

Sleep is food for the brain. During sleep, important body functions and brain activity occurs, Skipping sleep may be more harmful than we think. When we do not get enough sleep, we are most likely to have an accident, injury or illness than when we do. Sleepiness can also hurt, our performance at work, makes it hard to get along with our family and friends, and even cause major health problems. Sleepiness affects teens as well. To function in their best, teens need about eight to ten hours of sleep each night. Teens typically stayed up late and sleep in late on the weekends due to their irregular sleep pattern across the week. This can affect their biological clocks and hurt the quality of your sleep. Sleep is vital to our well-being, as important as the air we breath. It can even help us to eat better and manage our stress levels.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

FEEDBACK FROM STUDENTS

1. Classrooms

“The furniture is old and makes screeching noises when moved. Some tables are badly vandalised.”

“It gets very warm in the later part of the day.”

“The class pigeonholes are falling apart.”



2. Library

“The library is dimly lit and looks uninviting.”

“It’s always impossible to get seats.”

“The recreation corner is dull and stuffy

Definitely not a place for relaxation.”

3. Eco-Garden

“The pond is green with algae. Gross!”

“What’s the point of having an eco-garden if it has only a few types of plants?”

“The bridge looks dangerous. I avoid it at all costs.”



END OF INSERT

Section B [30 marks]

Question 2

You are advised to write between 250 and 350 words for this section.

You should look at the printout of an information sheet in the Insert, study the information carefully and plan your answer before beginning to write.

Recently, your school announced plans to upgrade part of the school for the benefit of the student body. The school has gathered and compiled feedback from students on the areas of the school that need to be upgraded.

As the Head of Special Projects of the Student Council, you have been tasked to suggest the most suitable area to be upgraded. Write an email to the principal to share your ideas, considering the feedback gathered.

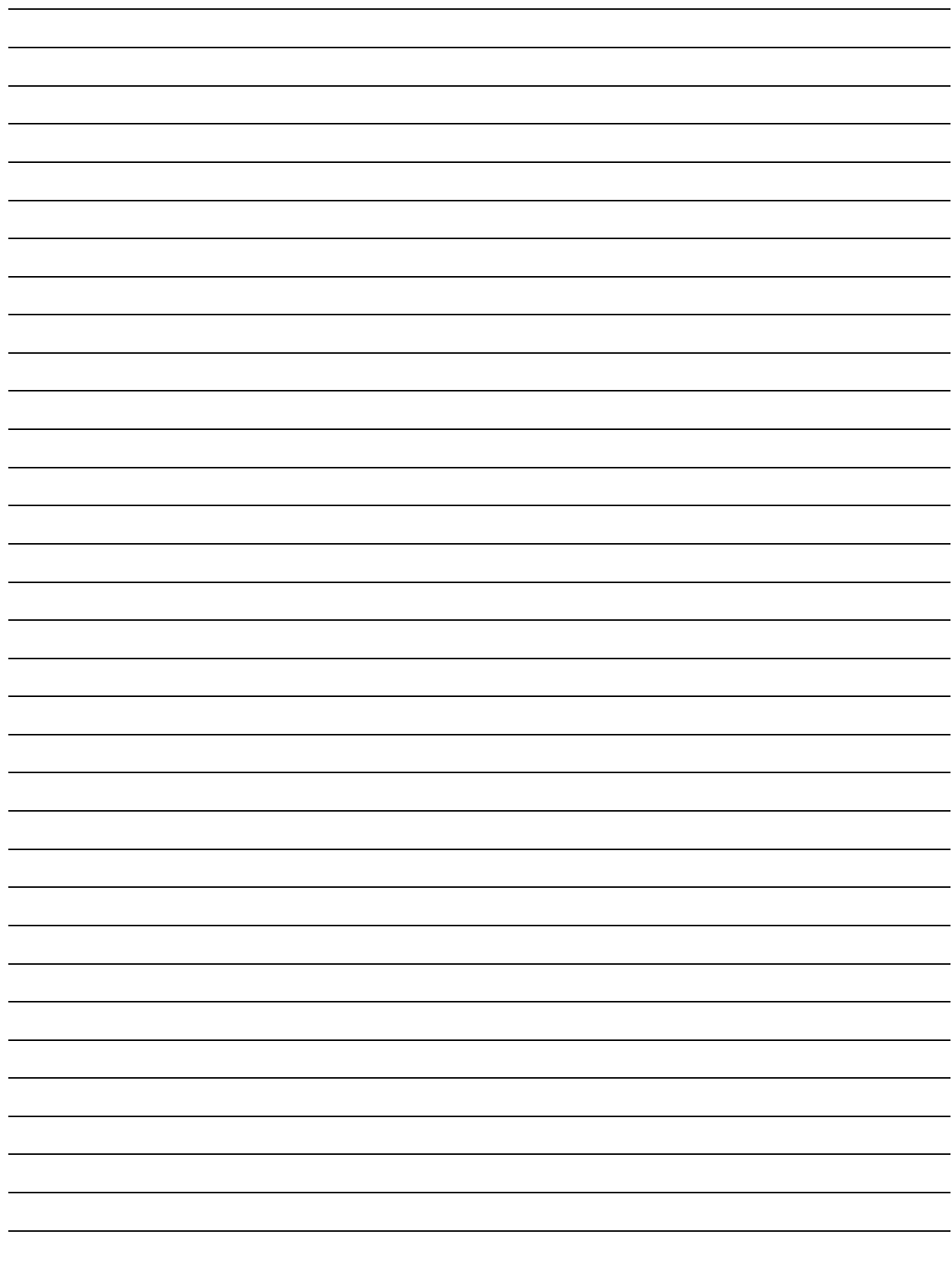
In your email, you should:

