



**LIMPOPO**

PROVINCIAL GOVERNMENT  
REPUBLIC OF SOUTH AFRICA

DEPARTMENT OF  
**EDUCATION**

**VHEMBE EAST DISTRICT**

*Stanmorephysics.com*

**GRADE 11**

**ENGLISH FIRST ADDITIONAL LANGUAGE**

**CONTROLLED TEST**

**MARCH 2026**

**MARKS: 80**

**DURATION: 2 HRS**

**This question paper consists of 12 pages.**

**INSTRUCTIONS AND INFORMATION**

1. This question paper consists of THREE sections:  
SECTION A: Comprehension (30)  
SECTION B: Summary (10)  
SECTION C: Language (40)
2. Answer ALL the questions.
3. Read ALL the instructions carefully.
4. Start EACH section on a NEW page.
5. Leave a line after each answer.
6. Number the answers correctly according to the numbering system used in this question paper.
7. For multiple-choice questions, write only the letter (A–D) next to the question number in the ANSWER BOOK.
8. Pay special attention to spelling and sentence construction.
9. Use the following time frame as a guideline:  
SECTION A: 50 minutes  
SECTION B: 20 minutes  
SECTION C: 50 minutes.
10. Write neatly and legibly.

**SECTION A: COMPREHENSION**

**QUESTION 1**

Read BOTH TEXT A and TEXT B and answer the set questions.

**TEXT A**

**HAPPINESS IS A CHOICE**

- 1 Maintaining a happy feeling is not easy. Choosing to be happy is a constant effort and not something that comes naturally. We must train ourselves to think 'happy'. Happiness is not a result of achievements or purchases, argues Calvin Holbrook, a psychologist.
- 2 According to psychologist Sonja Lyubomirsky, 50% of our natural happiness level is genetically determined – 10% depends on circumstances and the remainder on our so-called 'life activity'. We must make a choice to be happy, even when our circumstances tell us otherwise. Nothing will make you happy until you choose to be happy. 5
- 3 No one is happy all the time. True happiness does not mean no sadness and pain, but it is an ability to experience different emotions and appreciating positive things in your life. Most people think that happiness comes because of a salary increase or one hundred new 'likes' on an Instagram post. 10
- 4 Science has proven that instant pleasure does not really make us happy in the long- term. There is no 'magic pill' to finding happiness. It needs to be worked at constantly, with care, and dedication. You must commit to being happy and focus on it especially during those dark days! 15
- 5 We make around 35,000 conscious decisions every single day, from choosing what to eat, what to wear, who to love or how to spend our free time. Some of our choices turn out to be good and others not. What they have in common though is that all these choices are based on our deep desire to be happy. These choices make up part of our 'life activity'. While we cannot always control our circumstances, we do have more control over our life activity. We can focus on making better choices to increase our happiness levels. 20
- 6 You might be thinking, 'this is easier said than done'. Life is tough, so we will always face challenges. This does not mean that all of life is bad, it just means that life is not easy. But happiness does not come from your circumstances, it comes from a choice that you make. No matter how bad life seems, there is always something positive to focus on. It could be that you have a place to live, friends and family that love you or that you have eyes to see and legs to walk with. Millions of people in the world do not have all these things. 25
- 7 Find things in your life that you are grateful for. It could be things often taken for granted, such as the smell of cut grass or the sound of the ocean. Writing these things down in a gratitude diary helps to improve your level of happiness. Every day try jotting down three good things about the day. Doing this 30 35

