NATIONAL SENIOR CERTIFICATE EXAMINATION
MAY 2023

CONSUMER STUDIES
MARKING GUIDELINES

Time: 3 hours 200 marks

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SECTION A FOOD AND NUTRITION AND CONSUMER-RELATED ISSUES

QUESTION 1

Question	1.1	1.2	1.3	1.4	1.5	1.6
Answer	B	C	A	C	B	A

QUESTION 2

Question	2.1	2.2	2.3	2.4	2.5
Answer	C	A	F	B	D

QUESTION 3

3.1 ***List the THREE nutritional conditions that South Africa needs to address first.***

- Childhood stunting
- Anaemia
- Low birth weight

3.2 ***Define the term anaemia.***

Anaemia is a blood disorder in which the blood has a reduced ability to carry oxygen due to a lower than normal number of red blood cells, or a reduction in the amount of haemoglobin.

3.3 ***Discuss possible reasons why anaemia is mentioned in this nutritional profile.***

Any three of the following explanations:

Blood loss.
Blood contains iron within red blood cells. So, if you lose blood, you lose some iron. Women with heavy periods are at risk of iron deficiency anaemia because they lose blood during menstruation.
Slow, chronic blood loss within the body – such as from a peptic ulcer, a hiatal hernia, a colon polyp, or colorectal cancer – can cause iron deficiency anaemia. Gastrointestinal bleeding can result from regular use of some over-the-counter pain relievers, especially aspirin.

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A lack of iron in your diet.
Your body should regularly get iron from the foods you eat. If you consume too little iron, over time your body can become iron deficient. Examples of iron-rich foods include meat, eggs, leafy green vegetables, and foods enriched with iron. For proper growth and development, infants and children need iron from their diets, too.

An inability to absorb iron.
Iron from food is absorbed into your bloodstream in your small intestine. An intestinal disorder, such as celiac disease, which affects your intestine's ability to absorb nutrients from digested food, can lead to iron deficiency anaemia. If part of your small intestine has been bypassed or removed surgically that may affect your ability to absorb iron and other nutrients.

Pregnancy.
Without iron supplementation, iron deficiency anaemia occurs in many pregnant women because their iron stores need to serve their increased blood volume as well as be a source of haemoglobin for the growing foetus.

3.4 ***Recommend FIVE food-based strategies to improve the current anaemia course.***

- Increase the production and consumption of iron-rich foods, animal-sourced foods such as meat (especially red meat), poultry and fish, but also iron-rich plant sources such as legumes.
- Increase the production and consumption of foods that are rich in vitamin A/ carotenoid, such as green leafy vegetables, orange-fleshed fruits and vegetables (e.g., orange-fleshed sweet potatoes), dairy products, eggs, liver, and fish oils.
- Add fruits and vegetables that are rich in citric or ascorbic acid (e.g., citrus fruits) to the diet, to increase the absorption of non-haem iron. Vitamin C degrades with cooking, so consumption of uncooked (or lightly cooked) fruits and vegetables with high vitamin C content should be encouraged (assuming considerations of food hygiene and food safety are addressed).
- Identify and promote culturally appropriate and feasible methods of food processing and preparation, to improve bioavailability and absorption.
  - Iron: germination, fermentation and soaking may improve absorption.
  - Vitamin A: short cooking times and steaming rather than boiling will maintain pro-vitamin A activity.
- Avoid combining known iron-absorption inhibitors with meals high in iron content. For example:
  - Separate tea and coffee drinking from mealtimes; consumption 1–2 hours later will not inhibit iron absorption.
  - Consume dairy products (milk, cheese and other foods made from milk) as a snack between meals, not at mealtimes.

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3.5 ***High blood pressure is directly linked to sodium intake in both men and women.***

3.5.1 ***Explain high blood pressure.***

High blood pressure, also called hypertension, is blood pressure that is higher than normal. Your blood pressure changes throughout the day based on your activities. Having blood pressure measures consistently above normal may result in a diagnosis of high blood pressure (or hypertension).

