



**TOM NEWBY SCHOOL**  
**MEMO**



<b>Subject</b>	<b>Life Orientation</b>	<b>Examiner</b>	<b>Mrs. Brits</b>
<b>Date</b>	<b>November 2021</b>	<b>Total marks</b>	<b>70 marks</b>
<b>Grade</b>	<b>7</b>	<b>Duration</b>	<b>60 minutes</b>
		<b>Moderator</b>	<b>Miss Botha</b>

**Section A:**

<b>Question no.</b>	<b>Answer</b>	<b>Mark allocation</b>	<b>Level</b>
1.1	C	1	L
1.2	A	1	L
1.3	B	1	L
1.4	B	1	L
1.5	C	1	L
2.1	False: take-away/home-cooked	1	L
2.2	False: self-defence/education	1	L
2.3	False: depressed/good	1	L
2.4	True	1	L
2.5	True	1	L
3.1	D	1	L
3.2	A	1	L
3.3	G	1	L
3.4	E	1	L
3.5	B	1	L
4.1	Biological	1	L
4.2	Safety	1	L
4.3	Anesthesia	1	L
4.4	Kosher	1	L
4.5	Laws	1	L
4.6	Self-employment	1	L
4.7	Thinks, reacts	2	L
4.8	City	1	L
4.9	Municipalities	1	L

**Section B:**

<b>Question no.</b>	<b>Answer</b>	<b>Mark allocation</b>	<b>Level</b>
5.1	Drug: any chemical substance that changes the way you feel	1	L
5.2	Halal food: food that has been prepared according to specific Muslim rituals when animals are slaughtered	1	L
5.3	Recycle: to re-use or manufacture into other products	1	L
5.4	Employer: someone who provides work/ the boss	1	L
5.5	Addictive: habit forming	1	L
6.1	Advice: say no to peer pressure Reason: it can save your life	2	M
6.2	Advice: follow an eating plan lose weight Reason: you will live a long life	2	M
6.3	Advice: plant trees and shrubs that will hold the soil Reason: no more erosion	2	M
7.1	Think global, act local means: You should start to recycle and look after the environment in your own area and that will become "contagious" and spread to your community and further. Example: litter program at school	2	H
7.2	Waste pickers are important because they earn a living by collecting our waste and also reduce, re-use and recycle. Any other logical answer.	1	M
8.1	Water pollution	1	M
8.2	Industrial air pollution	1	M
8.3	Household air pollution	1	M
8.4	Vehicle exhaust fumes	1	M
8.5	Second hand smoke	1	M
9.	1.personality 2.self-esteem 3.health problems 1.family factors 2.friends/peers 3.community	6	L

**Section C: Only TWO questions must be answered. If more than two, the first two questions will be marked.**

Question No.	Answer	Mark Allocation	Level
10	<p>Types of drugs are Opiates, Depressants and Stimulants. Opiates copy the brain's feel good chemicals and are called endorphins. They bring about a feeling of peaceful euphoria, Heroin, Morphine and Opium.</p> <p>Depressants are also called downers. They slow the messages in the brain and nervous system. This results in people relaxing and feeling less emotional, people temporarily forget their problems or poor self-image, Marijuana and Alcohol.</p> <p>Stimulants are called uppers. They speed up the messages to the brain and nervous system, they increase a person's awareness and make them experience things in a more intense way, Caffeine, Nicotine, Tik, Cocaine, Ecstasy.</p>	10	H
11	<p>Ecological factors mean where you live determine the crops that can be grown and the animals that can live there. People who live near the sea will have access to fish and seafood. People who live in the desert are not likely to have access to a big variety of fruit and vegetables. People who live in the city are more likely to eat take-away meals.</p> <p>Ecological factors also include the way that people feel about conservation of the environment and animals. Some people do not eat food that has been transported from far away or from another country because of the carbon footprint. People refuse to eat food that has been treated with chemicals, they buy organic. People refuse to eat meat because they believe that killing animals for their meat is cruel. Vegetarians or vegans.</p>	10	H
12.	<p>Protective measures mean protecting yourself by choosing your friends carefully. Don't make bad decisions out of spite or rebellion. Be media wise, don't let the messages in films, adverts and other forms of media fool you. If you don't start you will never need to stop, do not experiment then you will never be at risk of becoming dependant or addicted. Choose good role models. Don't be impulsive, consider the consequences of what you do. Educate yourself about drugs so that people don't take advantage of your ignorance. Take part in sport and/or some cultural activity, this will keep you physically and emotionally healthy and give</p>	10	H

	<p>you a sense of self-worth and social belonging. Be assertive, learn to say NO and don't allow people to change your mind by exerting peer pressure on you. Understand that you can become addicted, it is not something that just happens to other people. (any five) The common thread through all the protective measures is that you have control over your decisions and actions. One of the most important prevention measures is early detection, the earlier the detection the better the chances of recovery. Some people who are addicted to drugs don't realize that they need help, or they won't admit that they are addicted. Family and friends should ensure that the person gets help. Encourage them to get professional help, if your efforts are not successful then speak to an adult or an organisation for help. If the person is still a student, then speak to a teacher, you can also speak to the person's parents.</p>		
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