NATIONAL SENIOR CERTIFICATE EXAMINATION
MAY 2022

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.

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SECTION A FOOD AND NUTRITION AND CONSUMER-RELATED ISSUES

QUESTION 1 MULTIPLE CHOICE

1.1 C ✓ (1)

1.2 D ✓ (1)

1.3 D ✓✓ (2)

1.4 A ✓✓ (2)

1.5 B ✓✓ (2)

1.6 B ✓ (1)

1.7 C ✓ (1)

[10] R

QUESTION 2

2.1 **Select the *most suitable* breakfast menu for a Type 2 diabetic. Give reasons for your choice.**

Breakfast B ✓

Boiled egg	The protein will help keep you full without affecting your blood sugar. ✓ Protein not only slows digestion but also slows glucose absorption. ✓ Boiled – no saturated fats that are associated with insulin resistance and Type 2 diabetes. ✓
Whole-wheat toast	Whole-wheat bread with high-fibre ingredients, such as oats and bran, is usually the best option for people with diabetes. These breads have a low GI ✓ that release glucose slowly and steadily into the bloodstream without overstimulating the pancreas to produce too much insulin. ✓ Keeps one fuller for longer.
Apple	Even though apples contain sugar (fructose), it has very little effect on blood sugar levels. The fibre in apples slows down the digestion and absorption of sugar. This means sugar enters the bloodstream slowly and doesn't rapidly raise blood sugar levels. ✓ Has a stabilising effect. Low-GI food. ✓
Water	Best option for hydration ✓ as it won't raise the blood glucose levels and drinking enough water can help the body to eliminate excess glucose through urine. ✓ (6) APP

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2.2 **Select the *most suitable* breakfast menu for a person who is gluten intolerant. Give reasons for your choice.**

Breakfast D ✓

The only breakfast that contains no gluten in the form of processed meat, sauces or wheat flour ✓ (2) APP

2.3 **Select the *most suitable* breakfast menu for a person who has high cholesterol. Give reasons for your choice.**

Breakfast C ✓

Steamed salmon	Contains unsaturated fats that have been shown to improve cholesterol levels. ✓ It can help to raise good cholesterol levels (HDL). ✓ Rich in omega-3 fatty acids that promote heart health and lower cholesterol levels. Steamed without the use of saturated fats, which tend to raise LDL-cholesterol, during cooking. ✓
Avocado	Contains both polyunsaturated and monounsaturated fats that can help lower blood cholesterol levels. ✓
Whole-wheat toast	High in fibre ✓ which can help lower cholesterol.
Fresh fruit salad	Fresh fruit provides vitamin A & C ✓ that act as an antioxidant ✓ and protect against heart disease. Provides soluble fibre (apple) which is low in fat and lowers the cholesterol. (6) APP

[14]

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QUESTION 3

3.1 **Identify the group with the highest incidence of anaemia.**

Male ✓ Age 40–39 ✓ (2) U

3.2 **In comparison with the other ages, females (aged 18–39) have a higher incidence of anaemia. Give two reasons for this.**

Women of reproductive age are physiologically more prone to anaemia due to persistent menstrual blood loss ✓ and the demands of repeated childbearing and pregnancy. ✓ (2) U

3.3 **State three noticeable symptoms of anaemia.**

- Fatigue (extreme tiredness; can be mild to severe) ✓
- Lethargy; lack of energy/weak.
- Breathlessness; shortness of breath ✓
- Pale (lighter than normal-coloured) skin ✓
- Lips, gums, the lining of the eyelids, nail beds, and palms are less pink than usual ✓
- Dizziness or fainting ✓ (3) R

3.4 **Analyse the factors that will influence the bioavailability of dietary iron. (Bio-availability is the extent to which absorption occurs.)**

