

E. READING COMPREHENSION

30 marks

Note:

- Markers are reminded not to penalise language errors unless what is written is unintelligible.
- Answers do not have to be in full sentences.
- Unless otherwise indicated, award marks for answers which include the following content, which may also be rephrased.

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)

✓	iv) <i>The Benefits of the Mediterranean Diet</i>
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2. What do these words refer to in the passage? (½ mark x 6 = 3 marks)

- i) their (line 4) - *inhabitants of the Mediterranean countries*
- ii) which (line 4) - *the Mediterranean Diet*
- iii) they (line 10) - *nuts*
- iv) it (line 16) - *bread*
- v) is (line 18) - *olive oil*
- vi) It (line 28) - *Daily Express*

3. Match the words on the left with their meanings on the right. (½ mark x 6 = 3 marks)

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

4. Say whether the following statements are TRUE (T) or FALSE (F) and give a reason from the passage. **Both parts of the answer should be correct for the mark to be awarded.**

(1 mark x 4 = 4 marks)

- i) Dairy products and cereals can be consumed in equal amounts. **F**
Reason: *Dairy products should be eaten in lesser quantities.*
- ii) The Mediterranean Diet does not include any kind of alcohol. **F**
Reason: *One can have a glass of red wine.*
- iii) The production of olive oil has had an effect on people's eating habits. **T**
Reason: *It has influenced people's diets.*
- iv) The use of olive oil is limited. **F**
Reason: *It is used in a variety of ways. / It can be used in salads, pasta or with bread.*

5. Why are the inhabitants of Mediterranean countries considered to be “*privileged*”? (2 marks)
- *because they enjoy one of the highest quality of life levels and longest life expectancies in the world*
6. Why should nuts be eaten in moderation? (2 marks)
- *because they are high in calories*
7. Give **TWO** ways in which bread should be eaten. (½ mark x 2 = 1 mark)
i) *plain*
ii) *dipped in olive oil*
8. Write down **TWO** medical benefits of olive oil. (1 mark x 2 = 2 marks)
i) *it contributes to the prevention of heart problems*
ii) *it contributes to the control of diabetes*
9. What were the two main outcomes of the study reported by the *Daily Express* regarding people who follow the Mediterranean Diet? (1 mark x 2 = 2 marks)
They are 9% less likely to die young and they show significant improvement in their health.
- 10a. What do scientific organisations encourage? (2 marks)
They encourage healthy adults to adopt a style of eating like that of the Mediterranean diet.
- 10b. Why? (1 mark)
- *for the prevention of major chronic diseases / for the prevention of heart disease and diabetes*
11. What did UNESCO do in 2010? (2 marks)
It recognised the Mediterranean diet as part of the Humanity Cultural Heritage.

TEXT 2

Look at the Mediterranean Diet Pyramid and say whether the following statements are True (T) or False (F). (1 mark x 5 = 5 marks)

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|--|----------|
| 1. Meats should be eaten in lesser quantities than fish. | <i>T</i> |
| 2. Fish should not be eaten more than once a week. | <i>F</i> |
| 3. Every meal should include dairy products. | <i>F</i> |
| 4. Cakes must not be eaten on a regular basis. | <i>T</i> |
| 5. Moderate portions of chicken can be eaten every day. | <i>T</i> |

F. COMPOSITION

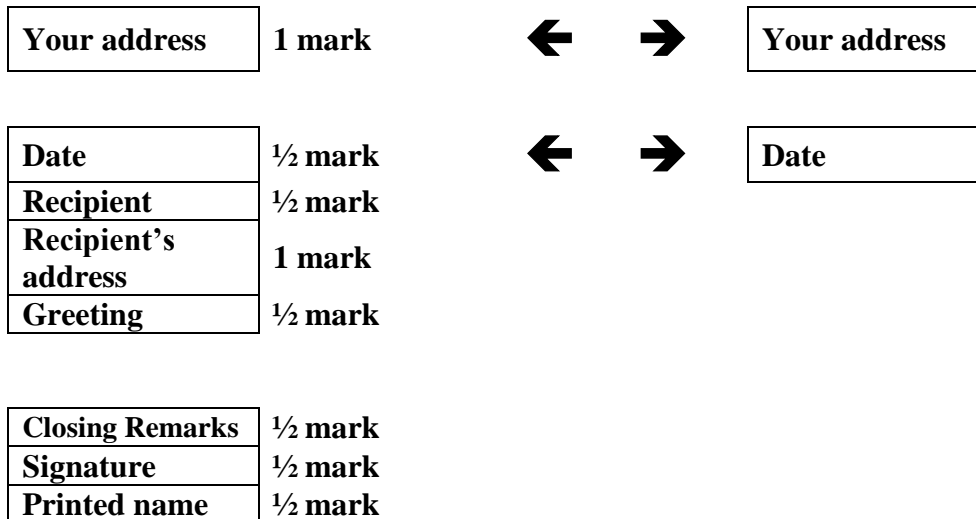
30 marks

Candidates should be rewarded for relevance and range of ideas. If a composition is deemed to be irrelevant initially it is to be marked according to the marking scheme and then up to 10 marks are to be deducted.

Format of Letter

Five marks should be deducted if candidates do not observe the correct format of letter writing – marks to be deducted as laid out below.

Formal Letter



25 – 30 marks Excellent	<ul style="list-style-type: none"> ▪ Hardly any language problems. ▪ Shows a wide range and precision of vocabulary ▪ Uses idiomatic expressions and shows an ability to communicate subtleties of language. ▪ Uses the appropriate style.
19 – 24 marks Very Good	<ul style="list-style-type: none"> ▪ Demonstrates a good choice and range of vocabulary. ▪ Shows ability to write with appropriate style. ▪ Can handle sentence structures well. ▪ Fluent and coherent. ▪ Hardly any spelling errors.
13 – 18 marks Pass	<ul style="list-style-type: none"> ▪ Adequate vocabulary. ▪ Fairly accurate in structures and spelling. ▪ Shows competence in communication. ▪ Limited in style. ▪ Coherent but unimpressive.
7 – 12 marks Weak	<ul style="list-style-type: none"> ▪ Limited vocabulary. ▪ Shows no real ability to communicate except in the simplest of terms. ▪ Poor spelling. ▪ Confused structures and nearly incoherent.
1 – 6 marks Very Poor	<ul style="list-style-type: none"> ▪ Very limited vocabulary. ▪ Sentences are almost meaningless with no structure and very poor spelling. ▪ Very little communication.