



TOM NEWBY SCHOOL EXAMINATION



1

Subject	Life Orientation	Examiners	N Van Coppenhagen
Date	November 2019	Total marks	70
Session	N/A	Duration	2 hours
Grade	7	Moderator	M Fourie
Special instructions/Equipment		Answer on answer sheet provided. Lined folio paper may be used for planning and draft copies of essays. This planning need not be submitted with the answer script	
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.			

Instructions

1. Write your name, surname and class on the answer sheet provided.
2. Lined folio paper will be provided and may be used for planning and draft copies of essays. This planning need not be submitted with the answer script.
3. Read each question carefully before answering.
4. Follow instructions.
5. Check your answers before handing your paper in.
6. Use your common sense even if you cannot remember what is in your LO notes.

SECTION A [25 MARKS]

QUESTION 1: MULTIPLE CHOICE

[5]

Select the **most** appropriate answer. Write only the letter of the answer you have chosen.

1.1 Which of the following is NOT a way to improve self-image? (1)

- a) Recognise what you can change and what you cannot.
- b) Plan a healthy eating strategy.
- c) View mistakes as learning opportunities.
- d) Aim for accomplishment rather than perfection.

1.2 Which of the following is an example of re-cycling? (1)

- a) Using glass bottles more than once.
- b) Using paper bags instead of plastic bags.
- c) Using plastic from used plastic bottles to make rubbish bags.
- d) Re-using plastic shopping bags instead of throwing them away.

- 1.3 **Which of the following is not a component of a career? (1)**
- a) Interests and abilities.
 - b) Studying and schooling required.
 - c) Length of the working day.
 - d) Personality characteristics.
- 1.4 **Which of the following is a physical symptom of substance abuse? (1)**
- a) Unexplained needle marks.
 - b) Lack of interest in schoolwork.
 - c) Irritability.
 - d) Secretive behaviour.
- 1.5 **Which of the following is an interpersonal factor that may contribute to drug abuse? (1)**
- a) Self-esteem.
 - b) Family factors.
 - c) Health problems.
 - d) Type of personality.

QUESTION 2: WAYS TO RESPOND TO PEER PRESSURE

[5]

Your self-image plays a major role in your responses to peer-pressure. People who have low self-image usually respond to peer-pressure in a passive or aggressive manner. People who are self-confident are usually assertive in their response to peer pressure.

Luke and his friends tease Sandra and call her a wimp because she does not want to bunk with them. Various possible responses are given below.



State whether Sandra's response is passive, assertive, aggressive or passive-aggressive.

- 2.1 Sandra pretends that she does not care but she is actually very upset and cries herself to sleep that night. (1)

- 2.2 Sandra swears at James and slaps him. (1)
- 2.3 Sandra gives in and decides to bunk with Luke and his friends. (1)
- 2.4 Sandra tells them that doing the right thing does not make her a wimp. She explains that she would like to get into a good High School next year and that getting caught bunking will destroy her chances. (1)
- 2.5 Sandra is angry but says nothing and walks away. The next day, she takes Luke's lunch out of his bag when he isn't looking, wipes the sandwiches on the floor and puts the lunch back in his bag. She watches him eat the sandwiches and giggles silently. "Revenge is sweet," she thinks to herself. (1)

QUESTION 3: SUBSTANCE ABUSE

[5]

State whether each of the following is Myth or Fact.

- 3.1 Alcohol is a drug. (1)
- 3.2 Marijuana is a gateway drug. (1)
- 3.3 Nicotine is not addictive. (1)
- 3.4 Morphine is a legal drug when it is prescribed by doctors. (1)
- 3.5 You need to use cocaine many times before you become addicted. (1)

QUESTION 4: FACTORS THAT INFLUENCE DIET

[4]

Various factors can influence what a person has to eat or chooses to eat.

Match the information in Column A with the factor in Column B. Write only the letter of the answer you have chosen.

