



**TOM NEWBY SCHOOL**  
**TERM 4 FORMAL ASSESSMENT**



**MEMO**


<b>Subject</b>	<b>Life Orientation</b>	<b>Examiner</b>	<b>Mr. Jagger</b>
<b>Date</b>	<b>November 2022</b>	<b>Total marks</b>	<b>70 marks</b>
<b>Grade</b>	<b>7</b>	<b>Duration</b>	<b>1 hour 30 mins</b>
		<b>Moderator</b>	<b>Mrs. Steyn</b>

**Section A:**

<b>Question no.</b>	<b>Answer</b>	<b>Mark allocation</b>	<b>Level</b>
1.1	D ✓	1	L
1.2	B ✓	1	L
1.3	B ✓	1	L
1.4	D ✓	1	L
1.5	B and or D ✓	1	L
2.1	A diet consisting of a variety of different types of food and providing adequate amounts of nutrients necessary for good health. ✓	1	H
2.2	Qualification is defined as a skilled that allows someone to do a job. ✓	1	H
2.3	Legal or illegal drugs that are used without medical supervision. ✓	1	H
2.4	It shows you the key nutrients that impact your health. ✓	1	L
2.5	To receive an incentive. ✓	1	L
3.1	G ✓	1	L
3.2	F ✓	1	L
3.3	E ✓	1	L
3.4	C ✓	1	L
3.5	D ✓	1	L
4.1	Does not understand the language in the workplace and has no training. ✓	1	L
4.2	Many ✓	1	L
4.3	Too long and can make you sick. ✓	1	L
4.4	More ✓	1	L
4.5	Less ✓	1	L
4.6	Six years old ✓	1	L
4.7	No ✓	1	L
4.8	These seizures often go undiagnosed and are only activated by concussion. ✓	1	M
4.9	Take medication, do not drive or operate heavy machinery. (Learners can choose any two) ✓✓	2	L

## Section B:

Question no.	Answer	Mark allocation	Level
5.1	A substance such as salt, pepper used to add flavour. ✓	1	L
5.2	A disease that results in too much sugar in your blood(high blood glucose). ✓	1	L
5.3	Foods that are made up of sugar molecules. ✓	1	L
5.4	Space in which you work. ✓	1	L
5.5	Money received on a regular basis for work done. ✓	1	L
6.1	Businesses ✓	1	M
6.2	Symptoms ✓	1	M
6.3	Wuhan ✓	1	M
6.4	Pandemic ✓	1	M
6.5	Breathing ✓	1	M
6.6	World Health Organization (WHO) ✓	1	M
7.1	Set specific goals that are clear and concise Set measurable goals that you can keep track of Set achievable goals that you are able to attain Set realistic goals that are relevant to you Set a time frame in which you would like to achieve goals ✓✓ Learners can choose <u>any two</u> of the above options	2	H
7.2	Goal setting in school is important as it allows you to set standards you would like to achieve i.e. achieving 80% throughout the year for all subjects. ✓	1	M
8.1	Participate in or organize a beach or river clean-up that can save your community lakes rivers and dams. ✓	1	M
8.2	Government should enforce stricter law and enforcement for factories, in order to stop them from pumping unwanted smoke into the air. ✓	1	M
8.3	Build outdoor cooking stoves that are portable in order to avoid cooking in doors. ✓	1	M
8.4	Vehicle exhaust fumes are hazardous, choose to drive an electrical vehicle. ✓	1	M
8.5	Second hand smoke can be extremely bad you're your lungs avoid being around smokers. ✓	1	M

9.		6	L
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**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>Addiction is when you cannot stop. Not when it puts your health in danger, not when it causes financial, emotional, and other problems for you or your loved ones. That urge to get and use drugs can fill up every minute of the day, even if you want to quit.</p> <p>Addiction also is different from physical dependence or tolerance. In cases of physical dependence, withdrawal symptoms happen when you suddenly stop a substance. Tolerance happens when a dose of a substance becomes less effective over time</p> <p><u>Intra-personal factors</u> that contribute to addiction:</p> <p>These factors include (but are not limited to) personality, cognitions, affect, problem behaviours, demographics, and bonding.</p> <p><u>Inter-personal factors</u> that contribute to addiction:</p> <p>Social factors that contribute to increased risk for adolescent substance use include deviant peer relationships, popularity, bullying, and association with gangs. Social influences and familial influences are often present simultaneously.</p>	10	H
11	<p>Eating well is one of the best ways to look after your health. Many people underestimate the importance of a healthy diet, but proper nutrition can improve everything from your energy levels to your mental health.</p> <p>Healthy eating is also crucial to the health of your immune system, which is more important than ever</p>	10	H

	<p>Regular exercise will make you feel so much better and is crucial to staying healthy. Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores. Eating a healthy diet and exercising often can help control or delay health issues associated with aging, like high blood pressure and diabetes.</p>		
12.	<p>Learners are allowed to define and discuss any 3 of the common diseases discussed in class;</p> <ul style="list-style-type: none"> <li>-HIV Aids</li> <li>-Anorexia</li> <li>-Epilepsy</li> <li>-Diabetes</li> </ul> <p>-HIV (human immunodeficiency virus) is a virus that attacks the body's immune system. If HIV is not treated, it can lead to <u>AIDS</u> (acquired immunodeficiency syndrome)  <b><u>Preventative measure</u></b>- Do not share needles  <b><u>Hereditary</u></b>-HIV\ Aids can be hereditary</p> <p>-Anorexia nervosa, also called anorexia, is a potentially life-threatening eating disorder that is characterized by self-starvation and excessive weight loss  <b><u>Preventative measure</u></b>- live a well-balanced healthy lifestyle  <b><u>Hereditary</u></b>- Anorexia can be hereditary</p> <p>-Epilepsy is a central nervous system (neurological) disorder in which brain activity becomes abnormal, causing seizures or periods of unusual behaviour, sensations and sometimes loss of awareness  <b><u>Preventative measure</u></b>-medicines called anti-epileptic drugs (AEDs)  surgery to remove a small part of the brain that's causing the seizures  <b><u>Hereditary</u></b>- Epilepsy can be hereditary</p> <p>-Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy  <b><u>Preventative measure</u></b> -One can prevent or delay diabetes with proven, achievable lifestyle changes, such as losing a small amount of weight and</p>	10	H

	getting more physically active even if you're at high risk. <b><u>Hereditary</u></b> – Diabetes can be hereditary		
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## ANALYSIS GRID

<b>SUBJECT &amp; LEVEL: LO Grade 7</b>	<b>EXAMINER: Mr Jagger</b>
<b>TASK: Term 4 Controlled Test</b>	<b>MODERATOR: Mrs Steyn</b>

	Topic(s)	Format/Type (Put a tick)			± Time (Min)	Mark allocation and Cognitive Level			Total
		Short Response	Medium Response	Extended Response		Knowledge 1	Application 2	Problem solving 3	
1	Health, diseases, food, environment	x			5	x			5
2	Health and careers		x		10			x	5
3	Careers, health and food	x			5	x			5
4	Careers and Diseases – scenario	x			6	x	x		10
5	Combination of topics		x		5	x			5
6	Covid 19	x			6	x			6
7	Goal setting			x	6		x		3
8	WHO and environmental issues			x	5		x		5
9	Food pyramid	x			12	x			6
10	Addiction			x	15 x 2 =30			x	Only answer 2 20
11	Healthy living			x					
12	Common diseases			x					

	<b>Signature</b>	<b>Date</b>
<b>EXAMINER:</b>		
<b>MODERATOR:</b>		