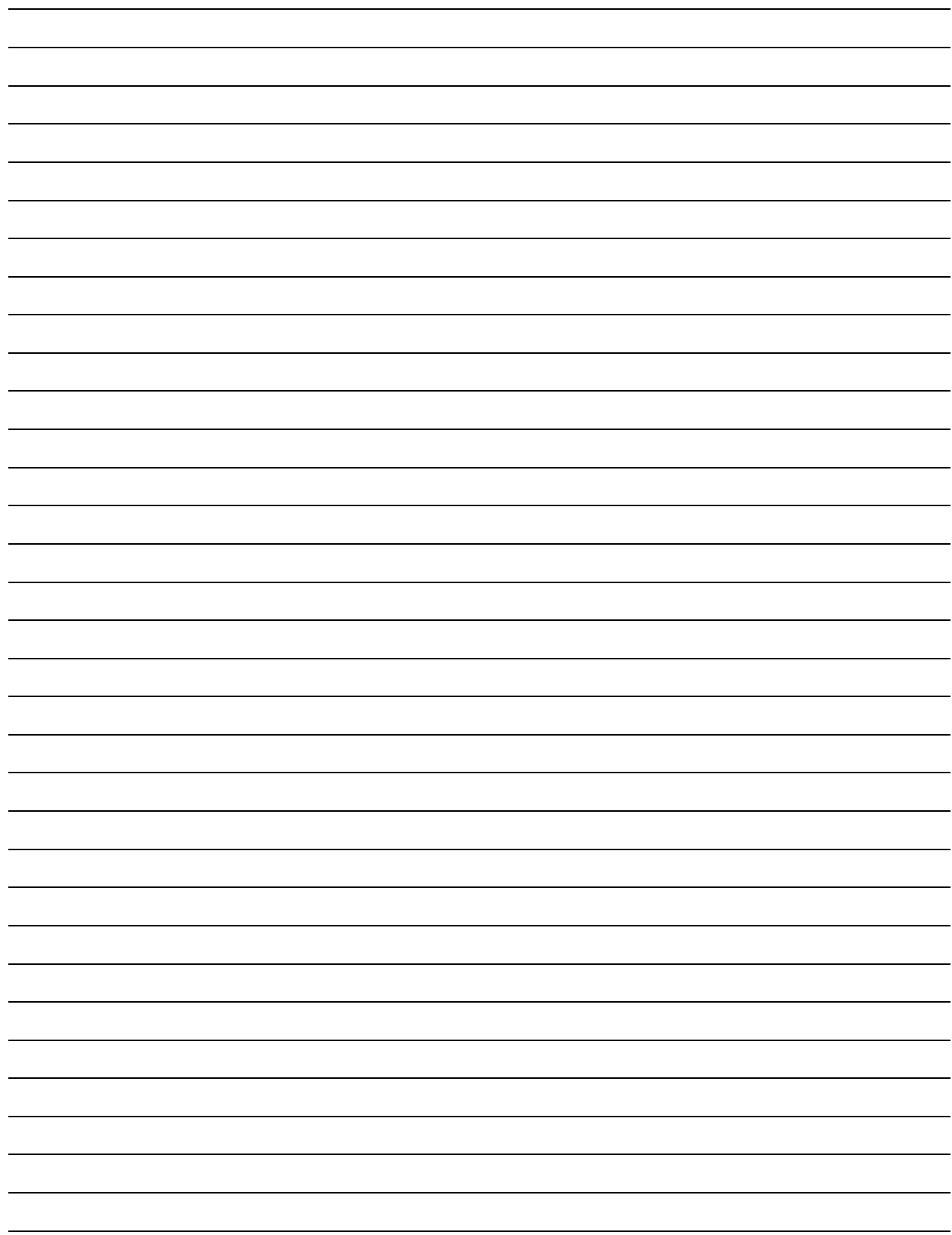
- state which area of the school you think should be upgraded
- provide reasons why this area needs an upgrade
- suggest improvements to be made to this area
- explain how these improvements will create a better learning environment for the students

You may add any other details you think will be helpful.