- Iron absorption is better if the iron stores are lower. ✓
- Iron is present in food in two chemical forms, namely haem iron and non-haem iron. ✓ Haem iron is more easily absorbed by the body and is found in animal sources. ✓ Non-haem iron can be less easily absorbed by the body and is found in plant sources. ✓
- Vitamin B12 is only found in food of animal origin.
- Vitamin C promotes the absorption of iron, therefore eat with iron-rich foods. ✓
- Carbonates, oxalates, phosphates and phytates inhibit iron absorption. ✓ The absorption of iron can be inhibited by 50% if tea, coffee or carbonated drinks are taken with meals as insoluble compounds form with tannin. ✓ (6) ANA

[13]

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QUESTION 4

4.1 **Justify why the use of probiotics might be beneficial to this individual.**

Probiotics are live, ✓ beneficial bacteria ✓ naturally found in fermented foods such as kombucha, kefir, sauerkraut, pickled vegetables and tempeh and certain yoghurts and other cultured dairy and non-dairy applications. (1 mark ✓ for an example). When consumed, probiotics enhance the gut microbiome/flora – the collection of beneficial bacteria in your digestive tract. ✓ Probiotics might reduce the severity of symptoms and improve bowel habits (bowel regularity and stool consistency) and bloating. ✓ (4) EVAL

4.2 **A diet high in fibre contains two types of fibre.**

4.2.1 **Differentiate between the two types of fibre. Tabulate your answer.**

Soluble fibre	Insoluble fibre
Dissolves in water and gastrointestinal fluids ✓ when it enters the stomach and intestines.	Does not dissolve in water or gastrointestinal fluids ✓ and remains more or less unchanged as it moves through the digestive tract.
Attracts water and prevents diarrhoea. ✓	Adds bulk to faeces and prevents constipation. ✓
It is transformed into a gel-like substance, ✓ which is digested by bacteria in the large intestine, releasing gases and a few kilojoules.	Because it is not digested at all, insoluble fibre is not a source of any kilojoules. ✓

(Tabulation only for ease of marking. Candidates will not be penalised.) (4) R

4.2.2 **Explain the benefits these fibres will have for the treatment of constipation.**

Soluble fibre feeds healthy gut bacteria, as it is fermentable in the colon, and so it helps the bacteria thrive for longer. ✓ It attracts water and prevents diarrhoea. ✓ Slows digestion and helps with the absorption of nutrients from food. ✓
Insoluble fibre is an indigestible material and sits in the gastrointestinal tract, absorbing fluid and sticking to other by-products of digestion that are ready to be formed into the stool. ✓ Its presence speeds up the movement and processing of waste, helping to prevent gastrointestinal blockage and constipation or reduced bowel movements. ✓ (4) APP

4.2.3 **Name an example of each type of fibre.**

Soluble fibre – apples, bananas, barley, oats, beans, bran, nuts, seeds, lentils, peas and some vegetables. ✓
Insoluble fibre – whole grains, most vegetables, wheat bran and legumes ✓
(One example for each of the fibres) (2) R

4.3 **Nutrition-related health conditions such as high cholesterol, Type 2 diabetes and obesity will also benefit from a diet high in fibre.**

Select *any two* of the above-mentioned health conditions and justify why the statement is true.

High cholesterol
Soluble fibre may help lower total blood cholesterol levels by lowering low-density lipoprotein (bad) cholesterol levels. Soluble fibre lowers cholesterol by binding to it in the small intestine. Once inside the small intestine, the fibre attaches to the cholesterol particles, preventing them from entering the bloodstream and travelling to other parts of the body. ✓ Instead, cholesterol will exit the body through the faeces.

Type 2 Diabetes
In people with diabetes, fibre – particularly soluble fibre – can slow the absorption of sugar ✓ and help improve/stabilise blood sugar levels. ✓ A healthy diet that includes insoluble fibre may also reduce the risk of developing Type 2 diabetes.

