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 between answers.

6. Number the answers correctly according to the numbering system used in this question paper.

7. Pay special attention to spelling and sentence construction.

8. Write neatly and legibly.
SECTION A: COMPREHENSION

QUESTION 1

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

TEXT A

BABY FAT

*Childhood obesity has been described as one of the most serious public health challenges of the 21st century.*

1. 'It is just puppy fat – she will grow out of it.' 'Children need to eat as much as possible to grow.' 'The extra kilos only mean he has a healthy appetite.' These common misunderstandings about children who are overweight or obese just do not hold true anymore. In fact, the World Health Organisation, which monitors health matters worldwide, describes childhood obesity as one of the most serious public health challenges of the 21st century. 5

2. Globally, in 2007, an estimated 22 million children under the age of five years were overweight. In South Africa, 17% of children between one and nine years are overweight. For these children, the risk of becoming overweight adults and catching various illnesses increases in a big way. In addition, overweight or obese children may struggle with emotional issues like discrimination and poor self-image, even when they are adults. 10

3. In some cases, what children inherit from their parents can be blamed for weight gain. However, lifestyle issues most often play a role in children becoming overweight, especially in recent times. According to the World Health Organisation, one of the main reasons for childhood obesity is the steady global shift in diet towards energy-dense foods which are high in fat and sugar but low in nutrients. 15

4. Another reason for weight gain is decreased physical activity levels. The World Health Organisation mentions that this is the result of 'the inactive nature of many forms of entertainment, changing forms of transport, and increasing urbanisation'. In South Africa, safety concerns can be added to this list. Fearing for their children's safety, parents may refuse to let them ride their bicycles or walk to school. 20

5. Parents need to manage their children's weight: while inherited causes need to be managed medically, lifestyle factors can be changed or improved. 'The sooner you start, the better,' says Brad Bing, the driving force behind Sporting Chance which is a youth sports development agency. He says, 'Research shows that children begin their lifestyle patterns by the age of 12. Therefore, it is important that children eat healthily and lead an active lifestyle as early as possible in order to adopt these practices later in life.' 25
'Parents need to set a good example by eating the same healthy dishes as their children and also sharing mealtimes with them. They should aim to encourage healthy eating patterns and build a "healthful" relationship with food in their children,' says Celeste Naudé, a registered dietician. 'Research has shown that starting with healthier eating habits could provide life-long benefits.'

Greasy fast food, unhealthy pre-packaged meals and sugar-laden tuck-shop treats have become a habit with most children. These eating habits contribute to children becoming overweight. 'Childhood is an intensive growth and development phase. That's why children need more nutritious food. To provide all the essential nutrients, a child's meals and snacks should include a wide variety of foods from each group, in amounts suited to the child's nutritional needs and appetite,' advises Celeste. We live in a society where everything needs to be bigger and better, and that also applies to our meals. Celeste says meal serving sizes should increase with age. However, it is important that children are guided and taught about suitable meal portion sizes early.

The World Health Organisation suggests that parents make physical activity part of the family's daily routine. Parents should make time for family walks or playing active games together. In addition to increasing their physical activity, children should decrease the amount of time they spend on inactive activities like playing computer games and watching television. 'Children should be encouraged to participate in an organised sport that they may enjoy. Not only will they become physically active, but also gain confidence and essential life skills.'

The approach to weight problems in children is important and should be done in a way that the child is not made to feel victimised or different. When it comes to children and obesity, it helps to remember that every action taken to prevent weight gain will pay off in the long run.

[Adapted from Oxygen, Autumn 2009]

**NOTE:**
- All questions must be answered in your own words, unless you are asked for a quotation.
- For one-word answers, write only the question number and the word.

1. Refer to paragraph 1.

1.1 Which TWO words mean the same as 'extra kilos' during childhood?  
1.1.1

1.1.2 Using your OWN WORDS, write down TWO common misunderstandings about childhood obesity.
1.2 Refer to paragraph 2.

1.2.1 Childhood obesity is referred to as a **global** fact. What does the term **global** mean in the context of this passage?  

1.2.2 Explain how being overweight as a child can affect you later as an adult. Name ONE physical and ONE emotional effect.

1.3 Refer to paragraph 3.

Give TWO reasons why children become overweight.

1.4 Refer to paragraph 4.

1.4.1 Using your OWN WORDS, explain how 'increasing urbanisation' can lead to weight gain.

1.4.2 Is the following statement TRUE or FALSE? Give a reason for your answer.

In South Africa, the crime rate has no effect on childhood obesity.

1.5 Refer to paragraph 5.

1.5.1 What is the difference between inherited factors that affect weight gain and lifestyle factors that affect weight gain? DO NOT QUOTE.

1.5.2 Choose the correct answer to complete the following sentence. Write down ONLY the question number (1.5.2) and the letter (A–D).

