



**Life Orientation**  
**Year end exam paper : Term 4 Grade 7**  
**Laerskool Van Dyk Primary**  
**District : ES EMIS :700 160994**

**Date:** November 2020 **Grade 7**  
**Time:** 2 hours **Total: 70 Marks**  
**Educators:** Mrs S. Chetty **Moderator: Mrs E. Erwee**  
**Topic:** Everything done in Term 1 to Term 4

Name: Memo \_\_\_\_\_ Gr 7. \_\_\_\_\_

		Code	Competence	Percentage
<u>70</u>	<u>      </u> %	7	Outstanding Achievement	80 - 100
		6	Meritorious Achievement	70 - 79
		5	Substantial Achievement	60 - 69
		4	Adequate Achievement	50 - 59
		3	Moderate Achievement	40 - 49
		2	Elementary Achievement	30 - 39
		1	Not Achieved	0 - 29

Teacher's Signature & comment: \_\_\_\_\_

**NUMBER OF PAGES: 16**

**INSTRUCTIONS**

1. Use this question paper as your answer sheet.
2. Write neatly and legibly.
3. There are three sections in this exam paper, all are compulsory.
4. Choose and answer only two out of three questions in Section C.
5. Good luck!

Section A	Section B	Section C	Total
/28	/28	/14	/70

## SECTION A

This section consists of three questions. Answer ALL the questions in this section.

QUESTION 1: Match columns (8 Marks)

QUESTION 2: True or False (5 Marks)

QUESTION 3: Fill in the missing words (5 Marks)

QUESTION 4: Multiple choice (5 Marks)

QUESTION 5: Definitions (5 Marks)

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### Question 1

Match the definition in column B with the keyword in column A. Write only the letter in the middle column. Eg. 1.1- J

Column A: Keyword	Answer	Column B: Definition
1.1 Creative thinking	1.1 <u>C</u> ✓	A. Issues that are within a person himself or herself.
1.2 Interpersonal influences	1.2 <u>D</u> ✓	B. Sending mean or threatening messages or images to someone.
1.3 Human rights	1.3 <u>H</u> ✓	C. The ability to look at a problem in different ways.
1.4 Puberty	1.4 <u>F</u> ✓	D. Issues in the relationships between people. These include family, community and peer relationships
1.5 Intrapersonal influences	1.5 <u>A</u> ✓	E. When a person feels that they have to change their behaviour, attitudes and values to be accepted by a group.
1.6 Potential	1.6 <u>G</u> ✓	F. Hormones cause physical and emotional changes.
1.7 Peer pressure	1.7 <u>E</u> ✓	G. Qualities or abilities that could lead to success or other positive outcomes.
1.8 Cyber bullying	1.8 <u>B</u> ✓	H. A set of basic rules that create a free and safe space for all people living in our country.

(8)

## Question 2

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

2.1 Economic factors that influence your diet refer to the cost of food and what you can afford to buy.

True ✓

2.2 Respiratory and lung diseases are caused by drinking, swimming or cooking with water that has been polluted by animal or human feces.

False ✓

2.3 Being employed does not help you to support yourself and your family financially.

False ✓

2.4 Substance abuse refers to the use of legal or illegal substances in the wrong manner.

True ✓

2.5 Both your interests and abilities should influence your career choice.

True ✓

(5)

## Question 3

Choose the correct word from the word bank provided. Write down only one word in the open space provided.

memory ✓	yourself ✓	mnemonics ✓	recycling ✓	economic
	negative ✓			

### 3.1 SELF-IMAGE

Self- image is the idea that you have about yourself ✓. If you are constantly told that your efforts are not good enough, you may have a Negative ✓ self-image.

(2)

### 3.2 STUDYING AND LEARNING

Memory ✓ is the ability of the mind to hold on to learnt information and

knowledge of past events and experiences and to recall or remember that information and knowledge. Mnemonics ✓ are simple tools to help you improve your memory, some examples include acronyms, acrostic and word association.

(2)

### 3.3 ENVIRONMENTAL HEALTH

Recycling ✓ is the process wherein waste material is re-used, for example melting down old plastic bottles to make plastic planks for park benches.

