INSTRUCTIONS TO CANDIDATES

Write your name, Centre number and candidate number in the spaces at the top of this page.
Answer all questions.
Write your answers in the spaces provided on the question paper.

INFORMATION FOR CANDIDATES

The number of marks is given in brackets [ ] at the end of each question or part question.
Dictionaries are not allowed.
Part 1: Exercise 1

Read the advertisement below about ‘Skateworld’, and then answer the questions on the opposite page.

SKATEWORLD

17th AVENUE, EDENVALE SPORT CENTRE

CHILDREN’S BIRTHDAY PARTY VENUE
PROFESSIONAL ENTERTAINMENT, VARIETY OF PARTY PLANS AND DECOR, SUPERVISION

DISCO PARTIES FOR TEENS
HELD IN EVENINGS,
ADULT SUPERVISION

EASTER HOLIDAY CLINICS
6 - 9 APRIL OR 20 - 23 APRIL
INCLUDES FUN ACTIVITIES FOR SKATERS AND NON-SKATERS
SUPERVISION BY TRAINED MARSHALS

ROLLER-BLADING DAILY
MON - FRI 3 - 6 pm • SAT & SUN 10 am - 6 pm

ROLLER HOCKEY COACHING
RUN BY S.A. NATIONAL TEAM COACH

SPORTS SHOP OPEN DAILY

MOMS & DADS: WE DO THE WORK, WE CLEAN THE MESS,
YOU HAVE THE FUN

ENTRANCE FEE R5 INCLUDES A FREE COKE ON PRESENTATION
OF THIS LEAFLET (ONLY ONE PER PERSON)

PLEASE BOOK EARLY BY CALLING YVONNE 453-6503
(a) What does the centre offer for children under 10 in addition to sport?
.....................................................................................................................................[1]

(b) What might encourage parents to feel happy that their children would be safe at a disco party?
.....................................................................................................................................[1]

(c) Give two sports which can be done at Edenvale Sport Centre.
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(d) How does Skateworld try to attract parents to send their children?
.....................................................................................................................................[1]

(e) What do visitors have to show to get their free drink?
.....................................................................................................................................[1]

(f) Skateworld's organisers think it will be very popular. How can you make sure you get in?
.....................................................................................................................................[1]

[Total: 6]
Part 1: Exercise 2

Read the article below about a kite-flying competition, and then answer the questions on the opposite page.

GO FLY A KITE

It looks easy. But try getting a kite in the air all by yourself, and you'll know why flying a kite is an art.

It’s not just the flying that requires practice. The making of kites is also an art. It’s not just a stick-and-paste job as many presume it to be. The kite-makers will vouch for that. The cutting of the shape has to be precise, and the bamboo sticks that hold the kite together have to be the right height, preferably without knots, or else the kite will go into a spin and come crashing down. If it’s too thin, it will just flip, flop and never take to the air!

The kick you get out of flying a kite has to be felt to be believed. The knack of sending it into a dive, turning it in the direction you want to go, pulling out from beneath another kite to “cut” you and getting on top, or simply watching the reel spin so fast till it’s a blur is all part of that kick.

So if you have a kite, go fly it at the Al Mamzar, Beach Park along with the hundreds of other kite flying enthusiasts from around the globe. If you don’t, go anyway. It’s a sight to behold.

Kites of every shape and size take to the air from 11.30 a.m. to 6.30 p.m. daily. You will get to see some of the largest and most colourful kites in the world flown with exceptional skill by more than 50 international kite flyers.

The participants at this spectacular extravaganza at Dubai’s Beach Number 2 have come from as far afield as Australia, China, Europe, India, Malaysia, and the USA. Each of them has brought over 25 kites of their own.

Among the experts taking part is Peter Lynne, heading a three-member team from New Zealand, who will be flying his “Megabite” and “Octopus” kites, as well as other kites featuring cartoon characters.

Every day, until April 3, there will be stunt kite flying, kite surfing, and kite jumping. There will also be kite-buggy rides – small three wheel vehicles, pulled along by sheer kite power.

