

GAUTENG DEPARTMENT OF EDUCATION

SENIOR CERTIFICATE EXAMINATION

HOME ECONOMICS

SECTION A

QUESTION 1A

1.1	A	B	C	D
1.2	A	B	C	D
1.3	A	B	C	D
1.4	A	B	C	D
1.5	A	B	C	D
1.6	A	B	C	D
1.7	A	B	C	D
1.8	A	B	C	D
1.9	A	B	C	D
1.10	A	B	C	D
1.11	A	B	C	D
1.12	A	B	C	D
1.13	A	B	C	D
1.14	A	B	C	D
1.15	A	B	C	D
1.16	A	B	C	D

16 x 2 = (32)

QUESTION 1B

1.17 EFFECT
OF HEAT

1.17.1 – E

1.17.2 – D

1.17.3 – A

1.17.4 – C (4)

Exp.

1.20 COOKING
METHOD

1.20.1 – C – vi

1.20.2 – D – iii

1.20.3 – A – i

1.20.4 – F – v

1.20.5 – B – iv (10)

App.

1.18 FOOD
SYSTEMS

1.18.1 – E

1.18.2 – D

1.18.3 – F

1.18.4 – B (4)

App.

1.21 MANAGEMENT
TERMS

1.21.1 – A

1.21.2 – E

1.21.3 – C

1.21.4 – B (4)

Knowl.

1.19 VITAMIN
C

1.19.1 – F

1.19.2 – E

1.19.3 – G

1.19.4 – A

1.19.5 – C (5)

Comp.

1.22 MANAGEMENT
STAGE

1.22.1 – B

1.22.2 – C

1.22.3 – E

1.22.4 – A (4)

Knowl.

1.23 FINANCIAL
TERMS

1.23.1 G

1.23.2 D

1.23.3 F

1.23.4 B

1.23.5 H

1.23.6 C (6)

Comp.

1.24 MUSCLE ACTION

1.24.1 B – iii

1.24.2 D – ii

1.24.3 C – v (6)

App.

1.25 DESIGN
PRINCIPLE

1.25.1 F

1.25.2 E

1.25.3 B

1.25.4 D

1.25.5 G (5)

App.

1.26 MENU

B

C

E

I

J (5)

High cog.
(Any order)1.27 TENDERNESS
OF FISH

C

E

F (3)

Knowl.
(any order)1.28 BREAD
FAILURE

A

B

E (3)

Exp.
(any order)1.29 OPTIMUM
SPACE

A

B

D (3)

Knowl.
(any order)1.30 COLOUR HARMONY

Room 1 – neutral

Room 2 – triad

Room 3 – analogous

Room 4 – monochromatic

Room 5 – complementary

Room 6 – split complementary

(6)

High cog.

TOTAL FOR SECTION A: [100]

SECTION B**QUESTION 2****2.1 Breakfast guidelines**

- Breakfast is at the same time every day - Routine at boarding school
- An older person is in charge of preparing breakfast – employed by school.
- A get-up bell ensures all learners get up in time.
- The housekeeper plans breakfasts well in advance.
- Educators set a good example by eating with the learners.

✓✓✓✓

(4)

Application - Syll 2.2 - Meal Planning**2.2 Snacking**

- Young children
- Active teenagers
- Older people
- Dieters

✓✓

(2)

Knowledge - Syll 2.2 - Meal Planning**2.3 Undesirable effects of over-cooking**

- Proteins denature, toughen, become stringy - finally disintegrate.
- Vitamin C, Vitamin B, and other nutrients destroyed or leached from the food.
- The texture of some foods soften and become mushy and unpalatable
- Flavours changed or destroyed (lost)
- Colour change - become drab
- Sugar over caramelizes or burns
- Food becomes very dry and hard

✓✓✓

(3)

Comprehension - Syll 2.4 - Methods of cooking**2.4.1 Planning and Preparation**

FIVE FOOD GROUPS	EXAMPLE	ONE COMMON CAUSE OF DETERIORATION
Meat and Meat alternatives ✓	Meat, fish, poultry, etc. ✓	Bacteria, mould, enzymes ✓
Milk and milk products ✓	Milk, cheese, yogurt, etc. ✓	Bacteria, mould, heat, Maillard's reaction ✓
Fats and Oils ✓	Butter, cream, ice-cream, etc. ✓	Heat, oxidation ✓
Grain and grain products ✓	Wheat, barley, rice, etc. ✓	Insects, rodents, yeast, mould ✓
Fruit and vegetables ✓	Apples, beans, etc. ✓	Mechanical bruising, mould, enzymes, withering ✓

(15)

**Knowledge, Comprehension, Explanation – Syll 2.7 – Food Hygiene
Syll 2.2 – Meal planning****2.4.2 Suggestions for single people – meals**

- Buy food with a long shelf-life e.g. eggs, carrots, milk powder, etc. ✓
- Buy food that is easy to cook in small portions e.g. eggs, etc. ✓
- Team up with a friend and share fresh fruit and vegetables - foods with a short self life. ✓
- Plan ahead so different meals can be prepared simultaneously. ✓

(4)

Knowledge - Syll 2.1 - Menu planning

2.4.3 **Milk Choice**

Note: Learners **should** have **UHT** or **skimmed milk powder** **AND** two other types from the **case study**.

