



TOM NEWBY SCHOOL EXAMINATION



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Subject	Life Orientation	Examiners	N Van Coppenhagen
Date	November 2019	Total marks	70
Session	N/A	Duration	2 hours
Grade	7	Moderator	G Mynhardt
Special instructions/Equipment		Answer on answer sheet provided. Lined paper required for planning and draft.	
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.			

Bloom's Taxonomy Level Analysis

Section A

Question 1	Level 1
Question 2	Level 2
Question 3	Level 2
Question 4	Level 2
Question 5	Level 2

Section B

Question 6	Level 3	Question 11	Level 5
Question 7	Level 3	Question 12	Level 5
Question 8	Level 2	Question 13	Level 4
Question 9	Level 3	Question 14	Level 1
Question 10	Level 5	Question 15	Level 4

Section C

Question 16, 17 and 18	Level 6
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SECTION A [25]

Question 1 (5) Level 1

1.1	B✓	1.2	C✓	1.3	C✓	1.4	A✓	1.5	B✓
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Question 2 (5x1=5) Level 2

2.1 Passive✓

2.2 Aggressive✓

2.3 Passive✓

2.4 Assertive ✓

2.5 Passive aggressive✓

Question 3 (5x1=5) Level 2

State whether each of the following is Myth or Fact.

3.1 **Fact** ✓

3.2 **Fact** ✓

3.3 **Myth** ✓

3.4 **Fact** ✓

3.5 **Myth** ✓

Question 4 (4x1=4) Level 2

4.1	B ✓	4.2	D ✓	4.3	C ✓	4.4	A ✓
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SECTION B [25]

Question 5 (6x1=6) Level 2

Any three of the groups below with a suitable example. One mark for each fruit group and one mark for each example.

Pome fruit: Apples and pears

Citrus fruit: Oranges, mandarins and grapefruit

Stone fruit: Apricots, cherries, peaches, nectarines and plums

Tropical fruit: Bananas, paw-paw, mangoes, pineapple and melons

Berries: Blackberries, raspberries and mulberries

Other fruit: Grapes and passion fruit (granadilla).

Question 6 (2) Level 3

Any two of the following facts for one mark each:

Eat like Europeans means that you should eat like people who follow a Mediterranean diet that is low in red meat (✓) and low in dairy products (✓) and high in omega-3 fatty acids (✓) found in oily fish (✓) and nuts(✓).

This diet can help preserve memory.

Question 7 (2) Level 3

One mark for each logical statement.

Sample answer:

If you judge yourself as a failure every time you make a mistake, then you will think you are a failure often. (✓)

This constant view of yourself as a failure might make your self-image low because you think you are not good at anything. (✓)

Everybody makes a mistake at some point. If you view mistakes as failures rather than an opportunity to learn then you might eventually give up trying to learn or improve.

Question 8 (4) Level 2

One mark for defining diabetes. One mark for listing the symptoms. One mark for defining Type 1 diabetes. One mark for defining Type 2 diabetes.

Sample answer:

When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes glucose to build up in the blood. (✓)

Too much glucose can cause serious health complications including heart disease, blindness, kidney failure, and extremity amputations. (✓)

Type 1 diabetes develops when glucose can't enter the body's cells to be used as fuel because the pancreas is not working properly so there is not enough insulin. (✓)

Type 2 diabetes develops when glucose can't enter the body's cells to be used as fuel because there is something wrong with the cells and they won't allow insulin to enter. (✓)

Question 9 (2) Level 3

One mark for each logical statement.

Sample answer:

In the 1970s and 1980s companies were allowed to advertise cigarettes. Cigarette advertisers sold their product by portraying cigarette smoking as a 'sophisticated', 'manly' or 'mature' activity. (✓)

People took up smoking because they wanted to be like the people they saw in the adverts. (✓)

The adverts did not mention the dangers of smoking. (✓)

Question 10 (1) Level 5

One mark for a logical explanation.

Sample answer: You will eventually become like the people that you mix with. If your friends take drugs, then you are more likely to take drugs. (✓)

Question 11 (2) Level 5

One mark for the opinion and one mark for a logical justification.

