NATIONAL SENIOR CERTIFICATE EXAMINATION
MAY 2025

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

Spend approximately 60 minutes on this section.

QUESTION 1

1.1

Question	1.1.1	1.1.2	1.1.3	1.1.4	1.1.5	1.1.6	1.1.7
Answer Column B	D	C	E	G	B	A	F
Answer Column C	vii	iii	i	ii	viii	iv	vi

1.2 Study the list below and identify five guidelines true for the management of Type II Diabetes. Write only the capital letters in the space provided. (*Sequence is not assessed.)*

A	C	E	G	H

A Eat small meals regularly.

C Avoid refined sugars.

E Eat food containing lean protein.

G Eat low-GI food.

H Choose unsaturated fats.

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QUESTION 2

Study the scenario below and answer the questions that follow.

Lesedi weighs 48 kg and is 1,65 m tall. She presents with the following physical and behavioural symptoms:

- Constipation
- Dizziness and fainting spells
- Sensitivity to cold
- Distorted body image
- Excessive exercise

[Examiner's own text]

2.1 **Calculate Lesedi's BMI.**

$$BMI = \frac{mass\,(kg)}{height\,(m^2)}$$

$$BMI = \frac{48\ kg}{1{,}65\,m^2}$$

$$BMI = \frac{48\,kg}{2{,}7225}$$

$$BMI = 17{,}63$$

2.2 **Classify Lesedi's BMI.**

- Underweight/BMI <18,5

2.3 **Identify the condition that Lesedi is suffering from.**

- Anorexia Nervosa/Anorexia

2.4 **Name a biological, psychological and environmental factor which are known causes of Lesedi's condition.**

2.4.1	Biological factor	• Genetic predisposition: Anorexia nervosa tends to run in families, suggesting a genetic component. / Individuals with a family history of eating disorders may be at higher risk. • Neurobiological factors: Altered brain chemistry and neuroendocrine dysregulation have been observed in individuals with anorexia nervosa. Neurotransmitter imbalances, such as serotonin and dopamine, may contribute to symptoms. • Hormonal imbalances: Changes in hormones that regulate appetite, metabolism, and mood, may play a role in the development and maintenance of anorexia nervosa.	(ANY 1)

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2.4.2 Psychological factor	Some emotional characteristics may contribute to anorexia nervosa – some people may have: • Obsessive-compulsive personality traits, making it easier to stick to a strict diet and refuse food even when they are hungry. • Body image disturbance: Negative body image and dissatisfaction with one's appearance are common psychological factors in anorexia nervosa. / Individuals may have a distorted perception of their body size and shape, leading to excessive dieting and restriction. • Perfectionism: High levels of perfectionism, self-criticism, and a desire for control are often observed in individuals with anorexia nervosa. They may set unattainable standards for themselves and engage in rigid, compulsive behaviours. • Low self-esteem: Feelings of inadequacy, low self-worth, and a lack of self-confidence can contribute to the development of anorexia nervosa. These psychological factors may be exacerbated by societal pressures and cultural ideals of beauty and thinness.	(ANY 1)
2.4.3 Environmental factor	• Society emphasises the importance of a thin body / the media constantly uses thin models / actors / actresses. • Success and self-worth are often equated with thinness. • Peer pressure, especially among young girls, can encourage the desire to be thin. • Sociocultural influences: Societal pressures to attain a certain body size and shape, as well as cultural norms that emphasise thinness, can contribute to the development of anorexia nervosa. Media portrayals of idealised bodies and weight-loss messages may also play a role. • Family dynamics: Dysfunctional family environments, including high levels of criticism, conflict, and overemphasis on appearance or achievement, may contribute to the development of anorexia nervosa in vulnerable individuals. • Interpersonal relationship difficulties: Challenges in personal relationships, such as conflicts, breakups, or lack of support, can contribute to emotional distress and may increase the risk of developing anorexia nervosa. • Traumatic experiences: Traumatic events, such as physical or emotional abuse, neglect, or bullying, can increase the risk of developing anorexia nervosa. These experiences may contribute to feelings of distress, low self-esteem, and maladaptive coping mechanisms.	(ANY 1)

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2.5 **List four guidelines for the management of Lesedi's condition**.

- **Medical evaluation and monitoring:**
  - Conduct a thorough medical evaluation to assess physical health, including vital signs, laboratory tests, and potential complications related to malnutrition. Hospitalisation may be necessary in serious cases.
  - Monitor weight / hydration status / electrolyte balance / cardiac function / arrhythmia / address any medical complications or co-occurring health conditions promptly.

- **Nutritional rehabilitation:**
  - Establish a structured meal plan with input from a registered dietitian or nutritionist to gradually restore weight and normalise eating patterns.
  - Focus on balanced nutrition, emphasising a variety of foods from all food groups to meet nutrient needs.
  - Implement a gradual increase in kilojoule intake to prevent refeeding syndrome and other complications associated with rapid weight gain.
  - Increase calcium intake to reduce the risk of osteoporosis.
  - Provide education and support to promote mindful eating, intuitive eating, and healthy attitudes toward food.

- **Psychological support and therapy:**
  - Offer individualised psychotherapy, such as cognitive-behavioural therapy (CBT), dialectical behaviour therapy (DBT), or interpersonal therapy, to address distorted thoughts and behaviours related to body image, eating, and self-esteem.
  - Incorporate family therapy or involvement of loved ones to address familial dynamics and support recovery.
  - Provide support groups or peer support networks to foster connection, validation, and encouragement among individuals with anorexia nervosa.

- **Medication management:**
  - Consider medication, such as antidepressants or anti-anxiety medications, to address co-occurring mood or anxiety disorders that often accompany anorexia nervosa.
  - Monitor medication usage carefully and adjust dosage or type of medication as needed based on individual response and symptom severity.

- **Collaborative care:**
  - Collaborate with a multidisciplinary team, including physicians, psychiatrists, psychologists, dietitians, nurses, and other healthcare professionals, to provide comprehensive care.
  - Coordinate treatment efforts and communicate regularly to ensure a unified approach to managing anorexia nervosa.