(1)

#### QUESTION 4

Choose and circle the correct answer for the statements below:

4.1. COVID-19 can be spread by...

- A. coughing
- B. sneezing
- C. touching ✓
- D. all of the above

4.2. We need to ensure we keep a social distance of...

- A. 10 cm
- B. 50 cm
- C. 1 m ✓
- D. 5 cm

4.3. The COVID-19 virus was first found in...

- A. China ✓
- B. America
- C. London
- D. South Africa

4.4. When we are infected with the virus we have to...

- A. play with our friend more.
- B. drink more water. ✓
- C. isolate ourselves in our homes.
- D. infect the people in our environment.

4.5. I can protect myself from COVID-19 BY...

- A. wearing a mask.
- B. practice social distancing.
- C. sanitize my hands and surfaces around me.
- D. all of the above. ✓

(5)

**QUESTION 5**

5.1. List three of the emotional changes that learners experience during puberty.

Girls develop feelings for boys ✓  
Boys develop feelings for girls ✓  
Experience mood swings ✓

(3)

5.2. What does it mean to be rebellious?

Showing a desire to resist authority, control, or convention ✓

(2)

**TOTAL SECTION A: 28 MARKS**

## Section B

This section consists of two questions based on case studies. Answer ALL the questions in this section.

QUESTION 6: Substance abuse (10 Marks)

QUESTION 7: Abuse (10 Marks)

QUESTION 8: COVID-19 (8 Marks)

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### QUESTION 6

Read the following case study and answer the questions 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 once someone I 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 their 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."*

6.1. Name three ways that substance abuse affected Shane negatively.

Substance abuse affected Shane in a negative way, by making him hallucinate (hear things that aren't really happening), made him steal and lose his → self confidence (3)

6.2. Do you think Shane has always been a thief? Give a reason for your answer.

No, because of his addiction he does not have (own opinion) money and that is why he has become a thief. (2)

6.3. There are three personal factors that contribute to substance abuse. Name two.

experimentation, deal with stress, boost energy and confidence  
To escape physical and emotional problems (any 2) (2)

6.4. Discuss one way you can prevent yourself and your friends from substance abuse.

Learn how to say NO, encouragement (any 1)  
contact organisations for professional advice (1)

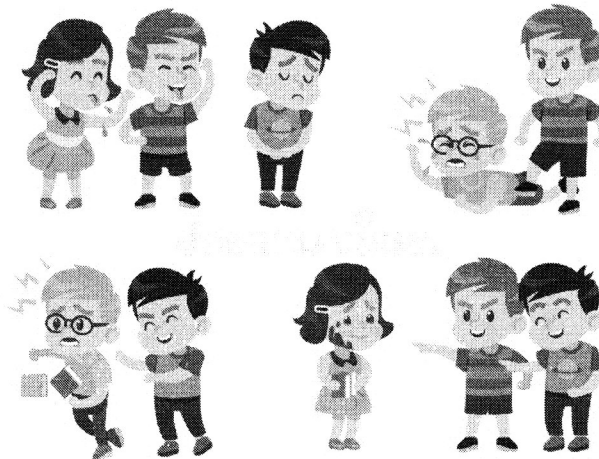
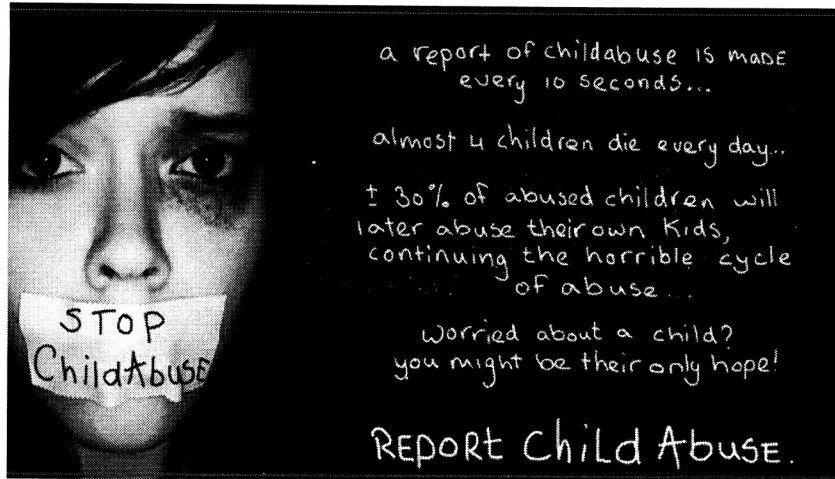
6.5. List two other types of drugs.