Sample answers:

Pro-memorization: I think that it is important to memorise some part of a religious text (✓) because you can't always carry the text around with you and also, if your head is full of the rules of the religion, then you will always be aware of them and be more likely to follow them. (✓)

Anti-memorization: I think that memorizing texts serves no purpose at all. ✓ With modern technology, I can carry an electronic version of the text on a device like a tablet or kindle at all times to use as a reference. (✓)

Question 12 (2) Level 5

One mark for describing healthy relationships and one mark for describing unhealthy relationships.

Sample answer:

Healthy Relationships are relationships where people trust, respect and support each other. People can talk openly about their feelings and concerns without fear of being hurt or punished. (✓)

Unhealthy relationships are relationships in which one person tries to control another person. They are usually characterised by one or more of the following: Threatening; Scaring; Making fun of and teasing; Physically hurting; Withholding affection; Denying basic rights such as access to food, water and shelter; Abandonment and; Not providing adult supervision or adequate care. (✓)

Question 13 (2) Level 4

One mark for a reasonable definition of the disease and one mark for a logical explanation of why it is difficult to cure with medicine.

Sample answer:

Anorexia nervosa is an eating disorder that causes people to obsess about their weight and the food they eat. People with anorexia nervosa try to maintain a weight that's far below normal for their age and height. To prevent weight gain or to continue losing weight, people with anorexia nervosa may starve themselves or exercise excessively. (✓)

Anorexia nervosa isn't really a physical illness so medicine like antibiotics can't cure it. It's an unhealthy way to try to cope with emotional problems so it is a mental illness that requires psychological intervention. When you have anorexia nervosa, you often equate thinness with self-worth. (✓)

Question 14 (2x2=4) Level 1

Any two of the following for what to do – 1 mark each

- Protect the person from injury (remove harmful objects from nearby).
- Cushion their head.
- Look for an epilepsy identity card or identity jewellery.
- Aid breathing by gently placing them in the recovery position once the seizure has finished (see pictures).
- Stay with the person until recovery is complete.
- Be calmly reassuring.

Any two of the following for what NOT to do – 1 mark each

- Do not restrain the person's movements.
- Do not put anything in the person's mouth.
- Do not try to move them unless they are in danger.
- Do not give them anything to eat or drink until they are fully recovered.
- Do not attempt to bring them round.

Question 15 (2x2=4) Level 4

15.1 Two marks for any logical answer. Some suggested answers are as follows:

- Young people who participate in sport and cultural activities are occupying themselves with activities that keep them physically, intellectually and emotionally stimulated and therefore they are less likely to experiment with drugs to alleviate boredom.
- Young people who participate in activities have a sense of self-worth and so they don't need drugs to develop a good self-image.
- Young people who participate in activities have a circle of friends/or acquaintances that give them a sense of belonging so they don't need to fill a social void with drugs.

15.2 Two marks for any logical answer. Some suggested answers are as follows:

- Young people who participate in competitive sport may be tempted to use performance enhancing drugs.
- Sport activities might result in injuries that require prescription drugs to be taken and this might lead to dependency and substance abuse.
- Some activities take place in places where social use of drugs is acceptable or drugs are relatively easy to access, e.g. clubs where musicians might perform.

SECTION C [20]

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 (10) Level 6**Introduction** 1 x 3 = 3

List the 8 components of a career. There are 8 components to consider when choosing a career: Dress code, Tools and working equipment, Work activities and the work environment, Personality characteristics required, Interests and abilities, Employer, Level of study or schooling required and the Financial rewards. (✓) (Award the half mark if between 3 and 8 components are listed. Award no marks if only 1 or 2 components are listed)

Explain why it is important to consider all components when selecting a career. **Although it is important to investigate all components in order to consider every aspect of a possible career, some of them might be more important than others. (✓)**

Select and list three that you think are important and explain that the rest of the essay will provide information about these three components.

