



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 2024

Total Marks: 100 Marks

Time: 3 Hours

Number of Pages: 23 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 to the following questions. Choose and circle the correct letter only [A-D].

1.1.1 Not engaging in sexual intercourse is the same as:

- A Polygamy.
- B Abstinence.
- C Unprotected sex.
- D Sexuality. (1)

1.1.2 Letting go of one's painful past is an example of _____.

- A exercising too much.
- B personal weakness.
- C personal strength.
- D sleeping too much. (1)

1.1.3 Bad personal hygiene includes _____.

- A washing your hands before eating.
- B brushing your teeth twice a day.
- C eating a balanced diet.
- D having many sleepless nights. (1)

1.1.4 Personal boundaries in a relationship are determined by _____.

- A one's trade or occupation.
- B one's habits.
- C one's needs.
- D other people's needs. (1)

1.1.5 An impact of a positive relationship.

- A Stress
- B Violence
- C Honesty
- D Withdrawal (1)

1.1.6 Counselling by a professional after an HIV blood test.

- A Clinical counselling
- B Vocational counselling
- C Pre-test counselling
- D Post-test counselling (1)

1.1.7 _____ is a symptom of an STI in men and women .

- A Pain when walking.
- B Pain when passing urine.
- C A rash on the body.
- D A rash on the face. (1)

1.1.8 _____ is a factor that prevents the achievement of goals .

- A Prioritising
- B Relaxation
- C Procrastination
- D Time management (1)

1.1.9 Which of the following is best for one's mental health?

- A Gossiping.
- B Enough sleep.
- C Praying.
- D Cleaning. (1)

1.1.10 The following is one of the main food groups.

- A Sweets
- B Meat
- C Dairy
- D Water (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 ARVs are not pharmaceutical drugs prescribed to people with HIV.

(1)

1.2.2 Polyandry helps reduce the risk of STIs.

(1)

1.2.3 Sound and healthy relationships are built on disloyal friendships.

(1)

1.2.4 Humbleness leads to healthy relationships.

(1)

1.2.5 Monthly schedules help provide a broader perspective on workload.

(1)

1.2.6 Heterosexual people are sexually attracted to people of the same sex.

(1)

1.2.7 Timetables are used to effectively organise tasks.

(1)

1.2.8 Exercising too much helps reduce stress.

(1)

1.2.9 Time is irreversible and irreplaceable.

(1)

1.2.10 "Procrastination is the act of postponing or delaying tasks."

(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 – L) next to the question number (1.3.1 – 1.3.10) in the table provided below.

	COLUMN A		COLUMN B	
1.3.1	Values	A	Activity done for fun when one is not working.	(1)
1.3.2	Rehab	B	Meeting with a doctor to seek medical advice.	(1)
1.3.3	Contract	C	An imbalance caused by eating the wrong food quantities.	(1)
1.3.4	Organogram	D	Excessive fat accumulation that causes health problems.	(1)
1.3.5	Obesity	E	Diagram depicting the lines of authority in business.	(1)
1.3.6	Malnutrition	F	Process of treating dependence on psychoactive substances.	(1)
1.3.7	Leisure	G	Aims to improve fairness and peace in the workplace.	(1)
1.3.8	Consultation	H	Customs are influenced by culture.	(1)
1.3.9	Prescription	I	Government support when you are trying to get back on your feet.	(1)
1.3.10	Labour Relations Act	J	Written instruction from a doctor stating the form, strength, and dosage of a drug.	(1)
		K	A document signed by the employer and employee stipulating the conditions of work and pay.	(1)
		L	Rigorous and prolonged habit-forming diet and exercise.	(1)

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 or abbreviation from the box below. Write only the missing word/s or abbreviation in the spaces provided.

CV; drug abuse; consent; health worker; genital herpes; yeast infections;
role model; ARVs; attitude; personal hygiene; contraceptives;
gonorrhoea; caretaker; discipline; attendance

- 1.4.1 A learner needs, among others, a positive (1)
_____ to pass an examination.
- 1.4.2 _____ are used to prevent (1)
pregnancy.
- 1.4.3 A _____ is admired and looked (1)
upon by young ones.
- 1.4.4 Taryn is looking for a job. She must have her _____ (1)
ready.
- 1.4.5 _____ is when a person agrees to do (1)
something.
- 1.4.6 _____ exhibit symptoms such as a (1)
discharge resembling cottage cheese and discomfort during sexual
intercourse.
- 1.4.7 _____ often leads to risky (1)
behaviours.

1.4.8 _____ is caused by a virus with painful blisters as a symptom. (1)

1.4.9 A family member can be selected as a _____ to attend to a sick loved one daily in their time of need. (1)

1.4.10 Antibiotics are used to treat _____ . (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: DEVELOPMENT OF SELF IN SOCIETY

Study the picture below and answer the questions that follow:



Source: Bing online pictures

- 2.1 Define self-esteem. (2)
- 2.2 Explain negative self-esteem and give ONE example. (2)
- 2.3 Many strategies can enhance positive self-esteem. Outline THREE strategies and advise how each can be achieved. (6)

TOTAL MARKS for Question 2

[10]

QUESTION 3: NUTRITION AND HEALTHY LIVING

Read the statement below and answer the questions that follow:

"In modern times, there's a common saying: 'You are what you eat.' Own creation

- 3.1 Identify FOUR food groups and give their nutritive value to our health. (8)
- 3.2 Outline the two negative effects of drugs and alcohol on the emotional well-being of individuals struggling with addiction. (2)

TOTAL MARKS for Question 3 [10]

QUESTION 4: SEXUALITY AND STIs

- 4.1 What do the acronyms STD and STI stand for? (2)
- 4.2 Outline TWO human rights of individuals living with HIV/AIDS. Give an example of each human right. (4)
- 4.3 Identify TWO instances of human rights violations against individuals affected by HIV/AIDS due to religious and cultural beliefs. Give an example of each. (4)

TOTAL MARKS for Question 4 [10]

TOTAL Section B: [30]
SECTION C is on the next page.



SECTION C

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

QUESTION 5: DIVERSITY

- 5.1 Explain the difference between a positive and a negative relationship. (2)
- 5.2 Identify FOUR factors that can cause negative relationships. Give an example of each factor. (8)

TOTAL MARKS for Question 5 [10]

QUESTION 6: THE WORKPLACE

- 6.1 Describe an informal workplace and give ONE example. (3)
- 6.2 What is the meaning of ethics in any working environment? Give ONE example of a work ethic. (3)
- 6.3 Write FOUR consequences of unethical behaviour by an employer. (4)

TOTAL MARKS for Question 6 [10]

QUESTION 7: TIME MANAGEMENT

Time allocated for tasks and activities needs to be recorded to meet our goals. Factors to be considered are listed in the table below. Fill in ONE example and ONE duration in the spaces provided as per the example given.

GOAL / FACTOR	EXAMPLE	DURATION
Example: Long term goal	Buying a house	Four years

TOTAL SECTION C: [30]
TOTAL MARKS: 100 MARKS
END OF THE EXAMINATION



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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

Name and Surname of Moderator

Date of Marking

Date of Moderation

Name and Surname of Umalusi Official

Date of Marking

