



LIMPOPO
PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

DEPARTMENT OF
EDUCATION

CAPRICORN NORTH DISTRICT

LIFE ORIENTATION
NOV/DEC EXAMINATION
2023
GRADE 7

TOTAL: 70 Marks

This memorandum consist of 5 pages.

SECTION A

Note for the marker! All questions in this section are compulsory.

QUESTION 1

- 1.1. A ✓
- 1.2. B ✓
- 1.3. C ✓
- 1.4. D ✓
- 1.5. A ✓

QUESTION 2

- 2.
- 2.1. Teacher✓
- 2.2. Police✓
- 2.3. Painter✓
- 2.4. Contractor✓
- 2.5. Lawyer✓

QUESTION 3

- 3.
- 3.1. True ✓✓
- 3.2. False ✓✓
- 3.3. False ✓✓
- 3.4. True ✓✓
- 3.5. True ✓✓

QUESTION 4

- 4.
- 4.1. Addict ✓
- 4.2. Drug ✓
- 4.3. Rubbish/litter/trash ✓
- 4.4. Purified ✓
- 4.5. 18 ✓

SECTION B

QUESTION 5

Note for the marker! All questions in this section are compulsory

5.

5.1.

5.1.1. It is the contamination of water, dirtiness of water which reduces its quality. √√

5.1.2. When gases, dust particles, fumes (or smoke) or odour are introduced into the atmosphere. √√

5.1.3. The deterioration (destruction) of the earth's land surfaces. √√

5.2. Can affect human health in a number of ways from contributing to chronic diseases like cancer or to acute illnesses like heat exhaustion. √√

5.3. Recycling project can solve the problem/ Government can partner non-profit organization and educate the residents about the environmental health/ initiate cleaning campaigns/ introduce incentives for residents who look after the environment. √√

QUESTION 6.

6.

6.1. Pale/ skinny/ red-eyed/ bruises/ needle marks √ (Any 2 correct answers)

6.2. Voices screaming in his head √√

6.3. He does not like himself, stealing √

6.4. Family – abuse √

Friends/peers – peer pressure, to fit in, bullying √

Personal/ home situation – abuse, poor self-esteem √ (Any two correct answers)

6.5. Choose better role models, educate yourself, exercise, choose better friends, don't believe everything you see on TV, share your problems with people you trust, become assertive. √√

6.6. Narcotics anonymous drug addiction help NICRO SANCA (NOT AA) √√

QUESTION 7

- 7.
1. Ecological factors ✓
 2. Social ✓
 3. Economical ✓
 4. Political ✓

SECTION C

Note for the marker! Mark the first two questions in this section. If learners wrote all the three questions, disregard the last question.

QUESTION 8

8. Learners should mention that:
1. A hamburger is “fast/junk food”
 2. Processed, energy-rich but nutrient-poor ✓✓
 3. Contains lots of bad fats and salt, fattening ✓✓
 4. Bottom and top two parts of the food pyramid, but not middle part which is very important (fruit & vegetables, dairy) ✓✓
 5. Does contain protein, but it is processed meat which is again energy-rich but nutrient-poor. ✓✓
 6. There is little good in hamburger meat. ✓✓
 7. Or 4 relevant any relevant reasons for 2 marks each
 8. Conclusion: Fast food is convenient but unhealthy and eating too much fast food may lead to obesity and poor health ✓✓
 9. Or any relevant conclusion for 2 marks

QUESTION 9

- 9.
1. Substance or drug abuse means using an addictive substance a great deal. This has a negative effect on the person's physical, mental or emotional well-being. ✓✓
 2. Or any relevant explanation for 2 marks
Types of substances abused
 3. Alcohol ✓
 4. Nyaope ✓
 5. Cigarettes ✓

6. Or any relevant substances for 1 mark each
7. Changes in appearance- loss of appetite, sudden weight loss. √√
8. Changes in behaviour- withdrawal from family and friends, avoiding old friends, doesn't want to talk about new friends. √√
9. Or any relevant explanation for 2 marks
Recommendations
10. Don't use any substance from an early age. √√
11. Don't be friends with people who smoke or drink √√
12. Or any relevant recommendation for 2 marks each

QUESTION 9

10.

Obesity is a condition in which the person has a very high amount of body fat. Doctors measure body mass index, or BMI. Obese people are at high risk of developing heart disease, diabetes and high blood pressure. In simple terms, people gain weight when they eat more food than their body needs. However, some people gain weight much quicker than others because of pre-existing health problems or genetic factors and some people have psychological issues that cause weight gain. Furthermore, people who are disabled or ill might not be able to get the exercise they need.

Anorexia is an eating disorder that is mainly found in adolescent girls who become overly concerned with their body image and weight. It may be caused by biological factors, genetics, emotional and personality disorders or cultural and family pressure. Learners' application will differ – they might say that they eat a balanced diet and exercise regularly.