UHT:	Milk taken to very high temperature. 140°C for 2–4 secs, chilled immediately and packed in sterile containers.	
Advantage:	Does not require fridge space till opened.	
Pasteurized:	Milk is heated to 72.5° " 15 seconds, rapidly cooled.	
Advantage:	Pathogenic (T.B) bacteria killed, readily available but must be kept in fridge.	
Homogenized:	Pasteurized milk forced through a tiny valve – smaller fat globules evenly dispersed throughout milk.	
Advantage:	Can be frozen and thawed successfully	
Skim milk:	Powder - Fat and moisture removed - powder sealed in package	
Advantage:	Easily transported - small space - easily made up.	
Conclusion:	1 mark for each process - should be more or less correct.	(3x1)
	1 mark for each advantage	(3x1)
	1 marks for conclusion = UHT or skim milk powder	(1)
	1 mark for reason - because fridge space is limited. - Only put in fridge when opened or made up.	

Higher Cognitive – Syll 2,9 – Dairy products2.4.4 **The skin is formed on top of heated milk as the result of**

- Milk albumin and milk globulin ✓ coagulating and rising to the surface of the milk.
 - Fats ✓ and mineral salts (calcium) ✓ also rise to the top.
 - If he throws the skin away he is throwing a good part of the nutrients away. ✓
- (4)

Knowledge – Syll 2.9 – Dairy products

[40]

QUESTION 3

3.1 **Frozen fish - thawed**

- 3.1.1. Big drip loss – Frozen slowly - defrosted and refrozen - big ice-crystals formed which ruptured cell walls causing the intercellular juices to run out. (2)
- 3.1.2 Freezer burn – Not packaged properly - wrong packaging (not air / moisture proof). Package not sealed properly (air not removed) or torn. (2)
- 3.1.3 Changes in lipids – High fatty acid content sensitive to oxidation – went rancid. (2)

Knowledge Syll 2.11 – Fish3.2 **Changes in ripening fruit**

- Change in colour – Synthesis of pigments / breaking down of chlorophyll
- Texture softens – Propectin changes to pectin
- Starch changes to sugar – Fruit becomes sweeter
- Organic acids decrease – Less tart
- Volatile substances develop – Flavour and smell develops ✓✓✓ (3)

Comprehension – Syll 2.14 – Fruit3.3 **Aim in cooking vegetables**

- To make cellulose softer (not digestible)
- To cook starch and make it digestible
- To retain maximum nutritional value
- To preserve natural colour
- To improve flavour and make them more palatable
- To add variety to the diet ✓✓✓✓ (4)

Comprehension – Syll 2.14 – Vegetables3.4 **Mayonnaise**

An emulsion is when two immiscible liquids✓ (vinegars and oil) mix together✓. An emulsifier surrounds the vinegar droplets✓ - lowers the surface tension✓ - the liquids combine to form a stable emulsion✓. In mayonnaise - egg yolk✓ contains a high proportion of lecithin✓, which is the emulsifier.✓ (8)

Higher cognitive – Syll 2.10 – Eggs3.5 **Lemon Meringue Pie**

- 3.5.1 Soft peak stage ✓
- 3.5.2 Retard foam formation or will not beat up. ✓
- 3.5.3 Increased beating time / will take longer ✓ (3)

Application – Syll 2.10 – Eggs

3.6	<u>Cheese Sauce</u>		
3.6.1	Flour has less thickening power when exposed to dry heat. / spoil appearance of sauce ✓		(1)
3.6.2	Stir continuously to prevent lumps <u>or</u> burning ✓		(1)
3.6.3	Gelatinization ✓		(1)
3.6.4	Starch molecules absorbs liquid - swells and bursts ✓		
	Viscosity increases (thickens)✓		
	Colour changes to shiny (not translucent)✓		
	Develops a cooked taste✓		(4)
3.6.4	Gelation ✓- Retrogradation ✓- Syneresis ✓(not necessarily in order)		(3)

Knowledge – Syll 2.8 – Cereal

3.7	<u>Bread Ingredients</u>		
3.7.1	Yeast	• Raising agent - flavour✓	
3.7.2	Salt	• Adds flavour	
		• Firming effect on gluten threads	
		• Prevents fermentation process from taking place too quickly ✓	
3.7.3	Water	• Allows the formation of gluten	
		• Dispersion medium for fat and yeast cells	
		• Dissolves sugar and salt	
		• Water makes a lighter odugh than milk ✓	(3)

Comprehension – Syll 2.8 – Baked Products

3.8	<u>Choux pastry</u>		
	• Cream puffs have an irregular crust		
	• The surface is smooth and hard		
	• The walls are rigid but tender		
	• The center is hollow and dry		
	• The crust is golden brown	✓✓✓	(3)

Knowledge – Syll 2.8 – Baked Products

TOTAL FOR SECTION B: [40]
[80]

SECTION C**QUESTION 4**4.1. **Rump and stewing steak**

Cooking method: Rump - Fry, braai, grill (dry cooking method) ✓
 Stewing Steak - stew, simmer, potjies (moist cooking method) ✓

Motivation Rump - high percentage of collagen (white connect tissue) which is easily ✓ converted to gelatin. A dry method of cooking at a moderate temperature ✓ for a short period ✓ should be used. Dry cooking method should be used.