3.5.2 ***Name THREE risk factors that are not nutrition-related, for developing high blood pressure.***

- Family history and genetics
- Gender
- Inactive lifestyle
- Stress
- Smoking
- Aging
- Certain medication

3.5.3 ***Suggest FOUR dietary changes to prevent or manage high blood pressure.***

- Limit intake of fats to lose weight if overweight
- Reduce intake of dietary saturated fat and cholesterol for overall cardiovascular health
- Include enough potassium, calcium, and magnesium in your diet
- Limit alcohol intake
- Reduce sodium intake

3.5.4 ***Predict the effect constant high blood pressure will have on the heart.***

High blood pressure increases the workload of the heart, causing the heart muscle to thicken and arteries to stretch. The greater the pressure the greater the chances of a heart attack or stroke.

3.6 ***Explain the link between obesity and diabetes.***

People who suffer from obesity are at a higher risk of developing Type 2 diabetes. That is a condition in which your blood glucose level is consistently elevated. Insulin enables your cells to utilise glucose (sugar) as an energy source. In a Type 2 diabetic, the body can't convert glucose into energy, resulting in a consistently high blood glucose level. Excess weight also results in muscle and tissue resistance to the body's own insulin. Therefore, a high BMI/excess fat results in insulin resistance.

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QUESTION 4

'The relationship between nutrition and HIV is a vicious cycle, similar to the relationship between nutrition and other infections.'

4.1 ***Explain the 'vicious cycle' mentioned in the quotation.***

HIV infection can compromise nutrition through malabsorption and altered metabolism resulting in:

- Weight loss
- Loss of muscles and fat tissue
- Vitamin and mineral deficiencies
- Reduced immune function and competence
- Increased susceptibility to secondary infections
- Consequently, the individual will suffer from poor/malnutrition.

Any reason.

Furthermore, people living with HIV and AIDS may not get enough nutrition from food due to:

- Drugs reducing their appetite.
- Infections causing sore mouth, nausea, and vomiting.
- Illnesses causing abdominal pain and damage to the gut.
- Persistent diarrhoea.
- Reduced absorption of nutrients especially fats and fat-soluble vitamins.
- Increased tiredness, loneliness and depression leading to loss of appetite and anorexia.
- Reduced energy to work or produce food.
- Changes in their metabolism – the way the body transports, uses, stores, and gets rid of nutrients.
- Therefore, these individuals need nutrient-dense foods.

Any reason.

4.2 ***Give FIVE examples of sound nutritional practices that are recommended for people suffering from HIV/AIDS.***

- Eat small meals frequently so that nutrients can be absorbed, and body weight maintained.
- Eat a balanced diet that includes all six food groups and make starch the basis of every meal, thus ensuring the individual receives all macro- and micronutrients.
- Increase food intake after an illness like diarrhoea or where fever has weakened the immune system. Consume more fat and sugar after illness and weight loss, to supply enough kilojoules (energy).
- Eat a lot of fresh fruit and vegetables that are rich in fibre and antioxidants to improve immune function.
- Drink clean, safe water daily. Boil and cool water, if necessary, to prevent further infections.
- Avoid alcohol because it impairs vitamin and mineral absorption.
- Exercise often to stimulate appetite.

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4.3 ***Give THREE reasons for including foods rich in antioxidants in the diet of an HIV-positive patient.***

- An antioxidant is a dietary substance that can prevent damage to body cells or repair damage that has been done.
- Antioxidants improve immune function and lower the risk of infection.
- Antioxidants support the immune system and improve the defence power of the body.
- Antioxidants offer protection against digestive disorders – HIV patients often suffer from diarrhoea and malabsorption.

4.4 ***Name THREE antioxidants with an example of a source for each.***

Tabulated for ease of marking

Example	Source (any)
Vitamin A	Dark green, yellow, orange, and red fruit and vegetables.
Vitamin C	Citrus fruit, guavas, tomatoes, pawpaws, mangoes, strawberries, berries, and cauliflower
Vitamin E	Plant oils, margarine and nuts
Selenium	Wholewheat bread, grains, corn, beans, peanuts, samp, dairy products, meat, fish, chicken, and eggs
Carotenoids	Kale, spinach, watermelon, melon, bell peppers, tomatoes, carrots, mangoes, oranges

4.5 ***Discuss habits that consumers can adopt to ensure a sustainable food system.***

Local eating

- Reasonable explanation
  The cost of transporting food across the globe – carbon emissions.
  When you buy food from local farmers, you're contributing to your community's economy and decreasing your impact on the environment
  Growing your own vegetables to prevent the impact on the environment from transportation, packaging, and herbicide/pesticides.