- **Relapse prevention and long-term support:**
  - Develop a relapse prevention plan that includes coping strategies, stress management techniques, and ongoing monitoring of symptoms and risk factors.
  - Provide long-term support and follow-up care to promote sustained recovery and address any challenges or setbacks that may arise.

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- Encourage engagement in self-care activities, hobbies, and social connections to foster overall well-being and resilience.

- **Cultivate a supportive environment:**
  - Create a supportive and non-judgmental environment that promotes open communication, empathy, and understanding.
  - Educate family members, friends, educators, and other stakeholders about anorexia nervosa and how they can provide support and encouragement to individuals in recovery.
  - Foster a culture of body acceptance, diversity, and inclusivity to challenge societal norms and stereotypes related to appearance and weight.

QUESTION 3

Study the sources below and answer the questions that follow.

Source A

The South African Department of Basic Education's National School Nutrition Programme
The NSNP aims to enhance the learning capacity of learners through the provision of healthy meals at schools. Schools are also encouraged to establish food gardens from which they obtain fresh produce (vegetables/fruit) to supplement the menu in line with the South African Food Based Dietary Guidelines. Learners, teachers and parents are provided with skills to grow their own food, contributing towards long-term household food security. The gardens are also used as a teaching and learning resource.

What does a school meal consist of?
Protein (Soya, fish, eggs, milk, sour milk, beans and lentils), fresh fruit and vegetable, carbohydrate/starch. A variety of protein is served per week. Soya should not be served more than twice a week. Fats/oil, salt and flavourants are added to make the meals tasty. Fresh vegetables or fruit should be served daily.

[Source: <https://www.education.gov.za/Programmes/NationalSchoolNutritionProgramme.aspx>]

Source B

South African Food Based Dietary Guidelines, published in 2012

1. Enjoy a variety of foods.
2. Be active!
3. Make starchy foods part of most meals.
4. Eat plenty of vegetables and fruit every day.
5. Eat dry beans, split peas, lentils and soya regularly.
6. Have milk, maas or yoghurt every day.
7. Fish, chicken, lean meat or eggs can be eaten daily.
8. Drink lots of clean, safe water.
9. Use fats sparingly. Choose vegetable oils, rather than hard fats.
10. Use sugar and foods and drinks high in sugar sparingly.
11. Use salt and food high in salt sparingly.

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3.1 **Explain the pillars of food security as they relate to the National School Nutrition Programme (NSNP).**
(Answers should not only define the pillars of food security, but must relate to the NSNP, as indicated in Source A.)

3.1.1 **Availability:**

- **Provision of school meals**: The NSNP ensures that nutritious meals are consistently available to learners on school days.
- **Food gardens**: Schools are encouraged to establish food gardens to grow fresh produce, contributing to the availability of vegetables and fruits that supplement the school meals.

3.1.2 **Access:**

- **Free meals at school**: By providing free meals, the NSNP ensures that all learners, regardless of their household economic status, have access to nutritious food.
- **Community involvement**: The programme involves learners, teachers, and parents, equipping them with skills to grow their own food, thereby enhancing access to nutritious food at the household level.

3.1.3 **Utilisation:**

- **Balanced and nutritious meals**: The meals provided under the NSNP are balanced and nutritious, including a variety of proteins (such as soya, fish, eggs, milk, sour milk, beans, and lentils), fresh fruits, and vegetables to support balanced nutrition.
- **Nutrition education**: The programme uses food gardens as teaching resources, educating learners about nutrition and food utilisation, helping them and their families make better dietary choices.
- **Healthy food preparation**: Guidelines for the NSNP promote the moderate use of fats/oils, salt, and flavourings, ensuring the preparation and consumption of healthy meals both at school and at home.

3.1.4 **Stability:**

- **Consistent funding and support:** The NSNP relies on stable funding and governmental support to ensure the continuous provision of meals and maintenance of food gardens.
- **Sustainability practices:** Schools practise sustainable gardening techniques to ensure long-term productivity of food gardens, contributing to ongoing food availability.
- **Emergency preparedness:** The NSNP includes measures to address food supply disruptions, such as backup food reserves or partnerships with local food suppliers, ensuring that meals remain available during crises.

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3.2 **Refer to Source A. Besides milk, identify three allergens present in the foods used for children's meals.**

- Soya
- Fish
- Eggs

3.3 **Compare a milk allergy and lactose intolerance with regard to the following aspects:**

	Milk allergy	Lactose intolerance
Immune system response or digestive system response.	3.3.1 Immune system response.	3.3.2 Digestive system response.
Explain the cause of the reaction.	3.3.3 Reaction to milk **protein** which is identified as harmful.	3.3.4 The patient does not make the enzyme lact**a**se needed to break down the sugar lact**o**se.

3.4 **Refer to Source A and B. Identify two probiotic foods mentioned and explain why they are considered probiotics.**

- Probiotic foods:
  (2 marks for the identification of the two probiotic foods)
  - Sour milk / *Amasi* / *maas*
  - Yoghurt

- Explanation why they are considered probiotic foods:
  (2 marks for the explanation)
  These foods are fermented products which contain live bacteria / cultures / living microorganisms and help maintain a healthy gut microbiome.

3.5 **Refer to source B. Identify the most probable South African food based dietary guideline aimed at the prevention and/or management of each of the food related health conditions below. Motivate each choice.**

3.5.1 **Coronary heart disease**

- Guideline number: 9
- Vegetable oils are sources of unsaturated fats. Unsaturated fats have a cholesterol-lowering effect which reduces the risk of developing coronary heart disease due to plaque build-up.
- Hard fats are sources of saturated fat. Saturated fats increase the total cholesterol as well as the LDL-cholesterol which increases the risk of developing coronary heart disease due to plaque build-up.

OR

- Guideline number: 5
- Dry beans, split peas, lentils and soya are plant-based protein alternatives which contain no dietary cholesterol. High blood

cholesterol levels are linked to coronary heart disease due to plaque build-up.
- Dry beans, split peas, lentils and soya are good sources of soluble fibre. Soluble fibre binds to substances like cholesterol during digestion which prevents the absorption into the blood stream and therefore lowers cholesterol levels. Soluble fibre's satiety value helps to control weight gain – being overweight increases a patient's risk of developing coronary heart disease.