Stewing steak - High percentage of elastin ✓ (yellow connective tissue) requires a moist cooking method to hydrate and soften the connective tissue ✓. A moist method that results in a long cooking period at a low / moderate temperature. ✓

(8)

Higher Cognitive – Syll 2.12 – Meat4.2.1 **Cooking Medium**

Rump – air / oil ✓
 Stewing steak – liquids e.g. water ✓

(2)

4.2.2 **Method of Heat Transference**

Rump – conduction / radiation ✓
 Stewing Steak - convection ✓

(2)

Knowledge / Application – Syll 2.12 – Meat4.3 **Incorrect cooking method**

Rump – tough, shrink, stringy, fall apart ✓✓
 Stewing steak – shrink, hard, dry ✓✓

(4)

Application – Syll 2.12 – Meat

4.4

THREE Pre-mortal	TWO Post-mortal
Feeding, age, muscle activity anatomical position Ratio of muscle fibre to connective tissue, marbling, premortal treatment ✓✓✓	Slaughtering process Cool-shrinkage, electrical stimulation, rigor mortis process, ripening, cooking process ✓✓

(5)

Knowledge – Syll 2.12 – Meat4.5 **Good functional design**

- Eating area part of open plan kitchen - good
- Space has been utilized to the maximum
- Not sufficient space for 6 people to be together in the lounge - poor
- Bathroom runs into the kitchen
- No place for anyone to do a hobby
- No space for recreational equipment
- Arrangement of furniture doesn't allow free movement
- Lighting - bedroom - bedside lights
- Ventilation - plenty of doors – good ✓✓✓✓✓✓

(6)

Higher Cognitive – Syll 3.1.1 – Functional design

4.6 **Storage**

- Items used together should be stored together and where they will be used first.
- Items should be easy to locate at a glance and be easy to remove without removing others
- Frequently used items should be stored in easy reach
- Heavy equipment should be stored at or near floor level
- All space should be utilised for optimum efficiency and allow for future needs.
- Store suitcases etc. under beds or on top of cupboards. ✓✓✓✓✓

(5)

Knowledge – Syll 3.1.1 – Interior design

4.7

4.7.1 **Keeping chalet cool**

- Insulation, e.g. thatching
- Wide eaves
- Awning and blinds
- Ventilation - open doors and windows
- Curtains
- Fans
- Air conditioning ✓✓✓

(3)

4.7.2 **Keep chalet warm**

- Insulate roof - fibreglass, loose filling, thatching
- Insulate windows and doors - weather stripping round windows and doors.
- Double glass
- Lined curtains and blinds
- Insulate floor, thick floor coverings e.g. carpets ✓✓✓

(3)

Comprehension – Syll 3.1.1 – Interior design4.8 **Lighting in chalet**

Natural✓ and artificial lighting ✓ OR direct / indirect

(2)

Knowledge – Syll 3.1.1 – Interior design

[40]

SECTION D**QUESTION 5**5.1 **Time**

- Make lists and plan each day.
- Use your best time for important tasks and take your productivity curve into consideration.
- Beware of procrastination.
- Simplify big tasks and consolidate small tasks.
- Learn to say NO.
- Learn to utilize short periods of time. ✓✓✓✓✓

(5)

Comprehension – Syll 1.1.2 – Home Care

5.2

5.2.1 **Colour scheme**

Analogous colour scheme ✓

(1)

5.2.2

DESIGN PRINCIPLE	MOTIVATION
Emphasis✓	Big picture of lion✓
Rhythm✓	Repetition of dots and lines✓
Informal balance✓	Big picture on one side of door balances visually with 2 small on the other side.✓
Radial balance✓	Mat on floor✓

(8)

Higher cognitive level – Syll 3.1.1 - Interior5.3 **Traffic paths**

Very poor✓. Have to go through MIDDLE of lounge to go anywhere.✓

(2)

Application - Syll 3.1.1 – Functional Design5.4.1 **Kitchen shape**

Corridor kitchen ✓

- Characteristics
- Utilized two opposite walls
 - Doors at each end
 - Corridor = 2,5 m wide ✓

(1)

5.4.2 A. Stove ✓, B Fridge ✓, C Sink ✓

(1)

(3)

Application – Syll 3.1.1 – Illusion of space

5.5

5.5.1 **Deductions**

- Pension
- Medical Aid
- UIF
- Income Tax
- Group Insurance

✓✓✓

(3)

Knowledge – Syll 1.2.3 – Financial Management

5.5.2 **Additional Benefits**

- Paid leave
- Housing subsidy
- Company car
- Recreational facilities
- Educational facilities
- Retirement fund
- Paid sick leave

✓✓✓

(3)

Comprehension – Syll 1.2.3 – Financial Management5.5.3 **Non-money income**

- Use of own possessions
- Home production
- Public services
 - swimming pool – although paid for today
 - library – book lists are free
 - public transport
- Police

✓✓✓

(3)

Knowledge – Syll 1.2.3 – Financial Management5.6 **Belonging to a group**

- Develop loyalty
- Become independent
- Develop a sense of belonging
- Have status in your own right
- Develop own standards based on own values

✓✓✓

(3)

Comprehension – Syll 4.7 – Family studies5.7 **Constructive quarrelling**

- Take a positive attitude
- Speak up when necessary. Don't bottle it up.
- Refrain from blaming or belittling the other person
- Be open-minded and listen to another point of view.
- Stick to the issue and do not dig up old quarrels
- Show empathy
- Respect the other person's point of view
- Refrain from being stubborn and hardheaded.

