

05-11-2020 Meeder Sja



Laerskool Van Dyk Primary



GAUTENG PROVINCE  
EDUCATION  
REPUBLIC OF SOUTH AFRICA

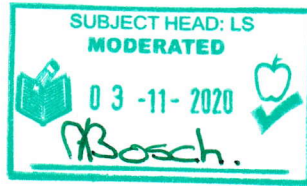
D6 EMIS 700160994

GRADE 5

TERM 4 2020

TOTAL: 30

EXAMINER: MRS N STEYN & MS C VENTER



LIFE SKILLS- PSW  
NOVEMBER EXAMINATION

TIME: 1 HOUR

MODERATOR: MRS A BOSCH

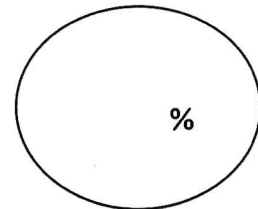
DATE: NOVEMBER 2020

Name and Surname: \_\_\_\_\_

Grade 5. \_\_\_\_\_

	Section A				Section B		
Question	1	2	3	4	5	6	TOTAL
Learner mark							
Possible mark	5	3	5	2	7	8	30

*Aims - All Topics covered*

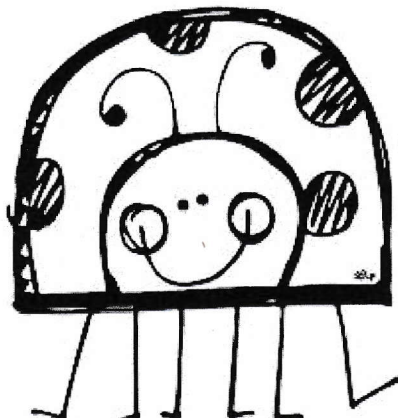
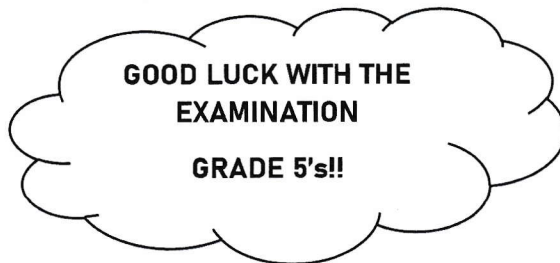


Level:

1	2	3	4	5	6	7
0-29%	30-39%	40-49%	50-59%	60-69%	70-79%	80-100%

Instructions

- Read your questions carefully.
- Think before you answer.
- Write neatly.
- Good luck!



## SECTION A



### Question 1

Match Column B with Column A

Column A	Answer	Column B
Keyword		Meaning
<i>Eg. 1. Violence</i>	<b>A</b>	<b>A) Physical force intended to hurt or damage.</b>
2. COVID-19		B) Giving response or comment.
3. Self-concept		C) A person your own age.
4. Peer		D) Coronavirus disease 2019.
5. Humiliated		E) How you see yourself.
6. Feedback		F) Being embarrassed or degraded.

(5)

### Question 2



State whether the following sentences are TRUE or FALSE.

2.1 We should protect ourselves against COVID-19 by maintaining distance from ourselves and others.

\_\_\_\_\_

(1)

2.2 We should pour chemicals down the drains because we will always have clean water.

\_\_\_\_\_



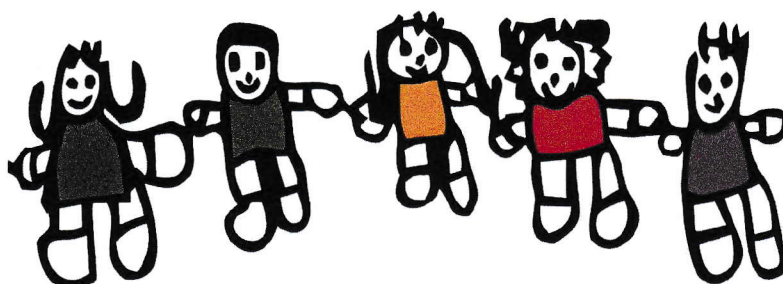
(1)

2.3 The Childline number is 08000 55550

\_\_\_\_\_

(1)

(3)



**Question 3**

**3.1 Look at the pictures provided. Write down what type of abuse it is.**

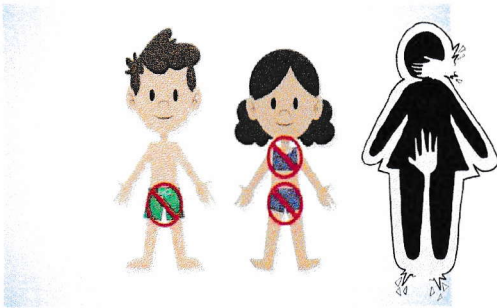
3.1.1 \_\_\_\_\_



3.1.2 \_\_\_\_\_



3.1.3 \_\_\_\_\_



3.1.4 \_\_\_\_\_



(4)

**3.2 Write one way we can respond to violent situations.**

\_\_\_\_\_

(1)

(5)

