Life Orientation · Grade 7

Memorandum · Term 1–4

TOTAL
70
MARKS

Marking guidelines

1. Award the full mark for a correct answer, even if the learner words it differently.
2. Where a question asks for an own opinion, award the mark for the REASON, not for the opinion.
3. Where a question asks for two or more items, award one mark per correct item.
4. For longer questions, award a mark for each separate valid point made.
5. Do not deduct marks for spelling, provided the answer can be read.

Question	Answer	Marks	Marking note
QUESTION 1 · Word bank · 5 marks			
1.1	self-image; peer pressure; assertiveness; prejudice; scripture	**5**	*1 mark each.*
QUESTION 2 · True or false · 5 marks			
2.1	1. False 2. True 3. True 4. False 5. True	**5**	*1 mark each.*
QUESTION 3 · Reading passage: career paths · 15 marks			
3.1	Naledi = university, 4 years. Sipho = technical college with an apprenticeship, 3 years. Mariska = training on the job, over 7 years.	**3**	*1 mark per complete row.*
3.2	He earned while he learned, so he did not need a student loan.	**2**	*1 mark for 'earned while learning', 1 for the debt difference.*
3.3	It took seven years — longer than the other two — and she depended on the company being willing to train her. Without that opportunity she would have had no qualification at all.	**3**	*1 mark for ONE valid disadvantage (e.g. it took seven years; she depended on the company; her company certificates may not be as widely recognised as a degree or diploma), 2 marks for explaining it.*

Question	Answer	Marks	Marking note
3.4	There is more than one road into the same industry. A university degree is not the only way — a technical qualification or training on the job can bring a person to the same place, in different roles.	**3**	*1 mark for 'more than one road', 1 for 'university is not the only way', 1 for the different roles.*
3.5	Mark against the person chosen; 1 mark each for (a)–(d). Naledi (design engineer): computer and design software, calculator; office clothes, with a hard hat, safety boots and reflective vest on site; designs solar systems, works out how many panels are needed, meets clients; electrical engineer, mechanical engineer, draughtsperson, architect. Sipho (technician): multimeter, screwdriver, drill, wire cutters, ladder; overalls, safety boots, gloves, safety glasses; builds and tests solar systems, finds and repairs faults; electrician, solar installer, refrigeration technician. Mariska (manager): cellphone, computer, work schedule, vehicle; company shirt, safety boots, hard hat and vest on site; plans where each team works, checks safety and quality, talks to clients; project manager, site supervisor, operations manager.	**4**	*Any sensible answer for the chosen person.*
QUESTION 4 · A healthy lifestyle: activity, sleep and screen time · 13 marks			
4.1	Any three (1 each): the heart and lungs become stronger; the muscles and bones become stronger; it helps a person keep a healthy body mass; it gives more energy and better fitness; it helps a person sleep better at night; it lowers stress and lifts the mood; it improves concentration at school; it builds teamwork and new friendships; it lowers the risk of lifestyle conditions such as diabetes, obesity and high blood pressure later in life.	**3**	*1 mark each.*
4.2	Intrapersonal (1): no interest or motivation; always feeling tired; shyness about being watched while playing sport; fear of not being good enough; spending all free time on a phone, television or games. Interpersonal (1): friends who sit on their phones instead of playing; nobody to play or train with; no encouragement from the family; a family that is not active either; too many duties at home, so there is no time left.	**2**	