✓✓✓

(3)

Explanation – Syll 4.7 – Family Studies5.8 **Ways of achieving solidarity**

- Interaction and communication strengthens family ties.
- Meeting of expectations leads to feelings of faithfulness
- Family rituals (traditions) e.g. birthdays, holidays, weddings, funeral, family occasions.
- Family symbols, e.g. photos, holidays, jokes, history, stories and secrets.
- Family possessions e.g. heirlooms
- Expression of affections.

✓✓✓✓

Explanation – Syll 4.7 – Family studies

(4)

[40]

QUESTION 6

6.1 Characteristics of values

- Values give meaning and sense to life
- Express attitude to nature, other people and God
- Determine a person's quality of life and behavioural patterns
- Values influence actions and decisions
- Values are more general and permanent than wishes
- Values are abstract, complex, involved emotions and change slowly and gradually with maturity.
- Intrinsic values are absolute, extrinsic values are relative ✓✓✓✓✓

(5)

Knowledge – Syll 5.1.1 – Management Process

6.2 Guidelines to setting goals

- Goals and objectives should be your own
- Goals should be written down
- Goals should be realistic and attainable
- Goals should have a target date
- Goals should be compatible ✓✓✓

(3)

Knowledge – Syll 5.1.1 – Management Process

6.3 Resources

HUMAN RESOURCES	NON-HUMAN RESOURCES
6.3.2 ✓	6.3.1 ✓
6.3.5 ✓	6.3.3 ✓
6.3.6 ✓	6.3.4 ✓
6.3.7 ✓	

(7)

Comprehension – Syll 5.1.1 – Management Process

6.4.1 Steps in decision making process

ANY 5 STEPS PLUS EXAMPLE

STEP	CASE STUDY EXAMPLE
Identify problem	Nursery school needs ramps
Gather information	Research.....
Identify alternatives	Metal / fibre glass etc
Explore consequences	Fibre glass broke etc
Make a choice	Metal, 2 sizes - enamel paint R50.00 each
Technique to implement choice	Ask an engineering company to make them
Evaluation	One year later.....

✓✓✓✓✓

✓✓✓✓✓

(10)

Higher Cognitive – Syll 1.1.1 – Decision making

6.4.2 **Decision making**

- (a) Level:
Extensive ✓ (1)
- (b) Type:
Technical ✓ (1)
- (c) Central Decision:
To make ramps for nursery school ✓ (1)
- (d) Two satellite Decision:
Materials to use
Coating to use
Height
Cost ✓✓ (2)

Application – Syll 1.1.1 – Decision making

6.5

6.5.1 **Family situation**

- 2 people - usually grown-ups as opposed to lots of children
- Big families more space - bigger house
- Small children leave more of a mess
- Well trained family members wipe their feet, keep rooms tidy,
- Clean bathrooms after use etc ✓✓ (2)

6.5.2 **Location of house**

- House in country less / no industrial grime - only dust no soot
- Air conditioned house with weather strips will stay cleaner longer.
- Gravel / dirt road - tarred road less dust ✓✓ (2)

Explanation – Syll 1.1.3 – Enviro care

6.6 **Type of demand**

Emotional	Physical	Mental
A✓ E✓	C✓ D✓	B✓ F✓

(6)
[40]

Application – Syll 1.1.4 – Work study

TOTAL FOR SECTION D: [80]

TOTAL: 300

GAUTENGSE DEPARTEMENT VAN ONDERWYS

SENIORSERTIFIKAAT-EKSAMEN

HUISHOUDKUNDE HG

AFDELING A**VRAAG 1A**

1.1	A	B	C	D
1.2	A	B	C	D
1.3	A	B	C	D
1.4	A	B	C	D
1.5	A	B	C	D
1.6	A	B	C	D
1.7	A	B	C	D
1.8	A	B	C	D
1.9	A	B	C	D
1.10	A	B	C	D
1.11	A	B	C	D
1.12	A	B	C	D
1.13	A	B	C	D
1.14	A	B	C	D
1.15	A	B	C	D
1.16	A	B	C	D

16 x 2 = (32)

VRAAG 1B1.17 EFFEK
VAN HITTE

1.17.1 – E

1.17.2 – D

1.17.3 – A

1.17.4 – C (4)

Verdui.1.20 GAARMAAK-
METODE

1.20.1 – C – vi

1.20.2 – D – iii

1.20.3 – A – i

1.20.4 – F – v

1.20.5 – B – iv (10)

Toepassing1.18 VOEDSEL
SISTEME

1.18.1 – E

1.18.2 – D

1.18.3 – F

1.18.4 – B (4)

Toepassing1.21 BESTUURS-
TERME

1.21.1 – A

1.21.2 – E

1.21.3 – C

1.21.4 – B (4)

Kennis1.19 VITA-
MIEN C

1.19.1 – F

1.19.2 – E

1.19.3 – G

1.19.4 – A

1.19.5 – C (5)

Begrip1.22 BESTUURS-
STADIUM

1.22.1 – B

1.22.2 – C

1.22.3 – E

1.22.4 – A (4)

Kennis1.23 FINANSIËLE
TERME

1.23.1 G

1.23.2 D

1.23.3 F

1.23.4 B

1.23.5 H

1.23.6 C (6)

Begrip1.24 SPIER AKSIE

1.24.1 B – iii

1.24.2 D – ii

1.24.3 C – v (6)

Toepassing1.25 ONTWERP
BEGINSEL

1.25.1 F

1.25.2 E

1.25.3 B

1.25.4 D

1.25.5 G (5)

Toepassing1.26 SPYSKAART

B

C

E

I

J (5)