For those who like to know how a kite is made and flown, there will be daily workshops, where experts will teach and demonstrate their kite-making skills. A must-see is the kite cutting competition in which there will be “deals” in which the fliers use all their skills to cut their opponents’ kites.

Budding photographers can also enter the Fuji Kite Photography contest, which has prizes on offer for the best pictures of the kite flying show in two categories – under 18 and an open category. Entry forms are available from the organisers during the show.
(a) Give one reason why the bamboo sticks must be cut very accurately when making a kite.

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(b) Give two things which the writer finds exciting about flying a kite.

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........................................................................................................................................[1]

(c) How is a kite-buggy made to move?

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(d) If you don’t fly a kite, how else might you win a prize?

........................................................................................................................................[1]

[Total: 5]
SPORTS INJURIES

Sports-related injuries occur when sportsmen and sportswomen fail to warm up properly, over-train, use incorrect equipment or adopt a faulty technique. Injuries may also follow an accident or foul play. Injuries to soft tissues – including muscles and tendons – are very common, and lead to pain and various degrees of immobility. Fortunately, many sports-related injuries can be prevented by observing a few simple measures such as warming up and cooling down properly, and using the proper equipment and techniques.

Common sports injuries

• PULLED HAMSTRING: caused by over-pulling or tearing the muscle fibre at the back of the thigh; often occurs while sprinting or kicking a ball.

• TENDONITIS: inflammation of a tendon at the back of the heel. Various causes include long-distance running shoes, wearing running shoes that do not support the heel, and change of normal running surface.

• TENOSYNOVITIS: inflammation of tendon linings. Commonly occurs in the wrist caused by the overuse of muscles, e.g. in any racket sport that leads participants to use a vulnerable, powerful grip, or in sports like rowing and weightlifting.

• SHIN SPLINTS: caused by strained tendons or muscles in the front of the lower leg when walking or running. This results in pain around the shin area that eases off when resting. Shin splints are associated with unusual or abnormal foot posture.

• BRUISES (CONTUSIONS): occur when an injury causes bleeding from blood capillaries beneath the skin. This leads to discoloration under the surface. Bruises arise following a blunt blow such as a punch or kick and may appear hours, or even days, after an injury.

• BLISTERS: form on skin that has been damaged by friction or heat. Tissue fluid leaks into the affected area forming a “bubble”. Never deliberately burst a blister as this may lead to infection. Should the blister break, cover it with a dry, non-stick dressing. Otherwise, leave a blister to heal on its own and cover with a special protective plaster.
(a) Using information from the first paragraph, give one way in which sports-related injuries may occur.

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(b) Which phrase describes both muscles and tendons?

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(c) What is the common name for the muscle fibre at the back of the thigh?

................................................................................................................................................[1]

(d) What causes the dark colour of a bruise?

................................................................................................................................................[1]

(e) Why must you not burst a blister?

................................................................................................................................................[1]

(e) Write two sentences, each explaining a problem with tendons.

................................................................................................................................................[2]

[Total: 7]
The Chachapoya people and their funeral houses

From a distance the most interesting thing about this centuries-old tomb was its location: a ledge two-thirds of the way up of a thousand-foot cliff in the Peruvian cloud forest. But later, viewed from the end of a thin climbing rope – and after a four day trek through dense forests – the tomb lay tantalisingly close. Just inside the opening, a shaft of sunlight illuminated two basket-like bundles. They looked like mummy coffins. And they were undisturbed.

This funeral house, or chullapa, was one of the few that, as an archaeologist, I had seen unrobbed in 20 years of studying the Chachapoya, an ancient culture that built thousands of tombs in this region on the eastern slopes of the Andes.

Exciting as the sight was, it was also frustrating. Our team did not have permits from the Peruvian government to take one step inside the tomb or touch a single item. So we swung from ropes, catching glimpses of its contents. Through the shadows, more artefacts became visible. The long wooden shafts or Chachapoya weapons stood in one corner. A green-tinted star shaped object appeared to be the metal head of a mace. This was probably a warrior’s tomb.

