



# Noah's Ark Independent Primary School

Subject: Life Orientation	Examiner: van Wyk, L.
Type: End of Year Exam	Moderator: Rwizi, A
Date: 25 November 2019	Grade: 7
Marks: 60 Marks	Time: 90 minutes

Name: \_\_\_\_\_

## Instructions:

Answer ALL the questions in the spaces provided.

Write neatly and legibly

Carefully read all questions before answering

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## Section A:

1. List four different ways in which drugs can be taken. (4)

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2. Point out the two main reasons why people start abusing substances. (2)

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3. Name two ways in which diabetes is managed. (2)

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4. What is an artisan? (1)

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5. State whether the following statements are true or false. If false re-write to make it true. (8)

5.1 The South African constitution tells us that we have to look after the environment.

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5.2 Creative thinking is the ability to break larger problems into smaller parts so that they are easier to understand.

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5.3 The symptoms of substance abuse are visible in a persons behaviour.

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5.4 Pushing someone around is a form of emotional abuse.

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5.5 Solvents are substances smoked to cause a "high".

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6. Read the clues given below. Select the answers in the word search and circle them. (8)

**Clues**

- a. You \_\_\_\_\_ food to keep it cold and fresh.
- b. A \_\_\_\_\_ factor is when people celebrate meals together.
- c. Guidelines for food you are allowed to eat relate to \_\_\_\_\_ factors.
- d. Trade agreements regarding food indicate \_\_\_\_\_ factors.
- e. \_\_\_\_\_ factors force you to buy food that suits your budget.
- f. A \_\_\_\_\_ diet gives you energy.
- g. You must make sure you have enough \_\_\_\_\_ in your diet.
- h. To eat healthily, you should choose from the \_\_\_\_\_ food groups.

A	H	F	U	Q	P	I	Z	L	W	F	X	T	E	T
B	W	L	Q	D	A	G	A	B	U	I	I	D	U	W
A	B	I	R	S	H	I	Q	D	Y	V	X	V	U	N
L	R	S	Y	B	C	R	A	C	M	O	C	V	E	O
A	E	Y	I	O	F	P	T	T	T	K	U	A	P	C
N	F	N	S	V	Y	K	N	B	B	T	H	L	T	W
C	R	G	L	H	W	O	H	A	L	B	A	M	N	P
E	I	Y	A	K	Q	A	E	A	E	S	F	U	V	O
D	G	T	E	N	U	T	R	I	T	I	O	N	F	L
H	E	M	U	H	M	U	Y	Q	V	E	N	S	E	I
G	R	H	R	F	T	Y	U	K	S	K	P	W	L	T
S	A	G	K	L	M	H	M	O	T	E	M	C	M	I
I	T	K	U	J	D	W	E	C	O	N	O	M	I	C
N	E	C	P	P	E	J	Z	E	Q	G	R	X	K	A
U	X	R	Z	Z	X	S	G	I	Z	K	F	B	Q	L

7. Which food group does each of the following belong to? (3)

a. Cabbage

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b. Fish

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c. Chocolate

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### Section B

1. Identify how modern lifestyles have changed the way people eat. (3)

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2. Discuss how economic factors influence what people eat. (2)

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3. Read the following case study and answer the questions that follow.

**Tons of rubbish were collected from Moroka Dam and the polluted river system running through Thokoza Park**

Environmentally concerned Sowetans, among them 50 school children from Hoernle Primary school in Rockville, Soweto, teamed up with City Parks, Toyota and Standard Chartered to clean up the river system around Thokoza Park and Moroka Dam.

## Preparations for the campaign

The clean-up, held on 23 September, was one of the Arbour Month events arranged by City Parks over September. Official Arbour Month activities began with the planting of the 90 990<sup>th</sup> tree in Soweto by Nelson Mandela on 4 September - a white stinkwood in Thokoza Park. It marked Mandela's 90<sup>th</sup> birthday and was the 90<sup>th</sup> tree planted in the park in his name. In all, the utility planted over 60 000 trees in the month.

But, with South Africa rates as one of the world's drier countries, with less than 2% of its water drinkable, the final focus of Arbour Month had to fall on a river. In total, over four tons of rubbish was pulled out of the stretch of river, the majority of it glass bottles from the thousands of revellers who flock to the park over the weekends.

"The aim of the clean-up was to restore the integrity of the water body along Thokoza Park, which is frequented by over 10 000 people on peak weekends, and to highlight the importance of active involvement in the upkeep of open spaces by the communities that use them," said City Parks spokesperson, Jenny Moodley.

City Parks makes a special effort to reach out to school children, and has seen a marked change in behaviour of communities surrounding Thokoza Park and Moroka Dam. "The message does get taken home," Moodley confirmed.

Source: [http://www.joburg.org.za/index.php?option=com\\_content&task=view&id=300/&Itemid-20/](http://www.joburg.org.za/index.php?option=com_content&task=view&id=300/&Itemid-20/) (accessed 17 June 2012)

3.1 Explain why environmental health is important. (2)

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3.2 Whose responsibility do you think it is to protect rivers?  
Justify your answer. (2)

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3.3 Discuss why you think City Park makes an effort to reach out to school children. (3)

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3.4 Discuss why there is a need for Arbour Month. (2)

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4. Describe the effects of HIV and AIDS on the human body. (4)

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5. Explain what social exclusion is and how it affects peoples health? (3)

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6. List two symptoms of each of the following: (4)

6.1 obesity \_\_\_\_\_

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6.2 anorexia \_\_\_\_\_

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7. List 3 different infectious disease. (3)

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Section C

1. Answer any two of the three questions below.

a. It is important that you protect yourself from falling into a trap of substance abuse. Write a paragraph summarising the things you can do to protect yourself. (7)

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b. Puberty brings about many physical and emotional changes in both girls and boys. Write a paragraph to support your statement. (7)

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c. When a child is abused, it can affect every aspect of his/ her life. Evaluate the effects of child abuse on a child. (7)

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