Question	Answer	Marks	Marking note
4.3	Any two problems (1 each) with an explanation (1 each): too little sleep — a bright screen late at night keeps the brain awake, so the learner is tired in class the next day; too little exercise — hours of sitting still mean the body gets no activity and the learner becomes unfit; weak concentration — the learner gets used to pictures that change every second and then struggles to stay with one task such as homework; tired eyes and headaches — staring at a bright screen for hours strains the eyes; a sore neck, back or wrists — sitting bent over a screen for hours; less time face to face with family and friends — real relationships and social skills suffer; homework and marks fall behind — screen time takes the hours that should go to schoolwork.	**4**	
4.4	Any two (1 mark for the action, 1 mark for the reason): go to bed and get up at about the same time every day — the body gets into a rhythm and falls asleep more easily; switch the phone or television off about an hour before bedtime — the light and the excitement keep the brain awake; do not drink coffee, strong tea or a sugary cooldrink in the evening — they keep a person awake; keep the room dark, quiet and cool — the body then sleeps more deeply; finish homework earlier in the evening — then a person does not lie awake worrying about it; be active during the day — the body is pleasantly tired by bedtime.	**4**	*1 mark per action, 1 mark per reason. A learner of this age needs about 9 to 11 hours of sleep a night.*
QUESTION 5 · Environmental health and responsibility · 12 marks			
5.1	Four leaking taps; a broken toilet valve; learners leaving taps open; watering the garden at two o'clock when most of the water evaporates.	**3**	*Any three. 1 mark each.*
5.2	The sun is at its strongest then, so much of the water evaporates before it reaches the roots. It is better to water early in the morning or late in the afternoon.	**2**	*1 mark for 'the sun is at its strongest / it is the hottest time', 1 mark for 'the water evaporates before it reaches the roots (water is wasted)'. Also accept a better time as part of the explanation.*
5.3	Repair the leaking taps and the toilet valve; fit self-closing taps; water the garden early or late; harvest rainwater from the roof; plant indigenous plants that need little water; run an awareness campaign among learners.	**4**	*1 mark each.*

Question	Answer	Marks	Marking note
5.4	The school's money is limited, so every rand that goes to wasted water is one rand less for books and equipment the learners themselves use. Water is also a scarce national resource, and small habits like closing a tap add up.	**3**	*1 mark for the money link, 1 for the scarce resource, 1 for personal responsibility.*
QUESTION 6 · Diversity and human rights · 10 marks			
6.1	Prejudice / discrimination (1) — the learner judges all people from Aban's country without knowing them and treats Aban as unwelcome because of where he comes from (1).	**2**	*1 mark for identifying prejudice or discrimination (also accept stereotyping or xenophobia), 1 mark for the explanation.*
6.2	He has stopped taking part even though he knows the answers; he feels excluded and alone; his schoolwork may suffer; his self-image is damaged.	**2**	*1 mark each.*
6.3	It generalises about a whole group of people on the basis of where they come from, which a person cannot choose. It is also factually unfounded — people who come to a country often create work themselves. The Constitution protects everyone against such treatment.	**3**	*1 mark for the generalisation, 1 for the factual error, 1 for the legal principle.*
6.4	Go and sit with Aban and talk to him; invite him to play or work together; tell the teacher; tell the others to stop; do not laugh along; help him with words when he gets stuck.	**3**	*1 mark each.*
QUESTION 7 · Common diseases and healthy eating · 10 marks			
7.1	asthma; diabetes; epilepsy; an allergy	**4**	*1 mark each.*
7.2	Any two (1 each): eating a lot of fatty, fried or sugary food (junk food); drinking many sugary cooldrinks; too little exercise / hours in front of screens; very large portions; skipping meals and snacking.	**2**	
7.3	Any two (1 each): stay calm and call the teacher; move desks, chairs and hard objects away; put something soft under the head; do not hold the person down; do not put anything in the mouth; when the jerking stops, turn the person on the side (recovery position) and stay with him or her; call an ambulance (10177, or 112 from a cellphone) if the seizure lasts longer than five minutes.	**2**	

Question	Answer	Marks	Marking note
7.4	(a) an economic factor (money / cost) (1); (b) any one (1): bring a sandwich and fruit from home; buy a fruit, peanuts or a boiled egg instead of chips; drink water instead of a fizzy cooldrink.	**2**	

Total **70 marks**



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