

O.R TAMBO INLAND DISTRICT

SENIOR PHASE

GRADE 7

NOVEMBER 2023

LIFE ORIENTATION

MARKS: 70

TIME: 1½ Hour

This question paper consists of 9 pages

SECTION A

Question 1

Choose the correct answer from the options provided, and write only the correct letter next to the number.

1.1 Anorexia nervosa is:

- A. An eating disorder whereby one has a strong desire to be thin, and fears gaining weight.
- 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 negatively:

- 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

State whether the following statements are **True** or **False**.

- 2.1. Brainstorming is a group discussion to produce ideas or solve problems.
- 2.2. Being able to say “NO!” to your peers can be a sign of assertiveness.
- 2.3. A minor is any child under the age of 18 years.
- 2.4. Peer pressure is the negative or positive influence by age mates.
- 2.5. A healthy diet and exercise can help improve one’s energy levels.

(5)

Question 3

Match the definition in column B with the keyword in Column A. Write only the letter in the middle column. **E.g. 1.1. K**

Column A: Key word	Column B: Definition
3.1 Human rights	A. The ability to look at a problem in different ways.
3.2 Physical Change	B. People of the same age.
3.3 Homophobia	C. The belief that differences in behaviour between men and women is determined by society.
3.4 Peers	D. Visible changes to the body.
3.5 Creative thinking	E. A set of basic rules that create a free and safe space for all people living in our country.
3.6 Cyber bullying	F. Attacking people who are in same sex relationships.
3.7 Potential	G. A variety or range of different people or things.
3.8 Diversity	H. The kinds of food that a person eats.
3.9 Gender constructs	I. Qualities and abilities that may be developed and lead to success.
3.10 Diet	J. Sending mean or threatening messages or images to someone.

[10]

Question 4

Fill in the missing words in the paragraph below, by using the word bank. Each word may only be used once.

opportunities	career fields	economy	employment	work
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4.1. are the areas into which jobs and careers are grouped.

When deciding on a career, you should first find out if there are employment

4.2..... in that field. The 4.3.....of a

country determines the number of jobs available in each type of work. The types of

4.4. change as the country's economy changes. The needs in

each community also change and affect 4.5. opportunities.

[5]

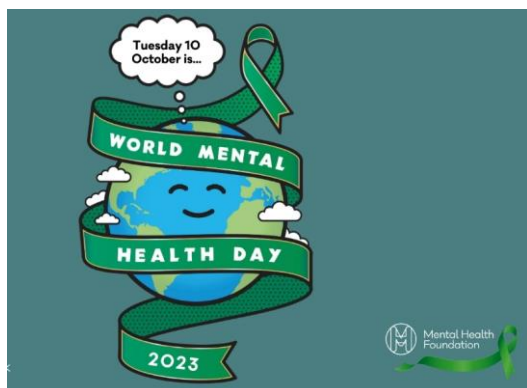
Total marks for section A = 25

SECTION B

Question 5

Look at the image below and answer the questions that follow:

Teenagers today are faced with a great deal of social media, peer and societal pressures. They have difficulties in dealing with the emotions that come with these pressures, which lead them to suffering mental health disorders.



[Google images: Mental health day]

5.1. In your own words explain what '**mental health**' is. (2)

5.2. On which day is "World Mental Health Day" observed in the world? (1)

5.3. Give **four** signs (symptoms) that one can notice when someone has a mental health problem (issues). (4)

5.4. Give **three** suggestions on how one can support a person who has a mental health problem. (3)

5.5. Design an advert that promotes a '**mental health awareness campaign**' that will be held at your school. Be creative so that your peers can attend this event. (5)

[15]

Question 6

Analyse Athi's personal diet for one day by answering the questions below.

Meal	Fruit and vegetables	Carbohydrates	Dairy	Protein	Food with fat and sugar
Breakfast	1 apple and 3 strawberries	½ cup cereal	½ cup milk ½ cup yoghurt		
Snack					Chocolate chip muffin
Lunch	½ tomato	2 slices of seed bread			Avocado Butter
Snack					3 chocolate biscuits
Supper	2 spoons mashed pumpkin with a large helping of salad	Fried potato chips		Hake fillet	Oil (for the fried chips) Ice-cream
Drinks: 3 cups of coffee with milk and 3 glasses of water					

6.2. Explain why 3 cups of coffee for 13 year-old Athi may not be a healthy choice. (2)

6.4. Design your own healthy eating plan that include all food groups, naming the food group and an actual foodstuff. (5)

[10]

Total for section B = 25

SECTION C

Answer any two questions in this section.

