



TERM 4 FORMAL ASSESSMENT

Subject	Life Orientation	Examiner	Mr. Jagger
Date	November 2022	Total marks	70 marks
Grade	7	Duration	1 hour 30 mins
		Moderator	Mrs. Steyn
Special instructions/ Equipment	1. Read ALL questions thoroughly. 2. Attempt to answer all questions. 3. Write neatly and legibly. 4. Read the instructions for each question carefully before answering. 5. Check your work when you have completed the test.		
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 acknowledgement, the official memorandum will be considered a priority document to ensure uniformity of marking.			

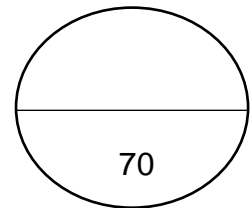
Name:	Surname:	Class:
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This exam paper consists of 11 pages and 3 sections.

Section A: 25 marks (Answer ALL questions)

Section B: 25 marks (Answer ALL questions)

Section C: 20 marks (Answer any TWO of the THREE questions)



Section A: Answer all the questions

Question 1: **[5]**

Underline the correct answer:

- 1.1 The term "birth rates" refers to: (1)
- a. The rate at which an illness spreads.
 - b. The number of people that die from Covid-19 compared to the number of people that are Covid-19 positive.
 - c. The number of deaths that occur in a particular group of people in relation to the number of individuals in that group.
 - d. The number of live births per thousand of the population per year.
- 1.2 Medication should be used for the following purpose: (1)
- a. Pleasure
 - b. Prevention of sickness and illnesses.
 - c. Dramatic effect
 - d. Wrecking people's lives

1.3 Naartjies are an example of: (1)

- a. pome fruit
- b. citrus fruit
- c. grain fruit
- d. oriental fruit

1.4 The South African health issues identified by the WHO are: (1)

- a. Household pollution, vehicle exhaust fumes, litter, second hand smoke
- b. Household pollution, vehicle exhaust fumes, litter, crime, domestic violence
- c. Water pollution, industrial pollution, lack of sanitation and hygiene
- d. A & C only.

1.5 Caring for the environment refers to: (1)

- a. vandalism.
- b. picking up litter, even if it does not belong to you.
- c. storing paper/dirt in your schoolbag.
- d. finding a lost pet and taking it to the nearest SPCA.

Question 2: [5]

Complete the following:

2.1 What does it mean to follow a balanced diet? (1)

2.2 Explain what it means to have qualifications. (1)

2.3 What does the term recreational drug usage refer to? (1)

2.4 Explain the purpose of having nutritional information labels on food. (1)

2.5 Explain what it means to be rewarded for good work in the workplace. (1)

Question 3:**[5]**

Match column B with column A. Write the letter of the answer that you have chosen in the answer grid below.

	Column A		Column B
3.1	Car Mechanic	A.	Marijuana
3.2	Employee	B.	Large organisation
3.3	Global	C.	Tin foods
3.4	Non-Perishable foods	D.	Morphine
3.5	Anaesthetic	E.	Worldwide
		F.	An employed worker
		G.	Repairs automobiles

Answer Grid

3.1	3.2	3.3	3.4	3.5

Question 4:**[10]**

Read the following scenario's and answer the questions.

Scenario 1:

Six months ago, Justice's uncle, Mandla, came from a small village in Kwazulu-Natal to find work in the city. Uncle Mandla does not speak English well at all. He has not had any training and does not know the city ways.

Uncle Mandla worried a lot about finding work. When he finally found a temporary job at a chemical factory, he did not understand all the hazards of working with dangerous machines and poisonous chemicals. To make things worse, he had to get a second job.

This meant he had to work very long hours, and he did not get any benefits from either job. Also, he could only afford to rent a room in the poorest part of town, and his pay was so little that he could not afford to eat well. He could never rest in between shifts and felt tired all the time.

Uncle Mandla fell ill a week ago. He is not getting better because he does not have money to go and see a doctor. (Adapted from LO for the real world p.263)

Select the correct answer from the options provided in brackets. Underline the answer that you have selected.

- 4.1 Uncle Mandla is at risk because he (does not understand the language that is being used in the workplace and he has no training / he can speak English and knows how to do the job). (1)
- 4.2 There are (many / few / no) hazardous chemicals at the factory. (1)
- 4.3 Having more than one job means your working hours are (too long and can make you sick / easy to manage and good for your health). (1)
- 4.4 If you live in a poor neighbourhood, you can get diseases (more / less /equally) easily. (1)
- 4.5 Good food and lots of rest means that you have (more / less) risk of contracting diseases. (1)

Scenario 2:

Sportsman living with diseases - Jonty Rhodes living with epilepsy

Jonty is a very busy man, so to sneak in some time was quite the feat! We caught up with him at a photoshoot he was doing for the epilepsy South Africa calendar for 2010\2011. Jonty does extensive work for them for the cause of destigmatising epilepsy.

