Annual Examinations for Secondary Schools 2014

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. I shall first read through the questions and then read the passage at normal reading speed. You may take notes on the blank sheet provided 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 answers.

a. 3 minutes - Teacher reads out the questions
b. 3 minutes - First reading aloud of passage while students take notes.

c. 3 minutes - Students may answer questions.

d. 3 minutes - Second reading of passage and possibility of answering questions.

e. 3 minutes - Final revision.
You are going to hear a tour guide talking about some of the ghosts that are said to haunt Hampton Court Palace.

Catherine Howard is one of the palace’s many ghosts. She is reported to often visit the palace’s Haunted Gallery. King Henry VIII, her husband, accused her of betraying him and she was put on house arrest but she escaped from her guards and ran down the gallery, only to be dragged back to her room screaming. This fifth wife of the king was then executed in the Tower of London. Guests and staff at the palace have reported hearing Catherine’s scream from the gallery. One evening in 1999, during different tours of the palace, two female visitors fainted in exactly the same spot in the same gallery where the screams of Catherine are often heard.

Sybil Penn, also known as the Grey Lady of Hampton Court, is another of the palace’s many ghosts. Several sightings of the Grey Lady have been reported in various areas of the castle. She was a servant to the Tudor monarchs of the house and a nurse to Prince Edward, as well as Elizabeth I. She cared for the future queen while she was sick with small pox, only to die later of the same disease.

The first sightings of her ghost began in 1829 when her tomb was moved. Immediately after her tomb was disturbed, several strange noises were reported. Some say that they can still hear the sound of a spinning wheel throughout the court. A search in the palace revealed an antique spinning wheel. Whether this is a coincidence or not, no one can confirm. Some of the places she continuously haunts are the Clock Court and the state apartments.

The ghostly figure captured on CCTV in one of the palace yards, which people have since called “Skeletor” has been reported worldwide. The image was captured in the winter of 2003 while security staff reviewed CCTV footage. Security staff saw that on the first day, doors swung wide open with great force, but nothing can be seen which could have caused such an occurrence.

On the second day, doors swung wide open again and this time a ghostly figure could be seen which many believed to be the ghost of King Henry VIII, but many people have since named the spirit “Skeletor”. On the third day the doors swung again, but nothing was seen again. It was not just the security staff who reported seeing something strange. In 2006, a visitor wrote on the palace’s visitor book that she thought she had also seen the apparition of a large man near the same doors.
1. State whether the following statements are True (T) or False (F). (4 marks)
   (a) King Henry VIII accused his fifth wife of betraying him. _____
   (b) Catherine Howard was executed in Hampton Court Palace. _____
   (c) Sybil Penn was a Tudor monarch. _____
   (d) Sybil Penn only haunts the Clock Tower and the state apartments. _____

2. Match column A to column B, by writing the correct letter in the empty column. (2 marks)

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>a  Catherine Howard</td>
<td>Clock Court</td>
</tr>
<tr>
<td>b  Sybil Penn</td>
<td>future queen</td>
</tr>
<tr>
<td>c  King Henry VIII</td>
<td>Haunted Gallery</td>
</tr>
<tr>
<td>d  Elizabeth I</td>
<td>Palace Yard</td>
</tr>
</tbody>
</table>

3. What do these dates refer to in the passage? (4 marks)
   (a) 1999 - ________________________________________________________________
   (b) 1829 - ________________________________________________________________
   (c) 2003 - ________________________________________________________________
   (d) 2006 - ________________________________________________________________
TEXT 1

If you’re looking for a heart-healthy eating plan, the Mediterranean diet might be right for you. Numerous studies carried out by the best diet, nutrition and health experts reveal that the inhabitants of Mediterranean countries enjoy one of the highest quality of life levels and longest life expectancies in the world. The secret of their privileged situation lies in the Mediterranean diet which mainly consists of cereals and products coming from them such as bread, pasta and rice, beans, vegetables and of course, nuts and dried fruit. Fish, eggs, poultry and dairy products can also be found in this diet, although in lesser quantities. Thus, the Mediterranean diet incorporates the basics of healthy eating — plus a splash of flavourful olive oil and perhaps a glass of red wine — among other components characterising the traditional cooking style of countries bordering the Mediterranean Sea.

Nuts, therefore, play an important role in the Mediterranean diet. The vegetable oil they contain is free of cholesterol and constitutes the best source to obtain the fat required by the human body. Because nuts are high in calories, they should not be eaten in large amounts; generally no more than a handful a day. For the best nutrition, candied or honey-roasted and heavily salted nuts should be avoided.