Eat seasonally

- Reasonable explanation
  Consumers enjoy fruits and vegetables all the year round. This is one reason foods are imported from all over the world: to gratify the appetites of consumers. This, however, is unsustainable. If you select seasonal produce, you'll be able to buy almost everything locally – and make sure that you get more variety in your diet over a year. This practice will help to reduce your carbon footprint and boost your health.

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Waste less

- Reasonable explanation
  As the food industry grows, so will its impact on the earth. To offset this, consumers should strive to discard less food at home and make the most of their groceries. Businesses, supermarkets, and industries should also stop discarding food and strive to donate food nearing its expiration date to charities or other organisations. Consumers should choose to purchase from those who subscribe to sustainable practices.

Support Fair Trade

- Reasonable explanation
  Foods that bear the Fair-Trade label are produced in a way that ensures fair treatment of employees and the environment. So, if you're committed to the sustainable food movement, you should opt for Fair Trade foods whenever possible to support the right kinds of producers.

Invest financially

- Reasonable explanation
  Invest in innovative indoor farming techniques to make the most of every square metre of land. Consumers should also forgo most chemical pesticides so they can keep their soil fertile. Vertical farming is a good example of indoor farming.

Avoid additives, pesticides and go organic

- Reasonable explanation
  Synthetic pesticides, fertilisers and antibiotics take a toll on the earth and animals but are used frequently by primary producers and livestock farmers in conventional farming to ensure products and animals grow – and yield profit – as quickly as possible. When you have the option, try to buy organically grown and additive-free produce and grass-fed meats where possible. Read food labels carefully.

Be willing to forgo the convenience

- Reasonable explanation
  Supporting a sustainable food system isn't easy. When you commit to buying locally produced foods and Fair-Trade foods and adhere to other tenets (principles or beliefs) of sustainable living, these conscious choices may cost you time and money. But ultimately, you're working toward a greater cause that will ensure you pass on a healthy earth to future generations.

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SECTION B CLOTHING AND CONSUMER-RELATED ISSUES

QUESTION 5 MULTIPLE CHOICE

Question	5.1	5.2	5.3	5.4	5.5
Answer	C	D	B	A	C

QUESTION 6

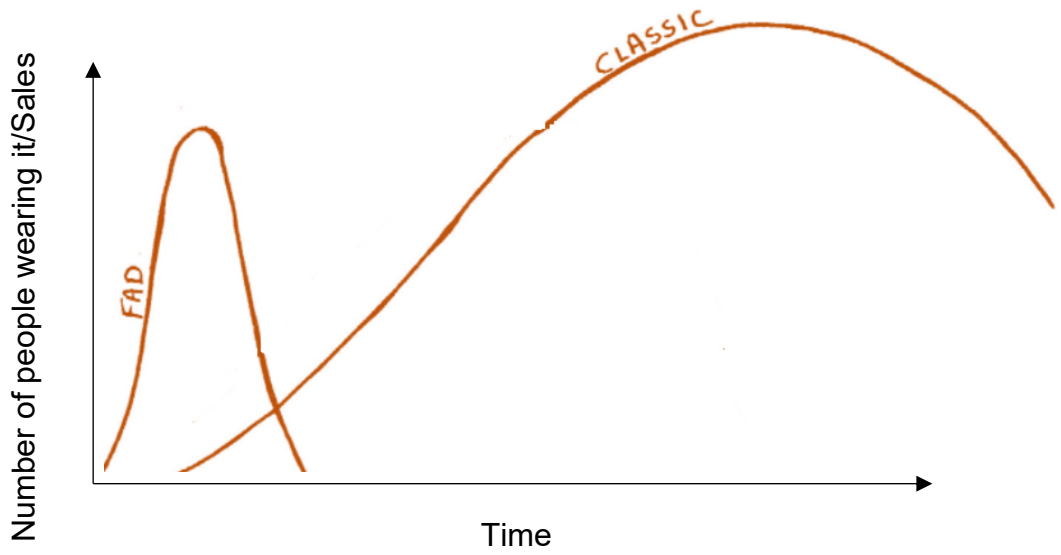
6.1 ***Discuss the difference between the fashion styles illustrated in images A and B.***

Image A – Fashion fad
- Quickly accepted by a relatively small group of consumers
- The fashion items suddenly become popular and disappear just as quickly
- The reason for this short lifespan is that they are usually too flashy, poorly designed, not easily available and extreme

Image B – Classic fashion
- Classic styles tend to be timeless/are worn over a long period of time
- Characterised by
  - Simplicity
  - Remain popular
  - Are considered good taste
  - Suitable for most people

6.2 ***Draw a simple line graph to illustrate the difference, according to the fashion cycle, between the fashion styles mentioned in Question 6.1.***

Title: Difference between a classic and fad fashion cycle.