The Chachapoya built hundreds of settlements on mountaintops and ridges, some with as few as 20 of their trademark circular stone structures, others with more than 400. Chachapoya ruins are so plentiful in the thick forests and steep hills that when we push into the region it is difficult not to stumble upon some structure built by them. The best known site, Cuelap, high above the Utcubamba River, is one of the most impressive pre-Hispanic settlements in South America.

Here in the ceja de selva, eyebrow of the jungle, more than 150 inches of rain can fall in a year. To protect the remains of their respected dead, the Chachapoya chose dry places. In the dry microclimate they built platforms of stone or wood; they also placed mummies in natural caves. Some mummies have been found encased in a coating of plasterlike mud, stones, and grass, decorated with painted faces. Fortunately for us, this reverence for the dead has preserved a part of the Chachapoya past that otherwise would have been long lost to decay.

The Chachapoya buried their lower-class citizens in common graves with little ceremony. But occupants of the cliff tombs were carefully wrapped in layers of woollen and cotton textiles. They were also surrounded by objects associated with daily life: pottery and weapons. Because the Chachapoya left no written record, scholars have long treasured their burial objects. The trouble is, robbers want them too. More often than not, robbers arrive at burial sites long before archaeologists do.
(a) What was special about this funeral house?

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(b) Why did the archaeologists have to swing from ropes?

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(c) Why did the Chachapoya build their funeral houses high on the cliffs?

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(d) Why are the everyday objects found in the funeral houses important?

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(e) Which two natural obstacles did the author have to cross during his journey from Cajamarca to the tomb site?

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.............................................................................................................................................[2]

(f) Write a paragraph of about 60 words giving four details of how the Chachapoya buried their dead.

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[Total: 10]
Part 2: Exercise 2

Read the following article about how perfumes are created.

Write a summary on the opposite page explaining:

- how perfumes occur naturally
- how the perfumer works to create perfumes for people to buy

Your summary should be about 100 words long, and you should use your own words as far as possible.

How perfumes are created

Natural perfumes are a complex mixture of substances. Extracts from the flower jasmine, for example, form part of many commercial perfumes and have more than 200 components. These range from *jasmine lactone*, that has a pleasant smell, to *indole*, which in its pure form smells extremely unpleasant. However, in tiny amounts it actually possesses a floral scent, which, when added into the overall mixture, is extremely pleasant. Natural perfumes are obtained from plants through a separation procedure known as distillation. These perfumes are mostly oily materials, which can be extracted from flowers, fruits, seeds, woods, branches and leaves, bark or roots.

Flower scents are enjoyed by everyone, from every period and culture. The most popular scents are rose, jasmine, lily of the valley, lilac, carnation, tuberose, hyacinth, orange blossom, violet, heliotrope, gardenia, jonquil, narcissus, freesia, ylang ylang and daphne.

Natural extracts from the scent glands of animals such as the musk deer and the civet cat have been used for centuries as perfume components. Musk was once the most important raw perfumery material. It has always been difficult to obtain and is extremely expensive, as the male musk deer from which it is derived live in remote and mountainous regions. The musk deer is now extremely rare while the civet cat is extinct. Nevertheless, the perfume industry has developed chemicals that copy the scents of these animals, which it now mixes in large amounts comparatively cheaply.

Experts who create perfumes for fragrances and cosmetics are called *perfumers*. They make their selection from about 500 natural aromatic raw materials and 1000 aroma chemicals which they blend together to create a perfume that matches the required image. Whereas a simple perfume may contain a blend of 10-30 materials, more complex sophisticated perfumes have at least 50 to 100 substances. In the most extreme case, many hundreds of materials may be blended together to suit a particular purpose.

Different fragrances tend to be used in different types of cosmetics. Generally popular fragrances such as rose, jasmine, lily of the valley and lilac are normally used for lotions and creams. For cosmetics, powdery and sweet fragrances are preferred, but floral fragrances have recently become more popular. There is currently an overall trend towards subtle and sophisticated fragrances.