WHEN DID YOU DISCOVER YOU HAD EPILEPSY?

I was about six years old when my family realised that something was “wrong” with me. I kept falling about and getting knocked out. They took me to see our physician who suspected that I had a mild form of epilepsy (as in those days not much was known about the condition), and even after seeing many neurologists a proper diagnosis was not made.

HOW DID THE EPILEPSY AFFECT YOUR PARTICIPATION IN SPORTING ACTIVITIES?

Eventually, after several tests, I was identified as having epilepsy and made aware of the precautions I should take. (Such as not playing rugby- as my type of epilepsy is triggered by head injury). You can imagine how difficult this was at Maritzburg College where everyone played rugby unless there was something “wrong” with them!

I also had to be careful when playing hockey and back in 1982. I was the only child on the cricket field wearing a helmet! (These days it has obviously changed.)

DID YOU TAKE MEDICATION?

No. I have a “mild” form of epilepsy, which means that my seizures are only activated by concussion, and as such I do not need medication. I can drive\move around fairly easily. This is not the case with many other people though. Some have more severe forms of epilepsy. Many are not permitted to drive (for fear of seizure) or operate dangerous machinery. That said, most people with epilepsy live a very normal life and should not be discriminated against in the workplace.

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4.6 At what age did Jonty discover that he had epilepsy? (1)

4.7 Does Jonty take medication for epilepsy? (1)

4.8 What does it mean to have a mild form of epilepsy? (1)

4.9 Name two precautions you should take when you have severe epilepsy. (2)

TOTAL SECTION A: 25

Section B: Answer all the questions

Question 5: [5]

Give a suitable description / definition for each of the following:

5.1 Condiments (1)

5.2 Diabetes (1)

5.3 Carbohydrates (1)

5.4 Workspace (1)

5.5 Income (1)

Question 6:

[6]

Fill in the missing word

- 6.1 Covid- 19 has caused many _____ to close down due to economic shutdown. (1)
- 6.2 Coughing, sneezing, sore throat and fever are of _____ Covid-19. (1)
- 6.3 _____ is the Chinese city in which the virus was first discovered in. (1)
- 6.4 Covid-19 is classified as a _____ as it affects and impacts the entire world. (1)
- 6.5 If you have difficulty _____ seek medical attention immediately. (1)
- 6.6 The _____ can be regarded as a trusted source to find information about the developments of the virus. (1)

Question 7:

[3]



7.1 What advice would you give a young person on how to set goals? Provide two examples. (2)

7.2 Explain the importance of goal setting in school

(1)

Question 8:

[5]

The WHO identified several major environmental health issues that contribute to the mortality rate in South Africa. One of these issues is pollution. Study the images and provide **advice** to young people on how to deal with the pollution problems caused below.

8.1



(1)

8.2



(1)

8.3



(1)

8.4



(1)