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6.3 ***Explain how the following factors influence changes in fashion.***

6.3.1 ***Economic factors***

Factors such as economic recessions and depressions, inflation, wealth, and poverty can all accelerate or slow down changes in fashion. Thus, fashion will flourish in communities where consumers have plenty of money to spend on clothes. Furthermore, when consumers' income is high or when consumer credit facilities increase, people tend to buy more, and fashions change more rapidly. Consequently, in poorer communities, there are practically no changes in fashion.

6.3.2 ***Technological factors***

Technological factors, such as the development of synthetic fibres, new finishing processes, the improvement of fabric properties, and new production methods result in ongoing fashion change.

The fact that the clothing manufacturing industry is mostly mechanised will result in continuous/faster fashion change.

Social media and internet marketing resulted in fashion trends being available to consumers immediately, which facilitates changes in fashion.

6.3.3 ***Social factors***

Famous personalities or influential people affect fashion as consumers like to imitate their clothing. Images of these are readily available to consumers, thus resulting in changes in fashion.

Geographical living patterns, as people in cities are exposed to fashion and will buy new fashions while people from rural areas will buy new fashion less often.

Higher education levels influence changes in fashion positively as educated people usually have better access to resources informing people of new fashions.

Cross-cultural contact/subcultural groups and cultural festivals introduce and expose new fashions to consumers, resulting in changes in fashion.

(Candidates need to explain to be rewarded full marks)

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QUESTION 7

7.1 ***Consider the abovementioned statement and comment on the suitability of Peter's attire and appearance for his upcoming interview at a law firm.***

Hairstyle and beard

- He needs a haircut/hair grooming and some beard grooming. It is important to ensure that your hair is neat and well cut.

Clothing

- Denim jacket should be replaced by a formal jacket.
- He can probably still use the black trousers with better accessories, such as a tie, scarf or bow tie.
- The chain with pendant and the sunglasses are not suitable for an interview at a law firm.

Shoes

- The shoes are a good choice for the interview, smart and well-polished.

(Candidates must refer to specific clothing items and give a reasonable explanation as to its suitability.)

7.2 ***Suggest additions to Peter's current wardrobe to make it more appropriate for the interview.***

- White, collared shirt
- Tie/bow tie/scarf
- Blazer

7.3 ***State the characteristics of workwear.***

- It fits your personality, figure type and working activities
- Ideally a different outfit for every day of the week
- Clothes are suitable for your work situation and reflect the image of the company you work for
- Clothes are comfortable and pleasurable to wear
- Best quality that you can afford
- A core of basic, classic styles in neutral colours
- Items can be mixed and matched
- More tops than bottoms
- 70–80% plain and 20–30% prints

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QUESTION 8

8.1 ***Explain the term sustainable textile.***

- A sustainable textile is cultivated and manufactured in eco-friendly or environmentally friendly ways
- Renewable resources such as plants that require little water, but produce good yields, are used to manufacture these textiles.
- Little or no chemicals are used in the cultivation of the plants and the production of the textiles
- Sustainable textiles can be organic or non-organic

8.2 ***List THREE organic and eco-friendly textiles.***

- Organic cotton
- Fibre made from seaweed combined with eco-friendly lyocell
- Hemp
- Bamboo
- Ramie
- Organic jute
- Tencel
- Organic linen
- Organic silk
- Recyclable PET fabric
- PLA fabric
- Modal
- Organic wool

8.3 ***Discuss the positive impact of recycling and reusing old clothing items*.**

- It reduces greenhouse gases
  Reasonable discussion
  Clothing made from organic materials (cotton, linen) should be biodegradable. However, when people discard clothes and they end up in landfills, those clothes lack the oxygen needed for organic materials to break down. Lack of oxygen leads to decomposition through anaerobic digestion, which means that microorganisms break down the organic manner, producing by-products like methane. Produced consistently and uncontrollably, methane escapes into the atmosphere, harming our air quality and our planet.

