



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

**Life Orientation:** NQF Level 1  
**Total:** 50 marks  
**Duration:** 4 hours  
**Task 4:** Journal Entry

**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 task consists of **TWO ACTIVITIES**.
2. Answer ALL questions.
3. Read instructions and questions carefully before you answer.



**ACTIVITY 1: HEALTHY LIVING**

**Study the case study below and record your journal entry by responding to the following questions:**

Stars like David Beckham, who advertise fizzy drinks, chocolate bars and chips have been blamed for making children fat. In South Africa, former Springbok rugby captain Francois Pienaar promotes a brand of chips. Children everywhere these days are becoming more and more overweight. They are also getting diseases associated with being overweight, such as diabetes.

*(adapted from an article in Weekend Argus, 15 November 2003)*

1.1 List any **FIVE** (5) examples of junk food that you know of.

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**TOTAL MARKS FOR QUESTION 1.1**

**(5)**



1.2 Provide **FIVE** (5) possible reasons why people buy junk food.

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**TOTAL MARKS FOR ACTIVITY 1.2 (5)**

1.3 Discuss **FIVE** disadvantages of eating junk food.

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**TOTAL MARKS FOR QUESTION 1.3 (10)**



1.4 Describe how the following factors can influence a person's choice of food:

1.4.1. Cultural factors

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(2)

1.4.2. Religious factors

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(2)

1.4.3. Economic factors

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(2)

1.4.4. Social factors

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(2)

1.4.5. Political factors

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(2)

**TOTAL MARKS FOR QUESTION 1.4 (10)**

**TOTAL MARKS FOR ACTIVITY 1 [30]**



**ACTIVITY 2: VITAMINS AND MINERALS**

2.1 The table below lists **FIVE** (5) diseases caused by malnutrition. Complete the table by listing **TWO** (2) symptoms of each disease and the name of the deficient mineral or nutrient that causes the disease:

<b>Diseases/condition</b>	<b>State TWO signs/symptoms</b>	<b>Deficient nutrient/mineral</b>
Rickets	(2)	(1)
Anaemia	(2)	(1)
Scurvy	(2)	(1)
Pellagra	(2)	(1)
Kwashiorkor	(2)	(1)

**TOTAL MARKS FOR QUESTION 2.1****(15)**

2.2 Identify **FIVE** (5) personal hygiene activities associated with healthy living.

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**TOTAL MARKS FOR QUESTION 2.2 (5)**

**TOTAL MARKS FOR ACTIVITY 2 [20]**

**GRAND TOTAL FOR TASK 4 [50]**



**Total for Task 4: 50 Marks**

<b>Task</b>	<b>Activity</b>	<b>Maximum Mark</b>	<b>Learner's Mark</b>	<b>Moderated Mark</b>
<b>Task 4</b>	<b>Activity 1</b>	<b>30</b>		
	<b>Activity 2</b>	<b>20</b>		
	<b>Total: Task 4</b>	<b>50</b>		