Hoër kognitief
(Enige order)1.27 SAGTHEID
VAN VIS

C

E

F (3)

Kennis
(Enige order)1.28 BROOD
MISLUKKING

A

B

E (3)

Verdui.
(Enige order)1.29 OPTIMALE
RUIMTE

A

B

D (3)

Kennis
(Enige order)1.30 KLEUR-HARMONIE

Kamer 1 – neutraal

Kamer 2 – triadiese

Kamer 3 – analogiese

Kamer 4 – monochromaties

Kamer 5 – komplementêre

Kamer 6 – gesplete komplementêr

(6)

Hoër kognitief**TOTAAL VIR AFDELING A: [100]**

AFDELING B**VRAAG 2****2.1 Ontbytriglyne**

- Ontbyt is elke dag op dieselfde tyd - Roetine by 'n kosskool
- 'n Ouer persoon is in beheer van die voorbereiding van ontbyt – in diens van die skool.
- 'n Opstaanklok verseker dat alle leerders betyds opstaan.
- Die huishoudster beplan ontbyt ver vooruit.
- Opvoeders stel 'n goeie voorbeeld deur saam met die leerders te eet. ✓✓✓✓ (4)

Toepassing Sill 2.2 – Maaltydbeplanning**2.2 Versnappering**

- Jong kinders
- Aktiewe tieners
- Ouer mense
- Verslankers ✓✓ (2)

Kennis – Sill 2.2 Maaltydbeplanning**2.3 Ongewenste uitwerking van oorgaarmaak**

- Proteïene denatureer, word taai en dradering – sal uiteindelik disintegreer.
- Vitamien C, Vitamien B en ander nutriënte word vernietig of lek uit die voedsel.
- Die tekstuur van sommige voedselsoorte versag en word pap en onsmaaklik
- Kleur verander – word dor
- Suiker oorkarameliseer of brand
- Voedsel word baie droog en hard ✓✓✓ (3)

Begrip – Sill 2.4 – Gaarmaakmetodes**2.4.1 Bepanning en voorbereiding**

VYF VOEDSELGROEPE	VOORBEELD	EEN GEMENE REDE VIR BEDERF
Vleis en Vleisalternatiewe ✓	Vleis, vis, pluimvee, ens. ✓	Bakterieë, skimmels, ensieme ✓
Melk en melkprodukte ✓	Melk, kaas, joghurt, ens. ✓	Bakterieë, skimmel, hitte, Maillard se reaksie ✓
Vette en Olie ✓	Botter, room, roomys, ens. ✓	Hitte , oksidasie ✓
Graan en graanprodukte ✓	Koring, gort, rys, ens. ✓	Insekte, knaagdiere, gis, skimmels ✓
Vrugte en groente ✓	Appels, boontjies, ens. ✓	Meganiese kneusing, skimmels, ensieme, verlepping ✓

(15)

**Kennis, Begrip, Verduideliking – Sill 2.7 – Voedseligiëne
Sill 2.2 – Maaltydbeplanning****2.4.2 Aanbevelings vir enkelpersone – maaltye**

- Koop voedsel met 'n lang rakleef tyd bv. eiers, wortels, melkpoeier ens. ✓
- Koop voedsel wat maklik in klein porsies gaargemaak kan word bv. eiers, ens. ✓
- Deel vars vrugte en groente met 'n kort rakleef tyd met 'n vriend – voedsel wat nie lank gebêre kan word nie. ✓
- Beplan vooruit sodat verskillende maaltye tegerlykertyd voorberei kan word. ✓ (4)

Kennis– Sill 2.1 – Maaltydbeplanning

2.4.3 **Keuse van melk**

Nota: Leerlinge behoort UHT of afgeroomde melkpoeier te hê en twee ander tipes van die gevallestudie.

UHT: Melk word tot 'n baie hoë temperatuur geneem. 140° C vir 2 – 4 sekondes, verkoel onmiddellik en in steriele houers verpak.

Voordeel: Benodig nie yskasruimte totat dit oopgemaak is nie.

Gepasteuriseerde: Melk is verhit tot 72.5° C → 15 sekondes, vinnig verkoel.
Voordeel: T.B. bakterieë vernietig, redelik beskikbaar maar moet in yskas geberg word.

Gehomogeniseerd: Gepasteuriseerde melk geforseer deur 'n klein kleppie – kleiner vetglobules word eweredig deur melk versprei.

Voordeel: Kan bevries word en suksesvol ontdooi.