3.5.2 **Hypertension**
- Guideline number: 11
- Salt is a source of sodium. Sodium causes fluid retention. The extra fluid increases the patient's blood volume and thus their blood pressure.

OR

- Guideline: 9
  Using fats sparingly and choosing vegetable oils over hard fats is important because vegetable oils contain unsaturated fats, which can help to lower cholesterol levels. High cholesterol levels are linked to the build-up of plaque in the arteries, / leading to narrowed and hardened arteries. Unsaturated fats improve blood vessel elasticity and reduce inflammation, which contribute to better blood pressure control and lower the risk of hypertension.

OR

- Guideline: 2
  Regular exercise plays a key role in managing hypertension by benefiting the body in several ways. Firstly, it strengthens the heart, allowing it to pump blood more efficiently with less effort, which reduces the pressure on the arteries. It also improves the function and flexibility of blood vessels, helping blood flow more easily and lowering overall blood pressure. In addition, exercise reduces stress levels by lowering stress hormones like cortisol, which can otherwise cause temporary spikes in blood pressure. Maintaining a regular fitness routine also supports weight management, which is important because excess weight is a major risk factor for hypertension. Lastly, exercise improves the body's sensitivity to insulin, helping to regulate blood glucose levels and reduce the risk of related conditions like type 2 diabetes, which are closely linked to high blood pressure.

3.5.3 **Osteoporosis**
- Guideline number: 6
- Milk, maas and yoghurt are good sources of calcium which builds and protects bones.
- Milk, maas and yoghurt are good sources of phosphorous which aids healthy bone development.
- Milk, maas and yoghurt are good sources of vitamin D which aids the absorption of calcium.

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QUESTION 4

4.1 **Judge the extent to which the statement, 'gastroenteritis can modify the microbiome balance', is true.**

- When gastroenteritis occurs, it can lead to changes in the composition and diversity of the gut microbiome.
- Several factors contribute to microbiome changes during gastroenteritis:
  - Infection: Pathogenic microorganisms responsible for gastroenteritis, such as bacteria, viruses, or parasites can directly impact the gut microbiome.
  - Inflammation: The inflammatory response triggered by gastroenteritis can disrupt the delicate balance of the gut microbiome. Inflammation can alter the environment of the gut, favouring the growth of certain harmful bacteria while inhibiting the growth of beneficial bacteria.
  - Antibiotic use: In some cases, gastroenteritis may require treatment with antibiotics, which can have broad-spectrum effects on the gut microbiome./Antibiotics can kill off not only the pathogenic bacteria causing gastroenteritis but also beneficial bacteria, leading to further disturbances in the microbiome.
  - Changes in diet and nutrient availability: During gastroenteritis, individuals may experience changes in diet / reduced appetite / malabsorption of nutrients. These factors can influence the types of nutrients reaching the gut microbiome, which, in turn, can affect microbial composition and diversity.
- In conclusion, gastroenteritis can indeed modify the microbiome balance through mechanisms such as direct infection by pathogens, inflammation, antibiotic use, and changes in diet and nutrient availability. These factors collectively disrupt the composition and diversity of the gut microbiome.

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4.2 **Provide three recommendations, with explanations, to improve the gut microbiome balance after gastroenteritis.**

- Stay Hydrated:
  - Drink plenty of water to support proper digestion / hydration of the gut. / Adequate hydration is important for maintaining a healthy microbiome.

- Consume prebiotic foods / whole wheat foods / oats / barley / artichoke / garlic / onions / leeks / asparagus / bananas / apples.
  - Prebiotics are non-digestible carbohydrates that promote the growth / activity of beneficial bacteria in the gut.

- Consume / probiotic foods / fermented foods / yogurt / aged cheese / kefir / kimchi / sauerkraut / pickled vegetables / miso / tempeh / kombucha in your diet.
  - Fermented foods are rich in probiotics, which are beneficial bacteria that support gut health.

- Limit the consumption of sugary foods / desserts / sodas / processed foods / opt for whole, unprocessed foods whenever possible.
  - High intake of added sugars / processed foods can negatively impact the diversity and balance of the microbiome.

- Consume Omega-3 Fatty Acids:
  - Gastroenteritis can cause inflammation in the gut, and omega-3 fatty acids can help mitigate this inflammation / support gut healing / the restoration of microbiome balance. / Omega-3 fatty acids may promote the growth of beneficial bacteria in the gut.

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SECTION B CLOTHING AND CONSUMER-RELATED ISSUES

Spend approximately 40 minutes on this section.

QUESTION 5

5.1 **Give one term for each of the following descriptions. Write only the term in the space provided.**

5.1.1 **Acceptance of a specific style by a large group of people in a specific place at a specific time**.

- Fashion

5.1.2 **A fleeting fashion trend, often characterised by its extreme style, quickly embraced by a small group of consumers before fading away.**

- Fad

5.1.3 **Affordable clothing, quickly designed and manufactured for the masses, often of poor quality and intended for disposal after one season.**

- Fast fashion

5.1.4 **Simple, timeless designs which suit most people and endure for many seasons.**

- Classic/classic fashion

5.1.5 **Exclusive, original designs, crafted to inspire fashion change. Characterised by high costs due to unique design, quality, and craftsmanship.**

- *Haute couture*/high fashion

5.2 **Explain the following two taxes in the context of the clothing industry.**

5.2.1 **Import duty**

One mark for definition and one mark for link to the clothing industry.

- Tax levied on all imported goods and services that enter the country.
- Majority of clothing for sale in South Africa is imported from Asian countries, mainly China, as well as Eswatini and Lesotho. / Import duty is paid on clothing and subsequently recovered from the consumer.

5.2.2 **VAT/Value Added Tax**

Only one mark may be awarded if there is no link to the clothing industry.

- Indirect tax / added to the purchase price of certain specified goods and services such as items of clothing at every stage of production.
- Standard rate: 15% and is inclusive (This means that the price you see on the item of clothing is the price you pay).