Write your email in clear, accurate English and in a persuasive tone, to convince the principal to implement your suggestions.

You should **use your own words** as far as possible.





Section C [30 marks]

You are advised to write between 350 and 500 words on one of the following topics.

Questions 3-6

3 'It is better to be kind than to be right.' Write about an experience you had that made you realise this. How has this experience challenged your personal beliefs or values?

4 What lessons, other than academic ones, may be learnt at school?

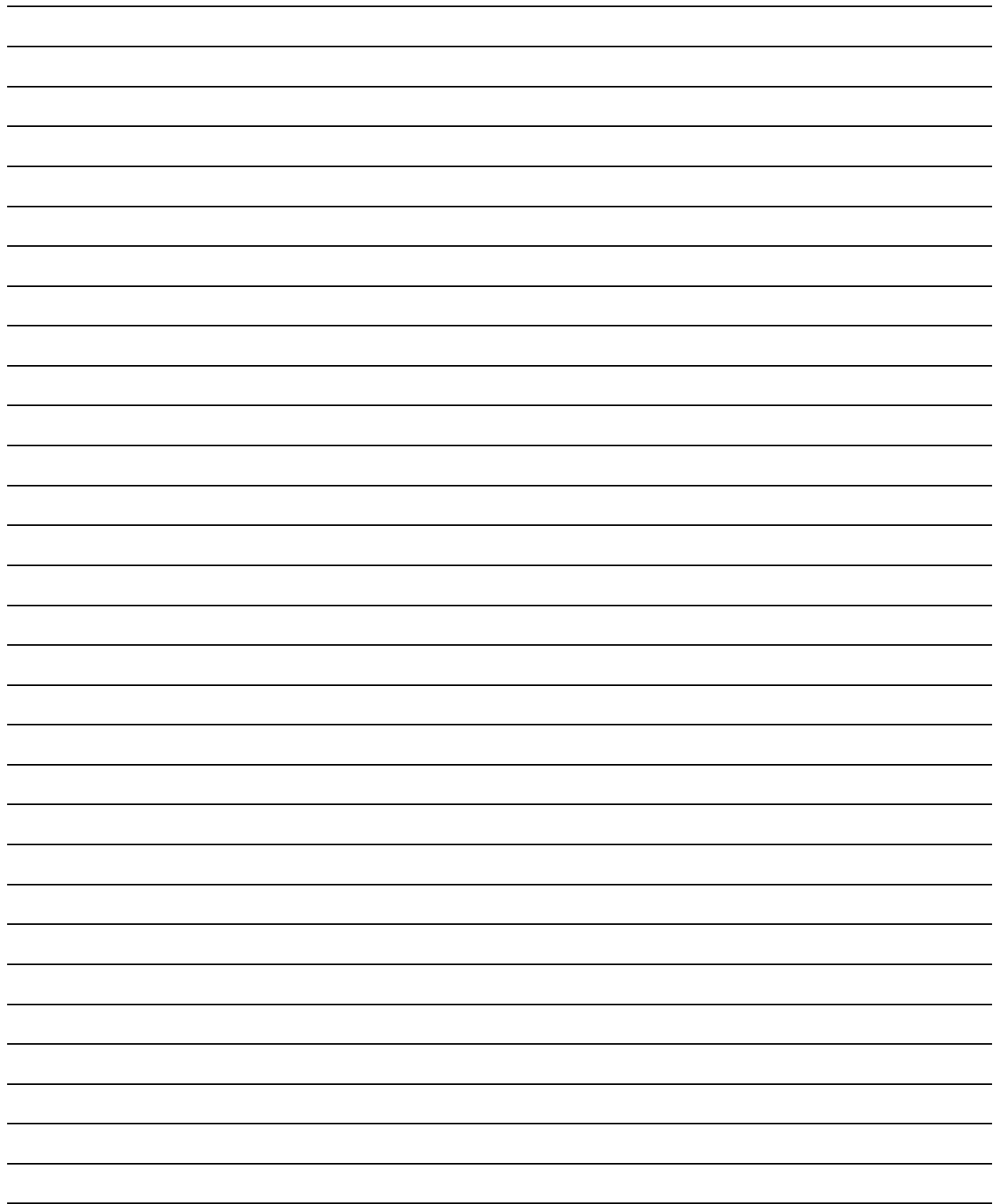
5 ‘Stress can be a good thing if we know how to use it.’ In what ways can stress be good for us?