Grains in the Mediterranean region are typically whole grain and usually contain very few unhealthy fats. Bread is an important part of the Mediterranean diet; however, it is eaten plain or dipped in olive oil — not with butter, margarines or spreads, which contain saturated fats.

Olive oil characterises the Mediterranean diet and is an essential component of it. Apart from its famous delicate and fragrant flavour, recent research has determined that olive oil contributes to the prevention of heart problems and control of diabetes. Olive oil has been produced since past times as olive trees have been cultivated all along the Mediterranean coast for thousands of years in Egypt, Crete and ancient Greece. The olives and the oil from these trees have significantly influenced the people’s diet and they are a key element of their culture. The oil collected from the olives is considered to be very healthy if consumed in moderation. People use olive oil in a variety of ways: in salads, on pasta or even on its own with a slice of fresh bread.

There is no doubt regarding the health benefits of the Mediterranean diet. “Following a strict Mediterranean diet offers substantial protection against heart disease, cancer, Parkinson's and Alzheimer’s”, the Daily Express reported. It said the biggest ever study into the diet had shown that a diet rich in fruit, vegetables and fish can reduce the number of deaths from these diseases. It found that people who stick to the diet are 9% less likely to die young and they show significant improvements in health. For this reason, most if not all major scientific organisations encourage healthy adults to adapt a style of eating like that of the Mediterranean diet for prevention of these major chronic diseases.

In 2010 the Mediterranean diet was recognised as a part of the Humanity Cultural Heritage by UNESCO.
### Mediterranean Diet Pyramid

<table>
<thead>
<tr>
<th>FOOD GROUPS</th>
<th>GUIDANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meats and sweets</td>
<td>Less often</td>
</tr>
<tr>
<td>Poultry, eggs, cheese and yogurt</td>
<td>Moderate portions, daily to weekly</td>
</tr>
<tr>
<td>Fish and seafood</td>
<td>Often, at least two times a week</td>
</tr>
<tr>
<td>Fruits, vegetables, grains (mostly whole), olive oil, beans, nuts, legumes, seeds, herbs and spices</td>
<td>Base every meal on these foods</td>
</tr>
</tbody>
</table>
The book “The Change” is about a very (0) unpopular (POPULAR) boy who does not have any friends. This is because he is (1) ___________________ (SENSITIVE) to other people’s feelings. He is (2) ___________________ (KIND) to everyone and criticizes everything his friends do. He is also quite (3) ___________________ (MATURE) for his age and his behaviour is (4) ___________________ (TOLERABLE). At school he is very (5) ___________________ (HAPPY). His writing is (6) ___________________ (LEGIBLE), his homework is often (7) ___________________ (CORRECT) and so his teachers often punish him. One day he finds an injured dog and his life changes. He stops being (8) ___________________ (RESPONSIBLE). He realises that although the world is (9) ___________________ (PERFECT) and sometimes (10) ___________________ (JUST), things can get better.

Nobody really knows how the (1) ___________________ of basketball was invented. Some say that some ancient Greek vases show (2) ___________________ playing this game. It is thought, however, that the game began in the United States (3) ___________________ recently. Somebody thought of the game in a youth (4) ___________________. Nobody can (5) ___________________ this of course, so perhaps it began earlier. Wherever people first played the game, basketball has now become very (6) ___________________ and many (7) ___________________ of people play it. Basketball can be played either (8) ___________________ or outdoors. Many supporters follow this game on (9) ___________________ especially when an (10) ___________________ game is being aired.
C. Fill in the blanks with the correct form of MAKE or DO. The first one (0) has been worked out for you. 5 marks [  

Jane has a lot of chores to (0) do at home. She has to (1) ___________________ the beds, (2) ___________________ the laundry, (3) ___________________ supper, and (4) ___________________ the shopping. She also has to (5) ___________________ sure that she leaves time to (6) ___________________ her homework as she studies at the local university. Jane also works part time for a company. She (7) ___________________ plans for the company. Her boss often tells her that she is (8) ___________________ a good job and she rarely (9) ___________________ mistakes. Unfortunately, she doesn’t (10) ___________________ a lot of money at this job.

D. Fill in the blank spaces with the correct form of the verb within brackets. The first one (0) has been done for you. 5 marks [  

While we (0) were sitting (sit) in the restaurant, I (1) ___________________ (realise) that I (2) ___________________ (forget) my wallet. It (3) ___________________ (be) very embarrassing when it was time (4) ___________________ (pay) the bill. Luckily, my sister who (5) ___________________ (have) lunch with me (6) ___________________ (bring) her purse and as she always (7) ___________________ (do) she (8) ___________________ (save) the day. I (9) ___________________ (be) always very careless but in the future I (10) ___________________ (check) if I have my wallet before entering a restaurant.

