PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY

1. This question paper consists of 14 pages. Please check that your paper is complete.
2. Read all the questions carefully.
3. Answer ALL the questions.
4. Please start each question on a new page.
5. It is in your own interest to write legibly and to present your work neatly.
6. Number your answers exactly as the questions are numbered.
SECTION A  COMPREHENSION

QUESTION 1  MAKING MEANING OF TEXTS

Read the passage (TEXT A) below and answer the questions that follow.

TEXT A

A HEALTHY TEENAGER IS A HAPPY TEENAGER

Teenagers who turn their backs on a healthy lifestyle and turn to drink, cigarettes and junk food are significantly unhappier than their healthier peers.

1 New research also shows that 12 – 13 is a catalyst age when young people turn away from the healthy habits of their younger years and start to get involved in risky behaviours.

2 The research, which used information from Understanding Society, a long-term study of 40 000 UK households funded by the Economic and Social Research Council (ESRC), looked at the response of 5 000 young people between the ages of 10 – 15 to questions about their health-related behaviour and levels of happiness.

3 The results show that young people who never drank any alcohol were between four and six times more likely to have higher levels of happiness than those who reported any alcohol consumption.

4 Youth who smoked were about five times less likely to have high happiness scores compared to those who never smoked. Higher consumption of fruit and vegetables and lower consumption of crisps, sweets and fizzy drinks were both associated with high happiness.

5 The more hours of sport youth participated in per week the happier they were. Researchers at the Institute for Social and Economic Research at the University of Essex believe the data showed that unhealthy behaviours such as smoking, drinking alcohol and taking no exercise are closely linked to substantially lower happiness scores among teenagers, even if social-demographic factors such as gender, age, family income and parents' education are taken into account.

6 Twelve per cent of 13 – 15 year olds reported that they smoked compared with 2% of 10 – 12 year olds. The figures for alcohol consumption were even more striking with 8% of 10 – 12 year olds reporting having had an alcoholic drink in the last month rising to 41% amongst 13 – 15 year olds.
The research also showed that between the ages of 13 and 15, when young people are given more autonomy over their lifestyle choices, their food consumption becomes less healthy and their participation in exercise reduces.

Only 11% of those aged 13 – 15 years reported consumption of 5 or more portions of fruit and vegetables per day and even amongst the 10 – 12 year olds less than a fifth reported eating fruit and vegetables 5 or more times per day.

Dr Cara Booker, one of the co-authors of the research said: "What this research shows us is that young people across the social spectrum are failing to eat healthy balanced diets and are starting to consume alcohol at a young age. This is storing up problems for later life, because we know that there are clear long links between health-related behaviours and well-being in adulthood. Helping young people to reduce damaging health choices as they start making independent decisions are important in order to reduce the number of adults at risk from chronic disease because of their low well-being and poor health-related behaviours."

1.1 Describe what one would regard as a 'healthy lifestyle'. (subtitle) (2)

1.2 What is implied by 'significantly unhappier'? (subtitle) (1)

1.3 Do you think that 'drink' mentioned in the subtitle only refers to alcoholic drinks? Motivate your answer. (2)

1.4 Do you think that one can regard paragraph 1 as a fact? Motivate your answer in your own words. (2)

1.5 Who paid for the research to be conducted? (1)

1.6 Which long-term study was incorporated into this research? (1)

1.7 Summarise paragraph 3 in not more than ten words. (2)

1.8 Select the correct option by only writing down the question number and corresponding letter.

The word 'consumption' (paragraph 3) means

A that something is so important that you can hardly think about anything else.
B the use of something such as fuel or energy.
C the process of smoking, drinking or eating something.
D that someone is intended to see, read or know about something. (1)

1.9 Which word in paragraph 4 implies that a youth does not have to stop eating chips and drinking soft drinks completely? (1)

1.10 Sport in school should be compulsory. Quote a sentence from the passage that will emphasise the importance of happiness in a youth who enjoys his/her sport. (2)
1.11 List four factors mentioned in the passage that will, even when they are taken into account, NOT affect the outcome of the higher happiness scores. (4)

1.12 Read paragraphs 6 – 7.

1.12.1 Which age group poses the biggest problem? (1)

1.12.2 Complete the following table by filling in the correct percentages to show the enormous difference between the age groups.

