



SOUTH AFRICAN COMPREHENSIVE ASSESSMENT INSTITUTE
SUID-AFRIKAANSE KOMPREENSIEWE ASSESSERINGSINSTITUUT

Adult Basic Education and Training (ABET)

Summative Assessment

Life Orientation: NQF Level 1

Examination Session: June 2023

Total Marks: 100 Marks

Time: 3 Hours

Number of Pages: 22 Pages

Learner Information

Candidate Number

Centre

Date



EXAMINATION RULES FOR CANDIDATES

1. Candidates are bound in all matters relating to the examination to obey the instructions of the chief invigilator. The chief invigilator, where relevant, determines the dress code.
2. Candidates must be identified before they are permitted to write an examination. Identity document must be produced when required. All candidates are to sign the attendance register.
3. Candidates will not be admitted to the examination room if they arrive an hour or more after the start of the examination. Candidates who have finished answering an examination paper within fifteen minutes of stopping time will not be allowed to leave the examination room, provided there are still candidates writing.
4. Candidates must occupy the places first allocated to them for the entire duration of the examination and for all other examination sessions, unless otherwise directed by the chief invigilator.
5. No explanation of examination questions may be asked or given by any person.
6. No candidate is allowed to leave the examination room within the first hour of the examination, except in an emergency and under supervision.
7. A candidate may only be allowed to leave the examination room in the case of an emergency or to go to the toilet, and in these cases, this must be done under supervision.
8. As soon as a candidate hands in his or her answer script, he or she must leave the examination room.
9. A candidate must carefully read and comply with the instructions, which appear in his or her question paper and the examination timetable.
10. A candidate is not allowed to assist another candidate or try to assist him or her or communicate with another candidate. Should this occur, it would constitute an irregularity. Invigilators are expressly forbidden from assisting candidates in the answering of questions.
11. All questions must be directed to the invigilator.
12. A candidate may not cause a disturbance in the examination room or behave in an improper or unseemly manner.
13. A candidate may not disregard the instructions of the invigilator or may not conduct themselves in a manner that conflicts with the instructions of the chief invigilator.
14. The following are not allowed next to the candidate in the examination room: suitcases, school bags, walkmans, CD players, cell-phones, books, dictionaries, notes, sketches or paper other than the official examination material distributed by the chief invigilator. Slide-rules and non-programmable, silent calculators may be used, unless expressly prohibited in the question paper. Pens, erasers, rulers, etc. should be kept in transparent containers/bags. No borrowing is allowed. Wristwatch alarms must be switched off.
15. Candidates should be informed that the possession of notes constitutes an irregularity regardless of whether or not the notes are used. The excuse that a candidate has forgotten or was not aware that he or she has the unauthorised material listed in paragraph 14 in his or her possession will not be accepted.
16. No examination answer books (or part of an answer book), whether used or unused, may be removed from the examination room. Should this occur, it will be considered an irregularity and the candidate will receive NO credit for the examination. Should a candidate write the wrong subject or wrong grade of a subject, this will be a technical irregularity and will lead to the candidate's results being blocked/cancelled/delayed.
17. Should a candidate miss an examination due to illness, a valid doctor's certificate must be given to the chief invigilator. A Certificate will not be awarded to candidates who miss an examination.
18. Any candidate who disregards these rules or the instructions of the chief invigilator or his / her assistants, will have committed an offence in terms of the Regulations [Regulation 6 2(a) and (b)] or a contravention of the Rules [Rule 3(2)].

INSTRUCTIONS

1. This question paper consists of **THREE** sections.
2. **ALL** sections are compulsory.
3. Answer **ALL** the questions in **SECTION A**.
4. Answer **ALL** questions in **SECTION B**.
5. Answer **ALL** questions in **SECTION C**.
6. Read the instructions and questions carefully before you answer.
7. Use **BLUE** or **BLACK** ink.
8. Number the answers according to the numbering system used in this question paper.
9. Write neatly and legibly.

SECTION A**QUESTION 1**

1.1 Various options are provided as possible answers for the following questions. Choose and circle the correct letter only [A-D].