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QUESTION 6

6.1 **Name and describe the five stages of the fashion cycle in the correct sequence.**

2 marks × 5 stages = 10 marks

1 mark for correct sequence

- Innovation + Description
  - Fashion designers introduce a new fashion to the market for the first time. It is shown on catwalks during international fashion shows.
  - Famous personalities are photographed wearing the trend.
  - The fashion is now accepted or rejected by fashion leaders.
  - It is very expensive, because of the initially high production costs/risk run by designers if the product does not sell.
  - It is not yet available in stores, only in exclusive boutiques/directly from the designer.

- Rise + Description
  - More people accept the fashion and buy it./Its popularity increases.
  - Fashion items are produced on a larger scale, resulting in lower prices.
  - Clothing stores advertise the fashion.

- Peak + Description
  - The fashion reaches the height of its popularity, and many people wear it.
  - How long it stays in this stage depends on how quickly consumers become bored with the style and start looking for a new style.
  - Mass production takes place, and it is available in most stores at affordable prices.

- Decline + Description
  - People become bored with the fashion and are on the lookout for something new.
  - Fewer people wear it, and the fashion becomes less popular.
  - To get rid of stock, stores mark them down as sales items.
  - A new fashion is introduced.

- Obsolescence/obsolete + Description
  - The clothing is now 'out of fashion'.
  - The fashion is no longer manufactured or available in stores.
  - Fashion leaders will no longer wear this garment.
  - Fashion followers might still wear the garment.

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6.2 **Evaluate the extent to which globalisation has influenced the fashion industry.**

Globalisation has had a profound and far-reaching impact on the fashion industry, transforming it in numerous ways:

Supply chain and production: Globalisation has led to the widespread outsourcing/decentralisation of fashion production to countries with lower labour costs. This has resulted in the emergence of complex global supply chains. This opened up import and export opportunities for countries producing fashion industry products, enabling them to benefit economically.

Market expansion: Fashion brands now have access to a global market thanks to advancements in communication and transportation. This has facilitated the spread of trends and styles across borders, leading to a more homogeneous global fashion culture.

Cultural exchange: Globalisation has enabled the exchange of ideas / aesthetics / traditions across different cultures. This has resulted in a fusion of styles, as designers draw inspiration from diverse cultural sources.

Fast fashion: Globalisation has fuelled the rise of fast fashion, characterised by rapid production cycles / quick distribution of trends / constant turnover of styles / shorter fashion seasons. Fashion from the southern hemisphere is now visible to the northern hemisphere in advance of its availability, and vice versa.

Technology: Advances in technology, particularly in e-commerce/online shopping allows consumers to shop from anywhere in the world. Social media has transformed the way fashion is consumed / marketed / used for brand promotion / trend distribution.

Labour practices and sustainability: While globalisation has brought economic opportunities to developing countries, it has also raised concerns about labour practices and environmental sustainability. The fashion industry has come under scrutiny for issues such as sweatshop labour, environmental pollution, and wasteful consumption patterns.

Overall, globalisation has profoundly shaped the fashion industry, leading to increased interconnectedness, market expansion, and cultural exchange. However, it has also raised important ethical and environmental considerations that the industry continues to grapple with.

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6.3 **Analyse how self-concept influences clothing choices among teenagers.**

Self-Image:

- Physical appearance: Teenagers often choose clothes that reflect their perception of their physical attributes. For instance, a teenager who perceives themselves as tall and slim might opt for fitted clothing that accentuates their figure/a teenager who is self-conscious about their body might choose looser, more concealing garments.
- Social interaction: Teenagers develop their self-image through interactions with family, friends, and others. This socialisation process influences their clothing choices as they aim to project an image that aligns with how they want to be perceived by others. For example, a teenager who sees themselves as sporty might prefer athletic wear/a teenager who identifies as artistic might choose more eclectic or creative clothing.

Self-esteem:

- Positive self-esteem: Teenagers with high self-esteem are more likely to choose clothes that attract attention and reflect their confidence. They might opt for bright colours, bold patterns, and trendy styles that make them stand out.
- Low self-esteem: On the other hand, teenagers with low self-esteem might prefer modest, conservative clothing that helps them blend in rather than stand out. They might choose subdued colours and styles that do not draw attention to themselves, aiming to avoid scrutiny or judgement from others.

Psychological comfort:

- Comfort and security: Teenagers often choose clothes that provide psychological comfort, making them feel secure and confident. This can include favourite garments that are both comfortable and pleasing, which they might wear repeatedly because these items make them feel good about themselves.
- Avoidance of certain clothes: Teenagers might avoid certain clothes even if they are fashionable or in a favourite colour because these items do not align with their self-concept. For instance, a teenager who sees themselves as reserved might avoid flashy or revealing clothing.

Expression of individuality:

- Unique choices: Self-concept also drives teenagers to express their individuality through unique clothing choices. They might select garments that reflect their personal style, interests, or values, distinguishing themselves from their peers.
- Influence of trends: While expressing individuality, teenagers are still influenced by trends and peer preferences. They might balance their unique style with elements that are popular within their social group to maintain a sense of belonging.

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QUESTION 7

7.1 **List five fundamental items to be included in a wardrobe to complete a basic work outfit.**

If learner lists a bottom and top: 1 mark is awarded per category.

If learner lists a matching set/one-piece garment: 1 mark is awarded per category and two marks are awarded for accessories or top layers/outerwear.

Categories	Examples of fundamental items to be included in a wardrobe to complete a basic work outfit.
Matching sets/ one-piece garments	Suit / jumpsuit / dress in basic / neutral colours such as grey / brown / navy / black / easy to mix-and-match.
Bottoms	Skirt (pencil / A-line / pleated / maxi) / trousers / pants / chinos in basic / neutral colours such as grey / brown / navy / black / easy to mix-and-match.
Tops	Formal / dress / button-down shirt / blouse in white / beige / plain / print / floral / geometric / striped.
Top layers/ outerwear	Blazer / jacket / coat / jersey / jumper / cardigan to match all bottoms / in basic / neutral colours such as grey / brown / navy / black / easy to mix-and-match.
Shoes	Formal / neat / good quality / specific style / specific colour pair of shoes to match the outfit.
Accessories	Handbag / laptop bag / briefcase / belt / tie / scarf / hat / watch / gloves / sunglasses / jewellery (earrings / necklaces / bracelets / rings) / stockings / tights that matches the outfit / neutral colour / is easy to mix-and-match / fashionable item.

