

RESOURCE SHEET**RESOURCE ONE FOOD QUESTION****QUESTION 2.1.1****A comparison of Body Mass Index Percentages amongst South African Adult Men**

	Men %				
	African (n = 4 006)	Mixed (n = 740)	Indian (n = 174)	White (n = 470)	Total (n = 5 390)
Underweight BMI < 18,5	12,9	12,1	16,9	5,0	12,2
Normal Weight BMI 18,5 – 24,9	61,7	57,1	50,3	40,4	58,6
Overweight BMI 25 – 30	19,4	23,1	24,0	36,3	21,7
BMI > 30	6,0	7,7	8,7	18,2	7,5

n = sample size

[Adapted from <<http://www.mrc.ac.za>>]**RESOURCE TWO FOOD QUESTION****QUESTION 2.4****IS EATING OUT CHEAPER THAN COOKING?**

South Africans are dining in restaurants more than ever, and with eateries trying to hold the line on prices, it's not necessarily a big money-saver to buy your own groceries.

By the time he has driven to the farmers market, bought the organic veggies and spent an hour cooking a meal for himself and his wife, Mark estimates he has spent R210.

That's why recently, after fighting rush hour, Mark dashed into a popular pasta place, for hand-made ravioli smothered in a tomato based sauce. "I'll get out of here for R119 plus tip," he said.

The general consensus among South Africans is the same, that eating out is the new eating in. Even with wages the same, time-strapped workers are abandoning the family kitchen.

[Adapted from: <<http://articles.moneycentral.msn.com>>]

RESOURCE THREE CLOTHING QUESTION**QUESTION 3.3****Is Fashion Earth's Enemy?**

"Fashion is most definitely Earth's enemy because it is all about excessive consumerism," says Karen Ter Morshuizen of LUNAR CLOTHING. "That is why it is a bit of a contradiction to mix the word 'fashion' with eco-friendly."

"To try to combat this contradiction, at Lunar we focus on creating timeless quality pieces from environmentally friendly fabrics that have a long lifespan and that can be worn year in and year out."

What is encouraging is that trendsetters like Li Edelkoort have turned towards environmental conservation and responsible business practice.

"It is starting to have impact here at home too. Clients have started asking us where and how our fabrics are made. For me it's an exciting time because people are becoming more conscious of how they interact with the world."

"They are becoming more conscious about what they buy. If you buy a T-shirt for R25, for instance, it is highly likely that the environment and labour has been abused along the way."

At Lunar we are environmentally conscious but we are not hung up on 'organic'. I'm more interested in buying natural products with integrity, like South African wool, rather than importing Irish wool because it is 'organic'.

[Adapted from: *Verve Magazine*, February 2010]

RESOURCE FOUR**QUESTION 3.3.2 IS FASHION EARTH'S ENEMY AND THE ECONOMY'S FRIEND?**

Marks × 2	Descriptors
5	The candidate has clearly articulated a viewpoint. The argument is clearly developed showing accuracy, depth and relevance of information.
4	The candidate has clearly articulated a viewpoint. An argument is developed with one or two minor flaws in accuracy and relevance or lacking some depth.
3	The candidate has stated a viewpoint but the argument is not always coherent. The justification lacks sufficient depth/accuracy/relevance to convince.
2	The viewpoint is unclear and the argument is superficial and lacking in clarity. The justification is not always relevant.
0 – 1	No opinion is given or the candidate chooses both sides of the argument and cannot substantiate either side. There is minimal or no relevance.