

FORM 5

**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. I shall then read the passage 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. The passage will be read 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 - Candidates read questions
- b. 3 minutes - First reading aloud of passage while candidates take notes
- c. 3 minutes - Candidates answer questions
- d. 3 minutes - Second reading of passage and possibility for candidates to answer questions
- e. 3 minutes - Final revision

You are going to listen to a radio programme on the uses of tea.

Welcome to our weekly programme. Today I am going to talk about tea. Did you know that from water, tea remains the world's most common drink? The use of tea as a beverage was first recorded in China, with the earliest records of tea consumption dating back to the 10th century BC. It became widely popular during the Tang Dynasty, spreading even to Korea and Japan. Trade by the Chinese to Western nations in the 19th century spread the tea plant to numerous locations around the world.

The formal presentation of tea in social situations everywhere in the world has an echo in the ancient tea ceremonies of Japan and China. However, these ceremonies are somewhat different in nature. In Japan the ceremony requires elaborate care and attention. Preparations can take several days to ensure that every detail is perfect for the occasion. The host sets up a room in the house to create an atmosphere of calm and contemplation. Usually four guests attend the ceremony. The guests first cleanse their hands and then enter the room in silence. Silence during the tea ceremony is very important. The stillness around the drinking of tea symbolises that, in this act, everyone is spiritually equal. The drinking of tea leads to reflection and awareness of one's connectedness with the world as a whole, as well as with the world in spirit.

By contrast, the Chinese tea ceremony concentrates on the physical properties of the tea itself. In China, the ceremony emphasises the specific taste of a particular kind of tea along with the pleasures of its associated scent and colour. The Chinese use teas which are particularly refined and slightly fermented. Guests drink the tea from tiny cups. In rural southern China, ceremonial tea cups hold just a few sips of liquid. In the larger cities and across the north of China, ceremonial tea cups are very slightly larger and contain two or three mouthfuls of drink.

In Britain, tea became the nation's drink of choice in the early 18th century, at the start of the Industrial Revolution. Factory owners urged their workers to drink tea with sugar instead of any other kind of drink. A tea-drinking workforce was a reliable workforce. The sugar helped give the workers energy while the tea protected against poor water, without any risk of drunkenness.

Boiling the water for tea helps to kill off germs that live in water. In the past, this single fact made tea a drink that people associated with good health and long life. Recent research shows the reason why. Many teas contain some kind of phenolic*, which is one of nature's most powerful antiseptics. The phenolics in a cold cup of tea can help counter the effects of cholera, whooping cough and food poisoning. Other properties of tea appear to have a stress reducing effect that can help reduce blood pressure and strain on the heart. Perhaps, it is for this reason that most Britons famously turn to 'a nice cup of tea' in times of crisis!

* Pronunciation of *phenolic* - [fi-nol-ik]



FORM 5

**ENGLISH
LISTENING COMPREHENSION**

TIME: 15 minutes

Name: _____ **Index No:** _____ **Class:** _____

1. State whether the following are True (T) or False (F). Give a reason for your answer. 4 marks []

- a) Tea was first drunk in China and then spread to the rest of the world. _____.
Reason: _____
- b) The Chinese believe that drinking tea helps them to meditate. _____.
Reason: _____
- c) Boiling water for tea helps keep one healthy. _____.
Reason: _____
- d) Phenolics help to reduce stress. _____.
Reason: _____

2. Match Column A with Column B by putting the correct letter in the box to form a complete sentence. The first one has been done for you. There are more items than you need to use in column B. 2 marks []

	Column A		Column B
a	It could take many days to		takes place in silence.
b	Japanese hosts		takes place in the north.
c	Japanese guests		takes place in the south.
d	The Japanese ceremony	a	prepare a Japanese tea ceremony.
e	The Chinese tea cups are larger if the ceremony		prepare a room with an appropriate atmosphere.
			chat while they drink tea.
			drink only a few mouthfuls of tea.
			drink fermented tea.
			wash their hands before the ceremony.