This essay will provide information about the following components: ... (✓)

Paragraphs 1-3

These paragraphs carry an allocation of 2 marks each based on the following sample of structure and content:

Write a topic sentence that says what career component will be discussed in this paragraph ($\frac{1}{2}$). **Many jobs are performed using specific tools or equipment.**

Write one or two sentences that give information about the career component ($\frac{1}{2}$). **Artists use paint and paintbrushes while seamstresses use sewing machines and scissors. A microbiologist spends a lot of time using a microscope.**

Write a sentence that explains why it is an important component to consider (✓). **This is an important component to consider because if you don't like peering into a microscope every day then a career in microbiology is not a good career choice.**

Paragraph 1 (2)

Paragraph 2 (2)

Paragraph 3 (2)

Additional information about career components

1. Dress code

Different careers have different dress codes. Some careers have very specific dress codes – this might be for the purpose of safety or comfort or it might be to create a certain image. Construction workers have to wear safety boots and helmets and policemen generally have to wear a uniform. If you don't feel comfortable wearing a suit and tie, then perhaps a career in the police force or formal business is not for you.

2. Tools or working equipment

Many jobs are performed using specific tools or equipment. Artists may use paintbrushes and an easel; Sculptors may use a chisel and/or clay; Seamstresses and clothing

designers work with sewing machines and scissors; a microbiologist works with microscopes; a chef has to work with food, knives and pots and pans. If you don't enjoy peering into a microscope for most of the day, then perhaps a career as a microbiologist or scientist is not for you.

3. Work activities and the work environment

The work environment is the place where the work activities take place most often. A teacher teaches in a classroom; a surgeon works in an operating theatre; a pathologist examines microscopic samples in a laboratory; a sport coach works in a gymnasium or sports field; a farmer plants seeds and tends to his crops on a farm. If you don't enjoy being outside all day, then perhaps you should not consider a career as a sport coach or farmer.

4. Personality Characteristics

Your personality will give you a good idea of the kind of career you are most likely to be happy with and successful in. Psychologists need to be good listeners and observers; Nurses need to be caring and empathetic; Soldiers need to be good at following instructions; Accountants need to be accurate and organised. If you are a shy person that does not enjoy public speaking, then perhaps a career in teaching is not the best choice for you.

5. Interests and ability

Your interests and ability must also be considered when you select a career. You can develop an interest in a new career later on in your life but, usually, if you are interested in animal conservation when you are young, that interest will continue and develop even further. Physical and intellectual ability are also important components to consider. If you dislike reading or working with words and have never been good at creative writing then perhaps a career as a journalist is not for you.

6. Employer

There are 3 main employer options available: Government, Private or Self-employment. **The government** can offer the careers such as: drivers, accountants, teachers, doctors, scientists, security personnel, life-savers, politicians, etc. **Businesses** may be owned by a group of people or an individual and can employ people in almost any type of career, depending on the nature of the business: mechanics, doctors, butchers, chefs, translators,

secretaries, etc. **Self-employment** is an option for people who would prefer to manage their own business or company. They can have businesses where they buy and sell goods (farmers, shopkeepers, etc.) or businesses where they offer a service (doctors, child-care, cleaning services, etc.) If you prefer to manage your own time rather than work for somebody else, then consider opening your own business so that you can be self-employed.

7. Studying and schooling

Many careers require a specific level of education or a particular qualification. It takes time, money for tuition and dedication to acquire these qualifications. Choose a career with subjects you will enjoy learning more about, or you may not be motivated to do well. Doctors have to study for about 10 years before they qualify and teachers need at least a 4-year university degree. If you do not enjoy formal studying then find a way to get your qualification through more practical avenues or select a career that allows you to learn your craft through an apprenticeship.

8. Financial rewards

Each career has different financial rewards. Some careers are highly specialised or very unpleasant to do and, as a result, very few people select these professions. Because of the scarcity of these skills, people are expected to pay more for these services/skills. Other careers require skills that most people can do and the payment for these services is somewhat less. Although payment is very important, we also get other rewards from our work. For some people, feeling useful and satisfied with the work they do is so important that they are prepared to work for little or no money, as volunteers.

Conclusion (✓)

Mark allocation for the conclusion is based on the learner's ability to summarise the essay content and conclude with a statement that is meaningful. A sample answer has been provided.

