MeerkatSkool

EXAMINATION

Practice test · Term 1–4
Version 1.7 · 21 October 2026

Life Orientation · Grade 7

TOTAL 70 MARKS

Term 1–4 | 7 questions | CAPS-aligned

NAME AND SURNAME _____ CLASS _____ DATE _____

Instructions

1. This question paper consists of THREE sections. Answer ALL the questions.
2. Answer all the questions on the question paper itself, in the spaces provided.
3. Read each question carefully before you answer it.
4. Follow the instructions at each question - some ask for a choice, others for a full sentence.
5. Write neatly and legibly. Work that cannot be read cannot be marked.
6. This examination covers the work of the whole year (Term 1 to Term 4), as the CAPS end-of-year examination does.

Question	Content of the question	Marks	Obtained
1	Word bank	5	
2	True or false	5	
3	Reading passage: career paths	15	
4	A healthy lifestyle: activity, sleep and screen time	13	
5	Environmental health and responsibility	12	
6	Diversity and human rights	10	
7	Common diseases and healthy eating	10	
	Total	**70**	
	Percentage		%

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Section A — Contextual questions

1 Word bank — 5 marks

1.1 Choose the correct word from the word bank and write it next to each description. **(5)**

WORD BANK: peer pressure · self-image · assertiveness · prejudice · scripture

Description	Word
How a person thinks and feels about themselves	
When friends influence you to do something	
When you can say no in a firm but polite way	
A preconceived opinion about a group of people	
A holy book or text of a religion, such as the Bible, the Qur'an or the Vedas	

2 True or false — 5 marks

2.1 Write next to each statement whether it is TRUE or FALSE. **(5)**

Statement	True / False
All peer pressure is negative.	
Food labels can help you to choose healthier food.	
In African Religion, beliefs and history are passed on mainly by word of mouth (oral tradition).	
Asking for help is a sign of weakness.	
Clean drinking water is a basic human right.	

3 Reading passage: career paths

15 marks

Read the passage below and answer the questions that follow.

SOURCE A · THREE ROADS INTO THE SAME INDUSTRY

Naledi went to university after Grade 12 and studied engineering for four years. She took a student loan which she is now repaying.

Sipho chose a technical college after Grade 9. He studied for three years while working as an apprentice, so he earned while he learned.

Mariska started work at an installation firm straight after school. She had no qualification, but the company trained her over seven years and put her through certificates.

All three work today at the same solar power company. Naledi designs the systems, Sipho builds and tests them, and Mariska manages the installation teams.

Three people's roads into the same industry.

3.1 Complete the table about the three roads. **(3)**

Person	Kind of training	How long
Naledi		
Sipho		
Mariska		

3.2 What ONE advantage did Sipho's road have over Naledi's? **(2)**

3.3 What ONE disadvantage could Mariska's road have had? Explain. **(3)**

3.4 What does this source show about the relationship between study and work? **(3)**

3.5 Choose ONE of the three people in Source A. For her or his job at the solar power company, name: (a) ONE tool or piece of equipment she or he uses, (b) what she or he wears at work (dress code), (c) ONE thing she or he does on a normal working day, and (d) ONE related career. **(4)**

Section B Short and longer questions

4 A healthy lifestyle: activity, sleep and screen time — 13 marks

4.1 Name THREE benefits of regular physical activity (exercise) for a Grade 7 learner. **(3)**

4.2 Name ONE intrapersonal factor (inside the person) and ONE interpersonal factor (between people) that can keep a teenager from being physically active. **(2)**

4.3 Too much screen time (phone, television, games) is unhealthy. Name TWO problems it can cause, and explain how each one affects the learner. **(4)**

4.4 Name TWO things a learner can do to get enough sleep, and say why each one helps. **(4)**

5 Environmental health and responsibility

12 marks

SOURCE B · THE SCHOOL'S WATER PROBLEM

The school's water bill has doubled in six months. The groundsman found four leaking taps and a broken toilet valve.

Learners also often leave the taps open after break. The school garden is watered every afternoon at two o'clock, when the sun is at its strongest.

The principal says the extra money should have gone to books.

A situation at a primary school.

5.1 Name THREE causes of the school's high water bill. **(3)**

5.2 Explain why it is wrong to water a garden at two o'clock in the afternoon. **(2)**

5.3 Suggest FOUR things the school can do to save water. **(4)**

5.4 The principal says the money should have gone to books. Explain why saving water is every learner's responsibility. **(3)**

Section C — Longer questions

6 Diversity and human rights — 10 marks

Answer BOTH questions in this section. Write in full sentences where a question asks you to explain.

SOURCE C · THE NEW LEARNER

Aban has just arrived at the school. His family came from another country and he does not yet speak the language well.

In class he speaks slowly and searches for words. Two learners mimic him when the teacher turns away. A third says out loud that "their people" should not come in and take jobs.

Aban has stopped standing up to answer in class, even though he often knows the answer.

A situation at a primary school.

6.1 What attitude or behaviour does the third learner's remark show? Explain your answer. **(2)**

6.2 Name TWO consequences this treatment has for Aban. **(2)**

6.3 Why is the third learner's statement not just unkind, but also wrong? **(3)**

6.4 You see what is happening. Write down THREE things you can do. **(3)**

7 Common diseases and healthy eating

10 marks

7.1 Name the disease or condition described in each row. **(4)**

Description	Disease
A condition of the airways that makes breathing difficult. The person wheezes and may use a pump (inhaler).	
The body cannot control the amount of sugar in the blood.	
A condition of the brain that causes seizures (fits).	
The body reacts strongly to something harmless, such as pollen, dust or peanuts. The person may sneeze, itch or come out in a rash.	

7.2 Name TWO habits that increase a person's risk of obesity. **(2)**

_____

_____

7.3 A classmate suddenly falls down and has a seizure in class. Name TWO things you should do to help. **(2)**

_____

_____

7.4 Lindiwe buys chips and a fizzy cooldrink for lunch every day because they are the cheapest food at the tuck shop. (a) What kind of factor influences her choice of food? (b) Give ONE way she can make her lunch healthier without spending more money. **(2)**

_____

_____

Total **70 marks**



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