3. Give four reasons why factory workers were encouraged to drink tea. 4 marks []

- a) _____
- b) _____
- c) _____
- d) _____

(10 marks) []



FORM 5 **ENGLISH**
COMPREHENSION TEXTS

SECTION B – COMPREHENSION

Read the following texts and then answer the questions on the Language Paper.

Text 1

'Sleep lessons' for grumpy teens

Pupils at schools in Glasgow are being given lessons in how to sleep. The sessions, run by the charity Sleep Scotland, aim to teach pupils tips such as the importance of a bed-time routine and avoiding late-night television.

- 5 Experts say teenagers who seem grumpy and uncommunicative could actually be sleep deprived because they go to bed after midnight - even on week nights. The advice for pupils is that they should be sleeping for more than nine hours a night. Researchers found that after going to bed at 23.00 or midnight, teenagers were staying awake for hours watching television, playing on game consoles, or browsing the internet. Some pupils were getting as little as four or five hours sleep a night.
- 10 One of the schools taking part in the project is Bellahouston Academy in south-west Glasgow. Fiona Patterson, head of health and wellbeing, said the survey results were "absolutely shocking...It doesn't surprise, though. They can't function on so little sleep." Sleep Scotland says getting enough sleep boosts academic performance and sporting prowess. However, going without can be linked to obesity and a greater risk of depression.
- 15 Jane Ansell, director of Sleep Scotland, said: "You wouldn't send somebody to school without having the right amount of food, so why would you send them without enough sleep?" The charitable organisation hopes to use the pilot project to develop a pack which could then be offered to schools across Scotland. Scotland's largest teaching union, the EIS,
- 20 have welcomed the study but say teachers already watch out for all aspects of their pupils' welfare.
- A spokesman for Glasgow City Council said: "We are committed to providing guidance to young people so they can get the right amount of sleep and maximise their learning potential."
- 25 One 15-year-old who has attended the first of a series of sessions said he had tried going to bed early as a result of what he had been taught. "I went to my bed at 10-ish rather than 11, and I do feel a little bit more awake," he said. "I wasn't sleeping in French, as I usually do," he added, "so my French teacher is pleased anyway."

Adapted from an article by Huw Williams

Answer the questions on the Language Paper.

Text 2

Bank sleep to fight tiredness

As anyone who has unwittingly drifted off at their desk will know, tiredness can really creep up on you when you least need it. But a new study is offering some good news; it claims to prove that we can bank sleep and store *it* up in advance of a tiring event. Researchers in the US invited a group of volunteers to adjust their sleep patterns so the effect could be monitored.

For a week, one half of *the group* were allowed extra sleep, while the others were told to keep their sleeping patterns the same. Then, the following week, they were all sleep-deprived. "After this week of either extended or habitual sleep per night, all the volunteers came to the lab and they were given three hours of sleep, per night, for a week," explained Tracy Rupp from the Walter Reed Army Institute of Research. *They* were then given tasks of varying complication, and tests showed that those who had banked the sleep were "more resilient during the sleep restriction".

"They showed less performance deterioration with regard to reaction time and alertness than the group that had been given the habitual prior sleep," said Ms Rupp. The tests even showed that a week after the experiment, the pre-stored sleepers were recovering better from *their* sleep deprivation than the habitual sleepers. "What we're basically saying is if you fill up your reserves and pay back your sleep debt ahead of time, you're better equipped to deal with the sleep loss challenge."

For business people, the research suggests an end to the end-of-the-day exhaustion. But for the military, *it* could be a life saver. The researchers say that after some more testing, the theory could be worked into pre-tour routines for the forces. "Hopefully the operational planning could take this information into account and give soldiers additional sleep prior to a long-term mission," says Ms Rupp.

The next step of research, they say, is to find out exactly why the extra sleep can be banked. "We'd like to know what's going on psychologically in the brain. Next steps will be to do this sort of study but using brain imaging to see exactly what's going on in the brain."

Unfortunately, for now at least, the research team is unable to determine quite how much time you need to bank for maximum effect. "My hunch would be that it's very individualised. Further research does need to be done to determine exactly how many nights are necessary." And, as anyone who has tried to get an early night before a big day will know, it's one thing being in bed - it's another thing actually nodding off.