Emphasise, again, that these three are not the only components and that it is important to consider all relevant facts when selecting a career. **Although the three components discussed in this essay are important, it is just as important to consider the career in its entirety and weight the advantages and disadvantages. If earning a lot of money is**

important to you then you won't be satisfied with a career choice that pays very little money even if everything else about the career makes you happy.

Question 17 (10) Level 6

The learners can select any one of the three possible strategies to be their strategy of choice. They may also select all three and state that they are all equally important. The concluding paragraph must substantiate their selection. The paragraphs need not be in the order given in this memorandum. The information in the following suggested answers is also not exclusive. Accept any answers that are reasonably factual. Additional information has been provided after the suggested answers.

Introduction suggested answer ($\frac{1}{2} \times 4 = 2$):

Explain what environmental health is ($\frac{1}{2}$). Environmental health deals with the physical, biological and chemical factors that can have a negative effect of human health. Its aim is to eliminate or reduce these factors in order to create a healthy environment.

Describe two environmental health problems and how they could harm humans ($\frac{1}{2}$). One example of an environmental health problem is household air pollution. People breathe in fumes created by cleaning products and this can cause lung disease. Another problem is industrial waste. Factories can pollute rivers and the air with industrial waste. This makes water and air potentially dangerous to humans.

Explain that there are three types of strategies that can promote environmental health ($\frac{1}{2}$). There are three strategies that can promote environmental health: Global strategies, Local strategies and Individual strategies.

Give your opinion about which of the three types of strategies is most important ($\frac{1}{2}$). My opinion is that individual strategies are the most important of the three strategies.

Paragraph on Global Strategies suggested answer ($\frac{1}{2} \times 2 + 1 \times 1 = 2$):

Write a topic sentence that names the strategy that will be discussed in this paragraph and explains what the strategy is ($\frac{1}{2}$). Global strategies involve action that can only be taken by organisations that have the power and influence to solve environmental health problems. Give one or two examples of this type of strategy ($\checkmark$). The United Nations, for example has the power to influence governments to pass laws that make using leaded petrol illegal. The World Health Organisation (WHO) is able to influence countries to pass

laws that minimise the risk of diseases, like compulsory vaccination, or to provide equipment that reduces the risk of diseases like malaria.

Say whether you think this is an important strategy and explain why (½). I think global strategies are important because there are some problems that are very complicated and need a lot of money to solve.

Paragraph on Local Strategies suggested answer:

Write a topic sentence that names the strategy that will be discussed in this paragraph and explains what the strategy is (½). Local strategies require organisations such as municipalities and schools to take action.

Give one or two examples of this type of strategy (✓). Municipalities can make sure that the water is sanitised and that rubbish is collected regularly so that it doesn't cause the spread of disease. Schools can encourage children to behave in ways that do not harm the environment.

Say whether you think this is an important strategy and explain why (½). I think this strategy is important because municipalities have the ability to organise waste collection and water purification in such a way that the environment is healthy. Furthermore schools can educate people about the dangers of things like pollution and litter.

Paragraph on Individual Strategies suggested answer:

Write a topic sentence that names the strategy that will be discussed in this paragraph and explains what the strategy is (½). Individual strategies are those that can be done fairly easily by one person or a small group of people.

Give one or two examples of this type of strategy (✓). Sanitation is one way that individuals can promote environmental health – toilets should be kept clean and body waste should not get into drinking water. Individuals should wash their hands before working with food or eating as this will reduce the risk of germs being spread. Rubbish and litter should be disposed of in a dustbin and not left lying around as this could attract rats and flies that could spread germs.

Say whether you think this is an important strategy and explain why (½). Individual strategies are important because they are the easiest and don't cost a lot of money – all it takes is a little effort.

Conclusion (2 x 1 = 2):

Summarise what you have said in Paragraphs 1, 2 and 3 (✓).

Global strategies are carried out by organisations that have power, influence and financial resources. Local strategies involve action by organisations and groups that have equipment, plans and money. Individual strategies are things that most people can do with a bit of effort and will power.

