

1. CONSTITUTIONAL RIGHTS AND RESPONSIBILITIES

Answer the following questions:

- 1.1 What did the constitution bring to South Africa when it became a democracy in 1994? (1)
- 1.2 Which two people won the Nobel Peace Prize in 1993? (2)
- 1.3 For each constitutional right, there is a responsibility. Name one responsibility for each of the following rights: (2)
- a) The right to education
- b) The right to life

**2. RISKY AND THREATENING SITUATIONS**

Answer the following questions:

- 2.1 You are walking to aftercare 2 blocks from school and feel nervous that the stranger, who is walking a few metres behind you, is following you. What can you do to keep yourself safe? (1)
- 2.2 Your friend from another Grade 7 class at Herbert Hurd confides in you that he/she is being cyber-bullied. Name two ways in which you can help. (2)

3. DRUG INFORMATION

Section A:

Match the official drug name in Column A with the informal names in Column B. Write the number and the letter only. (7)

	Column A		Column B
3.1	Heroin	A	LSD / Yellow Mellow
3.2	Cocaine	B	Horse / Smack
3.3	Methamphetamine	C	Molly / Ecstasy
3.4	Marijuana	D	Wunga / Whoonga
3.5	Nyoape	E	Weed / Grass / Pot
3.6	Hallucinogen	F	Tik / Crystal Meth
3.7	MDMA	G	Coke / Crack



Section B:

Using the drug names in the table above, answer the following questions. Write the answer only. (6)

- 3.8 Which drug can be eaten, smoked in a joint and used in a bong (water pipe)?
- 3.9 Which drug is used in a process called "Bluetoothing"- where small blood transfusions take part using a syringe?
- 3.10 Name one drug rehab centre in or near Port Elizabeth where an addict can get help.
- 3.11 Which drug can be found as white powder which is then snorted from a line on a surface?
- 3.12 Which drug gives the user lots of energy and is often used as a rave drug for parties?
- 3.13 Which drug has been made legal in South Africa but should be avoided because it can be a gate-way drug to stronger drugs?

4. CLIMATE CHANGE

Answer the following questions as fully as possible.

- 4.1 What is climate change? (1)
- 4.2 Name an example of a fossil fuel. (1)
- 4.3 Fully explain what deforestation means. (2)
- 4.4 Name and explain one way in which climate change is affecting the earth's wildlife. (1)
- 4.5 In what small way can you make a difference to climate change? (1)



5. FAIR PLAY IN SPORT

Answer these questions.

- 5.1 Explain any two of the following values and how they relate to fair play in sport: respect / team spirit / friendship / doping / tolerance / self-control (2)
- 5.2 What remarkable gesture did Nelson Mandela make at the Rugby World Cup Final in South Africa in 1995 when the Springboks won the Webb Ellis Cup? (1)

6. NUTRIENTS IN YOUR BODY

Answer the following multiple choice questions. Write the number and letter only. (8)

- 6.1 Carbohydrates are divided into two groups called ...
a) Simple and complicated sugars
b) Refined and unrefined sugars
c) Simple and complex sugars
d) Saturated and unsaturated sugars.
- 6.2 Proteins make you stronger by maintaining and replacing the tissue in your body. Which list of foods is all examples of protein?
a) Eggs, fish, meat and chicken
b) Eggs, bananas, bread and chicken
c) Fish, chicken, pasta and avocados
d) Chicken, strawberries, eggs and lettuce.
- 6.3 The type of fat that is not healthy for you and that is found in burgers and chips is called ...
a) Unsaturated fat
b) Saturated fat
c) Trans-fat
d) Untrans-fat
- 6.4 Which vitamin is found in oranges and naartjies and is good for keeping your immune system strong so you don't get colds and flu easily?
a) Vitamin A
b) Vitamin B
c) Vitamin C
d) All of the above

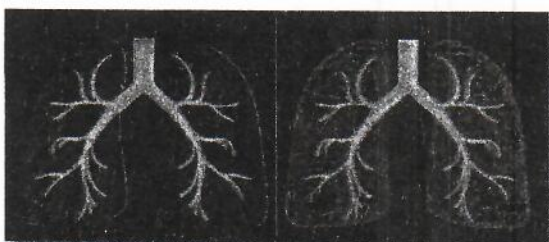
- 6.5 What are the benefits of water in your body?
- Keeps you hydrated
 - Controls your body temperature by sweating
 - Acts like an oil for your joints
 - All of the above
- 6.6 The five food groups you need in a balanced meal to ensure healthy eating are ...
- Fruits, grains, vegetables, dairy and water
 - Fruits, protein, grains, vegetables and minerals
 - Fruits, vegetables, grains, protein and fats
 - Fruits, vegetables, grains, protein and dairy
- 6.7 The recommended number of servings of dairy per day for children aged 9 – 13 is 3 – 4 servings. This means that ...
- You should have 3 to 4 portions of dairy products in a day.
 - Yoghurt is a healthy dairy product and you can have unlimited servings in a day.
 - You should have 3 to 4 servings of dairy per meal in a day.
 - You have permission to eat 3 to 4 helpings of ice-cream and cream per day and still be eating healthily as those are dairy products.
- 6.8 Which foods are considered healthier options?
- Processed foods like polony and ham.
 - Unprocessed foods like chicken and fish.
 - Whole grain breads and brown rice
 - Answers b and c

7. COMMON DISEASES IN SOUTH AFRICA



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| 7.1 | How is HIV and AIDS different? | (2) |
| 7.2 | What system in the body gets attacked by HIV? | (1) |
| 7.3 | Why can't someone get HIV by hugging an AIDS sufferer? | (1) |
| 7.4 | What can you do to ensure a healthy lifestyle if you have HIV? | (2) |
| 7.5 | How can you find out if you have HIV? | (1) |

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| 7.6 | What is anorexia? | (1) |
| 7.7 | Why do teenagers suffer from this disease? | (1) |
| 7.8 | What treatment is there for people suffering from anorexia? | (1) |



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| 7.9 | Tuberculosis is an infectious disease. What does infectious mean? | (1) |
| 7.10 | How are the TB germs transmitted from person to person? | (1) |