7.2 **State five important guidelines to consider when selecting clothing for a job interview.**

- Follow the office dress code and wear clothing similar to that of other employees.
- Clothes must be clean/ironed if necessary.
- Clothes must be in good repair.
- Wear clothes that fit well/that are neither too loose nor too tight.
- Classics will look more tasteful/professional.
- Dress conservatively./Clothes should not be too tight / revealing / low cut / short.
- Wear dark colours/plain colours/neutral colours.
- Choose an outfit to suit the figure type.
- Avoid slogans / anything controversial / offensive on clothing.
- Avoid fads/extreme fashions.
- Shoes – neat / clean / comfortable.
- Excessively high-heeled shoes/extreme styles are not suitable for the workplace.

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7.3 **Discuss the advantages of conforming to a company dress code.**

- Dressing the same as / similar to everyone else creates a sense of belonging / easier to fit in.
- The clothes we wear have a psychological effect on us, e.g. we either feel good or uncomfortable wearing certain things. Conforming means that what they wear is acceptable to the others in the workplace – therefore the young adult will feel comfortable and develop a positive self-image due to feeling secure in the work environment.
- Dressing according to the dress code also means that the young professional is accepted by the company – this would boost their confidence when dealing with clients.
- Conforming to the company dress code shows that they identify with the company image / values / ethics that they are proud of where they work and could indicate to the company that they are willing to be a 'team-player'.
- Conforming to the company dress code will enable them to feel professional / competent, thereby contributing to their personal growth.

7.4 **Your company is in the process of designing new corporate wear. Suggest four criteria to ensure a sustainable shirt is designed.**

Material selection: The primary criterion for ensuring sustainability in corporate wear design is the careful selection of materials. Select eco-friendly fabric / sustainable fabric / organic cotton / hemp / bamboo / recycled materials like polyester made from plastic bottles. These materials should be ethically sourced ensuring fair labour practices throughout the supply chain.

Low environmental impact/ethical manufacturing: Choose manufacturing processes that prioritise energy efficiency/use renewable energy sources, water conservation, and waste reduction/recycling. Additionally, consider local production to minimise transportation emissions/carbon footprint.

Longevity and durability: Design corporate wear with timeless styles and high-quality construction techniques / that ensure garments withstand frequent wear / washing without compromising on performance or appearance. Include proper care instructions / encourage proper care to prolong the lifespan of the shirts / reduce the need for premature disposal. / Focus on longevity / durability / reduce the frequency of replacement and minimise resource consumption.

End-of-life considerations: Address the end-of-life stage by designing shirts with recyclability / biodegradability in mind. / Choose materials that can be easily recycled / composted at the end of their useful life / promoting a circular economy and minimising landfill waste. Incorporate labelling or information for consumers on how to properly dispose of the shirts to encourage responsible end-of-life practices.

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SECTION C HOUSING AND FURNISHINGS AND CONSUMER-RELATED ISSUES

Spend approximately 40 minutes on this section.

QUESTION 8

Read the scenario below and answer the questions that follow.

Maryam, a young pharmacist and enthusiastic cyclist, is searching for her first home. She is planning to purchase a property with the assistance of an estate agent. The estate agent presents the following property for her consideration:

Freestanding house for sale
Situated in a tree-lined family suburb. Spacious kitchen, laundry room, large open plan dining- and sitting rooms, 4 bedrooms, 4 bathrooms, 2 garages and 2 carports. Rates and taxes: R2080 per month. Asking R 2,2 million.

This property is located a 40-minute commute from Maryam's place of work and 10 minutes from a mountain bike and trail park. The neighbourhood has one small grocery store and one restaurant.

Maryam has saved a deposit of R100 000 as well as sufficient funds for all attorney's fees and other additional costs.

[Examiner's own text]

8.1 **Select three advantages of buying a home from the list below. Write only the letters (A–G) in the space provided.**
(*Sequence is not assessed.)*

A	B	D

A It could be used a security for a loan.

B It is an asset.

D It offers security of tenure.

8.2 **Study the statements related to the financial responsibilities of buying a property below. State whether each statement is true or false. For each false statement, correct the term typed in bold. Do not rewrite the entire statement.**

8.2.1 Bonds are repaid in **monthly** instalments.

- True

8.2.2 The **conveyance fee** is a state tax payable when property ownership is changed from the seller to the buyer.

- False – Transfer duty

8.2.3 An **initiation fee** is a once-off fee charged by the bank for processing the home loan application and setting up the home loan account.

- True

8.2.4 **Interim interest** is the interest charged on the home loan account after the bond has been registered and before the first payment of the bond.

- True

8.2.5 **Bond protection insurance** is a type of short-term insurance that protects the property against structural damage from fire, floods, and natural disasters.

- False – Homeowners comprehensive insurance / HOC

8.2.6 Rates and taxes are payable to **SARS**.

- False – The municipality/local authority

8.3 **Identify the type of ownership in the advertisement on the previous page.**

- Full title ownership

8.4 8.4.1 **Indicate the standard bond amount Maryam will apply for.**

- R 2,1 million / R 2 100 000

8.4.2 **List four bank requirements for granting bonds.**

- An application form for the home loan.
- A certified copy of the offer to purchase.
- A certified copy of the buyer's South African identity document or passport.
- Proof of a steady income/(the mortgage instalment may not be more than 30% of the buyer's income).
- A copy of the buyer's bank statements for the last 3 months.
- Proof of current residential address.
- Income tax reference number.