6 Write about a time when you had to do something against your wishes. What have you learnt from this incident?

Please write your chosen question number (3, 4, 5 or 6) here: _____

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.





Study the online advertisement (**Text 1**) and an excerpt from an article (**Text 2**) and answer Questions 1-4 in the Question Paper.

Text 1 is taken from an advertisement by Califia Farms on their alternative milk.



Text 2 is taken from an article discussing how healthy alternative milk sources might be.

“Plant-based milks have developed a reputation as being healthier than traditional dairy, but that’s not necessarily true,” says Roche. “They can contain lower levels of calcium, less protein, and often have more sugar than traditional dairy milks. This doesn’t mean you shouldn’t use them, but you must ensure the rest of your diet makes up for these differences. Ideally pick unsweetened brands of milk alternatives to keep your sugar content down.”

Section A [5 marks]

Text 1 and 2

Refer to the advertisement (**Text 1**) and the social media post (**Text 2**) on page 2 of the Insert for Questions 1 – 4.

- 1 Look at Text 1. Tick (✓) the most effective title for the image in this advertisement.
- ☐ Benefits of Plant-Based Milk
- ☐ Unsweetened Plant-Based Milk
- ☐ Richness of Plant-Based Milk [1]

- 2 The advertisement states ‘Combining complementary plant sources gives a better, more complete balance of all 8 essential amino acids’.
- What does the word ‘complementary’ suggest?
- _____
- _____ [1]

- 3 Identify a phrase in Text 2 that suggests that the author disagrees with Text 1’s idea that plant-based milk is a good alternative to traditional dairy milk.
- _____
- _____ [1]

- 4 Look at Texts 1 and 2 and statements (a) and (b) below.
- Decide whether the statements refer to Text 1, Text 2, or both texts, or neither text.
- Circle the answer you have chosen for each statement.
- (a) Readers are encouraged to purchase plant-based milk because it is the better alternative.
- Text 1 / Text 2 / Both / Neither
- (b) The tone of the text is personal and informal.
- Text 1 / Text 2 / Both / Neither [2]

the account of a man who discovers that he is suffering from an illness, and longs for the comfort of home.

Read the text carefully and answer Questions 5-15 in the Question Paper.

- 1 He suffered. There was no pain as yet but he suffered. He looked at his magnificent house, which a few days before a crew of men and women from the Television Department had arrived to film for a documentary which was to be called 'Lovely Homes.' Mabel had invited them over a month before, before they had learnt of the sad development. He looked at this lovely home of his, and he suffered keenly. 5 Everything about him gave him pain, for he had worked so hard to get all these, and now they were dust and ashes in his mouth. He was still going to his office--he thought he might as well continue working, as sitting at home would be unbearable. Mabel had been consulting one specialist after another.
- 2 One evening she came home with an excited look on her face and announced that she 10 had found a specialist the best specialist in the world for his condition, based in New York. His chances of recovery under this specialist would be so very much increased. The expense would of course be enormous - but what was money? She was prepared to sell all the shares, her jewellery. Richard said, "I'm a doomed man. I'm not going to make any journey to New York." Mabel was sad. "It's no use," she told her sister. 15 "I can't make him go to that specialist I told you about. I wonder what I can do to make him agree to make that journey?"
- 3 Richard dozed off a great deal. He thought of his boyhood in the small ulu¹ village. He thought of the time he was ill and lay on the prickly coconut fibre-stuffed mattress with the chamber-pot nearby. He remembered how he had felt very ill and had wanted 20 to vomit, but the stuff couldn't come out. He had agonised for a few minutes, making great retching noises in his throat, and he remembered his mother and aunt coming in. His mother's hands were still wet from her washing, and she wiped them quickly on her dress and came to him. She held him close and soothed his chest by rubbing it with slow gentle downward movements with her fingers. His aunt stood by, talking in low 25 tones and then exclaiming happily when at last the vomit came out, and he lay back on the pillow, soothed.

¹ a place that is remote or deserted

- 4 He remembered that his grandmother made him a brew, a black bitter drink which she
said was most effective when drunk in moonlight. He was sleeping when she gently
picked him up from his bed and carried him outside, where the moonlight was 30
streaming upon the house in a wonderful glow of warmth and peace, and she made
sure his face was touched by the moonlight as he drank the brew. His grandmother
tried to distract him from the bitterness by telling him a story about a moon goddess.
As she spoke, he could still remember the fireflies that would appear, almost like little
beacons, lighting up the darkness of the night and erasing his fears. 35
- 5 In one of his dreams, Mabel was there as his grandmother carried him into the
moonlight to drink his medicine. She tried to snatch away the bowl of brew from her
hands, shouting, “What-nonsense! What nonsense!” Grandmother resisted, and in the
ensuing struggle, to his horror, the drink spilt all over him and stained him black.
Mabel’s face was hidden from him; in the darkness she continued screaming at them, 40
and it was then that he woke up.
- 6 He told Mabel that he was going to make the journey for his recovery. He would go
by train, and his mother, grandmother and aunt would meet him at the terminus and
take him home. He was going home. When Mabel understood, she shrieked in agony.
How can you be going back to that rotten little ulu village? Who will take care of you? 45
What medical facilities could possibly exist there? How could she go to see him, with
the business to see to and the children to take care of and the household affairs to
manage? Mabel collapsed in tears, hurt beyond expression, struck to the depths of her
soul. How could he think of such a thing? Was he sure that- Didn’t he want to -
- 7 But he said, “I’m making the journey. I’m going home.” 50

