



SOUTH AFRICAN COMPREHENSIVE ASSESSMENT INSTITUTE
SUID-AFRIKAANSE KOMPREENSIEWE ASSESSERINGSINSTITUUT

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

Life Orientation: NQF Level 1
Total: 50 marks
Duration: 1 hour 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 The following is a labour union in South Africa:

- A Democratic Alliance
- B Ombudsman for Banking Services
- C CCMA
- D Building Workers' Union (1)

1.2 One of the best ways to boost your self-esteem is to:

- A Avoid negative self- talk
- B Criticise yourself
- C Overreact
- D Comparing yourself with others (1)

1.3 A common symptom of Gonorrhoea in women is _____.

- A headache.
- B smelly discharge from the vagina.
- C pain when walking.
- D rash on the face. (1)



1.4 The Labour Relations Act (LRA) _____.

- A outlines the rights of the employer and employee.
- B caters for employees associating with trade unions.
- C deals with strikes and dispute resolutions.
- D All of the above.

(1)

1.5 Time management includes:

- A leaving a huge project until the night it is due
- B sleeping most of the time
- C the ability to plan
- D spending most of your time on social media

(1)

TOTAL MARKS FOR QUESTION 1

(5)



QUESTION 2

Choose a description from the **COLUMN B** that matches with the statement in **COLUMN A**. Write only the correct answer (**A-F**) in the table provided.

COLUMN A		COLUMN B		
2.1	Abstinence	A	Reproductive organs located outside of the body	(1)
2.2	Diversity			(1)
2.3	Attainable	B	Postpone doing something	(1)
2.4	Procrastinate	C	Reproductive organs of the body	(1)
2.5	Genitals	D	Ensuring that you can realistically accomplish your goal	(1)
		E	Decision to avoid sexual relationship.	
		F	Understanding and recognising that each person is unique	

Column A	2.1	2.2	2.3	2.4	2.5
Column B					

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 Being assertive means you are rude and disrespectful.

(1)

3.2 In order to determine which task to prioritise, it is crucial to look at the time it takes to complete the task and the resources required for the task.

(1)

3.3 The Basic Conditions of Employment Act regulates the collection of contributions from employers for UIF.

(1)

3.4 Condoms do not prevent STIs.

(1)

3.5 Opportunities for personal growth in the workplace are available through training offered by the employer.

(1)

TOTAL MARKS FOR QUESTION 3

(5)



QUESTION 4

Write the following abbreviations in full:

4.1 HR

(1)

4.2 COVID 19

(1)

4.3 COO

(1)

4.4 Ltd

(1)

4.5 UIF

(1)

TOTAL MARKS FOR QUESTION 4

(5)

TOTAL MARKS FOR SECTION A

[20]



SECTION B

QUESTION 5: HEALTHY LIVING

Health is a state of complete mental, social and physical well-being, not merely the absence of disease or infirmity.

(World Health Organisation: 1945)

5.1 Discuss **THREE** ways an individual can improve their health.

(6)

5.2 Define the term drug abuse.

(2)



5.3 Describe **TWO** negative effects of drug abuse on mental health.

(2)

TOTAL MARKS FOR QUESTION 5 (10)

QUESTION 6: TIME MANAGEMENT

6.1 Name the **THREE** time frames of goals.

(3)

6.2 Give **THREE** reasons why setting goals is important.

(3)



6.3 Many strategies can be used to manage time effectively.

Suggest **TWO** of these strategies and discuss how each can be effective in managing time.

(4)

TOTAL MARKS FOR QUESTION 6

(10)

QUESTION 7: SEXUALITY AND STIs

7.1 Explain **THREE** interpersonal skills that may help reduce the risk of contracting sexually transmitted diseases.



(6)

7.2 Discuss **TWO** challenges faced by LGBTQ people in your community.

(4)

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		

