

**RESOURCE ONE****FOOD QUESTION****'Vuka – Move for your Health'**

South Africa has been authorised by the World Health Assembly to celebrate 'MOVE FOR HEALTH'. This is part of a global and national initiative promoting physical activity as part of a healthy lifestyle for all. The campaign is called '**Vuka South Africa – Move for your Health**'. It is now part of the government's programme to create a 'Long and Healthy Life for All South Africans'. The department aims to encourage the public to practise physical activities.

Physical activity has been shown time and time again to be of benefit in preventing many chronic lifestyle diseases. It eases the symptoms of stress and depression and helps boost the immune system. It is a relatively cheap, safe and easy 'feel good' medicine.

[Adapted from < <http://www.kznhealth.gov.za> >]

**RESOURCE TWO****CLOTHING QUESTION****The Kate Effect: A Fashionable Anniversary**

The Duke and Duchess of Cambridge have gone from strength to strength since their big day, captivating the world with their love story and moreover, Kate's impeccable style. The Kate Effect, as it has become known, has transformed this typical St Andrews girl into a fashion icon. Everything she wears instantly sells out; an army of 'Copy-Kates' snap up the same outfit or imitations minutes after she has been spotted wearing it.

Why is there so much hype regarding her fashion choices you may ask? Well, it can't be denied that Kate never fails to impress. Always wearing an outfit appropriate to the occasion, Catherine has become the new Queen of hats, dress coats and shoes. Timelessly elegant and with a love of the High Street, Kate has made fashion accessible for all girls who dream of being a princess.

[Adapted from < <http://www.stand-news.co.uk> >]

## RESOURCE THREE      HOUSING AND FURNISHING QUESTION

### Buying a plot and building a house you designed

I am seriously considering buying a plot and having a house built on it. I have been looking around our area for houses for the last few years and not one house was in a good enough condition. I know it costs more to build your own house, but you have it built to your specification and finishes. We could have bought a house earlier this year but it would have cost us close to R100 000 to replace old floors, carpets, cupboards.

I have experience of drawing up house plans when I was studying so I can possibly do 80% of the house plan.

How does financing work? I think I need 15% deposit on the plot, but how does the financing for the building work? With my new job I have the potential to earn about 50% more per month for most of next year. This money could be pumped into building costs.

Apparently hidden costs are something I need to watch out for, over and above the obvious building costs.

I have somewhere to stay for 3 months whilst building, but advice given to me is that this will not be sufficient time to complete building.

Is building a house a good idea or should I just keep on looking until an existing house is available for sale?

[Adapted from <<http://mybroadband.co.za>>]

## RESOURCE FOUR      THEORY OF MICRO ENTERPRISE DEVELOPMENT

### Cookie Gift Business

#### Business at a glance

**Start-up Costs:** R16 000 – R80 000

Can be operated from home.

**Production:** Batch type



#### Business Overview

Everybody loves receiving flowers, and everybody loves cookies, especially attractively packaged ones. If you're a cookie magician – you buy every magazine at the market that features cookie recipes on the cover and then bake up a storm – you can say it with flowers of the cookie kind with a cookie gift business. You can sell a single cookie on a 'stem', a gingerbread man for a baby's gift or a huge bouquet of tasty morsels in one of several varieties: macadamia nut, oatmeal raisin and the ever-popular chocolate chip. Bouquets can be tailored to specific events: wedding or anniversary arrangements of meringue kisses, or a new baby bouquet of chocolate chip cookies. The advantages to this business are that it's fun, creative and gratifying.

The following aspects are important to consider in the business:

- Quality control
- A good working knowledge of safe food-handling practices and health regulations
- Knowledge of sales and marketing techniques
- Creativity

[Adapted from <[www.entrepreneur.com](http://www.entrepreneur.com)>]