- It saves landfill space
  Reasonable discussion
  Landfills are harmful in a variety of ways, affecting not only our environment but also municipal budgets and the health of entire communities. This space could have been used for something much more beneficial to the environment. When we recycle clothes and other items, we play a part in reducing landfill costs for cities, which increases the budget for other important city needs.

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- It helps those in need
  Reasonable discussion
  Probably the main reason people choose to recycle clothes is that it helps people in need. Donated clothes are also often sold to thrift shops or even sent to developing countries. When you recycle clothing, your aid is pervasive.

- It conserves vital energy
  Reasonable discussion
  The process of producing clothing uses a considerable amount of energy. Every piece of cloth you wear has gone through a complex manufacturing process that uses a considerable amount of electricity, water, and other energy sources. Recycling clothes saves energy by reducing or eliminating the need to make materials from scratch. Similarly, when you purchase recycled clothes, you're playing a role in reducing the volume of 'fast fashion'.

- Conserves water
  Reasonable discussion
  Less water is used to manufacture new textiles/clothes.

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SECTION C HOUSING AND CONSUMER-RELATED ISSUES

QUESTION 9

Question	9.1	9.2	9.3	9.4	9.5
Answer	C	D	B	A	B

QUESTION 10

10.1 ***A tax that a government imposes on luxury items like alcohol.***

Excise duty/Sin tax

10.2 ***Tax paid to the government when someone dies that is based on the value of that person's possessions.***

Estate duty

10.3 ***A tax that you pay on goods that come from another country.***

Import duty

10.4 ***A tax based on your earnings that you pay to the government.***

Income tax

10.5 ***A tax paid by consumers on goods and services.***

Value-added tax

10.6 ***The interest charged by the South African Reserve Bank to major banks and other lending institutions.***

Repo rate

10.7 ***The instrument used to determine the increase in prices and the inflation rate.***

Consumer Price Index

10.8 ***This interest is calculated on the principal amount borrowed.***

Simple interest

10.9 ***This body ensures adequate standards of construction and responsible behaviour by building contractors.***

National Home Builders Registration Council – NHBRC

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QUESTION 11

11.1 ***Tabulate the advantages and disadvantages of cash transactions and instalment sale transactions from the buyer's point of view.***

	Advantages	Disadvantages
Cash transactions	• Cash purchases are cheaper as no interest needs to be paid. • Convenient and simple method of paying. • It prevents overspending. • The prices of furniture and household equipment are considered more carefully. • Prices are compared to get the best value for money. • You might be entitled to a discount. • You can choose the outlet you want to use. • It saves time as you don't have to complete forms and sign a contract. • Cash receipts for household equipment and furniture act as guarantees of the purchase.	• It is unsafe to carry large amounts of cash with you. • It is not easy to keep track of all purchases. • If you do not keep the receipt, it is not possible to return goods.
Instalment sale transactions	• It is a safe method of buying goods. • Debts can be spread over a period of time. • It is very convenient, and you do not have to carry cash around. • You can buy more expensive goods that you could otherwise not afford.	• The consumer is not the owner until all the instalments have been paid. • The retailer can repossess the goods if the buyer does not comply with the agreement. • There is a temptation to buy on impulse. • Consumers are tempted to spend more than they can afford. • Goods are more expensive. • There are extra costs to consider, e.g., interest, insurance, and administration costs. • Goods may be worn out, broken, stolen, or lost, before they are paid for.

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11.2 ***Discuss why the environmental impact of household equipment should influence your purchasing choice***

- Even though consumers think about convenience when they purchase household equipment, we should also protect and promote a sustainable environment for future generations. An important way to do this is to buy and use household equipment that saves water and energy.
- Every time you use electrical household equipment you are contributing to the greenhouse effect or when electricity is produced, coal and fossil fuels (non-renewable) that cause air pollution are burnt. The carbon dioxide that forms is the primary contributor to global warming and the greenhouse effect thus ensure that the appliance is energy efficient when making a choice.
- Renewable energy sources like solar and wind energy cause little harm to the environment.
- Water consumption of household equipment should be investigated as washing machines are responsible for 22% of household water consumption, for example front loaders use less water than top loader washing machines.
- Electrical household equipment uses electricity and water. When choosing household appliances select energy-efficient appliances to conserve electricity and water to lessen the carbon footprint/greenhouse effect they may contribute to, resulting in less of an impact on the environment.
- When selecting appliances ensure that the components are recyclable so that when no longer in use and disposed of, they are not hazardous to the environment. May contaminate water if not recycled responsibly.
- The more energy-efficient an appliance is, the less it costs to run/running cost is lower/less load on national grid/ uses less energy is good for the environment/more environmentally friendly/reduces air pollution/helps to conserve natural resources/less of a negative impact on the environment.

