



SOUTH AFRICAN COMPREHENSIVE ASSESSMENT INSTITUTE
SUID-AFRIKAANSE KOMPREENSIEWE ASSESSERINGSINSTITUUT

Adult Basic Education and Training (ABET)

Marking Guideline

Life Orientation: NQF Level 1

Examination Session: November 2024

Total Marks: 100 marks



SECTION A**Question 1**

1.1

1.1.1 C ✓ (1)

1.1.2 D ✓ (1)

1.1.3 A ✓ (1)

1.1.4 B ✓ (1)

1.1.5 A ✓ (1)

1.1.6 D ✓ (1)

1.1.7 B ✓ (1)

1.1.8 B ✓ (1)

1.1.9 C ✓ (1)

1.1.10 D ✓ (1)

Total Marks for Question 1.1 [10]

1.2

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

Total Marks for Question 1.2 [10]

1.3

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

Total Marks for Question 1.3 [10]



1.4

- | | |
|---------------------------|-----|
| 1.4.1 liver ✓ | (1) |
| 1.4.2 kidneys ✓ | (1) |
| 1.4.3 brain ✓ | (1) |
| 1.4.4 heart ✓ | (1) |
| 1.4.5 pancreas ✓ | (1) |
| 1.4.6 stomach ✓ | (1) |
| 1.4.7 bladder ✓ | (1) |
| 1.4.8 lungs ✓ | (1) |
| 1.4.9 skin ✓ | (1) |
| 1.4.10 small intestines ✓ | (1) |

Total Marks for Question 1.4

[10]

TOTAL SECTION A: [40]



SECTION B

QUESTION 2: HEALTHY LIVING

- 2.1
- Stroke ✓
 - Diabetes ✓
- (2)

Alternative answers

- Malnutrition
- Cardiovascular diseases (heart diseases)
- Hypertension
- Osteoporosis

Markers to credit learners for any other related answers.

- 2.2
- Junk food or unhealthy food is addictive ✓ and its taste is more appealing than healthy food. ✓
 - Unhealthy food is heavily marketed and available ✓ making it easy to access. ✓
- (2)

Alternative answers

- Unhealthy food is often cheaper than healthy food making it more accessible/affordable to some people.
- Lack of knowledge where people may not be aware of health risks associated with consuming unhealthy food.
- Stress and emotions make people turn to unhealthy foods for comfort as unhealthy food provides a temporary distraction from stress.
- Unhealthy food is convenient because it is easier to find and prepare than healthy foods.

Markers to credit learners for any other related answers

- 2.3
- A well-balanced diet provides important vitamins, minerals, and nutrients ✓ to keep the body and mind healthy and strong. ✓
- (6)



- A well-balanced diet can help prevent numerous diseases and complications ✓ so people live a quality life. ✓
- A well-balanced diet maintains the immune system ✓ which is a defence against diseases. ✓

Alternative answers

- A balanced diet helps one to focus, concentrate and think better.
- A well-balanced diet helps reduce stress, improves mood and boosts cognitive functions.
- A balanced diet improves digestion and helps with constipation.
- A well-balanced diet makes the bones strong and reduces the risk of osteoporosis.

Markers to credit learners for any other related answers

Total Marks for Question 2

[10]

QUESTION 3: THE WORKPLACE

- 3.1
- Employment contract is a legally binding agreement between an employee and an employer ✓ used to define the working relationship. ✓ (2)

Alternative answers

- Agreement or terms of hire between an employer and employee that sets out terms and conditions of employment.

Markers to credit learners for any other related answers

- 3.2
- Trade unions give legal advice to their members. ✓ (2)
 - Trade unions represent members in discussions with employers. ✓

Alternative answers.

- Trade unions negotiate with employers to improve wages.
- Help to improve the working conditions of the workers.
- Guide workers when filing grievances against employers.



- Protect and advance the interests of its members in the workplace.

Markers to credit learners for any other related answers

- 3.3
- Vocational training teaches hands-on, ✓ applied skills which are more practical in nature and make learners more employable for practical work. ✓ (6)
 - Vocational training graduates tend to go into the career they trained for much quicker and easier ✓ this alleviates any indecision when needing to apply for a job. ✓
 - Vocational training is the action of teaching or learning practical skills or types of behaviour which may be of benefit to learners who enjoy more practical learning ✓ which would improve their marks and allow them to enter the job market quicker. ✓

Alternative answers

- Vocational training will provide you with the opportunity to develop and receive recognition for skills that can kick-start your specific career.
- Vocational training is designed to prepare you for entry-level employment in a career of your choice allowing for a wider range of jobs to choose from.

Markers to credit learners for any other related answers

Total Marks for Question 3

[10]



QUESTION 4: SELF IDENTITY

- 4.1
- Self-esteem is the way you think and feel about yourself. ✓ (2)
 - Self-awareness is knowing yourself, your weaknesses and your strengths. ✓

Alternative answers

- Self-esteem is the confidence and worth you feel about yourself.
- Self-esteem is the self-regard, self-respect, pride and dignity that you feel about yourself.
- Self-awareness is being able to understand how you see yourself as different from how others see you.
- Self-awareness is the ability to see and recognise that you are different from other people.