**Question 4**

**Fill in the missing words. Choose the correct word from the the word box below.**



4.1 In bad relationships we can feel \_\_\_\_\_ and unsafe. (1)

4.2 In safe relationships we feel \_\_\_\_\_ and we can share that happiness. (1)

(2)

(Section A: Total 15)

## SECTION B

### Question 5

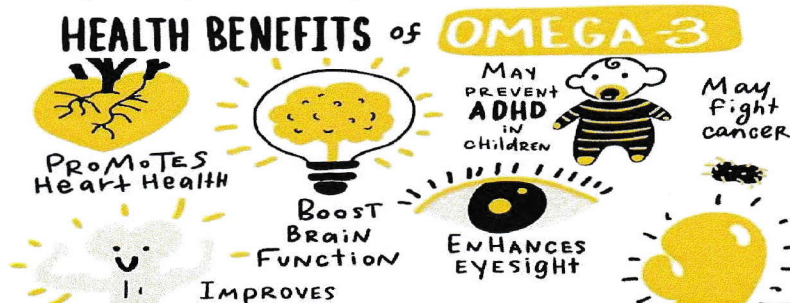
Read the following Case Study and answer the questions that follow.

#### HEALTHY EATING FOR CHILDREN – FOOD AND MOOD

Emotions are what you feel on the inside when things happen. Poor food choices and irregular eating habits can contribute to mood swings. Choosing healthier foods and keeping a good eating routine, can make a big difference in having a balanced mood.

Food known to improve mood is oily fish like pilchards, tuna, sardines and middlecut.

These should be included into your diet at least twice a week. Omega 3 fatty acids benefit everything from our memory and brain function, to how we feel. Our bodies cannot make these essential fatty acids, so it is important that we get them from our diet.



5.1 Why do we need to eat healthy?

\_\_\_\_\_ (1)

5.2 What can contribute to mood swings?

\_\_\_\_\_ (1)

5.3 What foods are known to improve your mood? Name 2.

\_\_\_\_\_ and \_\_\_\_\_ (2)

5.4 Can our bodies produce Omega 3? Circle an answer.

Yes	No
-----	----

 (1)

5.5 How many times a week should we make Omega 3 part of our diet?

\_\_\_\_\_ (1)

5.6 What are the health benefits from taking in Omega 3?

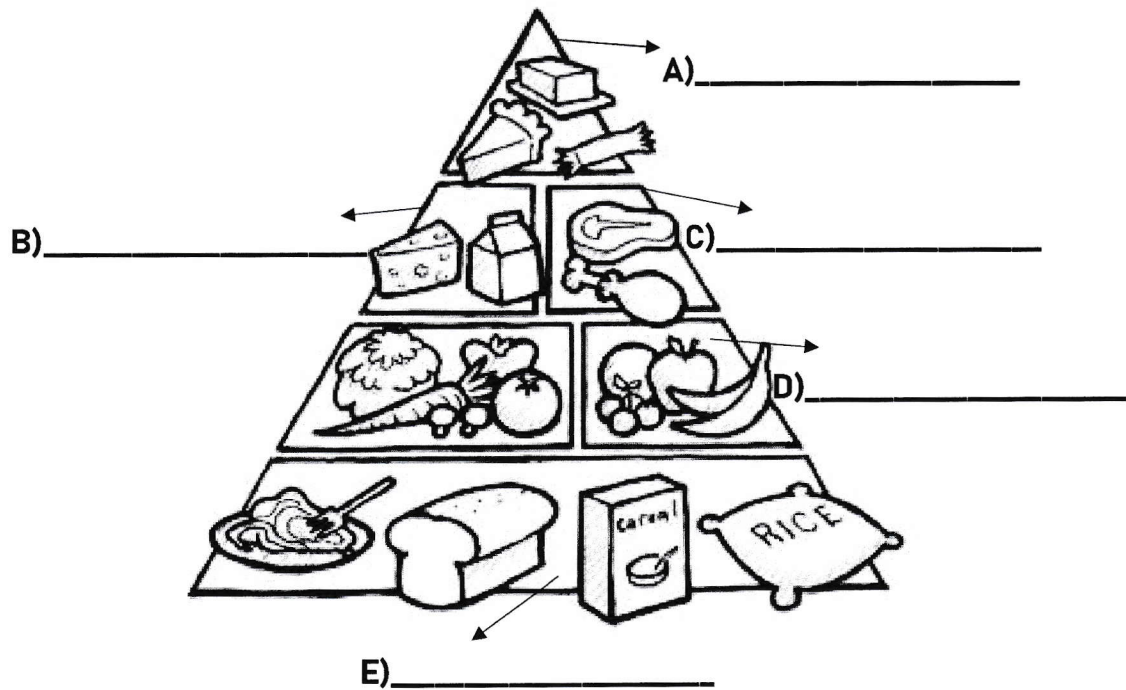
\_\_\_\_\_ (1)

(7)

**Question 6**

To be healthy we need to eat food from each food group regularly.

6.1 Fill in The five main food groups we need to be healthy.



(5)

6.2 We need to eat proteins every day. What does proteins do for our bodies?

(1)

6.3 Do you think eating healthier can prevent someone from getting COVID-19?  
Give a reason for your answer.

(2)

(8)

(Section B: Total 15)

**TOTAL: 30**