Afgeroomde melk: Poeier – Vet en vog verwyder – poeier verseël in verpakking
Voordeel: Maklik vervoer - klein spasie – maklik opgemaak

Samevatting: 1 punt vir elke proses – moet min of meer korrek wees (3 x 1)
 1 punt vir elke voordeel (3 x 1)
 1 punt vir samevatting = UHT of afgeroomde melkpoeier (1)
 1 punt vir rede – omdat yskasruimte beperk is. Word slegs in yskas geplaas wanneer dit oop of aangemaak is. (1)

Hoër kognitief – Sil 2.9 – Suiwelprodukte

2.4.4 **Die vel word gevorm bo-op verhitte melk as gevolg van**

- Melkalbumien en melkglobulien ✓ koaguleer en styg tot die oppervlakte van melk.
- Vette ✓ en minerale soute (kalsium) ✓ styg ook na bo
- Indien hy die vel weggooi, gooi hy 'n goeie deel van die nutriënte weg. ✓ (4)

Kennis – Sil 2.9 – Suiwelprodukte

[40]

VRAAG 3

3.1 **Bevrore vis – ontdooi**

- 3.1.1. Groot vogverlies – Stadig bevries – ontdooi en herbevries – groot yskristalle het gevorm wat die selwande laat bars om die intrasellulêre vloeistowwe laat uitloop het. (2)
- 3.1.2. Vriesbrand – Nie behoorlik verpak – verkeerde verpakking (nie lug /vogdig nie). Verpakking nie behoorlik verseël (lug is nie verwyder nie) of geskeur. (2)
- 3.1.3. Verandering in vette – Hoë vetsuurinhoud sensitief vir oksidasie – word galsterig. (2)

Kennis – Sill 2.11 – Vis3.2 **Veranderinge in rypwordende vrugte**

- Verandering in kleur – Sintese van pigmente/ afbreek van chlorofil
- Tekstuur versag – Protopektien verander in pektien
- Stysel verander na suiker – Vrugte word soeter
- Organiese sure verminder – Minder frank
- Vluchtige bestanddele ontwikkel – Geur en smaak ontwikkel ✓✓✓ (3)

Begrip – Sill 2.14 – Vrugte3.3 **Doel met gaarmaak van groente**

- Om sellulose sagter te maak (nie verteerbaar)
- Om stysel te kook en verteerbaar te maak
- Om maksimum voedingswaarde te behou
- Om natuurlike kleur te behou
- Om geur te verbeter en dit smaakliker te maak
- Om afwisseling by die dieet by te voeg ✓✓✓✓ (4)

Begrip – Sill 2.14 – Groente3.4 **Mayonnaise**

'n Emulsie is wanneer twee onmengbare vloeistowwe ✓ (asyn en olie) saam gemeng ✓ word. 'n Emulsifiseerder omring die asyndruppels ✓ –verlaag die oppervlakspanning ✓ – die vloeistowwe kombineer om 'n stabiele emulsie ✓ te vorm. In mayonnaise – eiergeel ✓ bevat 'n hoë proporsie lesitien ✓ wat 'n emulsifiseerder is. ✓ (8)

Hoër kognitief – Sill 2.10 – Eiers3.5 **Suurlemoenmeringue tert**

- 3.5.1 Sagtepunt stadium ✓
- 3.5.2 Vertraag skuimvorming of sal nie klits nie ✓
- 3.5.3 Verhoog klitstyd / sal lank neem ✓ (3)

Toepassing – Sill 2.10 – Eiers

- 3.6 **Kaassous**
- 3.6.1 Meel het minder verdikkingskrag wanneer dit aan hitte blootgestel word / bederf voorkoms van die sous. ✓ (1)
- 3.6.2 Roer gedurig om klonte of aanbrand te voorkom ✓ (1)
- 3.6.3 Gelatinisering ✓ (1)
- 3.6.4 Stysel molekules absorbeer vloeistof – swel en bars ✓
Viskositeit vermeerder (verdik) ✓
Kleur verander na helder (nie deursigtig) ✓
Ontwikkel 'n gaar smaak ✓ (4)
- 3.6.5 Jellering ✓ – retrogradering ✓ – sinerese ✓ (nie noodwendig in orde) (3)

Kennis Sill. 2.8 – Grane

- 3.7 **Bestanddele van brood**
- 3.7.1 Gis • Rysmiddel – geur ✓
- 3.7.2 Sout • Gee geur
• Verstewig glutendrade
• Voorkom dat fermentasieproses te vinnig plaasvind ✓
- 3.7.3 Water • Speel rol in vorming van gluten
• Dispersiemedium vir vet- en suurdeegselle
• Los suiker en sout op
• Water maak 'n ligter deeg as melk ✓ (3)

Begrip – Sil 2.8 - Gebakte produkte

- 3.8 **Choux pasta**
- Roompoffertjies het 'n onegalige kors
 - Die oppervlak is glad en hard
 - Die wand is stewig maar sag
 - Die binnekant is hol en droog
 - Die kors is goudbruin ✓✓✓ (3)

Kennis – Sil 2.8 - Gebakte produkte

TOTAAL VIR AFDELING B: [40]
[80]

AFDELING C**VRAAG 4**4.1. **Kruis en stowebeesvleis**

Gaarmaakmetode : Kruis – Braai, rooster (droë gaarmaakmetode) ✓
 Stowebeesvleis – Stowe, prut, potjie (klam gaarmaakmetode) ✓

Motivering Kruis – hoë persentasie kollageen (wit bindweefsel) wat maklik omsit ✓
 in gelatien. 'n Droë gaarmaakmetode teen 'n matige temperatuur ✓ en vir
 'n kort periode. ✓ Droë hitte gaarmaak metode moet gebruik word.