8.5

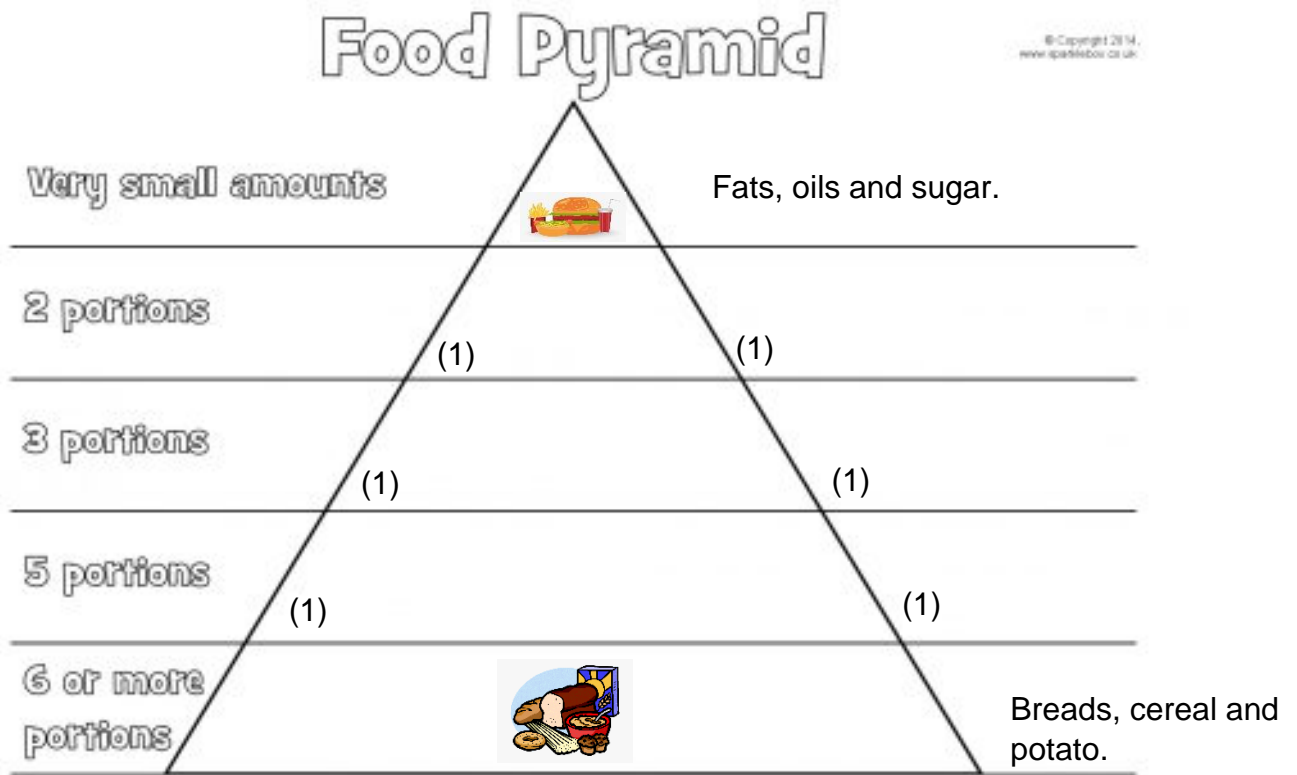


(1)

Question 9:

[6]

Complete the following food pyramid. Write the correct food group next to the food pyramid on the lines provided and indicate the types of food groups by drawing a picture in the food pyramid. Two examples have been provided. Two examples have been provided.



TOTAL SECTION B: 25

Section C: Choose any TWO questions
Answer on the lined paper provided.

Write the question number and subject clearly before completing the question.

Question 10: Addiction

[10]

The abuse of drugs and other substances is common in many countries across the world. Drugs can be described as a substance that alters the normal function of the human body. Any substance or chemical that changes a person's behaviour can be considered a drug. The consumption of drugs impairs the human bodies normal functioning.

It is possible for people from all walks of life to fall victim to drug abuse. There are countless stories about how drugs have destroyed lives - especially the lives of teenagers. Drug users harm themselves as well as those that they love, and they will often risk their lives to feed their need.

During your life orientation lessons you have learnt about drugs and drug addiction. Write an informative essay in which you define addiction and discuss the different signs of addiction. Describe and include examples of inter and intrapersonal factors that contribute to drug addiction. (Use the rubric to guide you).

Criteria	4-3	2	1
Signs of addiction identified	Three correctly identified	Two correctly identified	One correctly identified
Description of inter and intrapersonal factors	Excellent knowledge	Good knowledge	Fair knowledge
Examples		Correct examples	Incorrect examples given

Question 11: Factors that influence healthy living

[10]



A healthy lifestyle has many benefits not only for the body but also for the mind. If you follow a healthy lifestyle, then you can reduce the risk of getting cancer, heart disease, diabetes, obesity, and osteoporosis. It can be said that there are various benefits to living a healthy lifestyle.

Write an information essay in which you discuss how to maintain a healthy balanced lifestyle. Consider including factors such as exercise and diet.
(Use the rubric to guide you)

Criteria	6-5	4-3	2-1
Explanation on how to maintain a healthy lifestyle		Candidate mentions all factors	Has some knowledge of factors
Defining different factors	Candidate has full understanding of factors	Has some knowledge of factors	Limited knowledge of factors

Question 12: Common Diseases

[10]

Although there is no formal definition, common diseases are those that most frequently affect us and are often those with which we are most familiar.

There are many factors that contribute to the contraction of common diseases. Write an information essay in which you explain how common diseases are contracted and how people can protect themselves from such diseases. List a minimum of three diseases - include a definition of the common disease as well as a description of preventative measures. Indicate whether or not the common disease can be seen as hereditary and provide suggestions on how to lead a healthier life in order to lower the risk of infection.
(Use the rubric to guide you.)

Criteria	5	4-3	2-1
Identify /Define common diseases	Candidate indicates a good understanding	Candidate has a good understanding of common diseases	Limited knowledge of common diseases
Prevention measures	Candidate indicates a good understanding	Has some knowledge	No prevention measures mentioned

Please check: Did you write the question number and subject clearly before each question from Section C?

Grade 7 Life Orientation
TERM 4 FORMAL ASSESSMENT
Performance Analysis
 (For Teacher use only)

Name: _____ Grade 7: _____

	SECTION A				SECTION B					SECTION C		
Question	1	2	3	4	5	6	7	8	9	10	11	12
Possible Mark	5	5	5	10	5	6	3	5	6	10	10	10
Mark achieved												
Moderated Mark												
										Only TWO		