1.1.1 Self-concept can be described as _____.

- A how other people see you.
- B what you think of yourself.
- C what others think about you.
- D personal growth. (1)

1.1.2 All religions in the world should discourage _____.

- A peace.
- B human dignity.
- C social justice.
- D violence. (1)

1.1.3 Driving under the influence of drugs may cause accidents because of _____.

- A impaired judgement.
- B slow driving.
- C carrying too many passengers.
- D using the hooter. (1)

- 1.1.4 The Constitution protects your rights at work to _____.
- A choose your trade or occupation.
 - B waste time playing games.
 - C access fair labour practices.
 - D choose your manager. (1)
- 1.1.5 HIV can be contracted through _____.
- A eating food from the same plate.
 - B unprotected sex.
 - C mosquito bites.
 - D crying on someone's shoulder. (1)
- 1.1.6 One of the ways to improve on time management is by _____.
- A setting SMART goals.
 - B spending more time on social media.
 - C doing unnecessary tasks.
 - D postponing doing tasks. (1)
- 1.1.7 _____ is an appropriate way to initiate a relationship.
- A Sending a message to a person every hour
 - B Being rude to people you meet
 - C Willingness to share a little about yourself
 - D Boasting about yourself (1)

- 1.1.8 Volunteering is _____.
- A when someone works and is not paid.
 - B working and getting a low salary.
 - C starting one's own business.
 - D working at the mines. (1)

- 1.1.9 There are _____ main food groups.
- A three
 - B seven
 - C four
 - D five (1)

- 1.1.10 A heterosexual is a person who is _____.
- A attracted to people of the same sex.
 - B attracted to male and female partners.
 - C attracted to people of the opposite sex.
 - D not attracted to people of the opposite sex. (1)

TOTAL MARKS FOR QUESTION 1.1 [10]

1.2 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only **'TRUE'** or **'FALSE'** in the spaces provided.

1.2.1 A healthy diet helps to keep the immune system strong.

(1)

1.2.2 It is the responsibility of an employee to provide a job contract.

(1)

1.2.3 HIV treatment prevents the transmission of other STIs.

(1)

1.2.4 Drug abuse has negative effects on one's health.

(1)

1.2.5 Family relationships can grow and become stronger when family members are dishonest.

(1)

1.2.6 Proteins regulate body temperature.

(1)

1.2.7 SMART goals help one to measure their progress.

(1)



1.2.8 People with a high self-esteem are usually depressed.

(1)

1.2.9 Poor personal hygiene may lead to isolation and loneliness.

(1)

1.2.10 An action plan is a checklist of the tasks you need to complete in order to achieve set goals.

(1)

TOTAL MARKS FOR QUESTION 1.2

[10]

1.3 Choose a statement from COLUMN B that matches a term in COLUMN A. Write only the letter (A – J) next to the question number (1.3.1 – 1.3.10) in the table provided below.

	COLUMN A		COLUMN B	
1.3.1	Dietician	A	Activity done for fun when one is not working.	(1)
1.3.2	Sexual harassment	B	Easily harmed physically and emotionally.	(1)
1.3.3	Gonorrhoea	C	The way a person feels about his or her personality.	(1)
1.3.4	Prescription	D	An expert on diet and nutrition.	(1)
1.3.5	Time wasters	E	Unhealthy lifestyle.	(1)
1.3.6	Skills Development Act 97 of 1998	F	A sexually transmitted disease.	(1)
1.3.7	Adherence	G	Unwelcome behaviour of a sexual nature.	(1)
1.3.8	Stigma	H	Unnecessary activities that do not produce any benefit.	(1)
1.3.9	Recreation	I	A written order for the preparation and use of a medicine.	(1)
1.3.10	Self-image	J	Taking medication exactly as prescribed.	(1)
		K	Bad or unfair feelings that people may have about an illness.	
		L	Aims to expand the knowledge and competence of the labour force to improve productivity and employment.	