Men and women have different preferences in terms of the strength of a fragrance. The International Fragrance Association has determined the guidelines for the safe use of perfume ingredients and these are adhered to by the manufacturers of cosmetic fragrances worldwide. In addition, extensive research is being conducted into new and existing perfumery materials to ensure safe marketing for cosmetics.
Part 2: Exercise 3

Read the following newspaper article about pollution in Malaysia, and complete the task on the opposite page.

Coastal Waters Around 18 Islands found to be polluted

Coastal waters around 18 islands in the country were polluted with either *E. Coli*, suspended solids, or oil and grease during the last quarter of last year.

The Science, Technology & Environment Minister said eight of the islands were polluted with *E. Coli*, seven with oil and grease, and three with suspended solids.

The main source of *E. Coli* is partially treated domestic sewage or animal waste. Suspended solids are mostly from land-based activities while oil and grease are mainly from ships or refineries.

The Department of Environment had taken 274 marine water samples from 85 stations located on the islands between September and December last year.

As for the beaches, the Minister said 78.4 per cent of the coasts monitored were polluted with oil and grease, 97 per cent with suspended solids and 13.5 per cent with *E. Coli*. Heavy metal concentration was within the standard.

The number of rivers classified as clean had increased from 30 between May and August last year to 36 from September to December. The number of polluted rivers had gone down from 22 to 16 during the same period.

The Minister said the air quality was generally good. The Department had set up five new air monitoring stations, bringing the total number to 38 nationwide. The five stations are located near rivers and coasts.

The Minister said the number of open burning cases had dropped drastically. There were 242 cases in April compared to only two in November and none in December.

The Department and the Road Transport Department had inspected 9,220 motor vehicles for excessive smoke emission. Of the total, 67 motorists were issued with prohibitive orders. Their vehicles were not allowed on the road until the problem had been solved.

The Minister said the Department had also taken 49 cases to court under the Environmental Quality Act and collected a significant amount in fines.

As for hazardous waste, the Minister said 75,600 tonnes of scheduled waste had been received from 480 companies.

The Minister said the Ministry of Environment had drawn up a contingency plan in case of accidents involving hazardous chemicals along rivers and coasts.

“A trial run will be held soon,” he said.
You are going to give a talk to your school/college about environmental pollution.

You have decided to use some information from the article in your talk.

Make two short notes under each heading as a basis for your talk.

(a) Coastal pollution
   • ........................................................................................................................................
   • ........................................................................................................................................

(b) River pollution
   • ........................................................................................................................................
   • ........................................................................................................................................

(c) Pollution in towns
   • ........................................................................................................................................
   • ........................................................................................................................................

(d) Problems caused by trade and industry
   • ........................................................................................................................................
   • ........................................................................................................................................
Part 3: Exercise 1

Write an article for your school/college magazine about what you consider to be the most important invention in the past 150 years.

The pictures above may give you some ideas, but you are free to choose something different.

In your article you should include the following:

- the name of the invention, and what it does
- what its benefits to people have been
- why you have chosen it

Your article should be about 150 words long.
Part 3: Exercise 2

You have been asked by your Principal for ideas about making your school/college buildings and grounds more pleasant for students.

Write a letter to your Principal in which you give your ideas for improvements. Your letter should include the following areas:

- what to do about rubbish (litter)
- encouraging students to keep the school/college tidy and in good order
- creating a leisure/quiet/garden area for students.

Begin your letter ‘Dear Principal, .... ’. (You do not need to write an address at the top.)

Your letter should be about 200 words long.
Part 3: Exercise 3

Research in some countries has suggested that educating boys and girls in separate schools produces better results. Not everyone agrees.

Write an essay in which you give your opinion about this matter.

The comments below may give you some ideas, but you are free to use ideas of your own.

“I think it is very important for the future to have mixed classes.”

“I find I concentrate better on my studies.”

“I enjoy the debate between boys AND girls.”

“Boys are disruptive, and as a girl I don’t get distracted in a single-sex class.”

Your essay should be about 200 words long.
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