Ecstasy, dagga, tik,  
cocaine, alcohol, pain tablets (any 2)

(2)

### QUESTION 7

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



7.1. Abuse comes in various forms. Name two types of abuse that you can think of.

Physical abuse ✓  
Emotional abuse ✓

(2)

7.2. Do you think you would report child abuse if you should see it occur? Give a reason for your answer.

Yes, to prevent it from getting out of hand. ✓  
(own answer)

(2)

7.3. What do we call the abusive behaviour between peers?

Peer pressure ✓

(1)

7.4. There are various reasons why people act abusively. Discuss two reasons why people lose control and hurt another person.

- They have most likely been abused themselves ✓  
- Build up of anger, jealousy, the environment they grew up in can contribute to abuse. (own answer) (2)

7.5. Abusive behaviour can have different effects on different people. Explain one effect it might have on a person.

Losing self confidence, can lead to physical problems, trust issues (own opinion). (1)

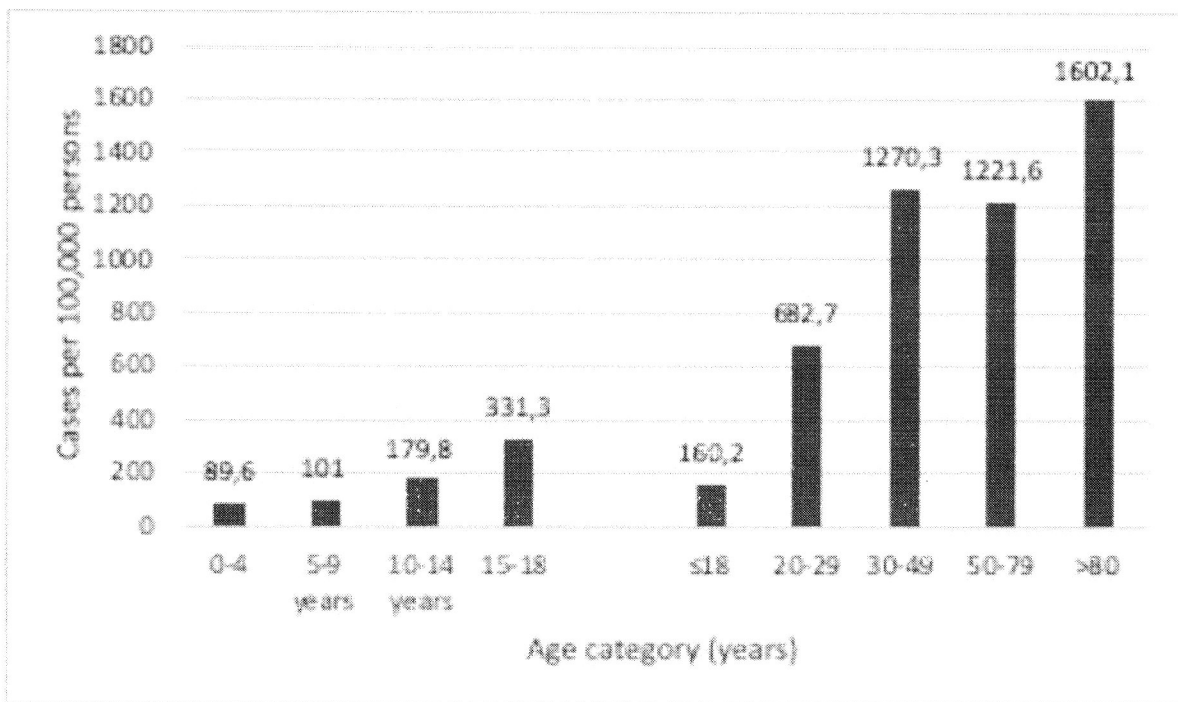
7.6. Name two different organisations that you can contact when dealing with child abuse.

Child helpline - 0800 055 555 ✓  
Child Toll-Free Crisis Line ✓ (2)

### QUESTION 8

Answer the question about the graph below:

Number of contractions of COVID per age group



8.1. According to the graph above, which two age groups are struggling the most with cases of the COVID-19 virus?

50-79 ✓  
780 ✓ (2)

8.2. How many cases of COVID-19 does your age group have?

179,8 ✓ (1)



8.3. Does age have an influence on being infected with the virus? Give a reason for your answer.

Yes, Older people are more likely to get the virus, because of weak immune systems ✓

(2)

8.4. Did the COVID-19 have a positive or negative influence in your life? Give a reason for your answer.

(own answer) ✓

(2)

8.5. How could you assist the families who were negatively affected by this pandemic?

By encouraging them, donating food items etc  
(own answer)

(1)

TOTAL SECTION B: 28 Marks

**SECTION C**

This section consists of three questions. Answer TWO of the three questions.