Adapted from “The Journey” By Catherine Lim, Little Ironies

Section B [20 marks]

Text 3

Refer to **Text 3** on pages 3-4 of the Insert for Questions 5-15.

- 5 In Paragraph 1, (why did a crew arrive to film Richard's home for a documentary, even though he was suffering'?

[1]

- 6 In Paragraph 1, the metaphor 'they were dust and ashes in his mouth' (lines 6-7) is used.

- (i) What does this suggest about the way Richard perceives his home after discovering valueless his illness?

[1]

- (ii) What was Richard's main feeling at this moment?

[1]

- 7 In Paragraph 2, Mabel 'came home with an excited look on her face and announced that she had found a specialist' (lines 10-11). What is Mabel's perception of Richard's illness?

[1]

- 8 Identify one word in Paragraph 3 which suggests that Richard was suffering from his sickness.

[1]

- 9 Referring to Paragraph 3, give two pieces of evidence that show how Richard's mother and aunt were a comfort to him.

[2]

- 10 In Paragraph 4, Richard reminisces about his hometown and how it comforts him. Explain how the language used in this paragraph showcases how he was soothed by the thought of returning home. Support your answer with two details from Paragraph 4.

[2]

- 11 With reference to Paragraph 5, give two details suggesting that Richard believed Mabel would not approve of the medicine his grandmother made.

[2]

- 12 With reference to both Paragraph 5 and 6, suggest why Richard made the decision to return to the village.

[1]

- 13 Explain in your own words why Mabel did not agree with the writer's decision to return to his village in Paragraph 6.

[2]

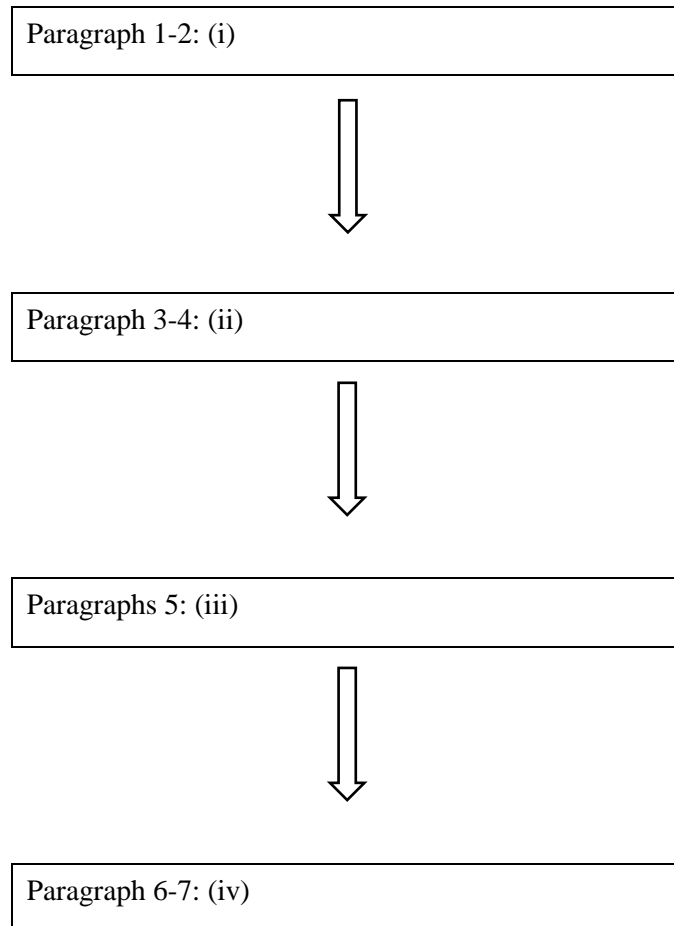
- 14 With reference to Paragraph 7, what effect is achieved by the final short paragraph?

- 15 The structure of the text reflects Richard's feelings as he struggles to cope with his illness. Complete the flow chart by choosing one word from the box to summarise the main feeling described in each part of the text. There are some extra words in the box that you do not need to use.