"A lot of our volunteers came into the lab and, knowing they had to go to bed at 9pm, were concerned that they would not be able to fall asleep. One way you might be able to capitalise and get some extra sleep is napping. Although this study didn't use napping, *it* has been shown to be very effective, at least improving performance in the short term."

Adapted from an article by Dave Lee (BBC World Service)

Answer the questions on the Language Paper.

FORM 5 **ENGLISH LANGUAGE** **Time: 2 hours**

Name: _____ Index No: _____ Class: _____

Oral Assessment	Listening	Written Paper	TOTAL

SECTION A – LANGUAGE

(20 marks)

A. Fill in the blanks with the correct form of a phrasal verb from the box. There is one extra phrasal verb which you will not need to use. The first one (0) has been done for you.

get back	break down	come across	look up	meet up	pull through
get over	break into	come round	look after	run out of	pull in

Mark phones his friend Jane.

Mark: Hello Jane, can I (0) come round to discuss the project tonight? I (1)_____ a great book on the subject and I think it will be a real help.

Jane: Oh no! I've forgotten all about it! My computer (2)_____ yesterday and it has completely slipped my mind. Can we (3)_____ at your place tomorrow afternoon?

Mark: I will have to (4)_____ to you about that as I am not sure if I can make it. My grandmother is very ill in hospital and I would like to visit her. I am worried that she will not (5)_____.

Jane: I'm so sorry to hear that. What happened?

Mark: A thief (6)_____ her house last week and she suffered a heart attack from the shock.

Jane: I do hope she (7)_____ it soon, and don't worry about the project, I can (8)_____ some more books at the library tomorrow and when I'm out I'll go to the stationery as I (9)_____ A4 paper. We will not be able to meet in the evening, though as I promised to (10)_____ my niece as her parents are going out.

5 marks

B. Fill in the blanks with a word formed from those underlined. The first one (0) has been done for you.

Unlike his friends, John didn't believe in <u>haunt</u> houses – at least he hadn't since his <u>child</u> . However, his friends knew that any bet, however small, was <u>resist</u> to him and that was why he was now walking down the <u>carpet</u> corridor, his footsteps echoing loudly on the floor tiles. Moonlight shone through the windows of the <u>luxury</u> furnished rooms down each side. As he walked <u>far</u> down the corridor, which stretched ahead of him into <u>dark</u> , he got a shock when he saw a figure, until he realised it was only his <u>reflect</u> in a mirror. <u>Sudden</u> , he came to the end of the corridor. He glanced at his watch, grinned and walked with <u>vigour</u> steps towards the front door, where he knew his two friends were <u>fear</u> waiting for him.	(0) <i>haunted</i>
	(1) _____
	(2) _____
	(3) _____
	(4) _____
	(5) _____
	(6) _____
	(7) _____
	(8) _____
	(9) _____
	(10) _____

5 marks

C. Read the following newspaper article and fill in the blanks with the correct form of the verb in brackets. The first one (0) has been given as an example.

A Sumatran tiger (0) roars (roar) angrily in its filthy cage as a veterinarian sprays liquid antibiotic on its scratched face. The 110kg seven-year-old tiger (1) _____ (capture) in Sumatra's Riau province in September after five people (2) _____ (kill) by a tiger. It (3) _____ (be) one of the few remaining Sumatran tigers, whose numbers (4) _____ (decline) sharply in the past decade. "We (5) _____ (bring) him here after negotiating with the locals. If we hadn't taken him away, the locals (6) _____ (kill) it in revenge," Yolanda Trihastuti, a veterinarian from the Safari Park in Jakarta, told Reuters. Yolanda continued, "Apparently, however, the locals (7) _____ (catch) the wrong tiger, as another man (8) _____ (find) dead from a tiger attack two weeks later." Trihastuti said the tiger (9) _____ (keep) in the Park for the next two months before (10) _____ (move) it to a Sumatran tiger breeding centre.

