, with a variable interest rate, a drop in the interest rate would result in lower repayment instalments, but when the interest rates rise, the repayment instalments will rise too.

8.4 Identify TWO other components that were not mentioned in the extract that contribute to the cost of building a house.

- Labour
- Materials
- Municipal fees

(ANY TWO)

8.5 State specific clauses that apply to only a building contract.

- The scope of work – a description of the work to be done including the process of sourcing materials and assessing the quality of the work.
- Obligations, responsibilities, and duties of both parties.
- Modifications – and a process for changing orders, designs, and materials.
- Completion time – including a description of the timeline of the project, expected completion date, process to manage delays.
- Contract price & payments – including final price, payment schedules and amounts, and resolution process for resolving contract price or payments.
- Insurance, warranties and indemnity policies and procedures, including applicable documents.
- Compliance – for the contract to be valid, it must comply with the laws and regulations of the province where the work will be done. A simple declaration attesting that the contract will be held to applicable provincial laws should be included.
- Arbitration – the contract should include provisions addressing the resolution of disputes. Dispute resolution options include mediation, arbitration, or court involvement.
- Exact dimension of the house.

**8.6 *A monthly levy is stated as an extra estate cost.*
Explain to the couple why they need to pay this levy.**

It is necessary to pay the following:

- General management of the estate / property.
- Insurance of the buildings.
- Payment of rates and taxes, according to the value of each property.
- Water consumption of common areas.
- Electricity consumption of common areas.
- Maintenance of the buildings on the outside and common areas.
- Complex security.
- Covering of any extraordinary expenses, e.g., damage caused by flooding.

8.7 Critically analyse the differences between sectional title and full title property ownership.

Full title ownership refers to the holding of full ownership rights in a specific property. This includes the land itself and any building that is on it.

The owner will hold a title deed in their name which is registered at the deeds office – this also serves as proof of ownership. The purchaser of this property is responsible for registration, transfer fees and other associated costs, rates, insurance, maintenance of the property and other incurred utility bills.

Sectional title ownership differs in that only a unit in a building or complex is purchased, and full ownership rights are limited to that unit.

This property scheme is defined and governed by the Sectional Titles Act 95 of 1986. In addition, the buyer receives an undivided share of the development's communal property. Registration, transfer fees, rates, and utility bills are all included in the same costs as with freehold purchases.

In the case of a sectional title, however, a body corporate plays an administrative / managerial role and is composed of trustees who are duly elected by all owners. Trustees enforce the rules and are in charge of the general upkeep of the communal property.

The owner is responsible for the upkeep of their own property, which is their unit.

As a result, sectional title ownership may limit one's freedom in terms of rules, but it can offer greater security, convenience, and cost-effectiveness. With this type of ownership, the responsibility for maintaining the property is shared among all owners, which can help to reduce the burden and costs of maintenance. Despite these differences, both sectional title and other forms of property ownership are legally enforceable.

8.8 Justify the advantages of building their own home.

- Location – you have the ability to choose the exact location of where you want to live / Construction typically occurs in developing neighbourhoods, enhancing the prospective resale value of the property in the future.
- Fully customisable – Building your own home gives you unlimited options, with a fully customisable floor plan or a one-of-a-kind masterpiece. You can choose your own style and design to fit your family, lifestyle, or hobbies.
- More space for customisation – When you build on your own lot/plot, you will have an optimised space for getting the design features that you want. Extensions or additions to your home or outdoor space will not be as constricted by what is already there—you can have much more space to work with and get the freedom to design the look you are envisioning in your mind.
- Comfort – A huge benefit of construction on your lot/plot is the comfort you will receive from a customised home. With complete creative control on everything from room design to landscaping, you can truly have the home that you have always wanted.
- Save money with the help of a certified contractor – A contractor can help you locate the ideal plot of land without overspending on a problematic property. He will be able to advise you on various locations and even help you pinpoint your ideal spot if you are unsure. There are numerous cost-saving advantages to building your own home, but trained contractors are your best bet for lowering project costs.
- Design the home to fit your family needs – You can customise your home to meet the specific needs of your family. Maybe you have babies or toddlers and want the master bedroom to be close to the nursery.
- Unique finishes – With a custom-built home, you can easily incorporate unique features into any area of the house during the planning and design phases.
- Complete privacy – When you have creative control over your home construction project, you can design the home with the highest level of privacy available. If you want, you can install privacy fences, tall trees, and other architectural features to provide the solitude you seek.
- Higher quality – Customising your home from the start will drastically reduce the possibility of poor quality. Many home builders go above and beyond to ensure that their clients get everything they want and more.
- Build a greener house – Building your home from the ground up allows you to install things like solar panels, better windows, and insulation, allowing you to save money while also helping the environment.
- If there are insufficient funds, construction work may be temporarily halted.
- It is an investment because you can leave it to your heirs after your death.
- Legal owner of the property.
- Asset that will increase in value over time.

