



Noah's Ark Independent Primary School

Subject: Life Orientation	Examiner: van Wyk, L.
Type: End of Term Assmt.	Moderator: Rwizi, A
Date: // September 2019	Grade: 7
Marks: 65 Marks	Time: 1 hour 45 minutes

Name: _____

Instructions:

Answer ALL the questions in the spaces provided.

Write neatly and legibly

Carefully read all questions before answering

There are three sections in his exam. In Sections A and B, all the questions are compulsory. In Section C, you must choose two of the three questions to answer.

Section A

1. Match the drug with its effect in the table below. (5)

Drug	Answer	Effect
Alcohol		a) People feel relaxed and dreamy
Marijuana		b) Gives a feeling of euphoria
Inhalant		c) Affects nerve cells in the brain making a person very relaxed
Mandrax		d) People believe it calms their nerves; it actually releases a hormone that causes more stress.
Cigarettes		e) Quick temporary high, light headaches and general good feeling.

2. Name two legal drugs? (2)

3. List three changes in appearance and three changes in behaviour of a substance abuser. (6)

4. Outline two groups of personal factors that lead to substance abuse. (2)

a. _____

b. _____

5. Identify and explain how each of the personal factors you stated above contribute towards substance abuse. (6)

6. Briefly explain how the individual, family, school, community and peers help to reduce the chance of substance abuse. (5)

7. Name two biggest environmental health threats to children. (2)

a. -----

b. -----

_____ / 28 Marks (Section A)

Section B

1. Look at the following case study and answer the question.

Case study: Dikeledi

Dikeledi is doing well at school; she loves reading and her favourite subject is Life Science. She dreams of becoming a doctor one day. Every day, she walks past a group of young people who are selling dagga – they always bother her and try to persuade her to try it. Dikeledi and her friends have never been interested. Their parents would be furious with them and they would be in a lot of trouble; somebody on the street would see and tell their parents. Also, they have so much fun playing ball games, watching DVDs and just hanging out, that they don't need to smoke dagga to have fun. At times when Dikeledi or her friends feel worried or upset about something, they can always speak to a parent, a friend or a teacher at school. Dikeledi has been taught at school about the dangers of drugs and alcohol; her parents have also talked to her about it.



Identify TWO factors that protect Dikeledi from becoming involved in substance abuse. (2)

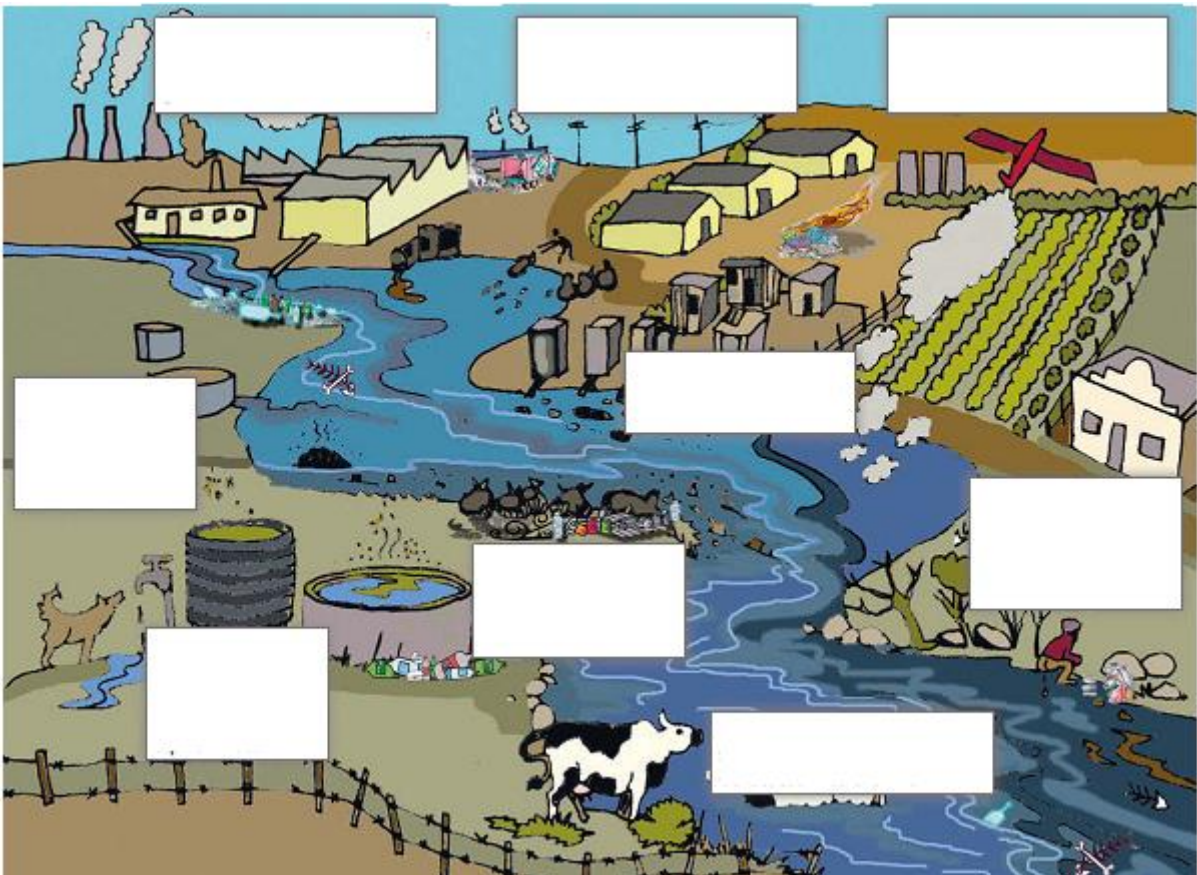
a. -----

b. -----

2. Describe the personality of Dikeledi that you would like to be associated with. (2)

3. Positive peer group had a positive effect in the life of Dikeledi. Explain this statement. (3)

4. The picture below shows the possible health risks in water.



a. List down three ways that water can become contaminated. (3)

i. _____

ii. _____

iii. _____

b. Our constitution gives us the right to clean water. Explain what people can do to prevent the contamination of water you listed above. (3)

c. Name two water-borne diseases. (2)

i. _____

ii. _____

d. Explain how these diseases are caused. (2)

5. What is an unhealthy relationship. (1)

6. Explain what you can do if you are in such a relationship. (2)

7. Summarise the importance of your answer for number 4. (2)

8. Rose has been coughing for weeks. She is not hungry and is always feeling tired.

a. Explain to her what she is likely suffering from. (1)

b. How should Rose's infection be treated? (1)

c. Distinguish a physiotherapist from a personal trainer. (4)

_____ / 28 Marks (Section B)

Section C

Choose ONLY two questions from this section.

1. Evaluate the importance of improving your living conditions under the following subheadings. $(4\frac{1}{2})$

a. Water _____

b. Sanitation _____

c. Personal hygiene _____

d. Education _____

2. Tuberculosis is a bacterial infection that usually attacks the lungs. Summarise this infectious disease under the following headings. $(4\frac{1}{2})$

a. Symptoms of TB.

b. Ways of prevention.

3. People who look after themselves can be HIV-positive for a long time without getting sick with AIDS. This is called Living Positively. Drawing on what you have learnt about HIV and AIDS. Justify this statement (4 $\frac{1}{2}$)

_____ / 9 Marks (Section C)
_____ / 65 Marks (Total)