	increases confidence and reduces anxiety. Many studies have shown that meditation can also boost happiness levels because it reduces stress hormones.	
8	Each time you have a negative thought, replace it with a positive one. This will help to retrain how you think and bring more positive thoughts and happiness into your life. If you have made a mistake, try to focus on your previous successes and happy times. Scientists have found that making yourself smile can help lower your heart rate during stressful activities. So, smiling when we feel down will gradually make us feel happier, even smiling at strangers will help you feel happy. Being kind and friendly to others creates happiness.	40 45
9	Happier people have rewarding social relationships. Humans are social beings and need regular contact. Loneliness is proven to decrease levels of happiness and can be as harmful as smoking. So, choose quality friendships. Even a short positive contact with a stranger can contribute to you feeling happier.	
10	Nowadays people display their wealth, travels, and achievements on social media which creates the impression of happiness. President Theodore Roosevelt said, 'comparison is the thief of joy'. Choose to be satisfied with what you have and stop comparing your life to that of others.	50
11	Abraham Lincoln famously quoted, 'Most people are about as happy as they make up their minds to be.' He was right.	55

[Adapted from [www.happiness.com](http://www.happiness.com)]

1.1 Refer to paragraph 1.

1.1.1 Which ONE of the words below mean the same as 'achievements'?

- A disappointments
  - B successes
  - C failures
  - D expectations
- (1)

1.1.2 State TWO ways in which we can make sure that we are happy. (2)

1.2 Refer to paragraph 2.

How much of our happiness depends on 'life activity'? (1)

1.3 Refer to paragraph 3.

What makes most people happy? State TWO points. (2)

1.4 Refer to paragraph 4.

1.4.1 What is meant by 'dark days'? (1)

1.4.2 Why do you think it is important to focus on being happy 'on those dark days'? (2)

1.5 Refer to paragraph 5.



Why does the writer say that, 'we cannot always control our circumstances'? (1)

1.6 Refer to paragraph 7.

1.6.1 How do you know that the information in lines 36–37 ('Many studies have ... reduces stress hormones'), can be trusted? (2)

1.6.2 Name ONE advantage of having a gratitude diary. (1)

1.7 Using your OWN words, explain what is meant by 'retrain how you think' (line 40). (2)

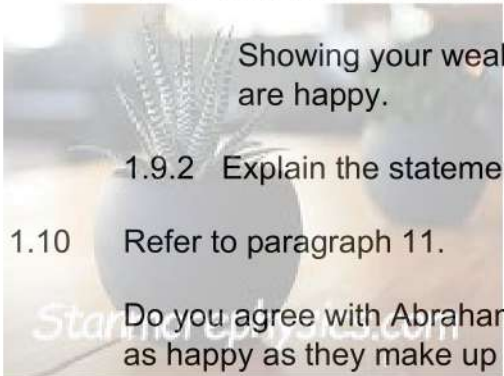


1.8 Refer to paragraph 9.

Why is loneliness 'as harmful as smoking'? State TWO points. (2)

1.9 Refer to paragraph 10.

1.9.1 Why is the following statement FALSE?



Showing your wealth and travels on social media shows that you are happy. (1)

1.9.2 Explain the statement, 'comparison is the thief of joy'. (2)

1.10 Refer to paragraph 11.

Do you agree with Abraham Lincoln's view that 'Most people are about as happy as they make up their minds to be'? Substantiate your answer. (2)

1.11 Discuss the suitability of the title, 'HAPPINESS IS A CHOICE'. (2)

TEXT B

**Disability**

**ER24**  
EMERGENCY MEDICAL CARE  
**084 124**

The 3rd of December marks International day for Persons with Disabilities

**2.8 MILLION**  
South Africans are disabled

**4.2 MILLION**  
South Africans have difficulty walking or climbing stairs

**450 000**  
disabled South Africans are under 5 years old

**4.1 MILLION**  
South Africans have difficulty taking care of themselves

■ Disabled (8%) ■ Non-Disabled (93%)

**Main causes for disability**  
*Injury Violence Illness*

[Source: [www.benonicity.co.za](http://www.benonicity.co.za)]

- 1.12 Mention ONE cause of disability. (1)
- 1.13 What does the word 'International', as used above, suggest? (1)
- 1.14 How many South African children are disabled? (1)
- 1.15 Which medical facility has provided the above information? (1)
- 1.16 Discuss whether it is a good idea to dedicate one day per year to disabled people. (2)

**TOTAL SECTION A: 30**

**SECTION B: SUMMARY****QUESTION 2**

Being positive helps you to manage your problems.  
Read TEXT C below and list **SEVEN tips for positive thinking**.

