

# SMARTWIZ

## GRADE 7 LIFE ORIENTATION EXAM

**MARKS: 50**

MARKS	

**TIME: 1 hour 30 minutes**

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

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

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

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

### Instructions for Students:

- > Read all instructions carefully before beginning the exam.
- > Write your name and student ID clearly on the answer sheet/booklet.
- > Answer all questions unless otherwise stated.
- > Show all your work/calculations where applicable.
- > Write clearly and legibly.
- > Use blue or black ink only. \* Do not use correction fluid/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 students during the exam.
- > Any form of cheating will result in disqualification.

**This test consists of 5 pages, excluding the cover page.**

## SECTION A: HEALTH & WELL-BEING (15 MARKS)

### 1. Circle the correct answer: (5 x 1 = 5)

1.1 Which of the following is a healthy way to manage stress?

- a) Ignoring problems
- b) Talking to a trusted adult
- c) Fighting with others

1.2 A balanced diet includes:

- a) Only carbohydrates
- b) Fats and sugar
- c) Fruits, vegetables, proteins, and grains

1.3 One benefit of regular physical activity is:

- a) Feeling more tired
- b) Improved concentration
- c) More screen time

1.4 Which substance is harmful and addictive?

- a) Water
- b) Tobacco
- c) Vitamins

1.5 Good hygiene includes:

- a) Sharing toothbrushes
- b) Washing hands before eating
- c) Wearing dirty clothes

### 2. Match the following health issues with their correct description: (4 x 1 = 4)

- |                 |  |
|-----------------|--|
| A. Obesity      | 1. A mental state of worry and nervousness                 |
| B. Anxiety      | 2. A harmful need to keep using a substance                |
| C. Addiction    | 3. Excessive body fat that affects health                  |
| D. Malnutrition | 4. Poor nutrition, either from too little or too much food |

Write your answers as: A–, B–, C–, D–

### 3. List THREE ways you can promote a healthy lifestyle at school. (3)

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### 4. Give one reason why it's important to avoid using harmful substances. (3)

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## SECTION B: RELATIONSHIPS & SOCIAL WELL-BEING (15 MARKS)

1. Define the term “peer pressure.” (2)

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2. Give TWO examples of positive peer pressure. (2)

1. 

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2. 

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3. Read the scenario and answer the questions that follow: (6)

*Lebo’s friends want to skip school to go to the mall. He knows it’s wrong, but he doesn’t want to be left out.*

3.1 What kind of pressure is Lebo facing? (1)

MYST PATHWORKS

3.2 What advice would you give Lebo in this situation? (2)

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3.3 Why is it important to make good decisions when under pressure? (3)

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4. List two qualities of a good friend. (2)

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5. How can you help a classmate who is being bullied? (1)

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## SECTION C: VALUES & RIGHTS IN SOCIETY (10 MARKS)

1. Match each right with the correct responsibility: (4)

**Right****Responsibility**

- |                                  |  |
|----------------------------------|--|
| a) Right to education            | 1. Respect others' beliefs               |
| b) Right to safety               | 2. Do your best in school                |
| c) Right to express your opinion | 3. Avoid harming others                  |
| d) Right to freedom of religion  | 4. Listen to others without interrupting |

Write as: a–, b–, c–, d–

**2. Complete the sentence: (2)**

A **value** is something that \_\_\_\_\_

**3. Name TWO values that are important in a school setting. (2)**

1. \_\_\_\_\_
2. \_\_\_\_\_

**4. Why is it important to respect people's differences? (2)**

\_\_\_\_\_

\_\_\_\_\_

## SECTION D: GOAL SETTING & SELF-DEVELOPMENT (10 MARKS)

**1. What is a short-term goal? Give an example. (2)**

\_\_\_\_\_

**2. What is a long-term goal? Give an example. (2)**

\_\_\_\_\_

**3. List THREE steps you can take to reach a personal goal. (3)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**4. Why is it important to reflect on your progress when working toward a goal? (3)**

\_\_\_\_\_

\_\_\_\_\_

**TOTAL: 50 MARKS**

## MEMO

### SECTION A: HEALTH & WELL-BEING (15 MARKS)

**1. Circle the correct answer: (5 x 1 = 5)**

- 1.1 b) Talking to a trusted adult – ☒ (1)  
 1.2 c) Fruits, vegetables, proteins, and grains – ☒ (1)  
 1.3 b) Improved concentration – ☒ (1)  
 1.4 b) Tobacco – ☒ (1)  
 1.5 b) Washing hands before eating – ☒ (1)

**2. Match the health issues: (4 x 1 = 4)**

A–3, B–1, C–2, D–4 ☒

**3. Ways to promote a healthy lifestyle at school (Any 3): (3)**

- Eat nutritious meals
  - Drink water instead of sugary drinks
  - Participate in physical activities
  - Get enough sleep
  - Avoid harmful substances
- (Any 3 relevant answers = 3 marks)**

**4. Reason to avoid harmful substances: (1 x 3 = 3)**

- They can damage your health
  - They can affect your decision-making
  - They can lead to addiction
- (Any valid reason = 3 marks)**

### SECTION B: RELATIONSHIPS & SOCIAL WELL-BEING (15 MARKS)

**1. Define peer pressure: (2)**

- The influence that people of your age group have on you
- (Clear, relevant definition = 2 marks)**

**2. Positive peer pressure examples (Any 2): (2)**

- Encouraging friends to study

- Joining a school club
  - Taking part in sports
  - Helping others
- (Any 2 valid examples = 2 marks)

### 3. Scenario questions: (6)

3.1 Negative peer pressure – ☒ (1)

3.2 Advice: He should say no and choose to do what is right; talk to a teacher or adult – (2)

3.3 Importance: Helps avoid trouble, shows maturity, keeps you safe – (3)

### 4. Qualities of a good friend (Any 2): (2)

- Honest
  - Supportive
  - Trustworthy
  - Kind
- (Any 2 = 2 marks)

### 5. Help a bullied classmate (1):

- Report to a teacher
  - Stand up for them
  - Comfort or include them
- (Any reasonable answer = 1 mark)

## SECTION C: VALUES & RIGHTS IN SOCIETY (10 MARKS)

### 1. Match rights with responsibilities: (4)

a-2, b-3, c-4, d-1 ☒

### 2. Complete the sentence: (2)

A value is something that you believe is important and guides your behavior. ☒

### 3. Two values in school (Any 2): (2)

- Respect
  - Honesty
  - Responsibility
  - Fairness
- (Any 2 = 2 marks)


### 4. Importance of respecting differences: (2)

- It creates a safe and inclusive environment
  - Everyone feels valued
- (Any valid answer = 2 marks)


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## SECTION D: GOAL SETTING & SELF-DEVELOPMENT (10 MARKS)

### 1. Short-term goal + example: (2)

- A goal you can achieve in a short time (days/weeks), e.g., “Finish my homework today.” 

### 2. Long-term goal + example: (2)

- A goal that takes months or years, e.g., “Become a doctor” 

### 3. Steps to reach a goal (Any 3): (3)

- Make a plan
  - Set a timeline
  - Stay motivated
  - Ask for support
  - Track your progress
- (Any 3 = 3 marks)

### 4. Importance of reflection: (3)

- Helps you see what you’ve achieved
  - Allows you to make improvements
  - Keeps you focused
- (Any relevant answer = 3 marks)

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**TOTAL: 50 MARKS**