**QUESTION 9: Environmental health : Story review (7 Marks)**

**QUESTION 10: Personal diet and nutrition : Diary entry (7 Marks)**

**QUESTION 11: Human rights : Dialogue / conversation (7 Marks)**

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**QUESTION 9**

9.1. Read the following extract and then write a short review regarding the water crisis.

**The South African water crisis**

According to Anton Bredell, Western Cape Minister of Environmental Affairs, all towns and communities in South Africa must clean and reuse water. " The water crisis in Cape Town is just part of a larger problem in South Africa, we do not respect our water resources, and therefore we waste and pollute our water regularly."

Most South Africans get their water from the local municipality. If we use too much water, or pollute our water, then our major water resources, dams, will become empty and useless. If the dams are empty, then we will have to get water from tanks, rivers and boreholes.

As the water is not as closely monitored by government as dams, there is a good chance that it could be contaminated and make us sick. This is why the national health authorities want us to save water so that we can stay healthy as a nation.

Only by working together across our provincial borders will we really be able to move forward and ensure a water wise future for our community. Just as we have a right to clean water, we also have a responsibility to not waste water.

[Adapted from News24- Carin Smith- SA water usage. 2018/08/17]

Write a short article review of 100-120 words to your local news website wherein you identify the environmental issue and the influence it has on communities. Discuss various solutions that each community can implement in order to assist with the problem of water shortage. Include reasons for each of these solutions. Ensure that the advantages and disadvantage that these solutions may or may not have are stated in your review as well.

The following rubric will be used to assess your answer:

Criteria for story review	0	1	2
Learner identified the problem and clearly stated it			
Learner listed 1-2 possible solutions			
Learner evaluated at least two of their possible solutions. (stating advantages and disadvantages)			
Learner chose and stated the best possible solution and gave two or more clear reasons for doing so.			
<b>Total</b>		<b>17</b>	

Problem - The water crisis in Cape Town ✓

Solutions - Anything along the line of Reducing the waste of water ✓✓

Evaluate solutions - Determine which solutions have more advantages and less disadvantages ✓✓

Choose the best solution and implement it. ✓✓



**QUESTION 10**

Look at the following quote:

“Eating well is a form of self-respect.”

Write a diary entry of 100 – 120 words wherein you explain why this quote made you decide to change your eating habits into a much healthier life style. Include two personal factors that have the most negative effect on your diet. Discuss the different ways you can use to improve your diet. Remember to include a plan as to how you will encourage yourself while you are busy with this life changing process.

Criteria for Diary entry	0	1	2
Learner’s reasoning about the quote.			
Learner discusses two different personal factors.			
Learner discusses two ways of improving his/her diet.			
Learner makes use of relevant encouragement process.			
<b>Total</b>		<b>17</b>	

Reasoning - how the student feels about the quote ✓

Personal factors - what results in unhealthy eating ✓  
(Reasons why you eat unhealthy)

Ways to improve healthy eating - Eating foods from all ✓  
food groups  
- Portions  
- Eating on time.

Encouragement - Wake up early to take a walk / jog / ✓  
exercise  
- Drink a lot of water


**QUESTION 10: 7 Marks**

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### QUESTION 11

Write a dialogue/conversation, of 100 – 120 words, between you and your friend discussing our human rights.

Your friend is struggling to accept all human rights and it is your job as their friend to help them understand the concept. In this conversation you have to explain to your friend what human rights are and how we each can uphold these rights regarding one another. Explain to your friend what is expected of a tolerant person and why by being tolerant we respect the concept of human rights.

The following rubric will be used to assess your dialogue/conversation:

Criteria for dialogue	0	1	2
Learner understands the concept of human rights.			
Learner clearly understands the responsibilities of human rights.			
Learner clearly defines what a tolerant person is.			
Learner understands why tolerance is important when applying human rights in their environment.			
<b>Total</b>		<b>17</b>	

- Learner defines human rights. ✓
- Understands that every right has a responsibility ✓
- Tolerant person is someone that respects the rights of others ✓
- Understands the importance of human rights and how to apply it in their environment ✓


**QUESTION 11: 7 Marks**

**TOTAL SECTION C: 14 Marks**

**TOTAL 70**

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