E. READING COMPREHENSION (30 marks)

Read TEXT 1, which is on a separate sheet, and then answer the questions below.

1. Tick (✓) the best title for the passage. 1 mark [  

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>i)</td>
<td>Mediterranean Countries</td>
</tr>
<tr>
<td>ii)</td>
<td>Cooking Around the Mediterranean</td>
</tr>
<tr>
<td>iii)</td>
<td>The Origin of Olive Oil</td>
</tr>
<tr>
<td>iv)</td>
<td>The Benefits of the Mediterranean Diet</td>
</tr>
</tbody>
</table>
2. What do these words refer to in the passage?  
   i) their (line 4) - ____________________________  
   ii) which (line 4) - ____________________________  
   iii) they (line 10) - ____________________________  
   iv) it (line 16) - ____________________________  
   v) is (line 18) - ____________________________  
   vi) It (line 28) - ____________________________  
   3 marks [ ]

3. Match the words on the left with their meanings on the right, by writing the correct letters in the empty boxes.  
   3 marks [ ]

   a) Numerous (line 2) ____________________________ includes  
   b) privileged (line 4) ____________________________ elements  
   c) incorporates (line 7) ____________________________ important  
   d) components (line 9) ____________________________ plentiful  
   e) essential (line 18) ____________________________ decrease  
   f) reduce (line 29) ____________________________ advantaged

4. Say whether the following statements are TRUE (T) or FALSE (F) and give a reason from the passage.  
   4 marks [ ]

   i) Dairy products and cereals can be consumed in equal amounts.  
      ____________________________  
      Reason: ____________________________  
   ii) The Mediterranean Diet does not include any kind of alcohol.  
      ____________________________  
      Reason: ____________________________  
   iii) The production of olive oil has had an effect on people’s eating habits.  
      ____________________________  
      Reason: ____________________________  
   iv) The use of olive oil is limited.  
      ____________________________  
      Reason: ____________________________

5. Why are the inhabitants of Mediterranean countries considered to be “privileged”?  
   2 marks [ ]

      ____________________________  
      ____________________________  
      ____________________________  
      ____________________________
6. Why should nuts be eaten in moderation?  2 marks [   ]

7. Give **TWO** ways in which bread should be eaten.  1 mark [   ]
i) ________________________________________________________________

ii) ________________________________________________________________

8. Write down **TWO** medical benefits of olive oil.  2 marks [   ]
i) ________________________________________________________________

ii) ________________________________________________________________

9. What were the two main outcomes of the study reported by the *Daily Express* regarding people who follow the Mediterranean Diet?  2 marks [   ]

____________________________________________________________________

____________________________________________________________________

10a. What do scientific organisations encourage?  2 marks [   ]

____________________________________________________________________

____________________________________________________________________

10b. Why?  1 mark [   ]

____________________________________________________________________

11. What did UNESCO do in 2010?  2 marks [   ]

____________________________________________________________________

____________________________________________________________________

**TEXT 2**

Look at the Mediterranean Diet Pyramid and say whether the following statements are True (T) or False (F).  5 marks [   ]

<table>
<thead>
<tr>
<th>Statement</th>
<th>True/False</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Meats should be eaten in lesser quantities than fish.</td>
<td>_________</td>
</tr>
<tr>
<td>2. Fish should not be eaten more than once a week.</td>
<td>_________</td>
</tr>
<tr>
<td>3. Every meal should include dairy products.</td>
<td>_________</td>
</tr>
<tr>
<td>4. Cakes must not be eaten on a regular basis.</td>
<td>_________</td>
</tr>
<tr>
<td>5. Moderate portions of chicken can be eaten every day.</td>
<td>_________</td>
</tr>
</tbody>
</table>
F. COMPOSITION  

(30 marks)

Write between 180 and 200 words on ONE of the following:

1. Write a story for your school newsletter using the following sentence in the conclusion: “It was such a difficult decision.”

2. Your parents went on holiday abroad and you were left at home looking after the house. One night a severe storm caused considerable damage to the house. Describe what happened exactly and what you did about it.

3. You have recently bought a mobile phone which is not functioning well. Write a letter to the manager of the shop from where you bought the phone complaining about this and demanding a refund or a replacement.

4. Write a review of a film that you have recently seen and that you did not like. Say why you did not like it and why you do not suggest that your friends see it. You can use the following ideas to help you:
   
   a film of poor quality, plot difficult to understand, acting of low standard, far too long, no impressing special effects, inappropriate style of music

Composition title no: _____

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