Brad Bing is described as the **driving force** behind Sporting Chance. This means that he is …

A  sometimes supportive.
B  physically strong.
C  the inspiration.
D  the driver.

1.5.3 Quote ONE word that shows that 'Sporting Chance' is an agency that works with children.

1.6 Refer to paragraph 6.

Why, do you think, has the writer included Celeste Naudé's comments in the article?
1.7 Refer to paragraph 7.

1.7.1 What does the writer have against 'tuck-shop treats'? (1)

1.7.2 What point is the writer making about the size of meals and a child's age? (1)

1.8 Refer to paragraph 8.

Quote TWO examples of physical activities for families. (2)

1.9 Refer to the passage as a whole.

Explain why the title 'Baby Fat' is suitable. (2)

1.10 Is this article useful to you? Discuss your view. (2)

**TEXT B**

**MONEY SMART**

Money resolutions you can stick to

New Year’s resolutions are all very well but you need to make them realistic if you’ve got any chance of keeping them.

**NOTE:** All questions must be answered in your own words, unless you are asked for a quotation.
1.11 Choose the correct answer to complete the following sentence. Write down ONLY the question number (1.11) and the letter (A–D).

Refer to the following:

Money resolutions you can stick to …

In the context of TEXT B, the words *stick to* mean ...

A keep.  
B paste.  
C promise.  
D grow.  

(1)

1.12 In your OWN WORDS, explain what it means if your New Year's resolutions are realistic.  

(2)

1.13 Explain what this text suggests about New Year's resolutions.  

(2)

TOTAL SECTION A: 30
SECTION B: SUMMARY

QUESTION 2

You are preparing a speech on how to improve your self-image.

Read the passage (TEXT C) below and write down the SEVEN main points you will include in your speech.

INSTRUCTIONS

1. List SEVEN points in full sentences, using NO MORE THAN 70 words.
2. Number your sentences from 1 to 7.
3. Write only ONE point per sentence.
4. Use your OWN words.
5. Indicate the total number of words you have used in brackets at the end of your summary.

TEXT C

WAYS TO IMPROVE YOUR SELF-IMAGE

The more negative feedback we receive from others, the more likely we are to develop low self-esteem. So, pampering yourself occasionally with a day at a health resort, a special meal or a bunch of flowers is not selfish or indulgent. It means you care about and value yourself. Instead of surrounding yourself with people who are quick to criticise and judge you, spend time with family members, colleagues and friends who uplift you and make you feel good about yourself.

Make a list of all your positive qualities and everything you have achieved in your life, no matter how small. Perhaps you are a fantastic cook or a good listener. Refer to your list often and remind yourself how much you have to offer. If there is something you really do not like about yourself (such as your quick temper or poor eating habits), commit to making change happen. Take it one step at a time and congratulate yourself on every success.

Allow yourself sometimes to say 'no' to tasks given or favours asked. Remind yourself that your needs are also important. Instead of aiming for something unrealistic (like finding a cure for cancer), and feeling miserable when you fail, rather concentrate on something simple and practical (like planting a small vegetable garden). The more 'small' goals you achieve, the better you will feel about yourself and your abilities. This, in turn, will give you more self-confidence to deal with bigger goals.

Eating healthily, sleeping well and exercising are all important in living life to the fullest. Before you go to bed, think of one pleasing event that happened in your day. Be thankful and look forward to the next uplifting moment.

[Adapted from Clicks ClubCard Magazine, Issue 1, 2011]
SECTION C: LANGUAGE

QUESTION 3: ANALYSING AN ADVERTISEMENT

NOTE:
• For one-word answers, write only the question number and the word.
• For multiple-choice questions, write only the question number and the letter (A–D) of the correct answer.

Study the advertisement (TEXT D) on the next page and answer the set questions.

3.1 What is the slogan in the advertisement? (1)

3.2 Refer to the following sentence:

'Joy is why sip when we can take giant gulps and slurp every last little bit?'

Explain the difference in meaning between a sip and a gulp. (2)

3.3 Write down ONE example of alliteration used in the advertisement. (1)

3.4 The name of the product is PureJoy.

3.4.1 Explain how the ideas of 'purity' and 'joy' are shown by the pictures. Name TWO points. (2)

3.4.2 Quote TWO words or phrases from the advertisement that suggest the idea of 'joy'. (2)

3.5 Do you think this advertisement will appeal to South African children? Support your answer by referring to the pictures. (2)
Joy is yahoo.
And yee-ha. And wowee.
Joy is smiles and giggles and splashes
and bombs away and belly flops.
It’s watch this and here I come and
when can we do it again?
Joy is why sip when we can take giant gulps
and slurp every last little bit?

PureJoy. Perfect fruit moments.
QUESTION 4: ANALYSING A CARTOON

NOTE:
- For one-word answers, write only the question number and the word.
- For multiple-choice questions, write only the question number and the letter (A–D) of the correct answer.