Richard's feelings as he struggles to cope with his illness

pacified despondent resolute expectant disgusted reassured distressed

Flow Chart



In the article below, experts discuss fungi-based seafood substitutes.

Read it carefully and answer Questions 16 - 23 in the Question Paper.

- 1 From plant-based meat that “bleeds” to milk grown in a lab, fake meats and dairy have come a long way in recent years. But there is another alternative that scientists are training their sights on, one with the most challenging texture to recreate of all: seafood.
- 2 Scientists in Copenhagen are fermenting seaweed on fungi to develop the closest 5 substitute for seafood yet, working with a restaurant called Alchemist to meet demand from diners for sustainable plant-based alternatives that are as good as - or better than the real thing. Imitating the fibrous texture of seafood is difficult to achieve, and the team is experimenting with growing filamentous fungi, the micro-organisms found in soil that form a mass of intertwining strands to create a single product that tastes of 10 the sea.
- 3 “We scientists are not good at understanding how to make things delicious, and this decides whether people will eat them. There’s a lot we can learn from each other. Cooperation with chefs is in progress, but it hasn’t happened so far to the extent that would be needed to end up with products that are really good,” said Dr Leonie Jahn, 10 the microbiologist leading the project. Seafood alternatives that resemble the real thing have fallen behind the progress made in developing meat-free replicas such as the Impossible Burger, which is designed to “bleed” like real meat does, and plant-based milks.
- 4 Unfortunately, the best way to replicate seafood has not been ascertained. Dr Jahn’s 15 team will use mycelium, a type of fungus that resembles yeast and is a topic of particular scientific interest at the moment, with researchers exploring its applications not just in terms of plant-based meat but also for alternatives to plastic. They will experiment with different fermentation and growth conditions to find out how best to recreate the delicate texture of seafood. A further challenge arises because seaweed, 20 which will contribute a fishy flavour while also being highly sustainable and nutritious, does not offer ideal growing conditions for mycelium. Rasmus Munk, the head chef and co-owner of Alchemist, said the restaurant wanted to “change people’s

perception of new foods”. Creating seafood alternatives was important, he said, because “frankly I haven’t found anything on the market right now that I would put 25 on the menu”.

5 “The ultimate goal is to create a product that is so delicious in its own right, that it is chosen over other foods on the sole criterion of tastiness,” he added. According to a report from the Good Food Institute, which is funding the project, 2021 was a year of “tremendous growth” for the alternative seafood market, with 18 new companies 30 launched and sales rising at an “astonishing rate”. The report described alternative seafood as a “white space opportunity”, meaning there is huge untapped consumer demand. Seren Kell, a science and technology manager at the Good Food Institute Europe, said investment in plant-based seafood is at a much earlier stage than other sustainable protein, but there are “exciting innovations” such as using 3D printing to 35 mimic fish fillets. To accelerate this, she said, “governments need to invest in open-access research and development”.

6 While a myraid of UK supermarkets have been launching faux² fish ranges to cash in on concerns about overfishing, much of what is offered through the process of flavouring tofu or jackfruit only tenuously resembles seafood. Jens Møller, who runs 40 the Danish company Cavi-Art, which makes alternative caviar from seaweed pearls, said the higher price of plant-based alternatives is another barrier to going mass market. His company aims to produce seafood substitutes that are significantly cheaper than the products they replace, with a result that 80% of roe served in catering in Denmark uses the caviar the company produces instead of the real thing. “There is 50 no question the market will grow rapidly as the quality of the products increases and the prices decrease. I think there is an increased awareness of the issues affecting our oceans and that we need to change our ways,” he said.

*Adapted from “Go fish: Danish scientists work on fungi-based seafood substitute”
<https://www.theguardian.com/science/2022/jun/24/go-fish-danish-scientists-work-on-fungi-based-seafood-substitute>.*

END OF INSERT

² made in imitation: artificial

Text 4

Refer to Text 4 on pages 5 - 6 of the Insert for Questions 16 - 23.

- 16 With reference to Paragraph 1, give one piece of evidence that shows the high level of similarity with real meat that alternative meats have achieved.

[1]

- 17 Identify a phrase from Paragraph 1 that suggests that the scientists are focusing on recreating seafood as an alternative food.

[1]

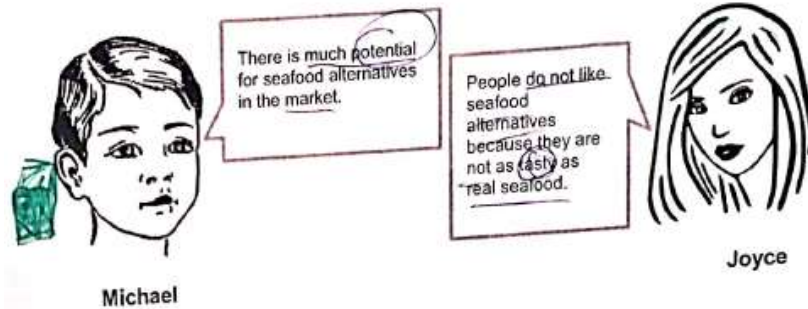
- 18 Referring to Paragraph 2, explain **in your own words**, the challenge scientists face in creating a credible seafood substitute.