Stowebeesvleis – Hoë persentasie elastien ✓ (geel bindweefsel) vereis 'n
 klam hitte gaarmaakmetode om die bindweefsel te hidreer en te versag. ✓
 'n Klam metode met 'n lang gaarmaakperiode teen 'n lae / matige
 temperatuur. ✓

(8)

Hoër Kognitiewe – Sil 2.12 – Vleis4.2.1 **Gaarmaakmedium**

Kruis^o lug/olie ✓
 Stowebeesvleis –vloeistowwe bv. water ✓

(2)

4.2.2 **Hitteoordragmetode**

Kruis – geleiding / straling ✓
 Stowebeesvleis – konveksie / stroming ✓

(2)

Kennis/Toepassing – Sil 2.12 – Vleis4.3 **Verkeerde gaarmaakmetode**

Kruis – taai, krimp, draderig, val uitmekaar ✓✓
 Stowebeesvleis – krimp, hard , droog ✓✓

(4)

Toepassing – Sil 2.12 – Vleis

4.4

DRIE Voordoodse	TWEE Nadoodse
Voeding, ouderdom, spieraktiwiteit, anatomiese posisie Verhouding van spiervesels tot bindweefsel, marmering, voordoodse behandeling ✓✓✓	Slagtingsproses Koelkrimp, elektriese stimulasie, rigor mortis-proses, rypwording, kookproses ✓✓

(5)

Kennis Sil 2.12 – Vleis4.5 **Goeie funksionele ontwerp**

- Eetarea deel van die oop plan kombuis – goed
- Ruimte ten beste benut
- Nie genoeg ruimte vir 6 mense om saam in die sitkamer te wees nie- swak
- Badkamer loop uit die kombuis
- Geen plek vir enige een om 'n stokperdjie te beoefen
- Geen ruimte om ontspanningsapparaat te berg nie
- Rangskikking van meubels laat nie vry beweging toe nie
- Beligting – slaapkamer – bedlampies
- Ventilاسie – baie deure – goed ✓✓✓✓✓✓

(6)

Hoër Kognitief – Sill 3.1.1 – funksionele ontwerp

4.6 **Berging**

- Items wat saam gebruik word moet saam gebêre word en waar dit eerste gebruik word.
- Items moet met die eerste oogopslag gesien kan word en maklik uitgehaal kan word sonder om ander items te verwyder.
- Goed wat dikwels gebruik word, moet binne maklike bereik wees
- Swaar apparaat moet na aan die vloer gebêre word.
- Alle ruimte moet goed benut word en beplan vir toekomstige behoeftes.
- Berg koffers ens. onder beddens of bo-op kaste. ✓✓✓✓✓

(5)

Kennis Sill 3.1.1 – Interieur Ontwerp

4.7

4.7.1

Hou chalet koel

- Isolering bv. dekking
- Breë oorhange
- Sonskerms en blindings
- Ventilasio – oop deure en vensters
- Gordyne
- Waaiers
- Lugreëling ✓✓✓

(3)

4.7.2

Isoleer chalet teen koue

- Isolering in dak – veselglas, los vuisel, dekking
- Isoleer vensters en deure – weerstroke rondom vensters en deure.
- Dubbele glas
- Gevoerde gordyne en blindings
- Isoleer vloer, dik vloerbedekkings bv. tapyte ✓✓✓

(3)

Begrip Sill 3.1.1 – Interieur Ontwerp

4.8

Beligting in chalet

Natuurlike✓ en kunsmatige beligting✓ / direk/indirek

(2)

Kennis Sill 3.1.1 – Interieur Ontwerp

[40]

AFDELING D**VRAAG 5**5.1 **Tyd**

- Maak lysies en beplan elke dag.
- Gebruik jou beste tyd vir belangrike take en neem jou produktiwiteitskurwe in ag.
- Moenie uitstel nie.
- Vereenvoudig take en konsolideer klein take.
- Leer om NEE te sê.
- Leer om kort tydies nuttig te gebruik. ✓✓✓✓✓ (5)

Begrip Sill 1.1.2 – Huis – en omgewingsorg

5.2

5.2.1 **Kleurskema –**
Analogiese kleurskema ✓ (1)

5.2.2

ONTWERPBEGINSEL	MOTIVERING
Nadruk ✓	Groot prent van leeu ✓
Ritme ✓	Herhaling van stippels en lyne ✓
Informelebalans ✓	Groot prent aan een kant van deur balanseer visueel met die 2 klein prente aan die ander kant ✓
Straal balans ✓	Mat op vloer ✓

(8)

Hoër kognitiewe Sill 3.1.1 – Interieur5.3 **Looppaai**

Baie swak. ✓ Moet deur die **MIDDEL** van sitkamer gaan om enige plek te bereik ✓ (2)

Toepassing Sill. 3.1.1 Funksionele Ontwerp5.4.1 **Kombuisvorm**

Gang-tipe kombuis (1)

Eienskap- Twee teenoorstaande mure word benut

Deure aan albei kante

Gang = 2,5 m breed ✓ (1)

5.4.2 A. Stoof ✓, B Yskas ✓, C Opwasbak ✓ (3)

Toepassing Sill 3.1.1 – Illusie van ruimte

5.5

5.5.1 **Aftrekkings**

- Pensioen
- Mediese fonds
- WVF
- Inkomstebelasting
- Groepversekering ✓✓✓ (3)

Kennis – Sill 1.2.3 – Finansiële Bestuur

5.5.2 **Byvoordele**

- Betaalde vakansie
- Behuisingsubsidie
- Maatskappymotor
- Ontspanningsfasiliteite
- Opvoedkundige fasiliteite
- Aftreefonds
- Betaalde siekverlof ✓✓✓ (3)

