



LIMPOPO
PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

DEPARTMENT OF
EDUCATION

CAPRICORN NORTH DISTRICT

**LIFE ORIENTATION
NOV/DEC EXAMINATION
2023
GRADE 7**

Total: 70 Marks

Duration: 2 h 30 Minutes

Learner's surname & name :

This question paper consists of 10 pages including cover page.

INSTRUCTIONS

- THIS CONTROL TEST CONSISTS OF TERM 3 AND 4 WORK ONLY.
- THIS QUESTION PAPER CONSISTS OF **THREE** SECTIONS:
 - SECTION A: 25 MARKS (**ALL QUESTIONS ARE COMPULSORY**)
 - SECTION B: 25 MARKS (**ALL QUESTIONS ARE COMPULSORY**)
 - SECTION C: 20 MARKS (**ANSWER ONLY TWO QUESTIONS**)
- NUMBER THE QUESTIONS ACCORDING TO THE NUMBERING SYSTEM USED IN THE QUESTION PAPER.
- READ ALL THE INSTRUCTIONS CAREFULLY.
- WRITE NEATLY AND LEGIBLY. □ GOOD LUCK.

SECTION A

QUESTION 1

1. Write the letter of the correct answer next to the number. ***E.g 6.H*** (5)

1.1 Anorexia is

- A. a disease whereby the person eats very little and often over-exercises
- B. a virus that affects the human body
- C. a disease that shows that a person is very happy with their body
- D. a disease whereby the person is obsessed with gaining muscles.

1.2 is a brain disorder in which the messages in the brain and the nerves do not work properly.

- A. diabetes
- B. epilepsy
- C. HIV
- D. tuberculosis

1.3 are some of our lifestyle choices which affect our health

- A. Poverty and poor housing
- B. Health services and lack of money
- C. Diet, stress and smoking
- D. Air pollution and water pollution

1.4 These are examples of meat and meat alternatives which are protein rich

- A. apples, oranges and spinach
- B. oats, porridge and rice
- C. avocados, olive oil and cakes
- D. beans, nuts, lentils and eggs

1.5 Cultural beliefs influence our personal diet. Which factor influences the choices in a Jewish household?

- A. kosher

B. halaal

C. vegetarian

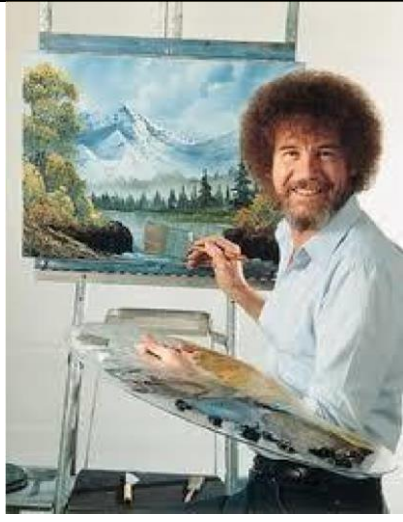
D. vegan

(5)

QUESTION 2

2. Match the following pictures in column A with the relevant JOB in column B.
Write only the correct career filed **E.g 2.7. President**

Column A	Column B
2.1. 	Painter
2.2. 	Teacher

2.3.		Contractor
2.4.		Lawyer
2.5.		Police

(5)

QUESTION 3

3. State whether the following statements are TRUE or FALSE. ***E.g 2.7 False***
- 3.1. The economy of a country determines the number of jobs available in each type of work.

- 3.2. You should never know the dress code of the career before you choose it.
- 3.3. Women cannot become mechanics.
- 3.4. You need Mathematics, Physical sciences and Life sciences as school subjects to pursue a career in medicine.
- 3.5. Before you decide on a career, you should first find out if there are employment opportunities (jobs) in that field.

(5x2)

QUESTION 4

4. Complete the sentence by filling the missing words.

- 4.1. The term _____ usually describe someone who has an uncontrollable habit of using alcohol or other drugs.
- 4.2. A _____ is any chemical substance that changes the way you feel.
- 4.3. Make sure _____ is thrown away and not left lying in the yard or street.
- 4.4. The water from the sewage system we drink may need to be _____ before it is safe to drink.
- 4.5. Alcohol is not sold to the children under the age of _____ in South Africa.

