higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE

INTRODUCTORY COMMUNICATION N4

(5140314)

13 November 2019 (X-Paper)
09:00–12:00

This question paper consists of 7 pages.

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TIME: 2 HOURS
MARKS: 100

INSTRUCTIONS AND INFORMATION

1. Answer ALL the questions.
2. Read ALL the questions carefully.
3. Number the answers according to the numbering system used in this question paper.
4. Start each section on a new page.
5. Use only blue or black ink.
6. Write neatly and legibly.

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SECTION A: EFFECTIVE STUDY METHODS

QUESTION 1

TAKE CHARGE OF YOUR LIFE

Sophie Ndaba has been a South African showbiz celebrity for the past 20 years and turns heads wherever she goes. These days she not only attracts attention, but also causes many jaws to drop. A health scare spurred her on to make some serious lifestyle changes. She has shed more than 20 kg and looks much younger than her 42 years. Sophie is delighted with her trimmed-down self and gasps with surprise when she sees pictures of herself on our photographer's camera screen. 'When you come from where I have been, every picture receives a 'yoh! reaction,' she says. After learning that she had Type 2 diabetes, a condition both her parents had, she started to adopt a healthier way of life last year.

Sophie's mother Joyce died at the age of 69 due to renal failure linked to hypertension and diabetes. Her dad Solly (84) is on dialysis three times a week for the same condition. 'I was shocked by my diagnosis and started doing research,' Sophie says. 'I figured I needed to educate myself first before I could tell youngsters how to take care of themselves. I had to eat healthy food and change my lifestyle because this disease is in my genes. Now I am better informed and know how to overcome it.' Her healthier way of life brought about a welcome change in her household, she adds. She takes pills every day to control her blood sugar level and is determined not to become dependent on her medication.

'I drink protein shakes and avoid too much fruit because of the high sugar content. I also drink more water than I used to,' she says. Her meals now consist of protein and vegetables. Sophie steers clear of the carbs that once formed a part of her daily diet. She tried to lose weight in the past but went about it the wrong way by relying on diet pills to curb her appetite. 'Now I realise that healthy eating is all it takes'. Although Sophie has several plans in the pipeline, right now she concentrates on the present and a healthy lifestyle. She is more in charge than ever.

[Adapted from Drum Magazine*, 31 March 2016]*

1.1	Who is the article about?	(1)
1.2	Who gave the showbiz celebrity the disease she has?	(1)
1.3	State TWO intrinsic motivations of this celebrity after she was diagnosed with diabetes. (2 × 2)	(4)
1.4	What is the meaning of the phrase 'she causes many jaws to drop' in paragraph 1?	(2)
1.5	In paragraph 3, Sophie Ndaba encourages youngsters to eat right. Explain why she makes this statement.	(2)
1.6	What source was this passage adapted from?	(1)
1.7	State the long term-goals of this South African showbiz celebrity.	(2)
1.8	What is her extrinsic motivation?	(2)
		[15]

TOTAL SECTION A : 15

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SECTION B (LISTENING SKILLS)

QUESTION 2

Are you struggling with smelly armpits in this hot weather? We have the solution. For this week only, buy two Magnet deodorants and get one free. Magnet deodorants prevent bad odours, and attract people to you! Hurry now and buy Magnet deodorant. Magnet attracts. Prevents bad odours. Ensure success.

[Adapted from MOVE magazine *July 2016]*

2.1 What type of product is advertised? (2)

2.2 Give TWO words from the first sentence that creates a negative impression. (2)

2.3 Give two reasons why the deodorant is called Magnet. (2)

2.4 Explain how the advertisers imply that this deodorant will benefit anyone who uses it. (4)

2.5 What does the statement below imply?

'For every deodorant you buy, you get one free!' (3)

2.6 Which gender do you think should use Magnet deodorant? Substantiate your answer. (2)

[15]

TOTAL SECTION B: 15

SECTION C: REMEDIAL ENGLISH

QUESTION 3

Complete the paragraph below by writing the word or words in brackets in their correct form or by choosing the correct word or words in brackets. Write only the answer next to the question number (3.1.1–3.1.13) in the ANSWER BOOK.

3.1.1(Live) your car 3.1.2 (kiss) at home and use public transport if you want to be fitter and thinner. People who drive to work are on average fatter. That is the 3.1.3 (upshort) of a 3.1.4 (peace) of research conducted by experts at Wits University of medicine 3.1.5 (&) Tropical Medicine in the Lancet *Diabetes and Endocrinology* journal this 3.1.6 (weak). The team studied more than 150 000 Britons aged between 40 and 69 in the largest 3.1.7 (stud) to date on the health benefits of active transport. They found that people who walked or 3.1.8 (circled) to work have a lower body fat percentage and body mass index (BMI) than those who drove. The strongest associations 3.1.9 (where) 3.1.10 (sin) for those who drove, with men 5 kg lighter women 4,4 kg lighter on average. Walking to 3.1.11 (walk) was the next strongest association with a reduction in body mass and body fat percentage. Even those who 3.1.12 (traveled) by bus had a lower BMI and body fat percentage than those who drove themselves, with researchers saying 3.1.13 (incidental) physical activity involved in public transport journeys plays an important role.