Obesity
High-fibre foods tend to be more filling than low-fibre foods, ✓ so you're likely to eat less and stay satisfied for longer. ✓ And high-fibre foods tend to take longer to eat and to be less "energy-dense," which means they have fewer kilojoules for the same volume of low-fibre foods. (2 × 2 = 4) ANA

[18]

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QUESTION 5

5.1 **Define the term *genetically modified organism* (GMO).**

A genetically modified organism (GMO) is any organism whose genetic material has been altered using genetic engineering techniques. ✓ An organism altered in a way that 'does not occur naturally by mating and/or natural recombination'. ✓ A wide variety of organisms have been genetically modified (GM), from animals to plants and microorganisms. Genes have been transferred within the same species, across species (creating transgenic organisms), and even across kingdoms. New genes can be introduced, or endogenous genes can be enhanced, altered, or knocked out. ✓ (3) R

5.2 **Debate whether the characters in the cartoons have any reason to be concerned about GMOs.**

These cartoons portray concern about the effects of genetically modified foods on human health and the impact of genetically modified crops on the environment.
Safety issues include the possible toxicity of ✓ and allergic reactions ✓ to these foods. For example, someone with a nut allergy might eat food that contains nut genes and become ill. Antibiotic-resistant ✓ genes may cause humans to become resistant to antibiotics. However, GMO food is cheaper and more plentiful which will be beneficial for food security ✓ in developing countries. These foods can possibly be used as an edible vaccine ✓ and the food may have a higher nutritional value ✓ than conventionally grown food.

There are concerns about the effects of genetic modification on the plant, insect, bird and animal life in the environment where genetically modified crops are grown. No one knows what will happen if genetically modified plants pollinate conventionally grown plants. E.g.: superweed is created. GM animals and plants could become super organisms that will cause natural species to die out. ✓ It is possible that genetic modification may be used to cause animals to grow bigger and faster, ✓ thus slaughtered at a younger age, which makes it unethical. On the other hand, crops can be modified to be resistant to pests and weed-killing chemicals, thus fewer pesticides and chemicals are needed, which is better for the environment. ✓ Agricultural productivity might be increased due to the increased resistance of crops to drought and fluctuation in temperatures. ✓ Crop yields are greater and more people can be fed and the production cost may be lower. ✓
Conclusion – Candidate can be either against or for GMOs but must show sound reasoning for their decision. ✓
(4 marks = effect on human health + 4 marks = effect on environment + 1 mark conclusion) (9) EVAL

5.3 **Explain what makes organic food different from GMO foods.**

Organic food is produced without artificial fertilisers, pesticides, herbicides, growth regulators or livestock feed additives. ✓ For this reason, organic food is likely to contain lower residues of agricultural chemicals. ✓ The goal of organic farming is the optimal functioning of the soil, plants, animals and people in the ecosystem (eco-friendly), ✓thus no reason to wear a mask when cultivating these foods as per the second cartoon. (3) U

[15]

70 marks

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SECTION B CLOTHING AND CONSUMER-RELATED ISSUES

QUESTION 6 MULTIPLE CHOICE

6.1 D ✓✓ (2) R

6.2 B ✓ (1) R

6.3 B ✓ (1) R

6.4 B ✓ (1) U

[5]

QUESTION 7 MATCH THE COLUMNS

7.1 E ✓ (1)

7.2 D ✓ (1)

7.3 B ✓ (1)

7.4 G ✓ (1)

7.5 A ✓ (1)

[5] R

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QUESTION 8

8.1 **Define and explain the term eco-fashion.**

An eco-fashion is a 'green fashion' and it takes the environment ✓ and working conditions ✓ of the people in the fashion industry as well as the health of consumers into account. ✓

Eco-fashions:
- Use organic raw materials and no harmful chemical colourants. ✓
- Are often made from recycled or reused textiles. ✓
- Are durable for longer use. ✓
- Make use of fair trade practices or ethical clothing practices during the production process. ✓ (6) U

8.2 **Evaluate how this change in the workplace environment influences fashion change by referring to the following factors:**