4.1	In the 1980s, people in the America would not eat fruit imported from South Africa because the Americans did not support the apartheid government.	a.	Cultural factors
4.2	Your mother has decided to put you on a fish diet and has packed tuna salad for lunch. You don't eat the whole day because the fish will smell when you open the lunch box.	b.	Political factors
4.3	Some people only eat vegetables because it is too expensive to eat meat.	c.	Economic factors
4.4	In Islamic households, the food must be Halal.	d.	Social factors
		e.	Ecological factors

QUESTION 5: FOOD GROUPS

[6]

Fruits can be divided into six groups.

Name three of the groups (3) and give one example for each group (3).

SECTION B TOTAL: 25

SECTION B [25 MARKS]**QUESTION 6: STUDY SKILLS**

[2]

Remembering what you have heard or read is an important life skill. It is also a vital study skill. There are some tricks and strategies to help your brain remember information. One of the strategies is to ***Eat like Europeans***.

Explain what this strategy means.

QUESTION 7: WAYS TO IMPROVE SELF-IMAGE

[2]

There are various things that you can do if you want to improve your self-image. One of them is to ***View mistakes as learning opportunities***.

Explain how not following this strategy could result in somebody having low self-image.

**QUESTION 8: TYPES OF DISEASES**

[4]

Write a short paragraph about diabetes.

Include a description of the disease and its symptoms. (2)

Explain the difference between Type 1 and Type 2 diabetes. (2)

QUESTION 9: FACTORS THAT INFLUENCE SUBSTANCE ABUSE

[2]

Explain why advertising in the 1970s and 1980s might have been one of the reasons why so many young people started smoking cigarettes.

QUESTION 10: PEER PRESSURE

[1]

Relationships with people change during puberty. The proverb '***If you sleep with dogs you will get fleas.***' says something about the power of peer pressure during puberty.

What do you think the message is?

QUESTION 11: RELIGION AND RELIGIOUS TEXTS

[2]

Most modern religions have some form of religious text such as the Bible or Quran. However, some religions still require followers to memorise all or some parts of the religious text. What is your opinion of this religious requirement? Justify your opinion.

QUESTION 12: HEALTHY AND UNHEALTHY RELATIONSHIPS

[2]

Explain the difference between healthy and unhealthy relationships.

QUESTION 13: DISEASES

[2]

What is Anorexia nervosa and why is it difficult to cure with medicine?

QUESTION 14: DISEASES

[4]

List two DOs and two DON'Ts for assisting a person who is having an epileptic seizure.

QUESTION 15: FACTORS THAT INFLUENCE SUBSTANCE ABUSE

[4]

Some experts claim that young people can protect themselves from falling into the trap of substance abuse by participating in sport and/or a cultural activity. Other experts say that this is not always the case.

15.1 Explain how participation could reduce the risk of involvement with drugs.

15.2 Explain how participation could increase this risk of drug abuse.

SECTION B TOTAL: 25

SECTION C [20 MARKS]

INSTRUCTIONS FOR SECTION C:
CHOOSE ANY TWO OF THE THREE QUESTIONS.
INDICATE THE NUMBER OF THE QUESTIONS YOU HAVE CHOSEN,
ON YOUR ANSWER SHEET

QUESTION 16: COMPONENTS OF CAREERS**[10]**

Savanza is in Grade 7. He knows that he needs to start planning his career now. He understands that if he decides on a career now, then it will guide everything that he does and learns going forward. This will improve his chances of being a success when he is an adult. He has a good idea of his general strengths and abilities but he needs to know what other components of careers he can look at to guide his career choice.

Write an informative essay for Savanza about the three of the eight components of a career that he should consider when making his career selection. Structure your essay as follows:

Introduction: List the 8 components of a career. Explain why it is important to consider all components when selecting a career. Select and list three that you think are important and explain that the rest of the essay will provide information about these three components.

Paragraph 1: Write a topic sentence that says what career component will be discussed in this paragraph. Write one or two sentences that give information about the career component. Write a sentence that explains why it is an important component to consider.