**INSTRUCTIONS**

1. Your summary must be written in point form.
2. List your **SEVEN** points in full sentences, using no more than 70 words.
3. Number your sentences from 1 to 7.
4. Write only **ONE** point per sentence.
5. Use your **OWN** words as far as possible.
6. Indicate the number of words you have used in brackets at the end of your summary.

**TEXT C****POSITIVE THINKING**

Positive thinking will not make your problems disappear but will make it more manageable.

Challenging situations are a part of life, so when you are faced with one, focus on the good things. For example, if someone cancels plans, focus on how you are free for another activity you enjoy.

Practising gratitude has been shown to improve self-esteem even in difficult times. Think of people that bring you happiness and try to express gratitude to them daily, like thanking a loved one for washing the dishes. Writing down the things you are grateful for improves your sense of well-being. Write in a gratitude journal the things you are grateful for daily.

Laughter relieves stress, lightens the mood, and makes things less difficult. Be open to humour and give yourself permission to laugh. Consider the people with whom you are spending time. Have you noticed how someone in a bad mood can bring down everyone in a room? Surround yourself with positive people who will help you see the bright side.

We tend to form negative opinions of ourselves. Respond with positive messages, also known as positive self-talk. Ask a trusted friend to help you identify negative areas in your life. A co-worker might notice that you tend to be negative at work. Tackle negative areas one at a time.

Create a ritual in which you start each day on a positive note. Tell yourself that it is going to be a great day, listen to a happy song or compliment someone.

[Adapted from [www.healthline.com](http://www.healthline.com)]

## SECTION C: LANGUAGE

## QUESTION 3: ANALYSING AN ADVERTISEMENT

Study the advertisement (TEXT D) below and answer the set questions.

## TEXT D

Wow! What an early start!

You're going to need some extra energy to get you through the long day ahead! We know just what will do the trick!

Breakfast!

269 Energy    0 Fat    130 Calories

05 30

Jungle Oats Instant

[Adapted from www.google.com]

- 3.1 Who is the target audience in this advertisement? (1)
- 3.2 Write out the word 'You're' in full. (1)
- 3.3 Why do you think the advertiser has included the picture of a tiger in this advertisement? (2)
- 3.4 Quote ONE word which means the same as 'immediately'. (1)
- 3.5 What does the zero above the word 'fat' suggest? (1)
- 3.6 Explain how the advertiser links the word 'early' to time. (1)
- 3.7 How will a bowl of this product get one through the day? (1)
- 3.8 Does the advertiser succeed in convincing readers to use this product every morning? Substantiate your answer. (2)

[10]

**QUESTION 4: ANALYSING A CARTOON**

Read the cartoon (TEXT E) below and answer the set questions.

**TEXT E**

**CALVIN AND HOBBS** by Bill Watterson

**NOTE:** In this cartoon, the boy's name is Calvin, and the girl is his classmate, Susie.

4.1 Refer to FRAME 1.

4.1.1 Why is Calvin phoning his classmate Susie? (1)

4.1.2 Choose the correct answer to complete the following sentence:

Calvin is scratching his head because he is trying to...

- A sing a song.
- B help a friend.
- C solve a problem.
- D fix his hair. (1)

4.1.3 Provide an antonym for the word 'lost'. (1)

4.2 Refer to FRAME 2.

4.2.1 Do you think Calvin phones Susie regularly? Explain. (1)

4.2.2 Write down the correct word for 'call'. (1)

4.3 Refer to FRAMES 1 and 4.

4.3.1 Explain the difference between Calvin's emotions in FRAME 1 and his emotions in FRAME 4 by referring to the verbal clues. (2)

4.3.2 Give a visual clue to show Calvin's feelings in FRAME 4. (1)

4.4 Do you think Susie's behaviour towards Calvin is justified? Substantiate your answer. (2)

**[10]**

**QUESTION 5: LANGUAGE AND EDITING SKILLS**

- 5.1 Read the passage (TEXT F) below, which has some deliberate errors, and answer the set questions.