8.2.1 **Economic factors**

Fashion is directed at those people who control spending power. Women in senior management positions will earn more money ✓ and will therefore be able to spend more on clothing ✓ causing fashion to change more rapidly. Their disposable income will dictate how much they will spend on fashion items. These enhanced spending patterns will accelerate fashion change. Holding these management positions will also give them more access to credit facilities ✓ leading to more buying and ultimately faster fashion changes. The demand ✓ for more corporate clothing items will also influence fashion. (4) EVAL

8.2.2 **Social factors**

Women in senior management positions will have more influence ✓ and thus cause fashion change as consumers like to imitate influential people. ✓ Higher education levels ✓ of these women will influence fashion change positively as educated people usually have better access to resources informing people of new fashions. ✓ (4) EVAL

8.3 8.3.1 **Motivate why the jacket is a smart choice for a basic item for a working wardrobe.**

- It can be mixed and matched with other clothing items. ✓
- It is in a basic colour, which makes it versatile. ✓
- It is a classic style that will not go out of fashion quickly. ✓
- Fits most figure types. ✓
- Portrays professionalism. ✓ (4) U

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8.3.2 **By using your selected picture suggest two accessories to add to reflect your personality at work.**

Picture A	Picture B
• Belt • Scarf • Jewellery • Handbag / Purse • Hat • Hair accessories	• Belt • Tie or Bow tie • Watch or other jewellery • Hat • Wallet • Tie clip or cufflinks • Pocket squares

(Any 2 suitable accessories for the workplace) (2) APP

8.3.3 **Suggest clothing changes that could be made to her or his current look to suit an informal social event after work.**

Picture A	Picture B
• Jeans • Sneakers/pumps • Less formal shirt • Jersey or Sweater	• Jeans • Sneakers • Less formal shirt • Pullover/ Jersey / Sweater

(Any 4 suitable clothing item for an informal event) (4) APP

8.4 **Planning a working wardrobe requires following certain steps. Give your chosen individual six working wardrobe planning tips.**

- Analyse your needs ✓ – type of clothing or the dress code of the business. ✓
- Evaluate your existing wardrobe ✓ – what garments do you need to complete a working wardrobe ✓ according to the company's dress code.
- Examine your resources ✓ – clothes are expensive thus choose clothing items that you can mix and match ✓ in neutral colours ✓ and classic styles. ✓
- Compile a list of items that would complement your current wardrobe ✓ – compare your work clothes to the example of a basic wardrobe to avoid unnecessary purchases. ✓ (6) R

8.5 **Analyse the impact of fast fashion on the natural environment.**

The environmental impact of fast fashion is significant: the clothing and textile industry is depleting non-renewable resources, ✓ emitting huge quantities of greenhouses gases ✓ and using massive quantities of energy, ✓ chemicals ✓ and water. ✓ The synthetic fibres, such as polyester, nylon and acrylic, often favoured by fast fashion brands are basically a kind of plastic made from petroleum, which means they could take up to a thousand years to biodegrade. ✓ A single synthetic garment can generate more than 1 900 microplastic fibres in one washing-machine cycle. ✓ (5) ANA

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8.6 **Predict five economic consequences of brand piracy.**

- It leads to losses of millions of rand for the manufacturers of registered-trademark goods. ✓
- It harms retailers selling legal products because consumers buy the cheaper counterfeit goods. ✓
- It leads to a loss of employment opportunities. ✓
- Countries do not receive income tax from retailers ✓ or import tax if these products enter the country illegally ✓ and this is detrimental to the country's economy.

