

FORM 4

ENGLISH
LISTENING COMPREHENSION

TIME: 15 minutes

Teacher's Paper

Instructions for the conduct of the Listening Comprehension Examination

The teacher should instruct the candidates to answer the questions on the paper provided. The following procedure for reading the Listening Comprehension passage is to be explained to the candidates immediately before proceeding with the examination.

You have been given a sheet containing the listening comprehension questions. You will be given three minutes to read the questions based on the passage. The passage will be read at normal reading speed. You may take notes during the reading. After this reading there will be a pause of another three minutes to allow you to answer some of the questions. I shall read the passage a second time and you may take further notes and answer the rest of the questions. After this second reading you will be given a further three minutes for a final revision of the answers.

- a. 3 minutes – Students read questions.
- b. 3 minutes – Teacher reads passage aloud for the first time while students take notes.
- c. 3 minutes – Students answer questions.
- d. 3 minutes – Teacher reads passage for the second time. Students may answer more questions.
- e. 3 minutes – Students revise final answers.

FORM 4

ENGLISH
LISTENING COMPREHENSION

TIME: 15 minutes

You are going to listen to the 12 o'clock news on the radio.

And now for the last item in the news today: Good news for chocoholics.

Healthy people who exercise and also eat chocolate regularly, tend to have a lower body mass index than those who eat the rich brown sweets less often, a US study has suggested.

The survey of a population of more than 1,000 adults reinforces the notion that chocolate packs heart healthy benefits, despite its high calorie and sugar content. This might come as a surprise to many.

People in the study, whose ages ranged from 20 to 85, reported eating chocolate twice a week and exercising 4 times a week. Those who said they ate chocolate more often than the norm tended to have a lower ratio of weight over height also known as BMI.

A normal BMI is typically 18.5 to 24.9, while people who figure lower are considered underweight and those above 25 are overweight. "Adults who consumed chocolate more frequently had a lower BMI than those who consumed chocolate less often," said the study led by Beatrice Golomb and colleagues at the University of California, San Diego.

While the research stopped short of establishing a reasonable or beneficial limit for chocolate-eating, experts urged moderation. "Before you start eating a chocolate bar a day to keep the doctor away, remember that a chocolate bar can contain 200 calories which mostly come from saturated fats and sugar," said Nancy Copperman, director of Public Health Initiatives in New York.

"Consider limiting your chocolate fix to 28 grams portion of dark chocolate or adding cocoa powder which is very low in fat to your food once a day," said Copperman.

Chocolate's benefits are rooted in antioxidant substances which can improve blood pressure and also help lower cholesterol levels and blood sugar. Other studies have even linked chocolate to a lower risk of death by heart attack.

Chocolate's curious ability to improve heart health is usually considered as part of a lifestyle that includes exercise and moderation in diet. So enjoy your favourite chocolate in moderation.



FORM 4

**ENGLISH
 LISTENING COMPREHENSION**

TIME: 15 minutes

Name: _____

Class: _____

A. Put a tick (✓) in the correct box to indicate whether the statement is TRUE (T) or FALSE (F). 3 marks []

1. More than 1000 adults participated in the study.
2. Participants ate chocolate twice a week.
3. If your BMI is over 25 then your weight is normal.
4. This study was carried out at the University of California, San Diego.
5. Cocoa powder is high in fat.
6. The study stresses the importance of exercise and moderation in diet.

T	F

B. What do the following numbers refer to? 4 marks []

85	
4	
200	
28	

C. Tick (✓) three benefits of chocolate mentioned in the passage. 3 marks []

	Improves heartbeat.
	Less risk of heart attack.
	Hydrates the body.
	Can improve blood pressure.
	Lowers cholesterol.

(10 marks)

FORM 4

ENGLISH READING COMPREHENSION

30 marks

Read the following text and answer the questions which are on the language paper.