Column A	1.3.1	1.3.2	1.3.3	1.3.4	1.3.5	1.3.6	1.3.7	1.3.8	1.3.9	1.3.10
Column B										

TOTAL MARKS FOR QUESTION 1.3

[10]



- 1.4 Complete the following sentences by writing down the missing word(s) from the list below. Write only the missing word(s) in the spaces provided.

healthy; chronic diseases; junk; overdose; fitness; police station; bile;
kwashiorkor; scurvy; rehabilitation centre; economic; illegal;
wash your hands; overdose; personal hygiene; rickets; wash your body;
recreational facility; urea; gingivitis; allowed

1.4.1 Deficiency of proteins in the body causes _____.
(1)

1.4.2 One way to prevent food poisoning is to _____
_____ before handling food.
(1)

1.4.3 One of the functions of the liver in the body is to produce
_____.
(1)

1.4.4 Taking proper care of your body to keep it clean and healthy is called
_____.
(1)

1.4.5 Eating too much _____ food and not exercising can
lead to obesity.
(1)

1.4.6 _____ factors can influence a person's choice of
food.
(1)

1.4.7 A _____ is a place where a drug
addict can get help to stop taking drugs.
(1)

1.4.8 Heroin is _____ in South Africa.

(1)

1.4.9 Regular physical activity reduces the risk of _____
_____.

(1)

1.4.10 An _____ is when one takes more than the recommended amount of drugs.

(1)

TOTAL MARKS FOR QUESTION 1.4

[10]

TOTAL SECTION A: [40]

SECTION B is on the next page.



SECTION B

There are **THREE QUESTIONS** in Section B. Answer all three questions.

QUESTION 2: HIV/AIDS

Read the following passage and answer the questions that follow.

HIV/AIDS has major effects on individuals, families and the community. People living with HIV/AIDS face a lot of discrimination and stigma.

(Own creation)

- 2.1 Give TWO examples of discrimination faced by people living with HIV/AIDS. (2)
- 2.2 Discuss in detail any TWO major effects of HIV/AIDS on a family. (4)
- 2.3 Recommend and elaborate on TWO ways of reducing discrimination against people living with HIV/AIDS. (4)

TOTAL MARKS FOR QUESTION 2 [10]

QUESTION 3: THE WORKPLACE

Read the statement below and answer the questions that follow.

Every worker has a right to join a union in the workplace.

(Own creation)

- 3.1 Identify TWO functions of a union in the workplace. (2)
- 3.2 Discuss TWO reasons why workers have to practise ethical behaviour in the workplace. (4)
Justify your answers.
- 3.3 Recommend in detail TWO ways a company can discourage unethical behaviour in the workplace. (4)

TOTAL MARKS FOR QUESTION 3 [10]

SECTION C

There are **THREE QUESTIONS** in Section C. Answer all three questions below.

QUESTION 5: TIME MANAGEMENT

Linda has asked you for advice on how to set goals.

- 5.1 Explain the importance of setting goals. (2)
- 5.2 Talk with Linda about **FOUR** different strategies she can utilize to accomplish her goals. Justify your answers. (8)

TOTAL MARKS FOR QUESTION 6 [10]

QUESTION 6: SEXUALITY

- 6.1 Explain, by giving examples, **TWO** ways in which you can take care of your sexual health. (4)
- 6.2 Describe in detail **THREE** risk factors that can result in harmful sexual behaviour. (6)

TOTAL MARKS FOR QUESTION 6 [10]

QUESTION 7: SELF IDENTITY

- 7.1 Provide **ONE** reason why there is a need for good role models. (2)
- 7.2 Identify **TWO** qualities of a role model. (2)
- 7.3 Discuss and elaborate on **THREE** strategies you may use to encourage young people to volunteer in the community. (6)

TOTAL MARKS FOR QUESTION 7 [10]

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Section	Question	Maximum Mark	Learner's Mark	Moderated Mark
A	Question 1.1	10		
	Question 1.2	10		
	Question 1.3	10		
	Question 1.4	10		
	Total: A	40		
B	Question 2	10		
	Question 3	10		
	Question 4	10		
	Total: B	30		
C	Question 5	10		
	Question 6	10		
	Question 7	10		
	Total: C	30		

Grand Total (A + B + C)	100
Learner's Total (A + B + C)	
Percentage	
Final Grading	

Name and Surname of Marker

Date of Marking

Name and Surname of Moderator

Date of Moderation

Name and Surname of Umalusi Official

Date of Marking