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8.5 8.5.1 **Is Maryam or the seller responsible for paying the estate agent for their service?**

- The seller

8.5.2 **Outline the services provided by the estate agent to Maryam, the buyer.**

- Give information about the schools / medical facilities / shops / amenities / crime levels / the nature of the real estate market in the community the buyer is planning to live in.
- Advise on the fair market value of the property the buyer is considering.
- Helping the buyer to find and buy the right property to suit her needs and financial resources.
- Determining the buyer's buying power, considering the buyer's financial reserves and borrowing capacity. If a buyer gives an estate agent some basic information about their available savings, income and current debt, the agent can determine the home loan amount which the buyer qualifies for or refer the buyer to the mortgage originator or bank consultant best qualified to help.
- Assisting the buyer with completing the 'Offer to purchase' form and any other required documentation.
- The estate agent will negotiate the price, financing terms, date of occupation and the inclusion or exclusion of repairs and furnishings between the buyer and seller.
- Assisting the buyer with her application for a home loan.
- The disclosure of all facts relating to a property, including those relating to defects of which they are aware.
- Seeing that any money paid by the buyer is properly receipted and paid into an appropriate trust account.
- Checking that the interest earned on trust money is paid to the person who is entitled to that interest.
- Giving advice, co-ordinating and managing the entire buying process until the property is registered in the buyer's name.
- The agent can mediate and resolve queries, disputes and problems that might occur during the buying process.

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8.6 **Evaluate the suitability of the property for Maryam.**

Both reasons why the property is AND isn't suitable must be mentioned.

5 marks are allocated to any 5 reasons why the property is and is not suitable.

1 mark is allocated to any suitable conclusion.

Reasons why the property is suitable for Maryam:

- If Maryam seeks a quiet and peaceful setting, this neighbourhood could offer her a sense of tranquillity and community.
- The property is spacious, providing Maryam with room to live comfortably.
- Purchasing property is a long-term investment. It could be a good investment if Maryam envisions starting a family within the next 10 to 20 years. The property offers flexibility and room for growth.
- Being a young pharmacist and having saved a deposit demonstrates Maryam's readiness to enter the property market and suggests that she may have the financial means to afford the property.
- Its proximity to a mountain bike and trail park caters perfectly to Maryam's passion for cycling.

Reasons why the property is not suitable for Maryam:

- The property's location in a family-oriented suburb might not be suitable if Maryam prefers a vibrant and lively neighbourhood.
- The property's size may be excessive for a single occupant.
- The monthly rates and taxes are very high, potentially straining her finances.
- The property's high selling price combined with Maryam's relatively modest deposit could result in substantial monthly bond repayments, potentially straining her finances.
- Its distance from Maryam's workplace, resulting in a 40-minute commute, could be inconvenient, time consuming and lead to increased transportation expenses.
- The limited amenities in the neighbourhood, such as only one small grocery store and one restaurant, may not meet Maryam's needs.

Conclusion

- Considering Maryam's lifestyle, interests, socio-economic status and future aspirations, this property is suitable.

  OR

- Considering that the property is too large for Maryam's current needs, the high cost, limited amenities and significant commute, there might be other properties better suited to Maryam's housing needs.

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QUESTION 9

9.1 **Define inflation.**

- Inflation is the general (percentage) increase in prices of goods and services over a specific period, usually a year.

9.2 **Explain what the Consumer Price Index (CPI) is.**

- A measure of price changes in consumer goods and services such as transport, food, clothing and housing over a specific period.
- The CPI is the official measure of inflation in South Africa.
- Calculated by STATS SA/Statistics South Africa.
- The CPI shows a change in the price of a group of products and services / sample representation of goods and services / 'basket of goods' over a specific period.
- The 'basket of goods' includes about 1500 products, divided into 12 categories.
- Used to measure the changes in the economy.
- Used to measure the changes in the standard of living.
- The CPI is used to calculate the real value of wages, salaries, pensions, etc.

9.3 **Suggest ways in which consumers can better manage their housing-related budget amid rising inflation rates.**

Any appropriate suggestions to be accepted.

Utilities

- Install a geyser timer./Insulate your geyser.
- Install LED light bulbs.
- Switch lights off and unplug electronics when not in use.
- Choose the cold cycle on your washing machine.
- Avoid the use of the tumble-dryer.
- Only run a cycle on your dishwasher when it is full.
- Avoid the use of air-conditioners and heaters.
- Install a rainwater collection system to water the garden and top up the swimming pool in order to cut down on water costs.

Housing

- Reevaluate your housing needs. Consider moving to a less expensive property.

Increase your income

- Homeowners could rent a garden cottage/room out.
- Sell furniture and items around the house you no longer need.

Other

- Be cautious of buying items just because they are on sale./Only buy items that are necessary for your household, avoiding unnecessary purchases.
- Eliminate unnecessary subscriptions and fees. Choose one streaming service, e.g. DSTV, Showmax, Netflix, Disney+, Amazon Prime Video, etc. at a time.
- Shop around on insurance to ensure you have the most cost-effective policies for housing and household contents.

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QUESTION 10

10.1 **Match the consumer rights in column B to the descriptors in column A. Write only the letter (A–F) from Column B in the space provided below, e.g., 10.1.6 – G.**

Question	10.1.1	10.1.2	10.1.3	10.1.4	10.1.5
Answer Column B	C	A	B	D	E

10.2 **Compare an instalment sale transaction to a lay-by transaction.**

Instalment sale transaction	**Lay-by transaction**
▪ Usually more expensive goods, such as furniture and appliances.	▪ Usually less expensive goods, such as clothing.
▪ Usually a longer period of time. / Usually 1–5 years / 12–60 months.	▪ Usually a shorter period of time./ 3 to 6 months.
▪ Following the payment of the deposit, the consumer can take the goods home and the balance of the purchase price is paid in monthly instalments over a set period.	▪ Following the payment of the deposit, the dealer stores the article in the store and the consumer pays the balance in monthly instalments over a set period.
▪ Ownership is transferred to the buyer only when the final payment has been made./Until then, the buyer 'hires' the goods. ▪ The retailer (seller) is entitled to take back the goods should the consumer (buyer) fail to fulfil the terms of the contract.	▪ When the last payment has been made or the full purchase price paid, the consumer can take the item home.
▪ The consumer pays interest and insurance which increases the total price of goods.	▪ No additional cost or interest has to be paid.