(5) ANAL
[40]

50 marks

SECTION C HOUSING AND CONSUMER-RELATED ISSUES

QUESTION 9 MULTIPLE CHOICE

9.1 C ✓ (1)

9.2 A ✓ (1)

9.3 B ✓✓ (2)

9.4 B ✓ (1)

[5] R

QUESTION 10

Identify the type of tax an individual/company would pay in each of the following scenarios:

10.1 Donation tax ✓ (1)

10.2 Capital gains tax ✓ (1)

10.3 Value added tax ✓ (1)

10.4 Excise duty / sin tax ✓ (1)

10.5 Custom duties ✓ (1)

[5] R

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QUESTION 11

11.1 **Different housing/ownership options are available to consumers. Name and explain the housing/ownership options represented in the advertisements A-D above.**

Option A = Renting ✓
Option B = Buying: Sectional title ✓
Option C = Buying: Full title ✓
Option D = Building ✓ (4) APP

11.2 **State two costs specific to each of the options (A-D) that the consumer should be aware of when choosing a particular housing option.**

Renting = Deposit ✓
= Monthly rental/Rent ✓

Sectional title = Monthly levy ✓ (property tax/service fees/building insurance/maintenance/wages/salaries/water and electricity for common areas)
= Mortgage/Home loan ✓
= Water & electricity for own property ✓

Full title = Municipal rates and taxes (electricity, water, refuse removal, sewerage) ✓
= Security costs ✓
= Maintenance ✓
= Comprehensive, household and mortgage protection insurance ✓
= Mortgage/Home loan ✓
= Deposits ✓

Building = Purchase price for plot ✓
= Transfer duty for plot ✓
= Architect/Draughtsperson ✓
= Builder ✓
= Building materials ✓
= Municipal fees ✓ (8) U

(Candidates will not be awarded full marks if they didn't differentiate between the types of ownership)

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11.3 **The consumer decided to build a house on the vacant plot in advertisement D. Advise them on how to choose the right builder.**

- Look around your neighbourhood for builders currently working on projects and chat to the homeowners and get their opinion on them. ✓
- Get referrals from your architect or friends. ✓
- Shortlist at least three builders from whom you can obtain quotes. ✓
- Check your builder's credentials. ✓
- Obtain and check the potential builder's references. Obtain the addresses and contact numbers of at least three previous projects that he has worked on. Do not appoint any builder who is unable to supply you with contactable references. ✓
- Ask for information on the project that he is currently busy with. Visit the site and speak to the owner. If the builder is in financial difficulty on that project, then chances are that he needs your project to finance the completion of that one. ✓
- Find out if your builder is registered with either the Master Builders Association or NHBRC or any other association. ✓
- Make sure that you have your builder's business and residential addresses and full contact details. ✓
- Check that your builder has a valid insurance policy in place to adequately cover the project and personal liability. ✓
- Find out who your builder gets most of his building material supplies from and check his creditworthiness with that supplier. ✓
- Check if a Health and Safety Plan is required for your project and whether your builder can produce and comply with one. ✓
- Check the registration details of the electrical sub-contractor and the plumbing sub-contractor that your builder will be using with their respective associations. This is very important. Electricians who are not registered with the Electrical Contracting Board of S.A. are not permitted to sign an Electrical Compliance Certificate. (6) APP

11.4 **List the advantages of building your own house over buying an existing house.**

- Building your dream house adds sentimental value and advantages in the long run. When you build a home you can have everything your way, from the carpets to the cabinets and everything in between, both structurally and design-wise. ✓
- There are definitive feelings of emotional fulfilment and pride ✓ in a house that has become 'your baby'. Also, having everything brand new and up-to-date ✓ is an advantage when you build instead of buying an existing home.
- Furthermore, the construction materials and building code will be up to the latest safety standards. ✓
- Modern society is also reflected in a newly built home – everything from wiring for high-speed internet to the latest in spatial, acoustic and architectural trends can be added without much trouble. ✓
- The house can be finished according to the owner's schedule. ✓
- If there are not enough funds, the building work can be halted for a while. ✓
- You only pay transfer duties on the price of the plot and this is considerably less than transfer duties on an existing house. ✓ (6) R

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11.5 **Explain the following with regards to the building of a house:**

11.5.1 **Building contract**

The building contract should describe the following:

