



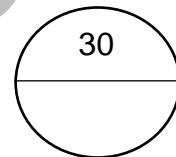
TOM NEWBY SCHOOL
TERM 4 FORMAL ASSESSMENT

Subject	Life Skills	Examiner	Mrs. Otto
Date	November 2022	Total marks	30
Term	4	Duration	1 HOUR
Grade	5	Moderator	Mrs. Steyn
Special instructions/ Equipment	Read and answer ALL questions thoroughly. Write neatly and legibly in blue pen. Good luck! Think before you INK! Write all answers on the line provided.		
This assessment has been compiled using notes and information contained in the Tom Newby School resource material. The marking memorandum has been compiled accordingly. While alternative responses will be given due acknowledgment, the official memorandum will be considered a priority document to ensure uniformity of marking.			

Name: _____

Surname: _____

Class: _____



SECTION A

15 MARKS

QUESTION 1

[5]

Read the following sentences and circle the letter of the correct answer.

- 1.1. An important Christian festival is (1)
- a) Passover
 - b) Baptism
 - c) Hajj
 - d) Easter
- 1.2. The Hindu's "festival of lights" is called: (1)
- a) Holi
 - b) Diwali
 - c) Dussehra
 - d) Ramadan
- 1.3. All Muslims are expected to make a pilgrimage to... (1)
- a) Mecca
 - b) Hajj
 - c) Holi
 - d) Dussehra

- 1.4. The religion associated with this custom called “initiation”, is: (1)
- Christianity
 - Judaism
 - Hinduism
 - African Traditional Religion
- 1.5. A Buddhist Religious custom is: (1)
- Baptism
 - Bonfires
 - Meditation
 - Holy Communion

QUESTION 2**[5]**

Match column B to column A. Write the letter of the correct answer on the Answer Grid below.

Column A	Column B
2.1) Addiction	A) Drugs that speed up messages to the brain.
2.2) Abuse	B) It slows the brain down and makes you sleepy.
2.3) Stimulants	C) Cause damage to the human body.
2.4) Illegal Substances	D) Unable to go without a substance.
2.5) Depressants	E) People can go to jail if they are caught.

2.1 _____	2.2 _____	2.3 _____	2.4 _____	2.5 _____
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QUESTION 3**[5]**

Complete the following sentences by choosing words from the word bank.

Calcium	Balanced diet
Fats	Energy
Vitamin C	Protein

- 3.1. _____ builds strong muscles. (1)
- 3.2. _____ helps to fight infections. (1)

- 3.3. Eat _____ sparingly. (1)
- 3.4. Carbohydrates give _____ to all the cells in the body. (1)
- 3.5. Eat a _____ daily. (1)

TOTAL SECTION A: 15

SECTION B

15 MARKS

QUESTION 4

[5]

Look at the pictures.

- a) Identify the danger in each picture.
- b) Describe one safety measure that could prevent this dangerous situation.

4.1.



a) Danger: (1)

b) Prevention: (1)

4.2.



a) Danger: (1)

b) Prevention: (1)

4.3. Chemicals in household products have made our lives easier, BUT they can be dangerous. Name one way that household chemicals could harm a person. (1)

QUESTION 5

[5]

Read the following passage, then answer the questions.

The importance of water

We cannot live without water. We need water for drinking, washing and cleaning. Farmers need water for their crops and animals. Factories need water for making products and electricity. All living things rely on water and will die without it.

Our water comes from rain, rivers, reservoirs and dams. Chemicals, plastic and rubbish that are thrown into rivers can cause pollution and this makes the water unsafe to drink.

Water is a very precious resource and we must look after it and use it wisely.

5.1. Give one reason why water is important to mankind. (1)

5.2. Describe two ways in which you can save water at home. (2)

a) _____

b) _____

5.3. Name one disease you can get from drinking polluted water. (1)

5.4. How can we protect the quality of our water? Describe one way. (1)

QUESTION 6**[3]**

Answer the following questions about healthy eating.

6.1. What group of food should we eat the most of on a healthy eating plan? (1)

6.2. What is essential that must be included in your healthy eating plan for keeping your bodies clean inside? (1)

6.3. Obesity is a problem in today's society. What is one cause of obesity? (1)

QUESTION 7**[2]**

Give the definitions for the following words.

7.1. Processed food: (1)

7.2. Indigestion: (1)

TOTAL SECTION B: 15

Grade 5 Life Skills
TERM 4 FORMAL ASSESSMENT
Performance Analysis
(For teacher use only)

Name: _____ Grade 5 _____

Section A	Question	Mark	Learner mark	Moderator mark
	1	5		
	2	5		
	3	5		
Sub-Total		15		
Section B				
	4	5		
	5	5		
	6	3		
	7	2		
Sub - Total		15		
GRAND TOTAL		30		