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10.3 **Analyse the environmental impact of the washing machine indicated below.**

Type	**Front loader**
Capacity/size	10 kg (larger than average)
Energy rating	A+++
Water consumption	45 L
Spin drying performance	A**B**CDEFG
Service warranty	5-year warranty

(Accept any 6 of the following.)

Type
- Front loader washing machines are more energy efficient than top loader washing machines.
- Front loader washing machines are more water efficient than top loader washing machines.

Capacity/Size (10 kg):
- The larger than average capacity of 10 kg allows for washing more laundry per cycle, potentially reducing the number of wash cycles needed over time. This can lead to energy and water savings, especially if users are able to maximise the load capacity consistently.

Energy Efficiency (Energy Rating A+++):
- The A+++ energy rating indicates that the washing machine is highly energy-efficient. This means it consumes less electricity during operation compared to lower-rated models, resulting in lower greenhouse gas emissions and reduced energy consumption over its lifetime.

Water Consumption (45 L):
- The water consumption of 45 litres per wash cycle is relatively low, especially for a machine with a 10 kg capacity. This indicates good water efficiency, which is positive for reducing water usage and minimising the strain on freshwater resources.

Spin-drying Performance (B)
- The relatively good spin-drying performance indicates better moisture extraction during the spin cycle. Efficient moisture extraction reduces the drying time needed afterward, potentially saving energy if using a tumble dryer.

Service Warranty (5-year warranty):
- The 5-year warranty indicates that the manufacturer is confident in the durability and longevity of the washing machine. Longer-lasting appliances reduce the frequency of replacements, thereby reducing overall resource consumption and waste generation.

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SECTION D INTEGRATED WRITING RESPONSE

Spend approximately 40 minutes on this section.

QUESTION 11

Study the information below and answer the question that follows.

> Adults with HIV can develop nutritional deficiencies due to diminished appetite, difficulty eating, and impaired nutrient absorption. Malnutrition can play a significant role in lowered immunity to infections. Conversely, good nutrition can strengthen immune function in people with HIV, thus enhancing quality of life and slowing the progression of HIV to AIDS.

> Due to lower immune resistance, people with HIV or AIDS have an increased risk of food poisoning. These people need to be very vigilant about food safety to avoid contracting a foodborne illness. If an HIV-positive person does become sick from food poisoning, the likelihood of hospitalisation and even death is greater.

[Source: <https://www.healthdigest.com/1190372/foods-to-reach-for-when-you-have-hiv/>]

Develop a comprehensive nutrition and food safety program tailored for individuals living with HIV/AIDS.

Your program should include:

- **A detailed dinner meal plan:** Create a sample dinner that provides essential nutrients beneficial for individuals living with HIV/AIDS. Explain the importance of each food item's nutrients with specific reference to the maintenance of HIV/AIDS.
- **Food safety strategies:** Outline specific food safety measures that should be taken to prepare, cook, and store the dinner meal. Explain how these practices reduce risks associated with foodborne illnesses and ensure nutritional quality for people with compromised immune systems.

- Consider the following when planning your response:
  - The information in the source.
  - Your own relevant knowledge.
  - The rubric provided.

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	Criteria	Performance indicators				
		4	**3**	**2**	**1**	**0**
1	**Content relevance and accuracy.**	The content is highly relevant to the topic. No factual errors. The use of terminology is accurate.	Majority of the content is relevant to the topic. Minor factual errors. The use of terminology is mostly accurate. There are minor lapses.	Significant amount of content is irrelevant. Some important facts are incorrect. Use of terminology is flawed.	Mostly irrelevant with sporadic connections. Major factual errors. The terminology used is often incorrect.	The content is entirely irrelevant, demonstrating a fundamental misunderstanding of the subject matter.
2	**Plan a sample dinner providing essential nutrients for people with HIV/AIDS. Explain the importance of each food item's nutrients for managing HIV/AIDS.**	**6**	**5–4**	**3–2**	**1**	**0**
		The response shows a thorough understanding of the topic. Six food items and nutrients relevant to the management of HIV/AIDS. No factual errors.	The response shows a sufficient understanding of the topic. Five/four food items and nutrients relevant to the management of HIV/AIDS. Minor factual errors.	The response shows an understanding of the topic. Three/two food items and nutrients relevant to the management of HIV/AIDS. Some important information is missing/incorrect.	The response shows a weak understanding of the topic. One food item and nutrient relevant to the management of HIV/AIDS. Major factual errors.	Limited or no information provided.
3	**Food safety strategies: Outline safety measures for preparing, cooking, and storing the meal. Explain how these practices reduce foodborne illness risks and ensure nutritional quality for those with compromised immune systems.**	**6**	**5–4**	**3–2**	**1**	**0**
		The response shows a thorough understanding of the topic. Six appropriate suggestions to promote food safety.	The response shows a sufficient understanding of the topic. Five/four appropriate suggestions to promote food safety.	The response shows an understanding of the topic. Three/two appropriate suggestions to promote food safety.	The response shows a weak understanding of the topic. One appropriate suggestion to promote food safety.	No appropriate suggestions to promote food safety.
4	**Quality of the response.**	**4**	**3**	**2**	**1**	**0**
		Demonstrates a clear and logical progression of ideas. Maintains a clear focus on the topic. Response is coherent and concise.	Generally follows a logical sequence with occasional lapses. Generally stays on topic with some side discussions. Response is mostly coherent and concise.	There are distinct inconsistencies in the logical flow of ideas. Some relevance to topic with some irrelevant information. The response has some flaws relating to clarity.	Lacks logical organisation making it difficult to follow. Significant portions of writing contain irrelevant information. The response is vague, rambling or lacking cohesion.	The response is meaningless or irrelevant.

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

Candidates will use different examples and structure their responses differently.

Marker reference guide:

HIV/AIDS description

AIDS (Acquired Immune Deficiency Syndrome) is an infectious and deadly disease that is caused by the (Human Immunodeficiency Virus) HIV virus.