[2]

- 19 From Paragraph 3, what are the two main issues with creating good seafood alternatives?

[2]

- 20 Here is a part of a conversation between two students, Michael and Joyce, who have read the article.



- (i) Give one piece of evidence from Paragraph 4 to support Joyce's view.

[1]

- (ii) Identify one sentence from Paragraph 5 to support Michael's view.

[1]

- 21 In Paragraph 6, it states that “the higher price of plant-based alternatives is another barrier to going mass market” (lines 43-44).

What does the word barrier' suggest?

[1]

- 22 According to Paragraph 6, how will the market 'grow rapidly' (line 48)?

[1]

23

Using your own words as far as possible, summarise the challenges and potential related to creating plant-based seafood, as outlined in the text.

Use only information from Paragraphs 4-6 of Text 4.

Your summary must be in continuous writing (not note form). It must not be longer than 80 words (not counting the words given to help you begin).

One of the challenges of creating plant-based seafood is _____

[illegible]

You will hear each recording twice.

Recording 1

You will hear two schoolmates discussing school camps.

1. Based on the conversation, Tim is mainly afraid of [1]
- ☐A sleeping in the dark during the camp.
 - ☐B having to go on an overnight camp.
 - ☐C leaving the camp with his tail between his legs.
 - ☐D spending two nights away from his family) during the camp.
2. From their conversation, it is clear that [1]
- ☐A Tim is pessimistic.
 - ☐B Tim is full of self pity.
 - ☐C Gwen is brave.
 - ☐D Gwen is full of energy.

Recording 2

You will hear two parents discussing the options for secondary school.

3. It can be inferred that Mrs Bala [1]
- ☐A does not know her son's preference for secondary school.
 - ☐B does not agree with her son's preference for secondary school.
 - ☐C is depending on Mr Chan to Choose a school for Muthu.
 - ☐D is depending on Mr Chan to explain to Muthu his choices.
4. Based on the conversation, it is TRUE that [1]
- ☐A Mr Chan's daughter is a good student.
 - ☐B Mrs Bala's son is a good student
 - ☐C Mr Chart is unfamiliar with the secondary school system.
 - ☐D Mrs Bala is confident of Muthu's choice of secondary school.

Recording 3

You will hear a dental surgeon talk about the work he does.

5. The statement which is TRUE is: A dentist is able to treat a patient who [1]
- ☐A suffers from bad breath.
 - ☐B suffers from deeply impacted wisdom teeth.
 - ☐C needs a dental implant to replace his tooth
 - ☐D needs surgery to help him chew better
6. The main message of the text is that [1]
- ☐A dentists are as skilled as dental surgeons.
 - ☐B dentists are less skilled than dental surgeons
 - ☐C dental surgeons are specialists and dentists are not
 - ☐D both dentists and dental surgeons are skilled professionals.

Part 2

Questions 7 - 12

You will hear six short recordings. In each recording, a person shares his or her view on eating vegetables.

For questions 7-12 choose from the list (**A-G**) what the speaker feels about vegetables. There is one extra letter which you do not need to use. DO NOT USE ANY LETTER MORE THAN ONCE.

You will hear the six recordings **twice**.

A The taste of vegetables can be masked.

7. Speaker 1 _____

B Vegetables are less tasty when raw.

8. Speaker 2 _____

C Positive associations help us to enjoy eating vegetables.

9. Speaker 3 _____

D Some vegetables are easier to eat than others.

10. Speaker 4 _____

E My appreciation for vegetables grew with age.

11. Speaker 5 _____

F Vegetables can be prepared in many different ways.