8.9 Identify FOUR eco-friendly design elements that the couple can incorporate in their home.

- The couple can start by using sustainable materials. These include reclaimed and recycled materials, because making something from scratch takes much more energy.
- Renewable energy – Use sources such as wind, sunshine, and tidal energy. Examples include solar panels to generate their own electricity.
- Gas hob / geyser.
- Geyser blanket.
- A rainwater purification system / JoJo tank.
- Install tap aerators or low-flow showerheads.
- Install a dual flush toilet.
- Automatic light switches.
- Replacing traditional incandescent bulbs with halogen incandescent bulbs, LEDs, or CFLs can help you lower your energy costs by 30 percent to 80 percent.
- Install a smart thermostat: With a smart thermostat, you can automatically switch off or regulate your heating and cooling unit when you are away or sleeping.
- Install energy-conserving windows / Sky lights: Windows account for a significant portion of energy waste in your home – they can increase your total heating cost by 10 to 25 percent. Installing energy-efficient windows, especially double-pane ones, can significantly minimise heat loss.
- Orientation of the house for maximum sunlight.
- Green roofs to insulate the house / Roof insulation.
- Grey water systems.
- Special areas for recycling and waste management.

8.10 *Due to all the building expenses the couple is getting worried about buying household appliances.*

Determine the best payment method for purchasing these appliances using sound reasoning.

- Hire-purchase (instalment sale).
- The couple would pay a deposit (depending on the specific supplier) and then a number of instalments, over a fixed period, until the goods are paid for in full.
- They will receive the goods immediately after they signed the contract.
- This is the best option for the couple as they will receive the appliances immediately and can use them while they are paying them off on a monthly basis.

8.11 *Motivate the buying of eco-friendly appliances by referring to environmental conservation.*

- Energy conservation – Given that eco-friendly appliances are designed to perform their tasks using a minimum amount of energy, they conserve energy. You can then use the conserved energy for other important tasks in your home. Before buying any appliance, determine if it is energy efficient. You can do this by looking at its Energy Star rating. Choosing rated appliances will help you lower water and energy consumption. Air fryers and convection ovens are a better buy than an electric stove and oven as they are more energy efficient.
- Lowers carbon footprint – Buying appliances that use water and energy efficiently allows you to reduce the negative impacts on the environment. Instead of disposing of your refrigerator, having it recycled is a more environmentally friendly option.
- Modern refrigerators and freezers are free of CFCs (chlorofluorocarbon) and use environmentally friendly natural gas that does not damage the ozone layer or contribute to global warming.
- Burning coal and other fossil fuels to generate electricity causes air pollution. The carbon dioxide that is released contributes to the greenhouse effect and global warming.

Conclusion

Using eco-friendly household appliances has a significant environmental benefit. So, before purchasing any appliance, compare the Energy Star ratings of various devices. Remember that the higher the rating, the greater the efficiency and the greater the cost.

SECTION D EXTENDED WRITING RESPONSE**QUESTION 9**

Use the following sources to answer the question:

'Should nutritional labelling on fast food be mandatory in South Africa?'

**Source 1**

A study by the South African Journal of Clinical Nutrition into fast food nutrition labelling found that just 58% of SA's biggest fast-food retailers surveyed provide nutritional information on their products.

[Source: Pasiya, L. (n.d.). 'Should fast-food nutritional labelling in South Africa be mandatory?']