<table>
<thead>
<tr>
<th>AGE 10 – 12</th>
<th>AGE 13 – 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) _______ % smoked</td>
<td>(c) _______ % smoked</td>
</tr>
<tr>
<td>(b) _______ % drinking alcohol recently</td>
<td>(d) _______ % drinking alcohol recently</td>
</tr>
</tbody>
</table>

(4)

1.13 Complete the following sentence by filling in ONE word in each numbered space.

Dr Cara Booker bases her findings on the fact that (1.13.1) than 15% of the youths aged 13 – 15 eat more than 5 portions of fruit and vegetables a day and (1.13.2) than 20% of 10 – 12 year olds do not eat fruit and vegetables five or more times a day. (2)

1.14 According to Dr Booker there is a definite link between health-related behaviours of teens and the well-being in adulthood. In what way are adults at risk? (2)

1.15 In your opinion, who is to blame for young people failing to eat healthily and starting to drink at a young age? Motivate your answer. (2)

30 marks
SECTION B SUMMARY

QUESTION 2 SHOW UNDERSTANDING BY SUMMARISING

INSTRUCTIONS

Your cousin is turning 21 this coming weekend. He would like to celebrate his birthday with his friends and family at a steakhouse called Baron's Place. You decide to find out more about this restaurant. However, the reviews about the restaurant by some of the customers are not flattering at all.

Silence is not always golden and you decide to tell your cousin about what you have read. Read the following review written by a customer and list the 5 main complaints mentioned in this review in not more than 50 words.

TEXT B

1 I realise that Baron's Place is not a Michelin-starred restaurant, but I do believe that their customers deserve better. I also think that one can expect some sort of standard when you go out to eat. Unfortunately the standard at this restaurant was very poor. Where do I start?

2 Having entered the restaurant, we had to wait for several minutes to be greeted and seated. Finally a blonde waitress came to us and asked: "How many?" Dumbfounded by her unprofessional behaviour, we just followed her to a table that seated four people.

3 The table was a very small square thing with not much space for anything and only about 20 cm away from another table. We could hear the entire conversation that the other couple was having. Give people a little bit of privacy when eating and trying to enjoy a meal out. We might as well join the tables together if we go there next time, but I doubt that we will go there again!

4 The menu cards were absolutely disgusting. The foil was already peeling away and they were dirty and sticky. They looked more like the kiddies' menus.

5 Within 10 minutes of placing our order, our food arrived. Surprisingly quick service? Not at all. My son specifically asked his steak to be medium done, but when it arrived the first thing I noticed was that the fries and vegetables were literally soaked in blood on the plate. The meat was rare. He sent it back and needless to say, we stopped at a fast food outlet on our way home.

6 Even though it is a steakhouse and one expects to pay more for dishes at a steakhouse, I do think that if you charge people quite a bit of money, you must give something in return.

7 I'm angry and disappointed. It was truly terrible. We should have stayed at home or opted for a hamburger and chips …

Remember:
- List in full sentences.
- Summarise all FIVE complaints in your own words.
- Number your sentences from 1 to 5. Each main idea will count two marks.
- Write the number of words used in brackets at the end of the summary.
- Pay attention to grammar, spelling, punctuation and sentence construction.

10 marks
SECTION C  POETRY

QUESTION 3  MAKING MEANING OF POETRY

SEEN POEMS

Read the following two poems (TEXTS C and D) that you have studied in class and answer the questions.

TEXT C

LOVE POEM FOR MY COUNTRY
Sandile Dikeni

1 My country is for love
2 so say its valleys
3 where ancient rivers flow
4 the full circle of life
5 under the proud eye of birds
6 adorning the sky.