State your introductory opinion again and explain why you have this opinion (✓). I think that Individual strategies are the most important because we might not have the power to pass laws or change the type of fuel used to make electricity but each of us does have the power and ability to control our personal environment. However, individual strategies cannot solve all of the environmental problems. It is still important to have organisations looking after the planet as a whole.

Additional information on strategies**Global Strategies**

1. Some environmental health problems are very complicated and can only be solved by organisations that know how to find effective solutions or that have enough money to put the solution into action.
2. Some environmental health problems require the help of organisations that have the power to influence governments to pass laws and put compulsory control measures in place. The United Nations is an example of this kind of organisation.
3. Some companies that cause damage to the environment when they manufacture goods or supply services are concerned about the damage they cause, e.g. Sasol and Eskom. These companies often spend a lot of money researching and implementing less harmful ways to manufacture their goods or provide their services.

Local Strategies

1. Local organisations, such as municipalities, have an important role to play in ensuring that the towns, cities and suburbs that they govern are clean and that lack of sanitization and clean water does not create an environmental risk.
2. Schools can make a contribution to environmental health by educating children about the danger that a particular action (or lack of action) can have on the environment. Schools can encourage children to behave in ways that do not damage the environment, report instances where other people are damaging the environment and/or take part in projects that can repair damage done to the environment. If schools can

educate children, these children will develop environmentally friendly habits such as recycling and not littering.

Individual Strategies

Sanitation

Sanitation refers to where humans and animals 'go to the toilet'. It is important that body waste does not get into drinking water or water that will be used to bath or wash clothing and dishes, etc. Sanitation areas such as toilets and bathrooms should also be kept clean to reduce the risk of diseases being spread.

Water

Water should be kept clean. If your house does not have municipal water, make sure that it is purified before you drink it. If you use tap water, be sure that the tap nozzle is clean. When you drink water directly from a tap, use your hands or a container, to collect the water instead of putting your mouth over the tap nozzle.

Poisons and Pollutants

Make sure that your home is well ventilated because some household products contain chemicals that are harmful. These products should also be stored safely and used carefully. Turn your home into a smoke free zone – this includes cigarette smoke and smoke from wood, coal or paraffin burning stoves.

Hygiene

Wash your hands before eating or preparing food. Also, wash your hands after having been to the toilet. Keep your hair and body clean. Brush your teeth regularly – gum disease can cause many other diseases.

Rubbish and Litter

Make sure that rubbish is thrown away and not left lying in the street or in the yard. Rubbish attracts rats and other creatures that spread disease. Use rubbish bin bags instead of throwing rubbish directly into the bin and disinfect bins regularly. When you are away from home, be litter wise – throw litter into a rubbish bin or keep it in a packet until you can throw it away. Pick litter up whenever you can even if you weren't responsible for

putting it there – it's harming the environment that YOU live in. Recycle items that can be re-used or manufactured into other products.

Food

Keep perishable food in the fridge - most bacteria cannot survive in cold temperatures. Cover food when it is not in the fridge or a cupboard – flies that land on food can spread disease. Throw rotten food away.

Question 18 (10) Level 6

Format and layout (1)

One mark is allocated if all format and layout requirements are met.

10 Master Street

Airfield

Benoni

1511

7 November 2019

26 Frump Street

Northmead

Benoni

1511

Dear Mrs Daniel

Opening paragraph...

Paragraph 1 – 3

Closing paragraph...

Yours sincerely

Joe De Witt

Signature

Opening paragraph (1 x 2 = 2)

One mark is allocated for providing sensible information as per the requirements of the question.

Sample answer

Explain who you are, who Tarneth is and how you know her (✓). I am a friend of a Grade 7 classmate called Tarneth Slovic. Explain briefly why you are writing this letter and what you would like Mrs Daniel to do (✓). In the last few months I have noticed some changes in Tarneth's behaviour and appearance. I think these changes might be because she has fallen victim to substance abuse. I am writing to you for advice about what to do and to find out whether there is anything that you can do to help her.

Paragraph 1 ($\frac{1}{2} \times 4 = 2$)

Any four of the changes listed below may be included in this paragraph. Each change is allocated a half mark.