**TEXT F****JERUSALEMA**

- 1 The gospel-themed hit is about not being left behind without hope – a sad message in 2020. In a year that has been both challenge and depleting, South Africans have managed to come out dancing.
- 2 They have inspired the rest of the world to join in. This is all thanks to music producer Master KG and his internasional hit, *Jerusalema*. 5
- 3 It quickly became an anthem both for South Africans and the world. The dance spread like wildfire around the globe. Everyone from fireman in Romania to wildlife conservationists in Zimbabwe took part in the dance craze.
- 4 *Jerusalema* managed to uplift people all through the world and encouraged them to find a reason to celebrate life. It brought joy during a time of uncertainty. 10
- 5 “It is a dance that was done by people from Angola, then Portugal followed, and it just went viral from that point,” Master KG, whose real name is Kgaogelo Moagi, told Sowetan Live. 15

[Adapted from [www.globalcitizen.org](http://www.globalcitizen.org)]

- 5.1.1 Correct the SINGLE error in EACH of the following sentences. Write down ONLY the question numbers and the words you have corrected.

- (a) In a year that has been both challenge and depleting, South Africans have managed to come out dancing. (1)
- (b) This is all thanks to music producer Master KG and his internasional hit, *Jerusalema*. (1)
- (c) Everyone from fireman in Romania to wildlife conservationists in Zimbabwe took part in the dance craze. (1)
- (d) *Jerusalema* managed to uplift people all through the world and encouraged them to find a reason to celebrate life. (1)

- 5.1.2 Rewrite the following sentence in the simple past tense:

- Master KG wins the MTV Europe Music Award for Best African Act. (1)

5.1.3 Write the underlined symbol as a word.

The dance challenge helped more than 56% of adults to reduce their emotional stress.

(1)

5.1.4 Rewrite the following sentence in the negative form:

The *Jerusalema* dance challenge boosts feelings of happiness.

(1)

5.1.5 Give the plural form of the underlined word in the following sentence:

The *Jerusalema* dance had a positive impact on life.

(1)

5.1.6 Rewrite the following sentence in reported speech:

Master KG said, 'My *Jerusalema* song has earned millions of views on YouTube.'

(3)

5.1.7 Combine the following sentences into a single sentence:

The *Jerusalema* is a source of brightness.

The *Jerusalema* is a source of hope.

Begin with the following words: Not only ...

(2)

5.1.8 Study the following sentence:

South Africans rose to the challenge and soon enough the entire country was dancing to *Jerusalema*.

(1)

Use a homonym for the word rose in a sentence of your own.

5.2 Study the text below and answer the questions.

**TEXT G**



'Veldskoen' or 'vellies', are South African walking shoes. The name 'vellies' comes from the Afrikaans words 'vel' which means skin and 'skoen' which means shoe.

[Source: [www.HelloSMARTblog.com](http://www.HelloSMARTblog.com)]

5.2.1 Rewrite the following sentence in the passive voice:

Both men and women can wear vellies. (1)

5.2.2 Complete the following tag question. Write down only the missing words.

Vellies are South African walking shoes, ...? (1)

5.2.3 Study the following sentence:

Nowadays you can wear your vellies with a gorgeous floral dress or a soft flowy skirt.

State the part of speech of EACH of the underlined words used in the context of this sentence. (2)

5.2.4 Give the correct form of the word in brackets.

The genuine leather veldskoen is crafted with much (patient). (1)

5.2.5 Give the correct degree of comparison in the following sentence:

Vellies are the (comfortable) shoes to wear when visiting the bush. (1)

**[20]**

**TOTAL SECTION C: 40**

**GRAND TOTAL: 80**