7 My country is for peace
8 so says the veld
9 where reptiles caress
10 its surface
11 with elegant motions
12 glittering in their pride

13 My country
14 is for joy
15 so talk the mountains
16 with baboons
17 hopping from boulder to boulder
18 in the majestic delight
19 of cliffs and peaks

20 My country
21 is for health and wealth
22 see the blue of the sea
23 and beneath
24 the jewels of fish
25 deep under the bowels of soil
26 hear
27 the golden voice
28 of a miner's praise
29 for my country

30 My country
31 is for unity
32 feel the millions
33 see their passion
34 their hands are joined together
35 there is hope in their eyes

36 we shall celebrate
3.1 Discuss the personification in the title of the poem. (2)

3.2 Read line 3 again.

3.2.1 Explain the meaning of the word 'ancient'. (1)

3.2.2 Briefly explain what the narrator wants to emphasise. (2)

3.3 Discuss the link between 'rivers' and 'the full circle of life' in stanza 1. (2)

3.4 Read stanza 4 again.
Why is the miner's voice described as 'golden'? (2)

3.5 Describe the use of the word 'shall' in the last line. (1)

AND

TEXT D

SONNET 116
William Shakespeare

1 Let me not to the marriage of true minds
2 Admit impediments. Love is not love
3 Which alters when it alteration finds,
4 Or bends with the remover to remove:

5 O, no! It is an ever-fixed mark,
6 That looks on tempests and is never shaken;
7 It is the star to every wandering bark,
8 Whose worth's unknown, although his height be taken

9 Love's not Time's fool, though rosy lips and cheeks
10 Within his bending sickle's compass come;
11 Love alters not with his brief hours and weeks,
12 But bears it out even to the edge of doom.

13 If this be error and upon me proved,
14 I never writ, nor no man ever loved.
3.6 Read the first quatrain (lines 1 – 4) again.

3.6.1 Explain what the narrator means by 'Love is not love/which alters when it alteration finds'.

3.6.2 Provide a word of your own for 'bends'.

3.7 There are TWO metaphors in the second stanza. The one compares love to 'an ever-fixed mark'. Quote and explain the other metaphor.

3.8 What is personified in line 10?

3.9 Compare the two seen poems and briefly discuss what they have in common.
QUESTION 4  MAKING MEANING OF POETRY

UNSEEN POEM

Read the following poem (TEXT E) at least twice before attempting to answer the questions set on it.

TEXT E

YOU CANNOT KNOW THE FEARS I HAVE
Shabbir Banoonbhai

1 you cannot know the fears i have
2 as i think about you
3 i fear that i shall live only at your laughter
4 lie awake long nights while you sleep
5 so loneliness does not trouble you
6 nor hunger, nor thirst
7 overwhelm your waking world with wonder
8 with the music of other worlds, your earlier home
9 read to you poems written the night before
10 while you smile bewildered
11 or just when my very breathing begins to depend on you
12 even as your tiny fingers close around mine
13 some insensitive thing
14 crushes your butterfly spirit
15 shadows of a sun-darkened land
16 flow over you
17 and the eclipse
18 closes your eyes
19 i cannot live with the thought of having you, loving you
20 any other way
21 a day without such care
22 has no meaning
23 we shall find for you a name
24 your name shall bring light

4.1 Briefly explain what this poem is about. (2)

4.2 Mention at least TWO things (stanza 2) about which this father is unsure. (2)
4.3 Read stanza 3 again.

4.3.1 What is the narrator's occupation? (1)

4.3.2 Quote not more than eight consecutive words to prove your answer in Question 4.3.1. (1)

4.3.3 Which poetic device is used in this stanza? (1)

4.3.4 Quote the relevant line to support your answer in Question 4.3.3. (1)

4.4 It is evident from the last two lines that the parent wants his child to have the right name. Why is the name of the child so significant? (2)

30 marks
SECTION D  COMMUNICATIVE LANGUAGE

QUESTION 5  CARTOONS

Study the following (TEXT F) before answering Questions 5.1 – 5.4 set on it.

*tofu: a soft white food made from soya beans

5.1 Identify the punctuation mark in the contraction 'we're'. (1)

5.2 Explain the function of the dash in the statement. (1)

5.3 Report the lady's words in indirect speech, by filling in the missing words:
The lady informed her husband that (5.3.1) (5.3.2) starting a new diet (5.3.3). She asked her husband if (5.3.4) (5.3.5) (5.3.6) tofu scrambled or fried. (6)

5.4 Explain the humour in this cartoon. (2)

[10]
Study the following (TEXT G) before answering Questions 5.5 – 5.7 set on it.