5 marks

D. Fill in the blanks with ONE word. The first one (0) has been provided as an example.

It is a fact that we look at things differently as we (0) get older. This change
(1)_____ of thinking has to do with life experiences. It can also
(2)_____ to ageing. Research has (3)_____ that people over
sixty are more stubborn and irritable (4)_____ people in their thirties.
Sometimes this makes it (5)_____ to get on well with them.
(6)_____, old people get on well with children, even
(7)_____ there is a large age difference. This is mainly
(8)_____ they offer their grandchildren their experience and love. As for young
children, they should do their (9)_____ to make old people feel respected and
wanted. (10)_____ many of us may have grown up surrounded by our
grandparents' love, we are not as tolerant or polite towards old people as we should be.

5 marks

PLEASE TURN OVER THE PAGE

SECTION B – COMPREHENSION

(30 marks)

Read Text 1, ‘Sleep lessons’ for grumpy teens, which is on a separate sheet, and then answer the following questions.

(1) Tick (✓) the correct answers. 1 mark []

a) The passage is most likely taken from

- ☐ i. a school magazine.
- ☐ ii. a newspaper.
- ☐ iii. an academic journal.
- ☐ iv. a brochure.

b) Sleep Scotland is the name of

- ☐ i. a school in Scotland.
- ☐ ii. a charitable organisation in Scotland.
- ☐ iii. the Glasgow City Council.
- ☐ iv. Scotland’s teaching union.

(2) Explain **in your own words** what is meant by “teenagers who seem grumpy and uncommunicative could actually be sleep deprived” (lines 4 – 5). Pay particular attention to the underlined words. 3 marks []

(3) Find words from lines 10 to 23 which match the following meanings: 3 marks []

a) very		d) wellbeing	
b) improves		e) make the most of	
c) ability		f) capability	

(4) a) What is the aim of the pilot project? 2 marks []

b) What does Sleep Scotland intend to do after the pilot project?

a) _____

b) _____

- (5) a) What are pupils being advised to do?
 b) What are the advantages of following this advice?
 c) What could happen to those who do not do so?

3 marks

a) _____

 b) _____

 c) _____

Read Text 2, 'Bank sleep to fight tiredness' and answer the questions that follow.

- (6) What does the article mean by 'we can bank sleep' (line 3)? 2 marks []

- (7) a) Mention **two** groups of people who could benefit from the research. 1 mark []
 b) In what ways could these people benefit? 2 marks []

a) _____

 b) _____

- (8) Show whether the following are **True (T)** or **False (F)**. Give a reason to prove whether each statement is True or False. 4 marks []

- a) The research has shown why sleep can be banked.

This statement is _____ because _____

- b) Research has shown how much sleep is needed to bank sleep.

This statement is _____ because _____

c) Research has shown that everyone banks sleep in equal amounts.

This statement is _____ because _____

d) One thing that worried the volunteers was that they would not be able to sleep.

This statement is _____ because _____

(9) What do the words below refer to in the passage?

3 marks []

- a) it (line 3) _____
- b) the group (line 6) _____
- c) They (line 10) _____
- d) their (line 16) _____
- e) it (line 20) _____
- f) it (line 34) _____

(10) **Summary.** In a paragraph of **65 to 75 words**, describe the experiment the researchers carried out and its results.

6 marks []

(number of words = _____)

SECTION C – COMPOSITION

(30 m)

Write a composition of between 300 and 350 words about ONE of the following.
Do NOT write less than 300 words or more than 350 words.

(1) You have just read the following letter in the Letters Page of an English language newspaper.

Dear Sir/Madam,
I strongly feel that animals should not be used in experiments. Animals have feelings and should not be subjected to such torture. I am sure scientists and cosmetic companies can find other means to test their products.

Yours faithfully,
Joseph Borg

Write a **letter** to the editor of the newspaper saying whether you agree *or* disagree with the writer of this letter and give reasons to support your point of view.

(2) Write a **short story** for the school magazine which *ends* with the following words:
“I couldn’t stop laughing all the way back home.”

(3) You have just seen this notice on the school notice board.

International Students’ Magazine
We are looking for articles on people who have influenced the life of young people. You can write about a famous person or an ordinary person.
The best articles will be published in next month’s magazine.

Write a **biography** of a person who has influenced you, for the magazine. In your biography write about the life of the person, his/her character, his experiences and/or achievements, and give reasons why you chose this person.

Composition title number: _____