Source 2

While all burgers were high in protein, some were also high in fat, salt, and sugar, as indicated by percentages of the nutritional reference ranges above 30%. Similarly, this was the case for pizzas. All meal combinations particularly exceeded the total recommended energy, carbohydrates, sugar, and salt content, and most also exceeded the recommended fat content.

[Source: Dlamini, S.N., Mukoma, G. and Norris, S.A. (2021). 'Should fast-food nutritional labelling in South Africa be mandatory?']

Source 3

According to the current South African regulations, when no claim is made about the food product (such as 'high in fibre,' 'low in fat'), providing nutritional information is not mandatory. Consequently, making healthier food choices at the point of purchase is not always an option for South African consumers. The regulations also indicate that, unless a claim has been made, ready-to-eat foodstuffs that are prepared and sold on the premises are exempt from the nutritional labelling requirements. As this food category primarily includes ready-to-eat foods, fast-food outlets are not obligated to list the nutritional information of their products. As a result, access to nutritional information is not readily available to consumers, making it difficult for consumers to make informed choices.

[Source: Dlamini, S.N., Mukoma, G. and Norris, S.A. (2021). 'Should fast-food nutritional labelling in South Africa be mandatory?']

Source 4

The study used the United Kingdom Traffic Light labelling system, a labelling method that assigns green, amber, or red, to rate specific nutrients (e.g., sugar, fats, and salt) as low, medium or high, respectively.

[Source: Dlamini, S.N., Mukoma, G. and Norris, S.A. (2021). 'Should fast-food nutritional labelling in South Africa be mandatory?']

Source 5

Urbanisation is the main driver of the obesity pandemic and associated chronic diseases. This is because urbanisation comes with unhealthy lifestyle changes, including increased consumption of ultra-processed and energy-dense foods which are generally unhealthy. A large proportion of these unhealthy foods are fast foods, which are convenient to obtain at relatively low prices but are generally high in energy, fat, salt and even sugar.

[Source: Dlamini, S. (n.d.). 'Why South Africa should introduce mandatory labelling for fast foods.' [online] *City Press*]

USE THE RUBRIC TO GUIDE YOUR RESPONSE.

Criteria	Performance Indicators				
	5 marks	4 marks	3–2 marks	1 mark	0 marks
Introduction & conclusion	An introduction with a clear and concise direction for the discussion regarding both nutritional labelling on fast food and misleading nutrient claims. The conclusion is a consolidation of all facts with a clear argument for nutritional labelling on fast foods.	An introduction that shows an understanding of either nutritional labelling on fast food or misleading nutrient claims. A conclusion is present, but the facts were not consolidated OR there is no clear argument for the introduction of nutritional labelling on fast foods.	An introduction was attempted but it shows a poor understanding of both nutritional labelling on fast foods and misleading nutrient claims. The conclusion and consolidation of facts are attempted but lack clarity.	The introduction and conclusion were attempted but they are vague, lacking cohesion, rambling or repetitive. Either the introduction or conclusion was not attempted.	No introduction or conclusion.
Consequences of a diet consisting of fast foods	The response shows a thorough understanding of the consequences of a diet consisting of fast food. Candidate discusses 4–5 consequences in detail. No factual errors.	The response shows a good understanding of the consequences of a diet consisting of fast foods. Candidate discusses 2–3 consequences in detail. Minor factual errors.	The response shows an understanding of the consequences of a diet consisting of fast foods. Candidate discusses only 1 consequence in detail. Some important information is missing/incorrect.	The response shows a weak understanding of the consequences of a diet consisting of fast foods. Candidate lists consequences without any detail. The response is vague and repetitive.	The response shows poor or no understanding of the consequences of a diet consisting of fast foods.
Prohibited misleading claims that relate to fast foods	The response shows a thorough understanding of 5 misleading food claims, and it relates to fast-food products. No factual errors.	The response shows a good understanding of 4 misleading food claims, and it relates to fast-food products. Minor factual errors.	The response shows an understanding of 2–3 misleading food claims, and it relates somewhat to fast-food products. Some important information is missing/incorrect.	The response shows a weak understanding of misleading food claims and does not relate to fast foods. The response is vague and repetitive.	The response shows poor or no understanding of misleading food claims.
Quality of the response	The response is clear and concise. Flow is logical. Focus is consistently maintained. The use of terminology is accurate.	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.	The response has some flaws relating to clarity, reasoning, focus and terminology, which affect the quality of the article.	The article is often vague, lacking cohesion, rambling or repetitive. The terminology used is often incorrect.	The article is meaningless.