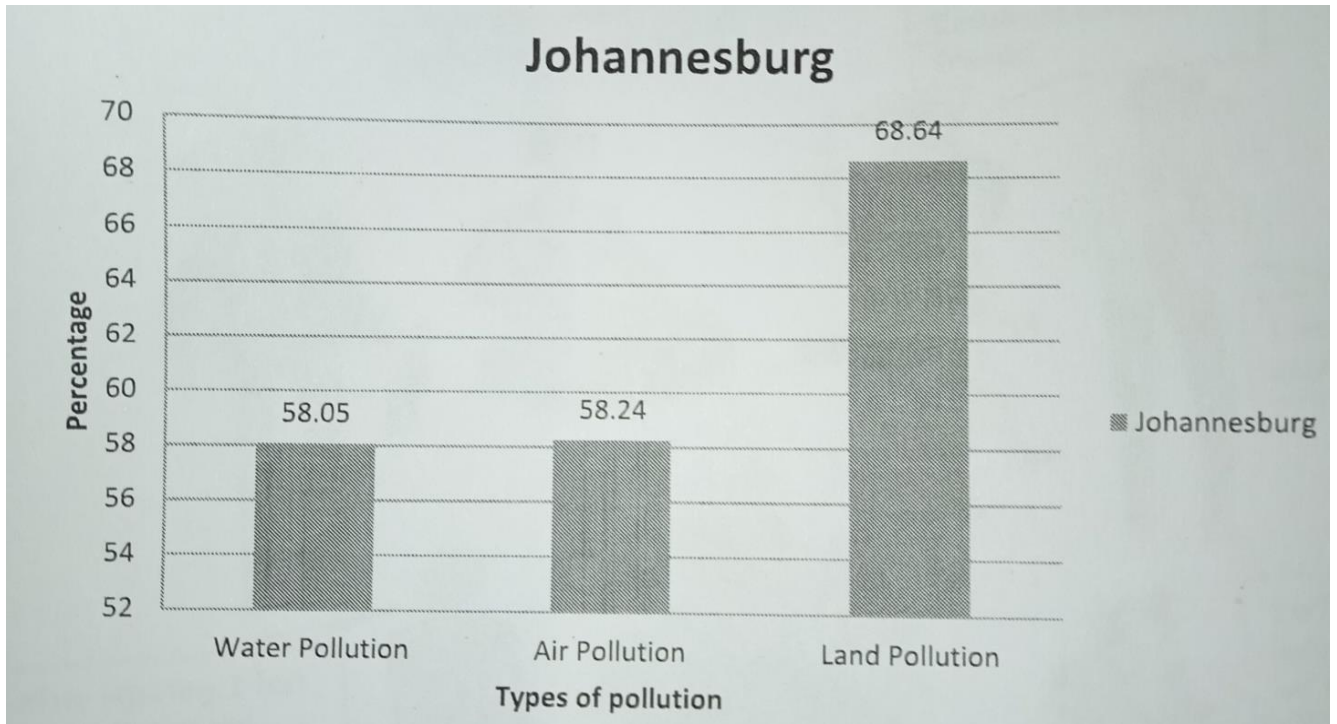
(5)

TOTAL SECTION A: 25 MARKS

SECTION B

QUESTION 5

5. Study the attached graph and answer the questions that follow.



- 5.1. Explain following terms:
- 5.1.1. Water pollution (2)
 - 5.1.2. Air pollution (2)
 - 5.1.3. Land pollution (2)
- 5.2. In which way does an environmental hazard affect people's well-being? (2)
- 5.3. Which project can be implemented to solve the environmental health issues in Johannesburg? (2)

(10)

QUESTION 6

6. Read the following case study to answer the question that follow:

The story of Shane – a heroin addict

I take my fix again. Slowly the voices screaming in my head become quiet. Calm returns. I lie down and look at the ceiling. But I know that I have just six or eight hours before those voices will scream again. I need money urgently.

I look in the mirror and I can't believe what I see. Who is this pale, skinny, red-eyed person staring back at me with his bruises and needle marks? He was someone I once liked. I can't stand who I see. I wish I could just end it all. Out on the street I start walking. There are cars in the parking lot. These stupid people always leave bags in the cars. I watch carefully to see that nobody is looking. The window shatters as I smash the brick into it. Maybe the bag has money in it. Maybe food. I run for all I am worth.

(Spot On Life Orientation Grade 7 Learner's Book)

6.1. Name 2 physical symptoms of substance abuse that Shane displays in the extract. (2)

6.2. What psychological effect does the substance abuse have on Shane? (2)

6.3. How has Shane's behaviour been affected by this substance? (1)

6.4. Discuss 2 interpersonal factors that may have contributed to him becoming an addict? (2)

6.5. What advice would you have given Shane, to protect himself, if you knew that he was thinking about using heroin? (2)

6.6. Name 2 organizations that Shane could get help for his problem in the extract. (2)

(11)

QUESTION 7

7. List 4 factors that influence our choice of personal diet. (4)

TOTAL SECTION B: 25 MARKS

SECTION C

ANSWE ANY TWO OF THE THREE QUESTONS

QUESTION 8

Masilu Malema provided us with pictures to show us his family's favourite daily meals. Look carefully at the pictures and describe what is wrong with the pictures and why. (10)



QUESTION 9

Substance abuse is a serious societal issue in South Africa. Children start to use substances from as early as grade 7. This is a serious problem because it hinders their development, productivity and often leads to children not reaching their full potential. Explain what substance abuse is. Name any **2 substances abused** by people. Discuss **2 symptoms** of substance abuse. Lastly advice people on what they should do to avoid using substances.

(10)

QUESTION 10

Write a paragraph explaining how a person knows whether he/she is anorexic or overweight. (Choose only of the two, not both!). Explain what causes the condition and the symptoms.

(10)

TOTAL SECTION C: 20 MARKS

TOTAL:70 MARKS