[Adapted from www.health24.co.za] (13)

3.2 Rewrite the following sentences in the past tense:

3.2.1 Those who drive to work are on average, fatter.

3.2.2 If you want to be fit, exercise regularly.

3.2.3 Walking to work is the best exercise.

3.2.4 People who walk to work enjoy health benefits.

(4 × 2) (8)

3.3 Add a prefix to the following words:

3.3.1 dependent

3.3.2 search

3.3.3 regular

3.3.4 fit

3.3.5 healthy

(5 × 1) (5)

3.4 Supply a homophone of the following words:

3.4.1 weak

3.4.2 seen

3.4.3 feet

3.4.4 said

(4 × 1) (4)

[30]

TOTAL SECTION C: 30

SECTION D

QUESTION 4: CONCISE COMMUNICATION

An awareness campaign is another way of educating the public about chronic diseases and how to live with them.

Your name is Mudau Mulalo and you are the secretary of the MEC of Health, Dr M. Ramathuba. He has instructed you to arrange a campaign involving all local clinics in the province. Write an internal memorandum to all of them in which you invite the general public, including those living with chronic illnesses. State in your memorandum that people who take part in the campaign will be tested for various kinds of diseases free of charge, and that their blood pressure will be taken. Your office and the Department of Health will launch Chronic Diseases Day on the 20th of October 2018 at the Jack Botes Hall in Polokwane.

Write an internal memorandum to all hospitals in Limpopo and notify them of the campaign. **[10]**

TOTAL SECTION D: 10

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SECTION E: READING AND COMPREHENSION

QUESTION 5

ALZHEIMER

Alzheimer's disease and other forms of dementia have been likened to Swiss cheese. When you talk to someone who has one these illnesses, he will tell you that you occasionally land on a bit of cheese, but most of the time, you land in a hole. Nutritional deficiencies, toxins, obesity, diabetes and smoking have all been linked to memory loss, but none of these markers described my mother or explained why she developed vascular dementia. Perhaps it was triggered by the stress of moving from their townhouse to a cottage in a retirement complex.

Almost immediately, her body pitched sideways and for a few days she walked around like the Leaning Tower of Pisa. 'Stand up straight!' I admonished, just as she had done to me countless times in my youth. Her posture recovered but her famous efficiency did not. There were other signs of her declining ability, but we attributed it to ageing: her forgetfulness, small kitchen mishaps, her clothes that were not as clean as they used to be. And then, in her early eighties, she fell and shattered her knee. When she came around after surgery, she was dramatically less functional than she had been before. Was the anaesthetic to blame? Maybe, but no doctor would admit to that. Or did a slight stroke cause her to fall? We will never know and it doesn't really matter. The damage was done.

She started fastening layers of clothing together with safety pins. She refused to wear tops and pants that weren't identical in colour, and soon she would only wear dark blue. The upswept hairstyle had long given way to a short grey wig, which she snipped with nail scissors until it looked as if rats had been at it. She hid some things and threw others away. She set fire to table napkins that she had 'dried' in the microwave oven. She became reclusive, suspicious and refused any help.

My father, haunted by the spectre of the frail-care unit, colluded with her in refusing outside assistance. Physically weak but mentally agile, he was the brains of their fragile team and she, once she could walk again, was the legs. He directed her around the cottage but grew increasingly frustrated with her repetitive questions, her inability to retain information and her sudden bouts of aggression. He had groceries delivered, but she was no longer able to prepare adequate meals. Their food went off, their dishes turned greasy; my father had stomach upsets and my mother stopped washing and developed a vicious leg ulcer that refused to heal. We, their children and grandchildren, became increasingly distressed by their deterioration.

'Do I have a little home?' she asked one day, as I helped her up from a nap. I told her she did.

'But why don't I know that I have one? It's so very confusing.'

'You've lived a long time, Ma, and sometimes you forget things.'

'How old am I?'

'You're nearly 88.'

'Good gracious!' she said, suddenly focused and amused. 'It's a miracle I'm still alive!'

And then the mist swirled again and I lost her.

'Wendy's got a nice lunch ready for you,' I told her.

'Who's Wendy?'

'Do you know who I am?' I asked.

'No,' she smiled, 'but I think you are mine.'

'That's right, Ma, I am. And that's all you have to remember.'

(This is an edited extract of a feature that appeared in Femina *magazine, September 2015 issue)*

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5.1 What source was this passage adapted from? (1)

5.2 What is the purpose of this passage? (2)

5.3 What is the passage about? (3)

5.4 How many people are mentioned in the passage? (2)

5.5 Indicate whether the following statement is a FACT or OPINION. Justify your response.

5.5.1 Alzheimer and other types of dementia are transmitted diseases. (3)

5.5.2 Alzheimer triggers memory loss. (3)

5.6 What other diseases are likened to Alzheimer and dementia? (3)

5.7 Indicate whether the following statement is TRUE or FALSE by writing only 'True' or 'False' next to the question number (5.7) in the ANSWER BOOK.

Only pensioners get Alzheimer. (2)

5.8 How do you know that Wendy is an elderly woman? Substantiate your answer. (3)

5.9 Change the following sentence into reported speech.

'Do you know who I am?' I asked. (3)

5.10 Why is she no longer able to prepare adequate meals? (3)

5.11 What was the cause of her inability to retain information? (2)

[30]

TOTAL SECTION E: 50
GRAND TOTAL: 100

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