The essay is marked holistically using the IEB's essay rubric with the following guidelines.

INTRODUCTION

Nutritional labelling on fast food is an important tool for consumers to make informed choices about their food options. Therefore, I believe that it would be beneficial to make nutritional labelling mandatory for fast-food establishments in South Africa.

There are several reasons why mandatory nutritional labelling is important. Firstly, it can help consumers to make healthier choices by providing them with information on the nutritional content of their food. This can be particularly important for those who are trying to manage their weight, or who have health conditions such as diabetes, high blood pressure, or heart disease.

Secondly, mandatory nutritional labelling can encourage fast-food establishments to improve the nutritional quality of their products. By providing consumers with information on the nutritional content of their food, these establishments may be more likely to make changes to their menus and recipes in order to offer healthier options.

Finally, mandatory nutritional labelling can promote transparency and accountability in the fast-food industry. By requiring fast-food establishments to provide information on the nutritional content of their food, consumers can make informed choices about the food they eat and hold these establishments accountable for the quality of their products.

Nutrition-related noncommunicable diseases (NCDs) such as diabetes, hypertension, cardiovascular disease, and certain cancers continue to be a major health burden and a leading cause of death. The increased prevalence of these diseases in South Africa is largely due to rapid urbanisation, which is associated with a nutritional shift to ultra-processed and energy-dense foods, as well as elevated obesity rates. The link between urbanisation and the observed nutrition transition could be attributed to the growing expansion of, and increased access to, large modern food retailers and fast-food restaurants, which are mostly concentrated in cities. Fast foods are convenience foods that are quickly prepared and served from outlets such as restaurants, cafés, and takeaways.

Nutritional labelling of fast foods is seen as an effective way of assisting consumers to make healthier food choices. Research shows that in the absence of nutritional labels, consumers tend to estimate nutrient content poorly. As a result, a host of countries have made it mandatory for fast-food outlets to provide nutritional information.

CONSEQUENCES

Fast food is typically high in sugar, salt, and saturated or trans fats. The body's reaction to these nutrients results in a range of short-term impacts when a person eats fast food.

Spike in blood sugar / Type 2 Diabetes

Fast food breaks down quickly, causing a rapid spike in blood sugar because of the refined carbohydrates and added sugar. In turn, this causes an abnormally large insulin surge, resulting in a drop in blood sugar. This can cause people to feel tired. Insulin promotes further hunger within a short time after the meal.

Blood pressure

Consuming high levels of salt could immediately affect the proper functioning of a person's blood vessels. Excess sodium intake also has links to fluid retention.

Increased inflammation

A single serving of fast food could increase inflammation throughout the body. One fast-food meal high in saturated fat increased airway inflammation in individuals with asthma. This inflammation acts as a trigger for asthma attacks.

Affects nutrient intake

Fast food does not typically contain fresh fruit and vegetables. If an individual eats fast food frequently, they may find it difficult to reach their recommended daily intake of at least 5 servings of fruit and vegetables. They may also have difficulties reaching their ideal fibre intake.

Binge eating

Fast food is highly palatable, meaning the body breaks it down quickly in the mouth, and it does not need much chewing. Therefore, it activates the reward centres in the brain rapidly. This combination trains the palate to prefer these highly processed, highly stimulating foods and reduces one's desire for whole, fresh foods.

There is plenty of well-researched evidence showing that regularly eating fast food can harm a person's health.

Irreparable effects of eating fast food. Such risks include obesity, insulin resistance, type 2 diabetes, and various cardiovascular conditions.

This is because most fast food is high in sugar, salt, saturated fat, trans fats, processed ingredients, and calories. It is also generally low in antioxidants, fibre, and many other nutrients.