Paragraph 2: Write a topic sentence that says what career component will be discussed in this paragraph. Write one or two sentences that give information about the career component. Write a sentence that explains why it is an important component to consider.

Paragraph 3: Write a topic sentence that says what career component will be discussed in this paragraph. Write one or two sentences that give information about the career component. Write a sentence that explains why it is an important component to consider.

Conclusion: Explain, again, why these three components are important. Emphasise that these three are not the only components and that it is important to consider all relevant facts when selecting a career.

QUESTION 17: ENVIRONMENTAL HEALTH

[10]



The message in this slogan suggests that global environmental health depends on local environmental health. In other words, if people consider environmental health in their own suburb or town, then global health is likely to follow. Therefore, individual strategies/action and individual strategies/action are more important than global strategies when environmental health problems need to be solved.

Do you agree with this statement or not? Write an opinion essay to support your answer. Structure your essay as follows:

Introduction: Explain what environmental health is. Describe two environmental health problems and how they could harm humans. Explain that there are three types of strategies that can promote environmental health. Give your opinion about which of the three types of strategies is most important (My opinion is that....).

Paragraph 1: Write a topic sentence that names the strategy that will be discussed in this paragraph and explains what the strategy is. Give one or two examples of this type of strategy. Say whether you think this is an important strategy and explain why.

Paragraph 2: Write a topic sentence that names the strategy that will be discussed in this paragraph and explains what the strategy is. Give one or two examples of this type of strategy. Say whether you think this is an important strategy and explain why.

Paragraph 3: Write a topic sentence that names the strategy that will be discussed in this paragraph and explains what the strategy is. Give one or two examples of this type of strategy. Say whether you think this is an important strategy and explain why.

Conclusion: Summarise what you have said in Paragraphs 1, 2 and 3. State your introductory opinion again and explain why you have this opinion (I think that...because...).

QUESTION 18: SUBSTANCE ABUSE

[10]

You and Tarneth Slovic are in the same class in Grade Seven. You have been good friends since Grade One. She has always been a very polite and patient person and her marks have always been above average. Last year, you both received awards for participating in the eisteddfod and choir. At the beginning of this year, Tarneth's mother began to work full-time and they could not afford aftercare fees so Tarneth has been staying on her own at home, in the afternoon. Around February, she started 'hanging out' with a new group of friends. At the beginning of the second term, she started acting very strangely. It's the fourth term now and Tarneth's school marks have dropped so much that she is failing - she looks different too. You think that these changes in behaviour and appearance might indicate that she is the victim of substance abuse. You have tried to talk to her about it, but she was rude and told you to mind your own business. You know that you have to do something to help her.

Write a formal letter to the school social worker, Mrs Daniel, to tell her that you think Tarneth is in trouble and explain why you think so. Mrs Daniel's address is 10 Master Street, Airfield, Benoni, 1511. Structure your letter in the following way:

Format and layout

Make sure that the following information is included and set out correctly: your address, Mrs Daniel's address, a date, your name and signature.

Opening paragraph

Explain who you are, who Tarneth is and how you know her. Explain briefly why you are writing this letter and what you would like Mrs Daniel to do.

Paragraph 1

Describe at least four changes in Tarneth's behaviour or attitude that have made you think she might be abusing or using drugs.

Paragraph 2

Describe at least four changes in Tarneth's appearance that have led you to believe she might be abusing or using drugs.

Paragraph 3

Explain what factors might be contributing to Taneth's possible substance abuse. Include one interpersonal factor and one intrapersonal factor.

Closing paragraph

Explain what you have done to try and help Tarneth and whether it worked. Ask Mrs Daniel what you should do and/or suggest what Mrs Daniel could do to help Tarneth. Finish off by thanking Mrs Daniel for her assistance and say that you look forward to hearing from her.

SECTION C TOTAL: 20

GRAND TOTAL : 70