(Points are for marking ease. Candidates should have a discussion)

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QUESTION 12

12.1 ***Name the housing options available to the family relocating to Johannesburg.***

1 = Building
2 = Buying
3 = Renting

12.2 ***Choose, with sound reasoning, the best option for the abovementioned couple.***

1 = Building
Khumo is an interior decorator, thus they will be able to decorate and design the space according to their taste.
They can fit the latest technology in their home.

OR

2 = Buying
Immediately available.
They can still decorate to suit their taste.
Enough bedrooms for the family.
Huge garage can be used as extra storage or converted into possible work/office space for Khumo as an interior decorator.
Big enough for children to play outside.

OR

3 = Renting
They will have time to look for something that fills their needs.
Big enough for them.
They can move or build their dream home while they are renting.

12.3 ***How might having to sign a lease agreement influence their decision?***

A lease agreement is a contract between the property owner and a tenant in which the tenant commits to renting the property for a minimum period at a fixed rental.

They may find a home they like sooner than the stipulated time in the lease agreement
The lease agreement might include conditions they don't like
The deposit will be stipulated in the agreement, and they might not be able to afford it

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12.4 ***List THREE costs involved for each of the different housing options.***

(Tabulated for ease of marking.)

Building	Buying	Renting
Land Labour Materials	Transfer duty Conveyance fees Agent's commission Deeds fees Municipal accounts Rates clearance certificate Valuation fees Moving costs Internet connection fees Water and electricity Home loan	Rent Deposit Moving costs

12.5 ***State the disadvantages of building a new home.***

- There is always a risk of faulty construction and design
- It can cost more than buying a house, as building costs can escalate during construction
- It can create a lot of discomfort and stress for the owner if the building work is delayed
- The process can be time-consuming and complicated as weather conditions/shortage of building supplies may delay progress
- Quality control is very important as poor workmanship may not meet quality control standards and have to be redone, delaying progress.
- Starting a new garden might be expensive

12.6 ***The couple decides to apply for a home loan to buy the existing house. What are the bank requirements for granting home loans?***

- Creditworthines of the applicant
- Income qualification/verification
- Property valuation

12.7 ***Explain the following costs to the couple.***

12.7.1 ***Transfer duty***

This is a government tax that needs to be paid when the ownership of a property is transferred to the buyer

12.7.2 ***Conveyance fees***

It is the payment to the conveyancer for overseeing the transfer process

The fee is determined by the selling price and regulated by the government

12.7.3 ***Deeds fees***

The amount payable to the deeds office to register the property into the buyer's name

The fee is based on the purchase price and regulated by the government

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SECTION D INTEGRATED WRITING RESPONSE

QUESTION 13



Discuss the importance of food labelling legislation to prevent lifestyle diseases and food allergies.

To answer this question, you are expected to:

- Make use of the rubric to shape your response.
- Integrate your relevant Consumer Studies knowledge.
- Use real-life examples where applicable.

Possible answers:

What is food labelling?

A food label, the information presented on a food product, is one of the most important and direct means of communicating information to the consumer. The internationally accepted definition of a food label is any tag, brand, mark, pictorial, or other descriptive matter, written, printed, stencilled, marked, embossed, or impressed on, or attached to, a container of food or food product. This information, which includes items such as ingredients, quality, and nutritional value, can accompany the food or be displayed near the food to promote its sale.

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Nutrition labelling

One of the main reasons for nutrition labelling is the increased prevalence of diet-related non-communicable diseases. These labels can be effective instruments in helping consumers to make healthy food choices. To maximise the potential of nutrition labels and health claims to improve public health, awareness campaigns and education programmes should be provided on an ongoing basis to help consumers to understand and use labels appropriately.

The high prevalence of nutrition-related non-communicable diseases (NCDs), such as diabetes, hypertension, cardiovascular diseases, and certain cancers, remains a major health burden and the leading cause of mortality.

The increased prevalence of these diseases in South Africa is largely due to rapid urbanisation, which associates with nutrition transition to ultra-processed and energy-dense foods and elevated obesity rates.

