Additional Term 2 test

QUESTION 1

1.1 Various options are provided as possible answers to the following questions. Choose the answer and write the correct letter (A-D) on your answer sheet.

1.1.1 Which of the following foods will best strengthen the immune system of an HIV positive person?
- A Fruit and vegetables
- B Milk and cheese
- C Cereals and cereal products
- D Meat and nuts (1)

1.1.2 Select one advantage of organic farming:
- A Crop yield is greater
- B Crops have an improved appearance
- C Lower production costs
- D Reduced pollution (1)

1.1.3 Identify the statement that is not allowed on a food label:
- A "Wholesome bread", supported by nutrition information
- B "Previously frozen" on lasagne that was frozen and thawed before sale
- C "High in vitamin C", supported by nutrition information
- D "Low fat", nutrition information indicates a total fat content of 2,8 g / 100g (1)

1.1.4 A nutrient content claim for "high in dietary fibre" may appear on a food label if the product contain no less than
- A 2,4 g / 100g
- B 3,6 g / 100g
- C 4,6g / 100g
- D 5,4 g / 100g (1)

1.1.5 The main complication of gastro-enteritis is:
- A anaemia
- B osteoporosis
- C dehydration
- D hyperglycaemia (1)

1.1.6 Select the benefit of good nutrition for people suffering from HIV/AIDS:
- A Recovery from infections is improved
- B Weight loss is increased
- C Medication becomes unnecessary
- D Less fluid intake required (1)

1.1.7 The new labelling legislation states that: "Where a product or its packaging material contains any common allergen, its presence must be indicated." Which of the ingredients must be listed as "common allergens"?
- A read, peanuts, egg
- B soya, meat, rice
- C bread, meat, egg
- D rice, peanuts, soya (1)

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1.2 From the list below, select THREE nutrients that may play a role in the prevention of coronary heart disease.

A Omega 3 fatty acids
B Protein
C Vitamin D
D Vitamin E
E Saturated fat
F Water soluble fibre (3)

[10]

QUESTION 2

2.1 Read the extract below and answer the questions that follow:

> "We are all guilty of succumbing to the sofa and junk food at some point or other. But this unhealthy behaviour could not only be contributing to your waistline, but also triggering type 2 diabetes.
> Globally, diabetes kills 4.6 million people every year. In South Africa, around 1.5 million people have diabetes, affecting all ages, genders, income brackets and races. There are two major forms of diabetes (type 1 and type 2) – whilst type 1 can't be prevented, type 2 accounts for around 90% of diabetes cases worldwide. And the epidemic of diabetes is on the increase, due to overweight, obesity and physical inactivity.
> What's more, diabetes greatly increases the risk of cardiovascular disease (CVD)."
>
> *Source: Heart and Stroke foundation. www.heartfoundation.co.za*

2.1.1 Explain the difference between type 1 and type 2 Diabetes. (6)
2.1.2 List THREE reasons for the increase in diabetes type 2. (3)
2.1.3 Suggest SIX things that consumers can do in everyday life to reduce their risk for developing diabetes type 2. (6)
2.1.4 Diabetes greatly increases the risk for cardiovascular disease. List THREE other controllable, diet-related risk factors for cardiovascular disease. (3)
2.2 "High food prices threaten the food security of the poor." Explain this statement. (6)
2.3.1 Evaluate each of the following groups and select the food that would be most suitable for an obese person with diabetes and high blood cholesterol levels. (4)
2.3.2 Give in each case reasons for your choice. Tabulate your answer as follows: (12)

Group	Chosen food	Reason for your choice
GROUP A		
GROUP B		
GROUP C		
GROUP D		

[40]

Grand total: 50 marks

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Additional Term 2 test memorandum

QUESTION 1

1.1.1 A ✓
1.1.2 D ✓
1.1.3 A ✓
1.1.4 C ✓
1.1.5 C ✓
1.1.6 A ✓
1.1.7 A ✓

1.2 A ✓
E ✓
F ✓ [10]

QUESTION 2

2.1.1 Type 1 Diabetes: The pancreas is unable to produce insulin, ✓ which has to be replaced through insulin injections. ✓ The onset is usually sudden✓ and occurs in people younger than 30 years old. ✓
Type 2 Diabetes: The pancreas produces insulin✓, but it is either not enough or does not work properly✓. The onset is usually gradual✓ and it is more likely to occur in older people✓. (any 6)

2.1.2 Overweight/ obesity ✓ Physical inactivity✓ Unhealthy diet✓ (3)

2.1.3 Increase activity levels / be active /exercise more✓ Lose weight✓ if overweight or obese Follow a healthy diet ✓ Eat less refined carbohydrates✓ and sugar✓ Eat less fat✓ Eat more fibre rich food✓ Eat more low GI✓ food and less high GI food ✓Stop smoking ✓ (any 6)

2.1.4 High blood cholesterol ✓ High blood pressure ✓ Obesity ✓ Excessive alcohol intake✓. (any 3)

2.2 Food security exists when all people✓ have access at all times✓ to sufficient ✓safe, nutritious ✓ food to maintain a healthy and active life✓. If food prices are high, the poor will be able to buy even less food/not be able to buy enough food✓ with the limited money they have available. This means that they may not have access✓ to all the nutritious food they need to eat to maintain a healthy and active life✓. High food prices may also mean that they cannot afford electricity/paraffin/wood to cook food. ✓ (any 6)

2.3.1 and 2.3.2

Group	Chosen food	Reasons for your choice
GROUP A	Oats porridge ✓	Low GI ✓ – control blood glucose in diabetes ✓ High in soluble fibre ✓ – lower blood cholesterol levels ✓
GROUP B	Apple juice ✓	Low GI ✓ Apples contain soluble fibre ✓
GROUP C	Brown rice ✓	Low GI ✓ High in fibre ✓ - fills up stomach and delays a feeling of hunger ✓. This help with weight control as the person will eat less ✓.
GROUP D	Fresh tomato ✓ (Any 4)	Low GI ✓ Skin is high in fibre ✓ Contains anti-oxidant, vitamin C ✓ – helps to lower risk for CHD ✓ (Any 12)

Notice: Give marks for explanation of the value of low GI foods and foods high in soluble fibre and fibre only ONCE.

[40]

Grand total: 55 marks

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