Markers to credit learners for any other related answers

- 4.2
- Having a positive self-esteem improves mental health. ✓ (2)
 - Positive self-esteem improves physical health. ✓

Alternative answers

- If a person has positive self-esteem, it reduces the risk of anti-social behaviour.
- Positive self-esteem helps people to be more successful at school and work.
- Positive self-esteem helps one to develop coping skills.
- A person with a positive self-esteem is able to handle adversity.

Markers to credit learners for any other related answers

- 4.3
- Negative, criticism or rejection from friends and other people can be particularly damaging ✓ as it reinforces negative self-esteem. ✓ (6)



- An unhappy childhood ✓ where parents or other significant people such as teachers are extremely critical, and this makes an individual have negative self-esteem. ✓
- Poor academic performance in school ✓ resulting in a lack of confidence can impact negatively on one's self-esteem. ✓

Alternative answers

- Children who grow up in unstable homes tend to have lower self-esteem as they carry the burden of being unloved throughout their entire lives.
- Pressures of society can negatively influence self-esteem as people are comparing themselves with everyone else.
- Media such as social media negatively influences self-esteem as an individual would want to look like celebrities whose images are airbrushed.

Markers to credit learners for any other related answers.

Total Marks for Question 4

[10]

TOTAL SECTION B: [30]



SECTION C**QUESTION 5: SEXUALITY AND STIS**

- 5.1
- Sharing needles/drug injection equipment with an infected person. ✓ (2)
 - Unprotected sexual intercourse with an infected partner. ✓

Alternative answers

- During pregnancy, childbirth or during breastfeeding.

Markers to credit learners for any other related answers

- 5.2
- People living with HIV/AIDS experience high levels of emotional and psychological ✓ issues such as fear of being stigmatised. ✓ (4)
 - People living with HIV/AIDS may become anti-social ✓ which makes them withdraw from friends and families to hide their physical and emotional issues. ✓

Alternative answers

- People living with HIV/AIDS may not be able to do their daily work including earning an income to support families.
- People living with HIV/AIDS are being discriminated against and rejected by the community.

Markers to credit learners for any other related answers

- 5.3
- Carers can discuss with people living with HIV/AIDS the food they need ✓ to maintain and gain weight and manage their illness. ✓ (4)
 - Spend time with them ✓ and get to know the kind of food they like and dislike and involve them in meal planning. ✓

Alternative answers

- Check the medication they are taking and read the instructions to find when they need to take them and what food to eat or what food needs to be avoided and note any side effects.
- Be firm about the importance of taking medication at the prescribed time.
- Carers must also take care of themselves and get enough rest.
- Carers must have appropriate information to carry out their tasks.

Markers to credit learners for any other related answers

Total Marks for Question 5

[10]

QUESTION 6: DIVERSITY

- 6.1 People living with disabilities have the right to: (2)
- Live independently and must have access to things that are designed to help them as self-reliant as possible. ✓
 - Have their special needs taken into consideration at all stages of economic and social plans. ✓

Alternative answers

- Be protected against exploitation, discrimination and abuse.
- Education including learning braille and sign language.
- To be treated equally with dignity and respect.
- Social and economic security.
- To have medical, psychological and functional treatment.
- To live with their families.
- To secure employment according to their capabilities.

Markers to credit learners for any other related answers

- 6.2
- Employ people with disabilities ✓ if they have the relevant skills qualifications. ✓ (8)
 - Promote social inclusion in schools ✓ by having learners living with disabilities learn with learners without disabilities. ✓
 - Employ more actors with disabilities ✓ to play the actual roles of people with disabilities. ✓



- Speak up against any form of violence and abuse ✓targeting people with disabilities. ✓

Alternative answers

- Create awareness on how to live with people with disabilities by educating and training society.
- Make the community places accessible by creating ramps and toilets for people with disabilities.

Markers to credit learners for any other related answers**Total Marks for Question 6****[10]****QUESTION 7: TIME MANAGEMENT**

- 7.1
- Social media ✓
 - Over multitasking ✓
- (2)

Alternative answers

- Working without a plan.
- Browsing the internet without direction.
- Chatty coworkers.
- Distractions such as unnecessary phone calls and emails.
- Procrastinating on important tasks.
- Spending too much time on hobbies.
- Doing tasks that are not urgent first instead of doing urgent tasks.

Markers to credit learners for any other related answers

- 7.2
- Constantly putting off ✓ or waiting until the last minute to get things done can make one miss the deadline. ✓
- (2)

Alternative answers

- Time wasters can prevent individuals from reaching their full potential and achieving their personal goals.
- Time wasters can lead to missed deadlines and lower the quality of work.
- Time wasters affect productivity which may lead to feelings of guilt and regret.

Markers to credit learners for any other related answers

- 7.3
- Set your goals correctly ✓ using the SMART method. ✓ (6)
 - Prioritise by looking at your daily tasks ✓ and determine which tasks are urgent and important and do them right away. ✓
 - Setting a time limit to complete a task ✓ helps you to be focused and be effective and efficient. ✓

Alternative answers

- Take a break between tasks to clear your head and refresh yourself as this makes you stay focused and motivated.
- Organise yourself by writing down deadlines for projects.
- Remove non-essential tasks or activities as this helps free time for important activities.

Markers to credit learners for any other related answers

Total Marks for Question 7

[10]

TOTAL SECTION C: [30]

GRAND TOTAL: 100 MARKS