The association between urbanisation and the observed nutrition transition could be due to the growing expansion of, and increased access to, large modern food retailers and fast-food restaurants, which are mostly located within urban areas. These food outlets are not required to label their food items.

Fast foods can be defined as convenient foods that are quickly prepared and served from outlets that include restaurants, cafés and takeaway restaurants. Examples of these foods include burgers, fried potato (chips), chicken, fish and pizzas, which are convenient to obtain at relatively low prices but are generally high in energy, fat, sodium and sugar.

The South African government is committed to curbing the rise of NCDs and has introduced several public health interventions attempting to reduce the negative impacts of unhealthy eating.

These include national regulations that focus on reducing added salt and sugar at the manufacturing and consumption level and public health interventions to decrease the consumption of processed foods.

However, it may be difficult to monitor these national regulations for food items that are not required to provide nutritional labelling. Nutritional labelling can be an effective way to assist consumers in making healthier food choices. Although the South African government published regulations relating to foodstuff labelling and advertising in 2010, in terms of the Foodstuffs, Cosmetics and Disinfectants Act, 1972 (Act 54 of 1972), 8 major concerns regarding their approach to nutritional labelling remain.

While numerical nutritional information such as the %NRVs is useful for consumers who know how to interpret it, evidence suggests that most South African consumers may interpret the front-of-pack (FOP) nutritional labelling better.

FOP nutritional labelling formats use graphical information such as warning labels and colours in assisting consumers to quickly interpret the nutritional content.

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However, according to the current South African regulations, when no claim is made about the food product ('high in fibre', 'low in fat'), providing nutritional information is not mandatory. Therefore, 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 obliged to list the nutritional information of their products. As a result, nutritional information is not readily available to consumers, making it difficult for consumers to make informed choices.

GM labelling in South Africa
South Africans have been eating GM maize, soya and products preserved or containing GM cottonseed oil for more than a decade without even knowing it. This is because up until 2011 there was no obligation to label GM foods and provide consumers with information to make a choice. This changed in 2011 when the Consumer Protection Act came into force. According to the Consumer Protection Act, all foods containing 5% or more GM content must be labelled as such.

Food allergens
In 2010 the directorate of food control (which falls under the department of health) published Regulations Relating to the Labelling and Advertising of Foodstuffs (R.146/2010, as amended in 2010 and 2012), along with a set of guidelines (amended in 2012). The department recognised the need to protect food-allergic consumers, and thus included clauses on allergen labelling and control in the regulation and its guidelines.

Currently, eight foodstuffs and their derivatives are recognised as common allergens in South Africa.

These are:

Cow's milk
Peanuts
Tree nuts (almonds, Brazil nuts, cashew nuts, hazelnuts, macadamia nuts, pecan nuts, pistachio nuts, walnuts)
Soya
Significant cereals (wheat, rye, barley, oats, crossbred hybrids)
Egg
Shellfish (crustaceans, molluscs)
Fish

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	0 marks	1 mark	2 marks	3 marks	4 marks	Possible mark (20)
Quality of content (Lifestyle diseases and food allergies) X 2	Little or no content relevance.	A significant amount of important information is missing AND facts not related to the topic AND some serious factual errors. No real-life examples are provided.	Some vital information missing OR many irrelevant facts OR errors affect the quality of the essay. No examples were provided, or real-life examples not integrated into the discussion.	Sufficient facts provided. Most information is relevant, appropriate, and accurate. Real-life examples integrated into the discussion.	The content is detailed. All information is relevant, appropriate, and accurate. Real-life examples are integrated into the discussion.	8
Use of own knowledge /experience or real-life examples X 2	No own knowledge/ experience or real-life examples was provided.	Very few facts and little information provided from own knowledge/ experience or real-life examples.	Includes some facts and information from own knowledge/ experience or real-life examples but not well integrated into the discussion (add on).	Some facts and information from own knowledge/ experience or real-life examples were integrated into the discussion.	Many facts and much information from own knowledge/ experiences or real-life examples were integrated into the discussion.	8
Quality of discussion	The discussion is meaningless.	Flawed in all respects.	Flawed in two respects.	Flawed in one respect.	Discussion is consistently focused, clear and concise (not longwinded or rambling or repetitive). Flow is logical.	4

Total: 200 marks

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