Question 7

Read the case study below, and answer the questions that follow:



TALOPOLO HOSPICE

Tapologo is situated in Phokeng village, Rustenburg. It was started in 1997, by a catholic nursing sister Georgina Boswell and bishop Kevin Dowling, who realised that there was a huge need to help people deal with HIV/AIDS in the community. Tapologo means 'place of peace and rest' in Tswana. Tapologo has four areas of speciality, home based care, which attends to more than a 1000 patients a year, caring for orphans and vulnerable children, providing anti - retroviral therapy to more than 700 patients a year, and operating the in- patient unit. The hospice has a home based care and first- aid training program, that is run by an accredited trainer, to ensure that all the caregivers are equipped for their task.

Tapologo has brought care and hope to many families in the Phokeng and Rustenburg area.

"Source: adapted from <http://www.implants.co.za/cr/reports/2007/tapologo.htm>"

7.1 Explain the meaning of Tapologo. (1)

- 7.2 Why was Tapologo started? (2)
- 7.3 How would you take care of someone living with HI/AIDS? (2)
- 7.4 What does Tapologo specialises in? Mention 4. (4)
- 7.5 How may you help a grieving person? (1)

[10]

Question 8

Read the case study below and answer questions that follow:



An investigation has been launched, after 90 pupils from a Gauteng primary school (Pumadibogo in Soshanguve) were hospitalised, after allegedly eating ‘space muffins’

Teachers called emergency services, after pupils complained of stomach cramps and nausea. The Gauteng department of education said that the police identified the street trader, who allegedly sold the ‘space muffins’. Parents, civic organisations, and Soshanguve community members arrived at the Soshanguve Magistrate’s Court on 22 September 2023, demanding that the men suspected of selling space muffins to schoolchildren, must be charged with attempted murder and receive no bail.

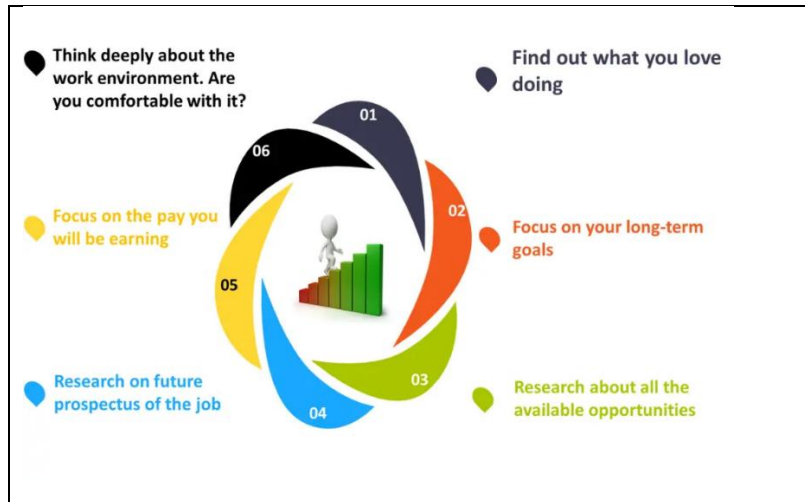
Picture: Eyewitness News/Thabiso Goba.

- 8.1 What are the Space Muffins? (1)
- 8.2 Where did the learners get the Space Muffins? (1)
- 8.3 Who is demanding that the suspects be charged with attempted murder and that they must receive no bail? (3)
- 8.4 Do you think the above demand is justified? Give 2 reasons for your answer. (3)
- 8.5 In your opinion how should schools deal with the issue of substance abuse within the school premises? (2)

[10]

Question 9

World of work



- 9.1 What is your understanding of the concept career field? (1)
- 9.2 Which career field do you intend to follow? (1)
- 9.3 Why have you chosen this career field? (2)
- 9.4 Briefly describe the work environment for the chosen career field? (3)
- 9.5 List two subjects that are key in your chosen field? (2)
- 9.6. How will you ensure that you achieve your goal? (1)

[10]

Total for section C = 20

Grand Total = 70