12. Speaker 6 _____

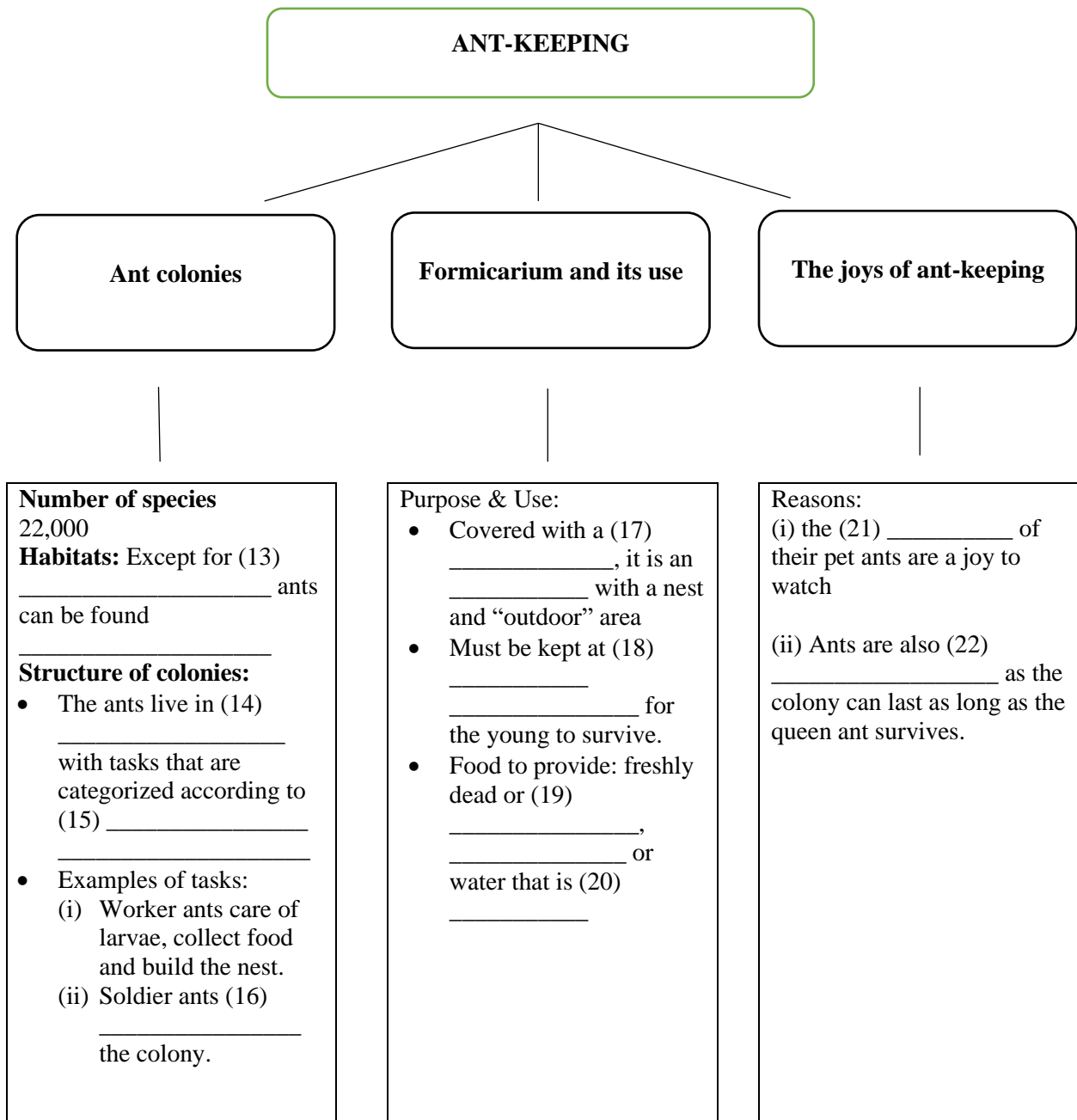
G Sensitive taste buds makes eating vegetables intolerable.

13. Speaker 7 _____

journalist talk about an unusual hobby For Questions 13-22, complete the notes.

You will hear the recording twice.

Example: *Ant-lovers* feel that ants and humans are more alike than you think!



As you listen,

You will hear the recording only once.

Instagram Master Leaf - Carver



Facts about the Master Carver

- a. Uses a pseudonym: 'lito_leafart' on Instagram
- b. Location: Lives in Japan
- c. Disability: Suffers from ADHD uses leaf-carving to force himself to
(i) _____ and to be _____ [1]

Craft Redefined

- Lito's craft of kirie actually means "cut picture"
- It is usually done with paper
- Uses a very precise (ii) _____
- Lito experimented using leaves - an ideal _____ because he has to [1]
work fast before they (iii) _____ [1]

Method Used

- Lito likes to post his creations on social media daily
- Over time, these creations' have become more (iv) _____ [1]
- The process starts with photographing a leaf to observe its details
- Then he draws a stencil onto the leaf, leaving traces of the leaf's midrib as a sign of respect to the leaf.
- Using a special knife, he (v) _____ carves out each _____ before using his fingers to gently pick out the excess. [1]

Result and Achievements

- Despite the delicate and (vi) _____ process, the results are _____. [1]
- Lito's influences come from books, films and (vii) _____ [1]
- Worlds created include animals depicting homespun idyllic motifs.
- His works are described as minuscule and (viii) _____ [1]
- Already accumulating more than 27,000 Instagram followers.

[Total: 8]

END OF PAPER