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

TEXT E

NOTE: In this cartoon, Curtis is the boy and the man is his father.

4.1 Refer to frame 1.

4.1.1 How does the cartoonist show that the music is loud? In your answer, consider the words AND the illustration (drawing).

4.1.2 How does the illustration show that the father and son disagree about rap music?

4.2 Refer to frame 2.

4.2.1 Explain why the word 'last' is written in a different font (type of print).

4.2.2 Explain what the father means by 'gutter language'.
4.3 Refer to frame 3.

Choose the correct answer to complete the following sentence. Write down ONLY the question number (4.3) and the letter (A–D).

Curtis's body language shows that he ...

A is apologising to his father.
B likes rap music very much.
C is ashamed of his father's behaviour.
D does not understand his father's reaction. (1)

4.4 Do you think the father's behaviour throughout the cartoon is reasonable? Give TWO reasons for your answer. (2) [10]
### QUESTION 5: LANGUAGE AND EDITING SKILLS

**NOTE:**
- For one-word answers, write only the question number and the word.
- For multiple-choice questions, write only the question number and the letter (A – D) of the correct answer.

Read the following passage (TEXT F), which contains some deliberate errors, and answer the set questions.

**TEXT F**

<table>
<thead>
<tr>
<th>1</th>
<th>The wheelchair-bound young man, a patient of me, was pushed to the stage of the high school to deliver his graduation speech. His face were still partially paralysed and he spoke in a soft voice. But Mark Orsini delivered a powerful speech and was applauded by his fellow pupils.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>The 18-year-old had developed an illness causing paralysis. His parents insisted that he was a fighter; he would get through this and go onto attend university. Meanwhile, immobile and unable to breathe, how was he going to ask questions or be involved in taking care of himself?</td>
</tr>
<tr>
<td>3</td>
<td>The solution was remarkable: the Orsinis would sit at Mark's side and recite the alphabet. When they got to a letter Mark needed to spell a word, he'd nod 'yes'. They would write it down, then start over and wait for him to nod again. They never lost patients, and Mark was involved in every decision.</td>
</tr>
<tr>
<td>4</td>
<td>After a risky (proceed) to filter his blood, he showed (improve) and soon he could move his legs and arms again.</td>
</tr>
<tr>
<td>5</td>
<td>I saw Mark again after his graduation. Mark was feeling great. I wanted to say I was in awe of him, and that his parents were the ... amazing people I had ever met. Sitting beside his bed for hours, patiently listening to him spell words, could not have been easy.</td>
</tr>
<tr>
<td>6</td>
<td>I wanted to say: 'I will never forget you or your parents and the sacrifices you have made.' But words failed me.</td>
</tr>
</tbody>
</table>

[Adapted from *Reader's Digest*, August 2010]

5.1 Correct the SINGLE error in each of the following sentences:

5.1.1 The wheelchair-bound young man, a patient of me, was pushed to the stage of the high school to deliver his graduation speech. (1)
5.1.2 His face were still partially paralysed and he spoke in a soft voice.  

5.1.3 His parents insisted that he was a fighter; he would get through this and go onto attend university.  

5.1.4 They never lost patients, and Mark was involved in every decision.  

5.2 Rewrite the following sentence in the passive voice starting with the given word:  

The 18-year-old had developed an illness causing paralysis.  

Start with:  An ...  

5.3 Choose the correct dictionary entries from the following list to complete the sentence below:  

**immobile** adj. 1 not moving 2 not able to move  
- DERIVATIVES **immobility** n  
**immobilise** verb to make something unable to move or work  
- DERIVATIVES **immobilisation** n  

Mark's illness caused him to become (5.3.1) ... However, this (5.3.2) ... did not prevent him from being successful.  

5.4 Change the following sentence into a tag question by filling in only the blanks:  

Mark was going to be involved in his care, ...?  

5.5 Rewrite only the underlined word in the following sentence in full:  

When Mark needed to spell a word, he'd nod 'yes'.  

5.6 Give the correct form of the words in brackets:  

After a risky 5.6.1 (proceed) to filter his blood, he showed 5.6.2 (improve).  

5.7 Combine the following sentences into a single sentence starting with the word 'When':  

I saw Mark again after his graduation.  
Mark was feeling great.  

5.8 Rewrite the following sentence in the present tense:  

I wanted to say I was in awe of him.  

5.9 Fill in the missing word to complete the following sentence:  

His parents were the ... amazing people I had ever met.
5.10 Rewrite the following sentence in reported speech:

He wanted to say, "I will never forget you or your parents and the sacrifices you have made." (3)

5.11 Rewrite the following sentence in the negative:

Words failed me. (1)

TOTAL SECTION C: 40
GRAND TOTAL: 80