



Noah's Ark Independent Primary School

Subject: Life Orientation	Examiner: Dugunye, G.
Type: Summative Term 1	Moderator: Rwizi, A.
Date: 8 April 2021	Grade: 7-S
Marks: 70 Marks	Time: 1 hour 15 minutes

Name: _____

Instructions

Carefully read all the questions before you start writing.

Answer ALL the questions

Write neatly and legibly

Section A:

1. List five ways in which you form yourself image. (5)

2. Say whether the following statements are true or false. (6)

- a) Self-image is the idea you have about your appearance, ability and personality. -----
- b) Skills are natural abilities you are born with. -----
- c) Your self-image is the same in all areas of your life. -----
- d) Reading is the core activity of studying. -----
- e) Gender refers to the biological characteristics of people.

f) Your brain matures during puberty. _____

3. Match the concept in column A to the correct definition of example in column B. (4)

Column A	Answer	Column B
Moodiness		a) Became taller and put on weight
Peer Pressure		b) Changes in oestrogen and testosterone
Puberty		c) Picking on an individual
Bullying		d) Being forced to do something

4. Fill in the correct word for each space in the paragraph below. (10)

Boys' (a) _____ are two egg-shaped glands in the scrotum that produce testosterone and (b) _____. Boys' shoulders (c) _____ and they develop more (d) _____. Their voices (e) _____ and they begin to grow (f) _____ on their faces. In girls, oestrogen causes breasts to grow and the (g) _____ (uterus) and genitals to become larger. Progesterone builds the (h) _____ of the womb to receive a fertilised egg cell. When the egg is not fertilised, the blood leaves the body through the vagina. Girls' bodies become curvier. They develop (i) _____ and their (j) _____ get wider.

_____ / 25 Marks

Section B

1. Read the story below and answer the questions which follow:

Case study: Amrita's story

Sometimes when I look in the mirror, I am disappointed by the colour of my skin because I think that our society finds blonde-haired, blue-eyed girls more beautiful. Sometimes I tell the people at **Starbucks** that my name is Amy so that they won't have to ask me 10 times how to spell my hard-to-pronounce, foreign name. Sometimes I **cringe** at my relatives' thick Indian accents. Sometimes, I make sure to invite my friends over before my mom cooks dinner so that the house doesn't smell like spices and curries.

Even in such a diverse place as the California Bay area, a person can feel out of place and different from her **peers**. It helps me when I'm having a bad day, however, to remind myself that the people in my life who I love actually **embrace** all these things – my skin colour, my name, my family members' accents and the scent of my home. These things make up a large part of my identity. I would never have guessed that my best friends would think that the food that stinks up my entire house smells delicious! They actually **applauded** my relatives for speaking English with excellent grammar, rather than **scoffing** at their unusual accents.

When I tell people stories about the meaning of my name, the numerous Indian holidays and festivals, or the mythical Hindu tales, they are **engrossed** and fascinated. This makes me even more proud of my background. More importantly, I remember that all of the things I can be embarrassed by are the **superficial** aspects of my life and that it's more **significant** to show others that I have a kind heart and bright mind rather than a certain



1.1 Why is Amrita sometimes embarrassed about her looks? (2)

1.2 How does Amrita make herself feel better when she is having a bad day? (2)

1.3 What have you learnt about Amrita's story? (1)

2. Briefly describe the characteristics of an assertive person. (5)

3. Examine the effects of moodiness during puberty on your relationship with your family. (5)

4. Explain how your relationships affect your self-image. (5)

5. Describe one example of a ceremony to show how the change from childhood to adulthood can be celebrated. (2)

6. Society expects teenagers to behave more responsibly as they grow into adulthood. Give three examples of such behaviour. (3)

----- / 25 Marks (Section B)

Section C

Answer TWO of the following three questions. (Leave out one question).

Dear editor

Life seemed so simple before. Then it all started going funny. I think it all began with just one pimple. Then there were suddenly lots! About that time, my voice started changing as well. I started feeling a bit strange when I was around girls. There was one who made me even more nervous than the others. I still can't believe it about myself, but I actually had the guts to ask her out on a date. She looked so beautiful, her hair so pretty, her eyes lighting up like the lights in the city. When I held her hand, it sweated a little. Then she blushed, and started to giggle. After all of this, I did not know how to say goodnight. Some of my friends are talking about kissing and stuff, but I could not even think about trying. It all seems so complex. I want to wait till I'm older; I don't want to worry about sex now already. Does this make me a nerd? Why is everything feeling so different from a year ago? Anonymous

1. Imagine you are the editor of a teen magazine and you received the letter above.

1.1 What is Anonymous currently going through? (1)

1.2 Explain your answer in 1.1 (2)

1.3 As the editor, advise Anonymous on how to cope with what he is going through. Use the information you were taught about this stage. Make him understand that this is normal and be sure that he will not feel embarrassed. (7)

2. Read the case study below and answer the questions that follow.

Case study: A foreigner at school

Ayanna and her family come from Somalia, a country far away. She does not speak any South African languages. At school, nobody talks to her, the children avoid her and tease her about her clothes. She is always alone at break time. This is very different from how it was in Somalia; there, she was popular and did



well at school. In her new school, everyone runs inside when the bell rings but Ayanna does not know where to go or what she is supposed to do. Ayanna feels lonely, sad and a little scared.

Source 2: Grade 7 Life Orientation, Learner's Book, page 5

2.1 What is diversity and respect for others? (1)

2.2 Why do you think diversity and respect for others is important. (2)

2.3 Suggest five positive things the children can do to build up Ayanna's self-image; for example, they could invite her to join them at break. (5)

2.4 Advise Ayanna on how she can improve her self-image. Based on the strategies to enhance self-image you were taught.

----- (2)

3. Answer the following questions about memory.

3.1 Define memory. (1)

3.2 How can you improve your memory? (2)

3.3 Suggest 7 tips for developing memory and justify your suggestions. Write a paragraph. (7)