



Annual Examinations for Middle Schools 2022

YEAR 7

ENGLISH SOURCE BOOKLET

In this booklet, you will find the texts which you need to read to be able to answer the reading comprehension and literature questions in the Main Paper.

SOURCE A

Please turn over for Source A.

10 Healthy Travel Tips



Subtitle 1

1

Will there be a meal served on your flight? Are you planning to eat at the airport? What are the dining options near your hotel? Plan ahead by calling the places you'll be visiting and researching the area.



Subtitle 6

6

Planning to eat at the airport? Be sure to choose plant-based, high-fibre, zero-cholesterol meals. To find out which airport restaurants offer plant-based meals, use the Airport Food Review. Visit [AirportFoodReview.org](https://www.airportfoodreview.org).

Drink Water

2

Bring an empty water bottle to fill up once you get past security at the airport. Staying hydrated prevents your sinus cavities from drying out on the plane. Eating fresh fruit will also help your hydration.

Pic 2

Subtitle 7

7

Getting a good night's rest is optimal for long travel days. Being well rested will help your immune system stay at the top of its game.



Pack a Snack

3

Apples, oranges and bananas are the original fast food! Toss a few in your carry-on for a snack.

Pic 3

Sanitise

8

Pack hand sanitiser (TSA-approved 3.4 ounces or less) or bacteria-killing wipes in case you can't get to a sink to wash your hands before eating.

Pic 8

Subtitle 4

4

Get up and stretch or walk around to keep circulation going on a long flight. If you get to the airport early, take a lap around the terminal before boarding.



Hydrate Your Skin

9

Applying a great moisturiser or some hydrating oils will help you combat the dry air in the airplane's cabin. Flying can dry out your skin due to the lack of moisture on the plane.



Avoid Salt and Sugar

5

Don't rely on salted nuts or processed foods while travelling. The extra sodium will dehydrate you during the flight. Also, avoid excess sugars, caffeine, and alcoholic beverages to minimise travel-related health conditions.

Pic 5

Eat Breakfast

10

Start your day off by fuelling up on a hearty plant-based breakfast. Choose whole grains and foods high in fibre to fill you up and give you energy.



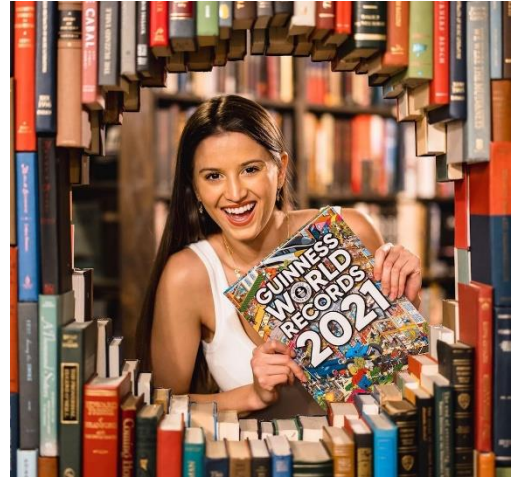


The youngest person to travel to every country in the world!

By Kristen Stephenson Published 20 November 2019

5 It was back in October 2017 when Lexie Alford decided to do everything in her power to break a Guinness World Records' title. And it wasn't just any record - because she is now the world's youngest female to travel to all the countries of the world at the incredibly young age of 21 years 177 days.

10 Her mother began her very own travel business at a young age, and always took Lexie with her on all of her travels. By the time she was only 18 years old, she had already visited seventy countries, inspiring her to conquer the rest of the world.



15 This is how she went about it. "Once I knew which countries I had left, I broke down the world into regions. I started in Central America, then went down through South America. I then travelled to the countries in Europe that I had never been to before," she explained.

20 "From there, I went on a huge, beautiful trip through Asia. Things started getting more difficult because I went to The South Pacific island nations, an area of the world that I had never been to before."

Sometimes getting visas and planning routes proved very time-consuming for Lexie. Yet, knowing what an amazing journey lay ahead of her, kept her passionate about travelling. She most looked forward to the different cultures she would be exposed to and the unique sites she would see with her own eyes.

25 "There were so many different countries I loved for different reasons but one country I remember with love is Pakistan. Since the country is still developing tourism-wise, the locals aren't fed-up of foreigners, are incredibly friendly and were excited to share their culture with me."

30 But no record-breaking journey as great as this would come without challenges; aside from racing against the clock, she also spent hours on planes, experienced extreme food poisoning and other misfortunes.

35 "There was never a specific moment where I felt like I wanted to give up completely, but there were some periods that were more difficult than others. When travelling solo through the South Pacific island nations, I felt very lonely and travelling through West Africa was extremely stressful because of visa issues and also catching malaria."

