



SOUTH AFRICAN COMPREHENSIVE ASSESSMENT INSTITUTE
SUID-AFRIKAANSE KOMPREENSIEWE ASSESSERINGSINSTITUUT

Adult Basic Education and Training (ABET)

Marking Guideline

Life Orientation: NQF Level 1

Examination Session: June 2024

Total Marks: 100 marks



SECTION A**Question 1**

1.1

- | | | |
|--------|-----|-----|
| 1.1.1 | B ✓ | (1) |
| 1.1.2 | C ✓ | (1) |
| 1.1.3 | D ✓ | (1) |
| 1.1.4 | C ✓ | (1) |
| 1.1.5 | C ✓ | (1) |
| 1.1.6 | D ✓ | (1) |
| 1.1.7 | B ✓ | (1) |
| 1.1.8 | C ✓ | (1) |
| 1.1.9 | B ✓ | (1) |
| 1.1.10 | C ✓ | (1) |

Total Marks for Question 1.1**[10]**

1.2

- | | | |
|-------|---------|-----|
| 1.2.1 | False ✓ | (1) |
| 1.2.2 | False ✓ | (1) |
| 1.2.3 | False ✓ | (1) |
| 1.2.4 | True ✓ | (1) |
| 1.2.5 | True ✓ | (1) |
| 1.2.6 | False ✓ | (1) |
| 1.2.7 | True ✓ | (1) |



- 1.2.8 False ✓ (1)
- 1.2.9 True ✓ (1)
- 1.2.10 True ✓ (1)

Total Marks for Question 1.2 [10]

1.3

- 1.3.1 H ✓ (1)
- 1.3.2 F ✓ (1)
- 1.3.3 K ✓ (1)
- 1.3.4 E ✓ (1)
- 1.3.5 D ✓ (1)
- 1.3.6 C ✓ (1)
- 1.3.7 A ✓ (1)
- 1.3.8 B ✓ (1)
- 1.3.9 J ✓ (1)
- 1.3.10 G ✓ (1)

Total Marks for Question 1.3 [10]

1.4

- | | |
|--------------------------|-----|
| 1.4.1 self-esteem ✓ | (1) |
| 1.4.2 contraceptives ✓ | (1) |
| 1.4.3 role model ✓ | (1) |
| 1.4.4 CV ✓ | (1) |
| 1.4.5 consent ✓ | (1) |
| 1.4.6 yeast infections ✓ | (1) |
| 1.4.7 drug abuse ✓ | (1) |
| 1.4.8 genital herpes ✓ | (1) |
| 1.4.9 caretaker ✓ | (1) |
| 1.4.10 gonorrhoea ✓ | (1) |

Total Marks for Question 1.4

[10]

TOTAL SECTION A: [40]



SECTION B

QUESTION 2: DEVELOPMENT OF SELF IN SOCIETY

2.1 (2)

- Self-esteem is one's subjective sense of overall personal worth. ✓✓

Alternative answers

- Self-esteem describes your level of confidence in your abilities.
- Self-esteem is how a person sees themselves or how one values their self-worth.

Markers to credit learners for any other related answers

2.2 (2)

- Negative self-esteem is when someone lacks confidence about who they are, ✓
for example, negatively joking about themselves. ✓

Alternative answers

- When someone lacks confidence about what they can do, for example. thinking other people are better than them.
- When someone undermines himself or herself, for example, referring to self as stupid or ugly.
- When someone is extremely critical of themselves, for example, blaming themselves when things go wrong.

Markers to credit learners for any other related answers

2.3 (6)

- Be kind to yourself or love yourself ✓ by making yourself a meal or playing your favourite game ✓

- Recognize your positives or strengths ✓ by celebrating your successes no matter how small they are. ✓
- Build a support network ✓ by talking to someone you trust. ✓

Alternative answers

- Try taking therapy through self-help programmes like reading about self-esteem.
- Set yourself a challenge by trying a new hobby.
- Get to know yourself by noting down what makes you happy.
- Look after yourself by saying no to things that drain you to please others.

Markers to credit learners for any other related answers

Total Marks for Question 2

[10]

QUESTION 3: NUTRITION AND HEALTHY LIVING

3.1

(8)

- Grains and Cereals ✓ for energy and proteins. ✓
- Milk and Animal Products ✓ for calcium, fats, iron and proteins. ✓
- Fats, Oils and Nuts ✓ for energy, fatty acids, vitamins and proteins. ✓
- Vegetables and Fruits ✓ for minerals like calcium, vitamin C, folic acid, and iron. ✓

Alternative answers

- Carbohydrates for vitamins, iron, calcium, fibre.

