

# SMARTWIZ

## GRADE 10 LIFE ORIENTATION EXAM

**MARKS: 80**

MARKS	

**TIME: 2 hours**

**SCHOOL** \_\_\_\_\_

**CLASS (e.g. 4A)** \_\_\_\_\_

**SURNAME** \_\_\_\_\_

**NAME** \_\_\_\_\_

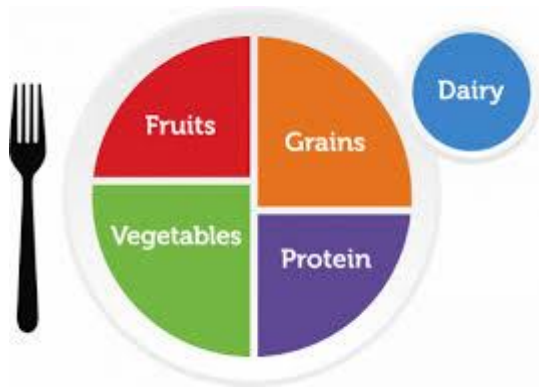
### Instructions for Learners:

- Read all the instructions carefully before you begin the exam.
- Write your name and learner number clearly on the answer sheet/booklet.
- Answer all the questions unless otherwise instructed.
- Show all your work/calculations where applicable.
- Write neatly and legibly.
- Use only blue or black ink. *Do not use correction fluid or tape.*
- No electronic devices (calculators, phones, etc.) are allowed unless explicitly permitted.
- Raise your hand if you have any questions.
- Do not talk to other learners during the exam.
- Any form of cheating will lead to disqualification.

**This test consists of 8 pages including the cover page.**

## SECTION A: VISUAL INTERPRETATION AND MULTIPLE CHOICE (20 marks)

Look at the diagram below showing a balanced diet plate:



1. Name the five food groups shown on the plate. (5)

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2. Which two food groups should make up the largest portion of your plate? (2)

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3. Explain why it is important to eat a balanced diet. (3)

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4. Which food group is the best source of energy?  
A) Fruits  
B) Grains  
C) Protein  
D) Dairy
5. Identify one example of a food item in the protein group.  
A) Rice  
B) Chicken  
C) Apple  
D) Milk

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## SECTION B: SCENARIO ANALYSIS (20 marks)

Read the scenario below and answer the questions:



### Scenario:

Sarah feels left out at school because some classmates have started bullying her. She is unsure what to do.

1. Define bullying in your own words. (3)

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MYST PATHWORKS

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2. List three possible effects bullying can have on a person. (3)

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3. Suggest three ways Sarah can respond to bullying. (3)

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4. Name two people or places Sarah can go to for help. (2)

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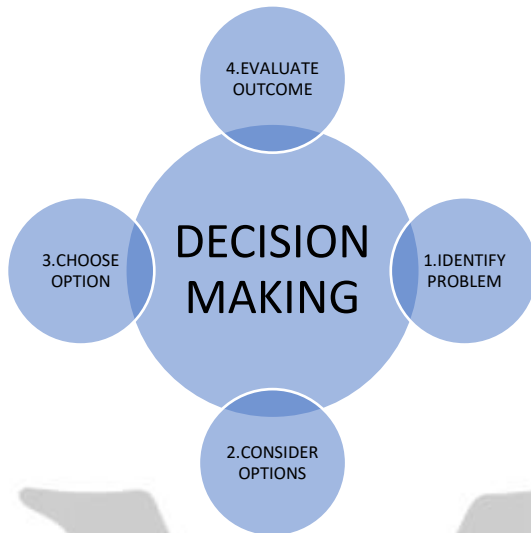
5. Why is it important for bystanders to intervene or report bullying? (2)

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## SECTION C: LIFE SKILLS AND DECISION MAKING (20 marks)



1. Name the four steps in the decision-making process shown in the flowchart. (4)

MYST PATHWORKS

2. Choose a personal decision you might have to make (e.g., choosing a subject or joining a club). Describe the decision. (3)

3. Using the four-step decision-making process, explain what you would do for this decision. (5)

4. Why is it important to evaluate the outcome of a decision? (2)

## SECTION D: ESSAY (20 marks)

**Choose ONE topic and write approximately 150-200 words.**

1. Explain why it is important to respect diversity in your school and community.
2. Discuss how stress affects teenagers and suggest ways to manage it effectively.

**TOTAL : 80**

**MEMO****SECTION A: VISUAL INTERPRETATION AND MULTIPLE CHOICE (20 marks)**

1. The five food groups:
    - Vegetables
    - Fruits
    - Grains (Carbohydrates)
    - Protein
    - Dairy (2 marks each = 10 marks)
  2. The two largest portions:
    - Vegetables and Grains (2 marks)
  3. Importance of balanced diet:
    - Provides all necessary nutrients for energy, growth, and good health
    - Helps maintain a healthy weight
    - Prevents diseases and keeps the body functioning well (3 marks)
  4. Best source of energy:
    - B) Grains (1 mark)
  5. Example of protein:
    - B) Chicken (1 mark)
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**SECTION B: SCENARIO ANALYSIS (20 marks)**

1. Definition of bullying:
  - Repeated aggressive behaviour intended to hurt or intimidate someone (3 marks)
2. Effects of bullying:
  - Low self-esteem
  - Depression or anxiety
  - Poor school performance or attendance
  - (Any 3 reasonable effects, 1 mark each = 3 marks)
3. Ways to respond to bullying:

- Speak to a trusted adult or teacher
  - Stand up to the bully calmly
  - Avoid the bully or stay with friends  
(Any 3 reasonable responses, 1 mark each = 3 marks)
4. People or places for help:
- Teacher, school counselor, parent, friend, helpline (2 marks)
5. Importance of bystander intervention:
- Helps stop bullying
  - Shows support to the victim
  - Creates a safer environment  
(Any 2 reasons, 1 mark each = 2 marks)

## **SECTION C: LIFE SKILLS AND DECISION MAKING (20 marks)**

1. Four steps in decision-making process:
- Identify the problem
  - Consider options
  - Choose an option
  - Evaluate the outcome  
(4 marks)
2. Personal decision example:
- Accept any reasonable, relevant personal decision stated by learner (3 marks)
3. Explain decision-making process applied:
- Identify problem: Describe decision needed
  - Consider options: List possible choices
  - Choose option: Decide which one and why
  - Evaluate outcome: Explain why reflecting is important  
(5 marks)
4. Importance of evaluating outcome:
- To learn from the decision made
  - To know if it solved the problem or if changes are needed  
(2 marks)

**SECTION D: ESSAY (20 marks)****Marking criteria:**

- Content and relevance (10 marks): Clear, on topic, good examples
- Language and grammar (6 marks): Correct spelling, punctuation, sentence structure
- Structure (4 marks): Introduction, body, conclusion; logical flow

Essays should be relevant to the chosen topic and about 150–200 words.

**TOTAL : 80**