FRAME 1

HEALTHY EATING

THERE ARE ONLY GREENS ON HERE! WHERE’S THE MEAT?

FRAME 2

YOU CAN’T ONLY EAT MEAT AND FRIED FOODS. YOU NEED A BALANCED DIET.

FRAME 3

THE DOCTOR SAYS I HAVE HIGH CHOLESTEROL. I NEED TO EAT FISH. I NEED TO EXERCISE.

FRAME 4

[<www.marriage and laughter.com>]

5.5 Study FRAME 1.

5.5.1 What does the word 'greens' refer to? (1)

5.5.2 Write down a homophone for the word 'where'. (1)

5.5.3 Suggest a possible reason why the cartoonist opted for an exclamation mark instead of a question mark after 'here'? (2)

5.6 Study FRAME 2.

5.6.1 Combine the following two sentences using neither ... nor.
You cannot eat meat. You cannot eat fried foods. (2)

5.6.2 Combine the following two sentences using because.
The doctor says I have high cholesterol. I need to exercise more. (2)

5.6.3 'You need a balanced diet'.
What does one call someone whose job it is to give people advice about the kind of food they should eat? (1)

5.7 Study FRAME 4.

5.7.1 The lady in this frame makes the following comment:
'You do this every year you get a physical.'

What does 'this' refer to in the context of this cartoon? (1)
QUESTION 6  LANGUAGE EDITING

Read the following passage (TEXT H) before answering Questions 6.1 – 6.5.

NOTE: The following passage (TEXT H) contains deliberate errors.

WHAT YOU EAT IS AS IMPORTANT AS WHEN YOU EAT

1 While most of the research on diet and obesity focus on what people eat, a new
2 study in mice suggests that more attention should be given to when people eat.
3 US researchers found that mice that were only allowed to eat for eight hours a day,
4 ate as much as mice that were allowed to eat on the clock. Both groups ate a high-fat
5 diet, but the mice with the restricted eating hours gained less weight, had healthier livers
6 and had less inflammation.
7 The findings, published in Cell Metabolism, suggest that eating during too many hours of
8 the day may contribute to obesity.

[<www.health.com> 18 May 2012]

6.1 Correct the grammar error in line 1. Only write down the correct answer. (1)

6.2 The wrong preposition was used in line 4. Correct it by writing down the correct
one only. (1)

6.3 Give an antonym for 'restricted' (line 5). (1)

6.4 Correct the spelling error in line 5. Only write down the correct answer. (1)

6.5 Why is Cell Metabolism (line 7) capitalised? (1)
WHAT MOTIVATES US TO EAT

1 With obesity continuing to grab the headlines, a study of what affects the motivation to feed contributes to a better understanding of how the brain responds to food stimuli.

2 The research suggests that a person's desire to eat, and when to stop eating, may be 'all in their head.' A deeper understanding of which parts of the brain control the motivation to eat may lead to a greater understanding of what leads certain people to overeat.

3 With many critics keen to take the blame off a consumer's personal responsibility and heap it purely at the feet of the vending machine industry, the soft drink industry, or the food industry in general, this research highlights just how multi-faceted and complicated the obesity issue may actually be.

[Adapted from: <www.health24.com> 8 September 2006]

6.6 Correct the expression 'all in their head'.

6.7 Rewrite the following sentence starting with the underlined words. You may not change the meaning of the sentence.

Many critics blame the food industry.

6.8 This is a dictionary entry of the word *issue* as found in the *Macmillan English Dictionary for Advanced Learners*.

**issue¹** /isju/noun

1 a subject that people discuss or argue about, especially relating to society, politics, etc.
2 a magazine that is published at a particular time
3 a set of things that are made available to people at a particular time
4 the act of officially giving something to someone

6.8.1 To which meaning does 'issue' in line 10 refer? You only need to write down the correct number.

6.8.2 Use the word 'issue' as a verb in a sentence of your own.

[30 marks]

Total: 100 marks