Begrip – Sill 1.2.3 – Finansiële bestuur5.5.3 **Nie-geldelike inkomste**

- Nut van eie besittings
- Tuisproduksie
- Openbare dienste – swembad – alhoewel jy daarvoor moet betaal
- biblioteek – boeklyste gratis
- publieke vervoer
- Polisie ✓✓✓ (3)

Kennis – Sill 1.2.3 – Finansiële bestuur5.6 **Aan 'n groep behoort**

- Ontwikkel lojaliteit
- Word onafhanklik
- Ontwikkel 'n gevoel van behoort
- Het status in jou eie reg
- Ontwikkel standarde gebaseer op eie waardes ✓✓✓ (3)

Begrip – Sill 4.7 – Gesinstudie5.7 **Opbouende struwelinge**

- Neem 'n positiewe houding in
- Praat wanneer nodig. Moenie griewe opkrop nie
- Moenie iemand blameer of verkleineer nie
- Wees oop vir oortuiging en luister na 'n ander standpunt
- Bly by die twispunt en moenie ou koeie uit die sloot grawe nie
- Wees empaties
- Respekteer ander se standpunte en gevoelens
- Moenie hardkoppig en dwars wees nie ✓✓✓ (3)

Verduideliking – Sill 4.7 – Gesinstudie5.8 **Maniere waarop eenheid verkry kan word**

- Interaksie en kommunikasie tussen gesinslede
- Voldoen aan verwagtinge wat tot vertrouwe lei.
- Gesinstradisies bv. vakansies, verjaarsdae, troues, begrafnisse en verskeie gesinsbyeenkomste.
- Gesinssimbole bv. foto's, vakansies, grappies, stories, geheime, geskiedenis,
- Gesinsbesittings bv. erfstukke
- Uitinge van gevoelens. ✓✓✓✓ (4)

Verduidelik – Sill. 4.7 – Gesinstudie

VRAAG 6

6.1 Eienskappe van waardes

- Waardes gee sin en betekenis aan die lewe
- Druk houding teenoor natuur, ander mense en God uit
- Bepaal 'n persoon se lewenskwaliteit en sy gedragpatrone
- Waardes bepaal handeling en besluite
- Waardes is meer algemeen en permanent as wense
- Waardes is abstrak, kompleks, betrek emosies en verander stadig en geleidelik namate 'n mens volwasse raak.
- Intrinsieke waardes is absoluut, ekstrasieke waardes is relatief ✓✓✓✓✓ (5)

Kennis – Sil 5.1.1 – Bestuursproses6.2 Riglyne wanneer doelwitte gestel word

- Doelstellings en doelwitte moet jou eie wees
- Doelwitte moet neergeskryf word
- Doelwitte moet realisties en bereikbaar wees
- Doelwitte moet 'n keerdatum hê
- Doelwitte moet by mekaar aansluit ✓✓✓ (3)

Kennis – Sil 5.1.1 – Bestuursproses6.3 Hulpmiddels

MENSLIKE HULPMIDDELS	NIE-MENSLIKE HULPMIDDELS
6.3.2 ✓	6.3.1 ✓
6.3.5 ✓	6.3.3 ✓
6.3.6 ✓	6.3.4 ✓
6.3.7 ✓	

(7)

Begrip – Sil 5.1.1 – Bestuursproses6.4.1 Stappe in besluitnemingsproses

ENIGE 5 STAPPE PLUS VOORBEELD

STAP	VOORBEELD UIT GEVALLESSTUDIE
Identifiseer probleem	Kleuterskool benodig opritte
Verkry inligting	Navorsing
Identifiseer alternatiewe	Metaal/veselglas, ens.
Ondersoek gevolge	Veselglas breek ens.
Neem 'n besluit	Metaal, 2 groottes – emaljeverf R50,00 elk
Tegniek om keuse te implementeer	Vra 'n ingenieursmaatskappy om dit te maak
Evaluering	Een jaar later....

✓✓✓✓✓

✓✓✓✓✓

(10)

Hoër Kognitiewe - Sil 1.1.1. – Besluitneming

6.4.2 **Besluitneming**

- (a) Vlak:
Ekstensiewe vlak van besluit ✓ (1)
- (b) Tipe:
Tegniese besluit ✓ (1)
- (c) Sentrale besluit:
Om opritte te maak vir kleuterskool ✓ (1)
- (d) Twee satellietbesluite:
Materiaal om dit te maak
Verf
Hoogte
Onkoste ✓✓ (2)

Toepassing- Sil 1.1.1. – Besluitneming

6.5

6.5.1 **Gesinsituasie**

- 2 mense – gewoonlik volwassenes teenoor baie kinders
- Groot gesinne meer ruimte – groter huis
- Klein kinders mors meer
- Goed opgevoede gesinslede vee hulle voete af, hou hulle kamers netjies, maak badkamers skoon na gebruik. ens. ✓✓ (2)

6.5.2 **Ligging van huis**

- Huis in platteland minder/ geen industriële vuiligheid – slegs stof geen roet
- Huis met lugreëling en weerstroke sal langer skoon bly.
- Gruis/grondpad – teerpad minder stof ✓✓ (2)

Verduideliking – Sill 1.1.3 Huis – en omgewingsversorging6.6 **Tipe eise**

Emosionele	Fisiese	Verstandelik
A✓ E✓	C✓ D✓	B✓ F✓

(6)
[40]**Toepassing – Sil 1.14 - Werkstudie**

TOTAAL VIR AFDELING D: [80]

TOTAAL: 300