

Name: _____ ()

Class: _____



CHIJ KATONG CONVENT

PRELIMINARY EXAMINATIONS 2024

Secondary Four Normal (Academic)

ENGLISH LANGUAGE SYLLABUS A

1190/02

Paper 2 Comprehension

July 2024

INSERT

1 hour 50 minutes

READ THESE INSTRUCTIONS FIRST

This Insert contains Text 1, Text 2, Text 3 and Text 4.

Section A

Study the advertisement (**Text 1**) and the extract from a website (**Text 2**) and answer Questions 1–4 in the Question Paper.

Text 1 is taken from an online advertisement about a learning journey to a local farm.



 **CITY SPROUTS**

**Learning Journey for
Preschoolers & Kindergarteners**

Embark on an extraordinary adventure with Sid as children explore the enchanting wonders of our vibrant farm! Students will be brought around our farm following a story arc, specially designed to bring learning to life! With many multisensory touchpoints during the tour, children will engage in hands-on activities to learn more about nature and biodiversity.

Activities include:

- Spice Trail
- Little Green Thumb workshop
- Interaction with chickens and fish
- Farm-to-table pizza making

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Text 2 is taken from comments written by a teacher on the farm's website.

It was surely an engaging one for both adults and children. While collaborating on this field trip together, I informed City Sprouts of the class age group and size and they were accommodating to split the class into smaller groups and to include sensory experiences to engage the children better. From meeting the furry friends, to the outdoor cook-out, and introduction to a variety of plants, the children had a great time participating in the activities. I would also like to thank the facilitators who were friendly and fun. Thumbs up to City Sprouts for this awesome learning journey!

Section B**Text 3**

The text below is about a man's experience with harvesting bananas.

Read the text carefully and answer Questions 5–14 in the Question Booklet.

- 1 Jekin chooses the sturdiest banana tree in the plantation and sits beneath it. He leans back on the trunk, pressing against it with all his weight. He lays the parang next to his right thigh, paying no attention to its rusty blade. The tree hugs him from behind, as if Jekin is its young sapling. Jekin's skin is on fire and he exhales steam. As he takes in another breath, sweat surfaces through his singlet as magma. 5
- 2 The tree sways three of its oldest, thickest leaves towards Jekin to cool him. Those leaves are fatherly arms with brownish flaps and frayed ends. They form an umbrella above the young man. Other leaves detach themselves from the main trunk, fold into halves, their fibres blanketing loamy ground.
- 3 Jekin shuts his eyes tighter, savouring hundreds of circular flashes whirling behind the eyelids. Red and playful, they change from indigo to maroon to crimson to pink to rosy, like old blood. He lifts his head and rests it on the trunk. Sweat coats his forehead, trails his cheeks and suspends from his jaw. Droplets drip and pool in a recess of his neck. The dampness makes the veins stand out. 10
- 4 At noon, the banana plantation is calm. Birds nestle in the bushes. Insects, clicking, worship the sun in secret communion. Desiccated trees and vines withdraw their leaves and let the heat melt everything. A sweet breeze ruffles his hair. 15
- 5 He picks up the parang and swings it forcefully at the trunk. Suddenly, a searing sensation ripples across his forehead, causing Jekin to grip his head, wincing. He tries to stand properly but his limbs do not obey his command. The heat has fried parts of his brain circuit. For the eighth time today, he has to stop to rest. This is unusual for a farmer his age. Jekin flexes his elbow and bends his knees. The cramps feel like leech bites. The sting is not perceptible while in motion. Only when one is at rest that the razor-sharp pain returns. He bends his torso back and forth then left and right to rewire the circuit. 20
- 6 *Never give up.* Those words remind him of his late father. "Never give up, Jekin," his late father had told him once at the farm. "No matter how hard it gets, remember even the hard earth becomes soft after rain. Fruiting and flowering occur only once in a tree's lifetime. Therefore, each tree has only one 'heart.' Inside the heart these yellow florets will blossom to become individual bananas. After the bunch is harvested, the tree becomes sterile and weak and it eventually dies," Jekin's father's words came back to him. "Some things will never grow back, like human hearts. Once it is ruined or broken, the whole body will die too." 25 30
- 7 Jekin resumes his efforts, like a brave warrior ready to face the battlefield. He brings his hands towards his upper chest and feels his own heart. Keeping his hands steady on the parang, he deals the finishing blow.

Section C**Text 4**

The article below discusses the rising popularity of superfoods.

Read the text carefully and answer Questions 15–19 in the Question Paper.

- 1 In recent years, the term "superfoods" has gained tremendous popularity, capturing the attention of health-conscious individuals who seek the key to optimal health and longevity. Superfoods are often marketed as a panacea, offering various health benefits, and promising to transform our well-being. Are superfoods as great as they are purported to be?
- 2 The gain in significant popularity can be attributed to the powerful influence of marketing and media, which have propelled certain foods into the spotlight and bestowed upon them the coveted title of "superfoods". Through clever branding and persuasive messaging, companies promote these foods as having extraordinary health benefits, promising enhanced vitality, longevity, and even disease prevention. Social media influencers have also played a significant role in amplifying the superfood phenomenon. They have highlighted the potential health advantages of consuming these nutrient-rich foods, often sharing personal anecdotes and success stories. The promise of improved energy levels, glowing skin, and a bolstered immune system has captured the public's imagination, fueling the demand for these nutritional powerhouses.
- 3 It is crucial that we as consumers approach aggressive marketing claims with skepticism and critically evaluate the scientific evidence behind them. Scientific research has identified certain foods that consistently and positively impact our well-being. Green leafy vegetables provide a number of vitamins, minerals, and antioxidants that support overall health. Cruciferous vegetables like broccoli, cabbage, and cauliflower contain compounds that reduce cancer risk. Berries are packed with antioxidants and have shown potential benefits for brain health. Fatty fish is a very good source of omega-3 fatty acids that are associated with heart health. However, it is essential to note that the effects of superfoods may vary depending on an individual's overall diet.
- 4 From exotic berries with high antioxidant content to nutrient-dense leafy greens, the range of foods labelled as superfoods is vast and varied. Some commonly recognised superfoods include blueberries, kale, salmon, quinoa, and chia seeds. While it is true that certain foods possess higher nutrient densities and unique properties, the notion that a single food or a small group of foods can single-handedly provide all the necessary nutrients for optimal health is misleading. The concept of superfoods tends to oversimplify the complex nature of nutrition and the importance of a balanced diet. A single food cannot provide all the essential nutrients our bodies need. It is best to achieve optimal health through a diverse and balanced diet that includes foods from different food groups.
- 5 A diet rich in processed foods, sugary beverages, and unhealthy fats cannot be counterbalanced by the occasional consumption of superfoods. The overall dietary pattern matters the most. No single food possesses magical powers. Rather than fixating on specific superfoods, we should focus on the broader categories of foods that consistently demonstrate health benefits and incorporate these foods into the diet to provide various nutrients and bioactive compounds.
- 6 While superfoods may have captured our attention with their alluring promises, it is essential to approach the concept with a critical eye. There is no doubt that nutrition is vital to our overall health, but other lifestyle factors should be noticed. Regular physical activity, sufficient sleep, stress management, and avoiding smoking and excessive alcohol consumption are equally important. Rather than relying on marketing hype, let's focus on a holistic approach to wellness, incorporating a wide range of nutrient-dense foods into our meals while prioritising other aspects of a healthy lifestyle. By doing so, we can truly nourish our bodies and promote long-term well-being.

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