	<h2>How joggers can help the housebound</h2> <p>The Good Gym, an initiative in east London, enables people to combine exercise with community work.</p> <p>Every Thursday evening, whatever the weather, Harriet Cawley runs two-and-a-half miles from Shoreditch, east London, to the home of her coach, Michael Mulcahy. Cawley regularly undertakes half-marathons but this is no ordinary training session. Mulcahy is a house-bound widower who enjoys receiving a <i>London Evening Standard</i> from Cawley and having a chat for half an hour. After which, Cawley runs home again.</p> <p>Cawley is a member of the Good Gym, a not-for-profit organisation that encourages people to combine their exercise regime with a spot of social care, matching busy workers with elderly "<u>coaches</u>", who receive a daily paper or other modest delivery and, in turn, provide an incentive for their weekly visitors to keep on running. Set up two-and-a-half years ago, the Good Gym is this year expanding across all England.</p> <p>The Good Gym was the brainchild of Ivo Gormley, 29, who discovered that combining a weekly run with a visit to a housebound friend of the family was just the motivation he needed to keep him exercising; <u>it</u> helped that his elderly friend was a former boxer who could offer training tips. As Gormley did <u>his</u> prescribed sit-ups, he thought about how best to link up two things: few people have the time or energy to volunteer and yet use gyms to burn off excess energy; and there is little dialogue between working people and the elderly, particularly in densely populated urban communities.</p> <p>"Gyms are this ridiculous invention," says Gormley. "People have got too much energy and go to these weird places where they get purged of it by machines. I thought we could channel the energy from people's exercise into something more productive."</p> <p>Through working with the National Health Service (NHS), charities and local community centres, the Good Gym matches runners with an individual coach – a housebound elderly person who would like a regular visitor. <u>They</u> are encouraged to take a newspaper or a modest gift to the value of £1.</p> <p>There are also monthly group runs around east London, to perform useful activities along the way. So far Good Gym members have distributed flyers for a local hospice, tidied up community gardens and hauled compost on to a school roof. Two runners are now being sought for a somewhat unusual task: taking donkeys from Stepney City Farm for a trot. (The donkeys need the exercise to keep their hooves down; donkey handling training will be</p>
5	
10	
15	
20	
25	
30	

provided.)

Cawley, 38, a costume stylist, heard about the Good Gym through Twitter. "It seemed a brilliant idea," she says. It took four months for her to be checked by the Criminal Records Bureau (the Good Gym now uses a company to speed up this process and claims it takes just a couple of weeks), then she was assigned Mulcahy to run to, based on the distance she requested.

Having a break in her running works well from a training point of view: she does a speed run to Mulcahy's house, rests there, then does a more gentle, warm-down jog on the way home. Cawley is from Stockport and has no grandparents in London, so enjoys chatting to her elderly coach – "someone I would never have met," she says. While the Good Gym advises runners to stay for about 10 minutes, Cawley sometimes chats to Mulcahy for an hour. Although he has family, and regular visits from professional carers, Cawley thinks he enjoys a visit from someone who does not worry like relatives and is not there out of professional duty. She didn't really know what he made of "this random person turning up and chatting to him" until she told him she was going away on holiday. "He said: 'I'll really miss you.'"

Terry Duncan, 67, a retired printer from Stepney, uses an electric wheelchair after a stroke. He is regularly visited by Sally, another Good Gym member. "It's lovely. I look forward to her coming," he says. He played football when he was younger, but is not sure how much use he is as a coach. "I don't coach her," he says. What about a mid-run cup of tea? "She normally has a glass of water. She's a bit hot and sweaty but sits down and has a chat. We've become good friends."

Duncan has recommended the Good Gym to several immobile neighbours, but says they are "a bit dubious about strangers coming into their house". Despite these fears, the Good Gym is expanding, with interest in Edinburgh and a Good Gym run in Chicago.

FORM 4

ENGLISH LANGUAGE

TIME: 2 hours

Name: _____

Class: _____

Marks			
Oral Assessment	Listening Comprehension	Written Paper	Total

A. Fill in the spaces with a word formed from the words in brackets. The first one (0) has been done for you.

A recent (0) **discovery** (**discover**) of a new species of wasp on the (1) _____ (**Indonesia**) island Sulawesi is two-and-a-half inches long and has vast jaws. Lynn Kimsey, professor at the University of California, Davis, says "Its jaws are so large that they wrap up either side of the head when closed. When the jaws are open they are actually (2) _____ (**long**) than the male's front legs." The male wasp has such enormous jaws that the (3) _____ (**zoo**) admits, "I don't know how it can walk." She says its enormous size and (4) _____ (**colour**) head makes it like the Komodo Dragon of wasps. "I'm going to name it Garuda, after the (5) _____ (**nation**) symbol of Indonesia," Kimsey said. Garuda - known as King of Birds - is a powerful (6) _____ (**myth**) warrior that's part human and part eagle, boasts a large wingspan, martial prowess and breakneck speed. "It is simply (7) _____ (**amaze**). The first time I saw the wasp I knew it was something really (8) _____ (**usual**)" said Kimsey. "I had never seen anything like this species of Dalara. They are really (9) _____ (**fascinate**) and are simply (10) _____ (**belief**).

