*Change header* *✓*

*Change font type* *✓*

*14pt, uppercase, bold, underline, centre*

*✓✓✓✓✓*

**GROW FOR LIFE**

*Insert an open line ✓*



Food shortage is an issue in South African rural and urban townships, preventing basic food to those who need it most.

*✓ NP* [

The extremely high incidence of HIV/AIDS increases the desperate need for good nutrition as a requirement for survival and the opportunity to have a quality of life that is as “normal” as possible.

Our project, GROW FOR LIFE, helps the community to grow a vegetable garden. This program goes beyond just feeding the community with fresh vegetables, it also delivers lifelong skills.

*3 paragraphs: Alignment justified (full)*

*✓✓✓*

*Italic, underline* *✓*

*Participants learn about*:



*Insert an open line ✓*

1. Organic food growing;

*Replace bullets by numbers and indent text correctly*

*✓✓✓✓*

1. Tending the gardens effectively;
2. Composting of vegetable waste back into the garden;
3. Harvesting, processing and storage;
4. Food production for daily needs (recipes) and for sale;
5. Fun food production and re-sale; and
6. Recycling and composting

*Spell-check the text*

*African, community*

*✓✓*

*[20] marks for manipulation as indicated above.*

*Total: 20*