Markers to credit learners for any other related answers

3.2

(2)

- Triggers memory problems. ✓



- Causes depressed moods. ✓

Alternative answers

- Can result in mental illness.

Markers to credit learners for any other related answers**Total Marks for Question 3****[10]****QUESTION 4: SEXUALITY AND STIs**

4.1 (2)

- STD stands for Sexually Transmitted Diseases. ✓
- STI stands for Sexually Transmitted Infections. ✓

4.2 (4)

- Right to medical treatment. ✓ Medical facilities may not refuse treatment based on a patient's status. ✓
- Right to disclose at your discretion. ✓ No one can force you to tell them your status. ✓

Alternative answers

- Right to a healthy pregnancy. ART starts immediately to protect the unborn baby from infection.
- Right to privacy. One's results cannot be disclosed without consent.
- Right to make own decisions. One can refuse testing in any situation.

Markers to credit learners for any other related answers

4.3

(4)

- Violation of medical treatment. ✓ Some religious and cultural beliefs will not allow patients to go for medical treatment. ✓
- Violation of privacy ✓ some religious and cultural doctrines believe in confessions and may force a patient to disclose unwillingly. ✓

Alternative answers

- Violation of making own decisions. Some cultural and religious practices empower elders or leadership to dictate what is expected of an individual in a situation.

Markers to credit learners for any other related answers.**Total Marks for Question 4****[10]****TOTAL SECTION B: [30]****SECTION C****QUESTION 5: DIVERSITY**

5.1

(2)

- A positive relationship is a healthy relationship where there is a balance of power like open communication and respect. ✓ A negative relationship is an unhealthy or toxic relationship characterised by behaviours that make someone feel unhappy. ✓

Alternative answers

- Positive relationship involves honesty and trust from both people while negative relationships involve dishonesty and mistrust from both people.
- A positive relationship has both partners making an effort and compromising whereas a negative relationship has one partner controlling the other.
- Positive relationships are not abusive in any way, unlike negative and abusive relationships.
- Positive relationships live in harmony irrespective of differences, unlike negative relationships which exploit and undermine one another.

Markers to credit learners for any other related answers

5.2

(8)

- Mistrust. ✓ For example, cell phone snooping. ✓
- Lack of communication. ✓ For example, disrespectful nonverbal behaviour. ✓
- Infidelity ✓ For example, having a romantic or sexual conversation with someone else. ✓
- Dishonesty ✓ For example, lying about your financial status to your partner. ✓

Alternative answers

- Disloyal. For example, lying or keeping secrets of your whereabouts.
- Overdependence. For example, constant or excessive need for assurance or approval from your partner.
- Abuse. For example, being beaten or punished for no reason.

Markers to credit learners for any other related answers

Total Marks for Question 5**[10]**

QUESTION 6: THE WORKPLACE

6.1 (3)

- An informal workplace is a workplace with no formal working agreement and is not protected by labour laws ✓✓ for example a spaza shop (or other small business). ✓

Markers to credit learners for any other related answers

6.2 (3)

- Ethics are a personal set of values that determines how an employee behaves in the workplace ✓✓ for example punctuality. ✓

Alternative answers

Other examples of work ethics are:

- Meeting deadlines
- Prioritising tasks
- Cooperation or teamwork
- Productivity

Markers to credit learners for any other related answers

6.3 (4)

- Shady or unethical business practices. ✓
- Decreased productivity. ✓
- Loss of respect. ✓
- Loss of public credibility. ✓

Alternative answers

- Legal issues.



- Bad publicity.
- Higher staff turnover resulting in more expenses.

Markers to credit learners for any other related answers

Total Marks for Question 6

[10]

QUESTION 7: TIME MANAGEMENT

7

(10)

GOAL / FACTOR	EXAMPLE	DURATION
Short-term goal	Exam writing and getting a certificate ✓	2 months – 1 year ✓
Medium-term goal	Starting another career ✓	3 months – 3 years ✓
Long-term goal	Retire ✓	3 years and more. ✓
Relaxation	Hobbies ✓	4 – 5 hours a day ✓
Time wasters	Procrastination ✓	Minimum 1 hour ✓

Markers to credit learners for any other related answers. Credit learners for durations close to or within the given range. The table is just a guide.

Total Marks for Question 7

[10]

TOTAL SECTION C: [30]

GRAND TOTAL: 100 MARKS