Digestive system

Many fast-food meals are extremely low in fibre. Doctors associate low-fibre diets with a higher risk of digestive conditions such as constipation and diverticular disease, as well as reductions in healthy gut bacteria.

Heart disease

A diet high in salt often increases a person's blood pressure, making a person more prone to heart attacks, stroke, kidney disease, or heart disease.

A diet high in trans fats raises the amount of low-density lipoprotein or 'bad' cholesterol and lowers the amount of high-density lipoprotein or 'good' cholesterol. This means that a person is more likely to develop heart disease.

Obesity

Typically, fast food contains a very high number of kilojoules. If a person eats more kilojoules than they burn each day, they gain weight, which may lead to obesity.

Obesity increases a person's risk of developing a range of serious health conditions.

Food allergies / intolerances

The absence of clear labelling on fast food products poses significant challenges for individuals with food allergies and intolerances. Without proper information, there is a risk of consuming hidden allergens or experiencing cross-contamination in shared kitchens. This not only limits dietary choices but also increases the likelihood of severe allergic reactions. The lack of transparency creates inconvenience, erodes trust in food safety practices, and makes meal planning difficult for those with dietary restrictions. Improved allergen labelling is crucial to empower individuals to make informed and safe choices when dining at fast food establishments.

Prohibited, misleading food claims

The following claims, information or allegations are prohibited from food labels, because they are misleading or negative:

- Any reference to the Department of Health, the government, or its officials.
- Words, pictures, marks, logos, or descriptions creating the impression that the food product is supported, endorsed, or recommended by:
 - health practitioners
 - organisations, associations, foundations, or any other entity, unless this has been approved by the Director-General of the Department of Health
- An endorsement in any form, visual or verbal, by the manufacturer or seller regarding the nutritional, or safety properties of the food product, unless it is valid and done according to legal requirements.
- The words 'health', 'healthy', 'wholesome', 'nutritious', or any other word or symbol implying that a food product or ingredient has health-giving properties.
- Claims such as 'complete' or 'balanced' implying that the food product will give complete or balanced nutrition.
- The word 'cure' or any other medicinal claim, including therapeutic and preventative claims.
- The word 'wild' for fish and other marine food products, unless it is qualified as 'wild caught'.
- Prohibited wording for food content are claims such as 'excellent source', 'good source', 'enriched', 'enriched with X', 'with added X', 'contains X', 'a certain % X-free', or any other similar wording.
- Claims that nutritious value has been added to a product when an ingredient has been added because of technical or sensory reasons, e.g., it cannot be claimed that a product contains vitamin C if it has been added as antioxidant.
- Claims referring to any ingredient that is not contained in the packaging, e.g., a breakfast cereal food label may not claim the cereal contains calcium if milk has to be added to the cereal.
- 'No sugar added' or 'no added sugar' appearing on labels of foodstuffs where sugar has been added in the form of corn syrup, decaffeinated concentrates and fruit juices, dextrose, fructose, glucose, maltose or sucrose or any other syrup.

- Any word, statement, phrase, logo or picture implying that the product is healthy, healthier, additive-free or veterinary medicine-free, or claiming that a more humane treatment or rearing of animals can be linked to it, unless registered by law, e.g., 'Karoo lamb', 'natural lamb', 'free range' and 'pure'.
- Any word, statement, phrase, logo or picture that does not comply with legal regulations e.g., 'fresh', 'natural', 'traditional', 'authentic', 'quality', 'handmade' and 'selected'.
- Frozen food that has been defrosted and marketed as 'fresh' – in this case 'previously frozen' must appear in a certain letter size on the food label.
- Any claim that only this food product has a certain property or ingredient while similar food products have the same property or contain the same ingredient, e.g., '0% cholesterol' on vegetable oils.
- Any comparative claim referring to total fat, saturated fat, cholesterol, sugar, sodium or salt, energy value or alcohol level of two or more similar food products by including words such as 'reduced', 'less than', 'less', 'lite', 'light without complying with legal regulations.

CONCLUSION

It is important that accessible and easily understood nutritional information is provided to consumers to increase their awareness and consideration around dietary choices. To achieve this, nutritional labelling on fast food should be mandatory in South Africa.

Total: 200 marks