- What will be done (detailed description of material, finishes, dimensions of the house)✓
- How long it will take to complete ✓
- How much it will cost and the payment terms ✓
- Guarantee provided by the builder.
- What will be done if either party defaults ✓
- The extent to which the common law, which would usually apply, is adhered to. ✓ (4) APP

11.5.2 **Responsibilities of the builder**

- Pay the enrolment fee to enrol the new house with the NHBRC. ✓
- Build the house according to the standards and guidelines set in the NHBRC's and Home Builders Manual. ✓
- Rectify any defects related to plans, specifications, workmanship and materials in the new house that occur within 90 days of your moving into the new house. ✓
- Repair any roof leaks occurring within 12 months of occupation. ✓
- Provide a five-year warranty ensuring the structural integrity of the new house. ✓
- Ensure that a letter confirming acceptance of occupation is signed and a copy is forwarded to the NHBRC. ✓
- Give the owner a written copy of the contract. ✓
- Build everything according to what the builder and the client agreed to in the contract, for the price that they agreed on. ✓ (5) APP

11.5.3 **Responsibilities of the owner**

- Make sure that the terms and conditions of the Building Contract are understood before it is signed. ✓ Know exactly what the developer/builder will do, by when and for how much. ✓
- Make sure the developer/builder is registered with the NHBRC. ✓
- Keep a copy of the agreement and plans. ✓
- Inspect the building process regularly. ✓
- Obtain an Occupancy Certificate supplied by the Building Inspector of the local authority to say that the house is fit to be occupied and complies with building regulations. ✓
- Pay the required connection fees for water and electricity at the local municipality. ✓ (5) APP

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11.6 **Suggest possible options for this owner to:**

11.6.1 **Start a water-wise garden**

- Plant mostly indigenous plants, as they need less water. ✓
- Group plants with similar water needs together. ✓
- Use mulches to retain the water in the soil. ✓
- Do not water during the hottest part of the day or when it is windy – up to 90% of the water that you use may be lost. ✓
- Water the garden only early in the morning or late afternoon – less water evaporates and more is absorbed by the plants. ✓
- Install a tank to collect rainwater with which to water the garden. ✓
- Use grey water by pumping water from the bathrooms to the garden. (6) ANA

11.6.2 **Save electricity for heating and cooling the house**

- Insulate the house by putting insulating materials on the ceiling. Insulation material in your roof will stabilise the temperature in your house in winter and summer. ✓
- Use a heater with a thermostat to regulate energy consumption. ✓
- Plan a house so that most windows face north. ✓
- Keep curtains open during winter days to let the sun in and close them as soon as the sun sets to prevent heat from escaping through the windows. ✓
- Leave the window open about 2 cm in winter to provide ventilation without heat loss. ✓
- The stove should not be used to heat the kitchen. ✓
- Heat your bed with a hot water bottle rather than heating the whole bedroom. ✓
- Close doors and windows when using a heater to keep the heat in the room. ✓
- Gas or oil heaters are more energy-efficient than bar heaters. Wall panels are the most efficient. ✓

(6) ANA

[50]

60 marks

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SECTION D EXTENDED WRITING RESPONSE

QUESTION 12

Compose a reply/response to this consumer's question. Use the points below to assist you in your written response.

Introduction:

Prevention of nutrient deficiencies

- Functional foods are typically high in important nutrients, including vitamins, minerals, healthy fats, and fibre.
- Filling your diet with a variety of functional foods – including both conventional and fortified foods – can help ensure you get the nutrients you need and protect against nutrient deficiencies.
- With the introduction of fortified foods, the prevalence of nutrient deficiencies has significantly decreased around the globe.
- For example, after iron-fortified wheat flour was introduced, rates of iron deficiency anaemia among children were nearly cut in half.
- Fortification has also been used to prevent other conditions caused by nutrient deficiencies, including rickets, goitre, and birth defects.