5 marks

B. Put the verb in brackets in the correct form. The first one (0) has been done for you.

Two fossilized horse bones with inscriptions (0) have been found in China. (1) _____ (initially dismiss) as fakes, but (2) _____ (follow) new research by the British Museum, Irving Finkel (3) _____ (now convince) of their authenticity. This discovery looks set (4) _____ (transform) our knowledge about what (5) _____ (be) arguably the most important, surviving written text. Dating from 538 BC the horse bones (6) _____ (bury) in the walls of Babylon. They (7) _____ (excavate) in 1879 and later (8) _____ (send) to London, where they (9) _____ (be) one of the museum's most important antiquities. Many people queue for a long time (10) _____ (see) them.

5 marks

C. Fill in the spaces with an appropriate word. The first one (0) has been done for you.

At least five (0) people were killed and dozens (1) _____ after an amazing 97 tornadoes tore (2) _____ the mid-west of the United States. Homes, a hospital, a jail and an air base were devastated by the storms which hit states along a path known (3) _____ Tornado Alley. Two children died and more (4) _____ 30 were hurt at a mobile home park in Oklahoma. Two others perished (5) _____ the north of the town and a fifth died in hospital. Lightning, hailstones and heavy downpours were reported and more than 8,000 homes were left (6) _____ power. The storms also struck Iowa, Nebraska and Kansas, where a state of emergency was (7) _____. And yesterday people were put on alert in Texas and Arkansas. Woodward mayor Roscoe Hill said tornado warning sirens had failed to go (8) _____ – though they had sounded a day earlier for severe storms. He added: “This thing took us by (9) _____. It’s kind of overwhelming. There hasn’t been anything (10) _____ this before.”

5 marks

D. Punctuate:

why was paul your best friend so careless with your fathers car asked mary

5 marks

☐

E. READING COMPREHENSION

30 marks

Read the text which is on a separate sheet of paper and then answer the following questions.

1. Where do you think this extract is taken from?

1 mark

2. Underline whether the following statements are **TRUE** or **FALSE** and give a reason in support of your answer.

4 marks

(a) Harriet visits her coach Michael Mulcahy once a week.

TRUE/FALSE

(b) Runners are not expected to take anything with them to give to the elderly.

TRUE/FALSE

3. Why is the word “coaches” in line 10 in inverted commas?

2 marks

4. What do these words mean?

2 marks

a	brainchild (line 13)	
b	housebound (line 14)	

5. What do these words refer to in the passage?

a.	it (line 15)	
b.	his (line 16)	
c.	They (line 25)	
d.	We (line 51)	

6. Mention three things Good Gym members have done so far to help the community. **3 marks**

7. How did Harriet get to know about the Good Gym? **1 mark**

8. How do we know that Harriet Cawley enjoys her time with Mulcahy? **2 marks**

9. Which separate words in lines 20 to 26 have the same meaning as: **2 marks**

a.	strange	
b.	direct	

10. Mention one advantage of the Good Gym according to Harriet and another advantage according to Mulcahy. **2 marks**

11. Explain why some people are not that keen on Good Gym.

12. **Summary.** In about 50 – 60 words write about how and why the Good Gym started.
8 marks

☐

F. COMPOSITION

30 marks

Write a composition of about 300 words on ONE of the following:

1. Write a story which ends with the sentence: *“As she closed the door behind her, she knew she had made the right decision.”*
2. True friendship is hard to find nowadays. Discuss.
3. Write a biography of a famous person. (The person could be real or imaginary.)
4. Tom Smith from England had written to Sunset Hotel Complex in Malta enquiring about a holiday in Malta. You are John Borg, manager of this complex. Write a letter of information to Tom Smith giving details such as accommodation costs, excursions which can be organised and what the holiday complex can offer to tourists.

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[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. In the top right corner, there is a small black triangle containing the word "Sound" written vertically in white text. The rest of the page is empty except for the horizontal lines.