Despite these conditions, Lexie never gave up hope. Stopping home regularly to rest and be with her family, she reached her final destination of Mozambique on 4th October 2019.

- 40 "I learned so much about the world during my travels. One of the biggest lessons
for me was realising that despite coming from very different environments and
growing up with different values and economic situations, all the people I met
showed me nothing but love and kindness. If anything, the world would be so
45 boring if everything was the same everywhere. I believe it's our differences that
make discovering new cultures such a beautiful experience."

Lexie thanks her mother most of all for all of her support and motivation
throughout this trek around the world. She has just released a book and started
her own travel podcast about the numerous places she has visited, and the life
50 lessons that she had gained along the way. She plans to create an online travel
course for others to learn from her experiences.

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f t v i @ in s p d

Adapted from <https://www.guinnessworldrecords.com/news/2019/11/around-the-world-by-the-age-of-21-the-woman-who-has-visited-all-195-countries-in-600551>

SOURCE C : Unseen Poetry

The Village Blacksmith

Under a spreading chestnut-tree
The village smithy stands;
The smith, a mighty man is he,
With large and ¹sinewy hands,
And the muscles of his brawny arms
Are strong as iron bands.

His hair is crisp, and black, and long;
His face is like the tan;
His brow is wet with honest sweat,
He earns whate'er he can,
And looks the whole world in the face,
For he owes not any man.

Week in, week out, from morn till night,
You can hear his bellows blow;
You can hear him swing his heavy sledge,
With measured beat and slow,
Like a ²sexton ringing the village bell,
When the evening sun is low.

And children coming home from school
Look in at the open door;
They love to see the flaming forge,
And hear the bellows roar,
And catch the burning sparks that fly
Like ³chaff from a threshing-floor.

⁴Toiling,—rejoicing,—sorrowing,
Onward through life he goes;
Each morning sees some task begin,
Each evening sees it close;
Something attempted, something done,
Has earned a night's repose.

Thanks, thanks to thee, my worthy friend,
For the lesson thou hast taught!
Thus at the flaming forge of life
Our fortunes must be ⁵wrought;
Thus on its sounding anvil shaped
Each burning deed and thought.

By **Henry Wadsworth Longfellow**

¹sinewy – with lots of muscles

²sexton - a person who looks after a church and churchyard, typically acting as bell-ringer and gravedigger

³chaff - the outer layer that is separated from grains such as wheat before they are used as food

⁴Toiling – working really hard

⁵wrought - beaten out or shaped by hammering

SOURCE D: Unseen Drama

This scene shows James, a young boy, standing outside a house in a garden. On the right, there is a fence surrounding a giant peach, the only thing glittering in the moonlight. The lighting is very dim.

	<i>[James is walking and looking around. There is perfect silence around him. He shivers and pulls his jacket closer around him.]</i>	
James:	Everything is so <i>different</i> . Suddenly the whole place seems to be alive with magic.	
	<i>[James walks towards the Giant Peach and climbs the fence that surrounds it.]</i>	5
	Wow, it feels soft and warm! Hmmmm ... it's a little furry like the skin of a baby mouse.	
	<i>[He reaches out and touches it. Suddenly, he notices that there is a hole at the side of the peach.]</i>	10
	What's that? I...I...I don't believe it...but there's a hole in the side. It's quite a large hole!	
	<i>[James kneels down and crawls inside through the stage curtain, continuing to talk as though in a tunnel.]</i>	
	This isn't just a hole, it's a tunnel! Boy! It really is damp, dank and dark in here. These walls are wet and sticky, and it's like peach juice dripping from the ceiling. Ummm...delicious! Now it's going uphill, towards the very centre.	15
	<i>[There is a very loud knock as he hits his head.]</i>	
	Ouch! What's this? It seems like a solid wall but it's jagged and has a lot of grooves. I know what this is! I've come to the stone in the middle of the Peach! And here is a small door...let's see now...there...it swung open. What's this light...?	20
Old-Green-Grasshopper:	Look who's here!	
Centipede:	We've been waiting for you!	25
James:	Oh no! No!	
	<i>[James is frozen with fear as the curtain opens and he sees six insect-like creatures sitting comfortably on armchairs, noisily talking to each other. This part is brightly lit.]</i>	
Spider:	I'm hungry!	30
Centipede:	Everyone's famished! We need food!	
	<i>[All look at James]</i>	
Old-Green-Grasshopper:	What's the matter with you? You look positively ill.	
	<i>[He leans towards James who jumps back, looking pale and alarmed.]</i>	35
Ladybird:	Oh, my goodness, the poor thing! I do believe he thinks it's him we are wanting to eat.	
	<i>[Everyone roars with laughter.]</i>	

Adapted from the playscript of Roald Dahl's *James and the Giant Peach* by Richard George.