Protection against disease

- Functional foods provide important nutrients that can help protect against disease.
- Many are especially rich in antioxidants. These molecules help neutralise harmful compounds known as free radicals, helping prevent cell damage and certain chronic conditions, including heart disease, cancer, and diabetes.
- Some functional foods are also high in omega-3 fatty acids, a healthy type of fat shown to reduce inflammation, boost brain function, and promote heart health.
- Other types are rich in fibre, which can promote better blood sugar control and protect against conditions like diabetes, obesity, heart disease, and stroke. Fibre may also help prevent digestive disorders, including diverticulitis, stomach ulcers, haemorrhoids, and acid reflux.

Promotion of proper growth and development

- Certain nutrients are essential to proper growth and development in infants and children.
- Enjoying a wide range of nutrient-rich functional foods as part of a healthy diet can help ensure that nutritional needs are met. In addition, it can be beneficial to include foods that are fortified with specific nutrients that are important for growth and development.
- For example, cereals, grains, and flours are often fortified with B vitamins like folic acid, which is essential for foetal health.
- Low levels of folic acid can increase the risk of neural tube defects, which can affect the brain, spinal cord, or spine. It's estimated that increasing the consumption of folic acid could decrease the prevalence of neural tube defects.
- Other nutrients commonly found in functional foods also play key roles in growth and development, including omega-3 fatty acids, iron, zinc, calcium, and vitamin B12 (13Trusted Source).

Conclusion:
Functional foods may help prevent nutrient deficiencies, protect against disease, and promote proper growth and development.

20 marks

Total: 200 marks

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Criteria	Performance Indicators				
	5 marks	**4 marks**	**3 marks**	**2-1 mark**	**0 marks**
Prevention of nutrient deficiencies.	The response shows a thorough understanding of how functional foods can probably prevent nutrient deficiencies. 3 examples of nutrient deficiencies are mentioned. No factual errors.	The response shows a good understanding of how functional foods can probably prevent nutrient deficiencies. 2 examples of nutrient deficiencies are mentioned. No factual errors.	Only 1 nutrient deficiency is mentioned. Some lack of appropriateness, clarity or detail.	Response attempts to provide some deficiencies but they are mostly inappropriate or vague.	Response provides no deficiencies where functional food may be beneficial.
	5 marks	**4 marks**	**3 marks**	**2-1 mark**	**0 marks**
Protection against nutritional diseases.	The response shows a thorough understanding of the role functional food plays with regard to the protection against nutritional diseases. 3 examples of nutritional diseases are mentioned. No factual errors.	The response shows a good understanding of the use of functional food against nutritional diseases and mentions at least 2 diseases. Minor factual errors.	The response shows an understanding of the use of functional food against nutritional diseases and mentions at least 1 disease. Some important information is missing/incorrect.	The response shows a weak understanding of how functional foods can protect against diseases. Vague with no examples.	The response shows a poor or no understanding of the role of functional foods for protection against nutritional diseases.
	4 marks	**3 marks**	**2 marks**	**1 mark**	**0 marks**
Promotion of proper growth and development.	The response shows a thorough understanding of the role functional foods play with regard to proper growth and development. 3 examples. No factual errors.	The response shows a good understanding of the role functional foods play with regard to proper growth and development. 2 examples. No factual errors.	The response shows some understanding of the role functional foods play with regard to proper growth and development. 1 example. Some factual errors.	The response shows a poor understanding of the role functional foods play with regard to proper growth and development. No examples. Major factual errors.	The response is meaningless.
	4 marks	**3 marks**	**2 marks**	**1 mark**	**0 marks**
Quality of the article.	The response is clear and concise. Flow is logical. Focus is consistently maintained. The use of terminology is accurate.	For the most part, the response 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 response is often vague, lacking cohesion, rambling or repetitive. The terminology used is often incorrect.	The response is meaningless.
			2 marks	**1 mark**	**0 marks**
Presentation			The response is organised with an appropriate title, well-constructed paragraphs, an engaging introduction and a clear conclusion. Language and tone are appropriate.	The response is organised but flawed in several respects.	The response is flawed in all or almost all aspects of the presentation.

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