- Withdrawal from family and friends.
- Mood swings or sudden bouts of anger.
- Loss of interest in school, sport or other activities.
- Sudden drop in school marks.
- Lack of motivation or energy.
- Lying and/or stealing money or items.
- Secretive behaviour.
- Changes in sleep patterns.
- Loss of appetite.
- Excessive use of room deodorisers or incense.
- Forgetfulness or memory lapses.
- Being fearful or paranoid for no good reason.
- Hyperactivity – can't sit still.

Paragraph 2 ($\frac{1}{2} \times 4 = 2$)

Any four of the changes listed below may be included in this paragraph. Each change is allocated a half mark.

- Not as neat or clean as before.
- Odd smells on breath or body.

- Dirty hair.
- Unexplained needle marks.
- Sudden change in clothing style or hair style or make up.
- Wears the same clothes for many days.
- Rash around the nose or mouth.
- Sudden and excessive weight loss or gain.
- Red, watery eyes.
- Pupils larger or smaller than normal.
- Unexplained bruising or blisters.
- Discolouration of fingers, nails, skin or teeth.
- Does not get dressed in the morning or sleeps in previous day's clothes.

Paragraph 3 (1 x 2 = 2)

Any one intrapersonal factor and any one interpersonal factor from those listed below can be included in this paragraph. Each factor is allocated one mark. Alternative answers that make sense may also be considered:

Intrapersonal factors that may contribute to drug abuse

Personality

Some people are impulsive, and tend to simply do things without thinking through their options. They do not make decisions based on consequences. Some people, who are substance abusers, say that their addiction began during a rebellious stage in their life – they did not want to obey rules or authority. Other young people claim that they did not know that what they were 'trying out' would lead to substance abuse and they thought it would be alright because 'everyone was doing it'.

Self-esteem

Those who have low self-esteem struggle to find success and happiness, mostly because they do not feel themselves worthy of enjoying such things. Their lack of self-worth affects every area of their life, especially their relationships with other people. Many people who are dealing with low self-esteem will turn to substance abuse because it makes them feel good for a short period of time.

Health problems

People who have untreated difficulties with depression (feelings of sadness, pain, gloom, or anger), anxiety (concern or worry) or attention deficit (inability to pay attention or stay focused) may start to abuse drugs to help them deal with their feelings.

Interpersonal factors that may contribute to drug abuse**Family factors**

If a family member abuses alcohol or another substance, or believes that experimenting with substances is normal, then the risk of the other family members 'trying out' those substances, and becoming dependent on them, increases. If there is not enough parental involvement or supervision, then children who are not yet experienced or knowledgeable enough to make wise decisions might be tempted to experiment with drugs.

Friends/peers

Peer pressure is a significant factor in experimenting with substances. Some young people (and adults) find it very difficult to say no to drugs, even when they know their action could harm them. They don't want to be teased or excluded. They try new things so that they fit in and feel part of the group. The temptation to feel valued and liked is hard to resist. Sometimes, this experimentation leads to addiction.

Community

Living in a community where drug use is common may also contribute to addiction. The behavior of the community and the free availability of drugs can make drug use seem normal. It can make a person feel as though substance abuse is common and harmless. Drug availability is a significant factor in drug abuse and addiction.

Media messages

For many years, cigarette advertisers sold their product by portraying cigarette smoking as a 'sophisticated', 'manly' or 'mature' activity. People took up smoking because they wanted to be like the people they saw in the adverts.

Conclusion (1)

One mark is allocated for providing sensible information as per the requirements of the question.

Sample answer

Explain what you have done to try and help Tarneth and whether it worked. I have tried to speak to Tarneth to find out whether she has a problem and whether I can help but she was rude and told me to mind my own business. Ask Mrs Daniel what you should do and/or suggest what Mrs Daniel could do to help Tarneth. I would appreciate any advice that you could give me about how to help her. Perhaps if you spoke to her or gave her some counselling she might be more inclined to accept help and guidance. Finish off by thanking Mrs Daniel for her assistance and say that you look forward to hearing from her. Thank you for taking the time to read my letter. I hope that you can help and look forward to hearing from you soon.