



**Adult Education and Training (AET)
Site-Based Assessment
Portfolio of Evidence**

Life Orientation: NQF Level 1
Total: 50 marks
Duration: 1 hour and 30 minutes
Task 5: Test

Learner Information

Name : _____
Surname : _____
**Identity/
Passport Number** : _____
Employee Number : _____
Company : _____
Centre : _____
Date : _____

Declaration

I declare that this portfolio of evidence is my own work: _____

Signature



INSTRUCTIONS

1. This assessment task consists of **TWO** sections.

SECTION A: 20 marks.

SECTION B: 30 marks.

2. ALL questions are **COMPULSORY**.



SECTION A**QUESTION 1**

Various options are given as possible answers to the following questions.

Choose the correct answer and encircle only the letter (A–D).

1.1 An old person who sexually predates on young children is known as a _____.

- A Xenophobia.
- B Heterosexual.
- C Homosexual.
- D Pedophile.

(1)

1.2 Many people are not working due to a high _____ rate.

- A loafing
- B leisure
- C unemployment
- D HIV

(1)

1.3 Mantwa is a medical doctor while Eunice, her sister, is responsible for animal health. Eunice is a/an _____.

- A Gynecologist.
- B Veterinarian.
- C Urologist.
- D Pediatrician.

(1)



- 1.4 The recommended maternity leave for working mothers is _____ months.
- A 6
 - B 1
 - C 3
 - D 4
- (1)
- 1.5 People who are addicted to drugs are placed in a _____.
- A rehabilitation centre.
 - B house of safety.
 - C home-based care centre.
 - D community hall.

(1)

TOTAL MARKS FOR QUESTION 1

(5)



QUESTION 2

Choose a description from COLUMN B that matches a word in COLUMN A. Write only the correct letter (A–E) in the table provided below.

COLUMN A		COLUMN B
2.1	Childminder	A Addictive drug in cigarettes.
2.2	Self-esteem	B A person who grows or sells herbs for medical use.
2.3	Entrepreneur	C Lends money and charges high interest.
2.4	Herbalist	D A person who looks after children in a daycare centre.
2.5	Nicotine	E Mary is self-employed. F Zandile believes in herself.

2.1	2.2	2.3	2.4	2.5

TOTAL MARKS FOR QUESTION 2

(5)

QUESTION 3

Indicate whether the following statements are TRUE or FALSE. Choose the correct answer and write only '**TRUE**' or '**FALSE**' next to the question number (3.1–3.5).

3.1 Physically disabled people do not participate in sports.

(1)

3.2 There are eight official languages in South Africa.

(1)

3.3 Inter-racial marriage is allowed in South Africa.

(1)

3.4 HIV/AIDS can be transmitted through unprotected sex with an infected person.

(1)

3.5 Being healthy means that one can do without food.

(1)

TOTAL MARKS FOR QUESTION 3

(5)



QUESTION 4

Write the following abbreviations in full:

4.1 SAQA

(1)

4.2 SAFA

(1)

4.3 MTCT

(1)

4.4 CEO

(1)

4.5 NQF

(1)

TOTAL MARKS FOR QUESTION 4

(5)

TOTAL MARKS FOR SECTION A

[30]



SECTION B

QUESTION 5: PERSONAL FITNESS

Helical development should be our main focus at all times. It includes body, mind, and spirit.

5.1 Describe **THREE** (3) ways in which one can be physically fit.

(6)

5.2 Describe **TWO** (2) ways which can promote mental health.

(4)

TOTAL MARKS FOR QUESTION 5

(10)



QUESTION 6: HEALTH LIVING

6.1 Complete the following table by writing **ONE** (1) source of nutrients/type of food and **ONE** (1) function of each nutrient in the human body:

Nutrients	Source of nutrients/type of food	Function of the nutrient in the human body
Vitamins and minerals	(1)	(1)
Protein	(1)	
Sugar	(1)	(1)

(6)

6.2 Discuss **FOUR** (4) results of eating unhealthy food.

(4)

TOTAL MARKS FOR QUESTION 6

10)



7.3 Identify **TWO** reasons a person can feel negative about his or her life.

(2)

TOTAL MARKS FOR QUESTION 7

(10)

TOTAL MARKS FOR SECTION B

[30]

GRAND TOTAL FOR TASK 5

[50]



Total for Task 5: 50 Marks

Task	Activity	Maximum Mark	Learner's Mark	Moderated Mark
Task 5	Question 1	5		
	Question 2	5		
	Question 3	5		
	Question 4	5		
	Question 5	10		
	Question 6	10		
	Question 7	10		
	Total: Task 5	50		

