



## GRADE 11 PHYSICAL SCIENCES

### NOVEMBER EXAMINATION PAPER 1: PHYSICS

#### SECTION A

##### QUESTION 1

Various options are provided as possible answers to the following questions. Choose the correct answer and write **ONLY** the **LETTER (A-D)** next to the **QUESTION NUMBER** in your answer book.

- 1.1 An example of a vector quantity:
- velocity
  - displacement
  - speed
  - mass
- 1.2 A boy sits on a chair. Gravitational force pulls him down, the force that keeps him from moving down would be:
- friction
  - applied force
  - gravity
  - normal force
- 1.3 Two forces  $F_1$  and  $F_2$  have a net force of 100N if they act in the same direction and are balanced if they act in the opposite direction. The individual forces of  $F_1$  and  $F_2$  will be:
- 70N and 30N
  - 100N and 0N
  - 60N and 40N
  - 80N and 20N

Use the circuit diagram below to answer QUESTIONS 1.4 and 1.5



- 1.4 The voltage over the parallel resistors will be:
- 5V
  - 7V
  - 2V
  - 3V
- 1.5 The total resistance of the circuit if all resistors were identical with a resistance of 20Ω:
- 10Ω
  - 4/3Ω
  - 3Ω
  - 6Ω
- 1.6 A box is pushed forward with a force of 200N but does not move. A possible reason for this is that:
- frictional force is also 200N
  - frictional force is more than 200N
  - frictional force is less than 200N
  - none of the above
- 1.7 The diagram below shows a coil and a magnet with a pole **P**. A magnetic field is induced in the coil due to the motion of the magnet.



Which **ONE** of the following combinations will result in an induced magnetic field with **NORTH POLE** at point **X**?

	DIRECTION OF MOTION OF MAGNET	POLARITY OF P
A	into the coil	North
B	up and down inside the coil	North
C	into the coil	South
D	up and down inside the coil	South

# Physical Science Grade11 November Paper1

**Lauren Gardner**



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sandwich with pretzels or fruit rice cakes with nut butter and a cup of berries a hard boiled egg and sliced banana with almond butter you may have noticed how often bananas and nut butters get suggested and for good reason

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web sep 27 2023 pre run the night before a long run or race the night before a long effort aim for a balanced dinner with roughly 50 carbs 25 protein 25 fruits and vegetables limit your consumption of foods that are high in fat and fiber which may cause stomach issues during your run

**what to eat before a run pre run foods for 5k to marathons** - Sep 01 2022

web apr 16 2023 the best hydration packs for running my go to before a 5k is a banana a banana is one of the best foods to eat before a run they re rich in potassium full easily digestible carbs without being heavy on the stomach i would eat this at least 30 minutes before going to warm up for the race

runner s diet what to eat before during and after running - Oct 14 2023

web sep 16 2022 a balanced diet for healthy runners should include all the essentials carbohydrates protein fats vitamins and minerals while they should be used along with a proper diet some of these best supplements for runners can help improve performance carbohydrates without a doubt carbs are the best source of energy for athletes

**runner s diet plan what to know medical news today** - Feb 06 2023

web oct 29 2021 a runner s diet plan typically includes a balance of the three macronutrients carbohydrates proteins and fats by focusing on eating plenty of fruits and vegetables people will typically

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web 2023 8 golden peony at conrad centennial singapore 560 reviews closed now chinese asian menu peking duck is amazing dishes are of good standard excellent service had dim sum lunch there as part of birthday celebration reserve 2023

*runner s meal plan how to fuel your daily runs marathon* - May 29 2022

web jan 24 2022 daily this runner consumes carbohydrates 35 of total daily fuel these carbohydrates are a mix that includes run of the mill carbs such as bread and oatmeal dairy such as yogurt and milk and fruit such as berries and bananas protein 35 of total daily fuel healthy fats 15 of total daily fuel