Antibodies and certain cells that form part of the human immune system protect the body daily against harmful bacteria, viruses, and parasites.

HIV destroys a type of white blood cell (called CD4+ or T-helper 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, e.g., colds and flu that can lead to pneumonia, tuberculosis, and diarrhoea.

These diseases can eventually cause death.

Dietary advice for people living with HIV/AIDS.
Patients with HIV/AIDS can develop nutritional deficiencies due to diminished appetite, difficulty eating, and impaired nutrient absorption. Malnutrition can play a significant role in lowered immunity to infections. Conversely, good nutrition can strengthen immune function in people with HIV, thus enhancing quality of life and slowing the progression of HIV to AIDS. Key dietary guidelines to enhance the immune system include:

- **Maintaining body weight:** Consume regular, small meals encompassing a variety of foods to prevent weight loss.
- **Balanced diet:** Follow a well-rounded diet that incorporates foods from all six food groups to maximize nutrient absorption.
- **Fresh fruits and vegetables:** Increase intake of antioxidant-rich fruits and vegetables (rich in vitamins A, C, E, and selenium) to prevent infections and fortify the immune system.
- **Protein consumption:** Include protein-rich foods daily to prevent muscle loss, aid in recovery, and reinforce the immune system.
- **Carbohydrates and fats:** After illness or weight loss, consider consuming more carbohydrates and fats, but exercise caution in later stages to avoid complications such as diarrhoea.
- **Hydration:** Drink at least eight glasses of clean, safe water daily to prevent dehydration and replenish fluids lost through diarrhoea, night sweats, or vomiting.
- **Starch inclusion:** Base each meal on starch to maintain stable energy levels and weight.
- **Improving gut health** enhances immunity by fostering a balanced microbiome, which regulates immune responses and strengthens the gut barrier against pathogens.

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Nutrients and Food Sources:

- Protein:
  - Animal sources: Meat, chicken, fish, dairy products, eggs.
  - Plant sources: Nuts, soya beans, dried beans, legumes (e.g., peas, lentils).
  - Functions: Builds and strengthens the immune system, prevents muscle tissue loss.
- Monounsaturated fat:
  - Sources: Nuts, seeds, avocado, canola oil, olive oil.
  - Function: Provides extra kilojoules/energy.
- Polyunsaturated fat:
  - Sources: Fatty fish, walnuts, flaxseed, sunflower oil.
  - Function: Provides extra kilojoules/energy.
- Vitamin A (Retinol and Beta-Carotene):
  - Retinol sources: Liver, butter, cheese, eggs.
  - Beta-carotene sources: Dark green, yellow, orange, and red fruits and vegetables.
  - Functions: Maintains skin and mucous membranes, acts as an antioxidant, prevents infections.
- Vitamin B6:
  - Sources: White beans, potatoes, meat, fish, chicken, watermelon, maize, grains, nuts, avocado, broccoli, green leafy vegetables.
  - Function: Maintains a healthy immune and nervous system.
- Vitamin C:
  - Sources: Citrus fruit, guavas, tomatoes, pawpaw, mangoes, strawberries, marulas, green peppers, kiwi fruit, berries, potatoes, cauliflower.
  - Functions: Aids recovery from infections, acts as an antioxidant, strengthens the immune system.
- Vitamin E:
  - Sources: Plant oils, margarine, nuts.
  - Function: Antioxidant that prevents infections and cell damage.
- Selenium:
  - Sources: Whole-wheat bread, grains, maize, beans, peanuts, samp, dairy products, meat, fish, chicken, eggs.
  - Functions: Activates T-helper cells, acts as an antioxidant preventing infections and cell damage.
- Zinc:
  - Sources: Meat, fish, chicken, shellfish, grain products, maize, beans, peanuts, dairy products.
  - Functions: Protects and strengthens the immune system, acts as an antioxidant.
- Iron:
  - Sources: Liver, red meat, chicken, fish, whole-grain products, legumes.
  - Function: Maintains the immune system.
- Phytochemicals (Flavonoids and Phytosterols):
  - Sources: Found in fruits and vegetables.
  - Functions: Strengthen the immune system, antioxidants.

By incorporating these dietary recommendations, individuals with HIV/AIDS can actively support their immune system and promote overall health and resilience.

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Guidelines to promote food safety.

- Raw or cooked perishable food must be placed in the fridge or frozen immediately.
  - It can be unsafe to eat perishable foods left for longer than 2 hours at room temperature.
- Food must be cooked for long enough at high temperatures to kill harmful bacteria.
- Cold foods must be kept cold (±5°C) and hot foods hot (±60°C).
- Fruit and vegetables must be washed under running water before they are eaten, cut or cooked.
- Raw meat, chicken, seafood, and their juices must be prepared away from other foods.
- Cover food kept in the refrigerator / freezer to avoid contamination.
- Hygiene is of the utmost importance when working with food:
  - Wash your hands for at least 20 seconds in hot, soapy water before and after handling raw products.
  - Wash your hands after using the toilet, changing a baby's nappies or touching animals.
  - Clean appliances and surfaces with hot, soapy water after food preparation.
  - Keep the food preparation areas free from flies and cockroaches, because these insects can carry pathogens from contaminated food or directly from human waste to other foods.
- Pay attention to the following when buying groceries:
  - Make sure you buy from a clean and neat shop.
  - Buy raw products last.
  - Keep raw meat, chicken and seafood away from other foods in your basket and place them in separate bags to prevent their juices dripping on other groceries.
  - Make sure cans and containers are not dented or cracked as it creates an opening for contamination.
  - Open the egg box to make sure the eggs are not dirty or cracked.
  - Make sure containers are sealed and that the seal is not damaged or been tampered with.
  - Study frozen foods carefully to make sure there are no ice crystals in the packaging, because this can mean the food has defrosted and been frozen again.
  - Make sure frozen foods are under the freezing line in the freezer.
  - Keep perishable products cold when they must stay in the car for longer than an hour before putting them directly into the refrigerator/freezer at home.

Total: 200 marks

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