

English B – Standard level – Paper 1
Anglais B – Niveau moyen – Épreuve 1
Inglés B – Nivel medio – Prueba 1

Wednesday 3 May 2017 (afternoon)

Mercredi 3 mai 2017 (après-midi)

Miércoles 3 de mayo de 2017 (tarde)

1 h 30 m

Text booklet – Instructions to candidates

- Do not open this booklet until instructed to do so.
- This booklet contains all of the texts required for paper 1.
- Answer the questions in the question and answer booklet provided.

Livret de textes – Instructions destinées aux candidats

- N'ouvrez pas ce livret avant d'y être autorisé(e).
- Ce livret contient tous les textes nécessaires à l'épreuve 1.
- Répondez à toutes les questions dans le livret de questions et réponses fourni.

Cuaderno de textos – Instrucciones para los alumnos

- No abra este cuaderno hasta que se lo autoricen.
- Este cuaderno contiene todos los textos para la prueba 1.
- Conteste todas las preguntas en el cuaderno de preguntas y respuestas.

Text A

Indian meals and families

- ❶ Laurie David, author of *The Family Dinner*, suggests that the “art” of eating together in the United States has been lost, and argues that it is a custom that needs to be revived. David suggests that sitting down with one’s family for a meal is important for keeping family history alive and helping children acquire proper manners. Besides, the practice helps them reach higher levels of self-esteem and academic achievement.
- 
- ❷ Unlike the United States, there is a broader general awareness amongst people of all ages and regions of the importance of a sit-down family meal in India. Namrata Nandakumar, a university student, says, “Food is important here, and we try to have all meals together as a family. It’s the time when we interact and share things about our day.”
- ❸ Madhu Gadia, a renowned cuisine expert, says that in India food is something that is simply meant to be eaten with the family. She says, “it’s very rare for people to eat by themselves,” and adds that cooking is just something that people take huge pride in.
- ❹ Gadia also states that the great value placed by families on a unique, secret spice recipe, which is kept by each and passed down through the generations, is a source of pride for many Indians. She explains, “Families seem to have their own little mixtures of how they season the food... everybody seems to have their own. Those are your own personal family blends.” Gadia adds that this unique part of Indian identity seems centred on each family: “I’ve never heard anyone say ‘this is my in-law’s garam masala*’.”
- ❺ Nikhat Aslam, a university professor, explains [- X -] cooking has helped her [- 2 -] with her two sons over the years. “Often, when there are guests home for larger dinners or gatherings, both my boys will [- 3 -] help me put things together in the kitchen...It’s easy to bond, talk about problems and [- 4 -] offer words of wisdom when sprinkling dressing over chicken. It’s far easier than sitting face-to-face and having that serious talk with ‘mother’. Cooking has helped [- 5 -] interesting and long lasting bonds [- 6 -] my family,” she said.

Extract: Ulara Nakagawa, www.thediplomat.com (2010)

Photo: https://en.wikipedia.org/wiki/Indian_cuisine#/media/File:Bengali_Fish_meal.jpg

* garam masala: a mixture of ground spices, such as cumin, coriander and cardamom used in Indian cuisine

Text B

An interview with organic farmers

What is it like to be an organic farmer?
What better way to find out than to ask two of the leading organic farmers across Australia, Gerard and Deborah.

5 **What do you do on your farm?**

We produce organic grass-fed beef and we add value to this product by making beef pies.

[- X -]

10 We were certified for several years, but in recent years we felt being certified made little difference to the demand for our products. We have always farmed organically and sustainably and we felt that we did not need to pay for the privilege of doing so.

15 The feedback on the taste and the quality of our products support our decision.

[- 8 -]

Animal care and well-being are an integral part of the quality of the food we produce. The farming method used promotes good health for our animals. We have chosen the best slaughterhouse* even though it costs more.

20 [- 9 -]

Genetic modification has a lot of hype around superior production. We have concerns about it and the long term impact on soil and, in turn, human health.

What is the main challenge you face growing organic products?

25 Because we are a small farm, our main challenge is keeping up with the demand for our products.

[- 10 -]

The organic certification system in Australia is too costly for the small producers; more and more local growers are choosing not to be certified.

[- 11 -]

30 Read as much as you can, look at everything, try different things and be patient and perseverant.

Removed for
copyright reasons

Gerard and Deborah from Nicholls Rivulet
Organic Farm.

www.organicfood.com.au (2014)

* slaughterhouse: a place where animals are butchered for food

Text C



NOMOPHOBIA: a rising trend

Tim Elmore

September 2014

Whenever I find myself needing something in order to cope, I always check my lifestyle and my health. This may sound crazy, but my rule is that I don't allow myself to be brought under the control of anything. Outside of food, water and shelter, I guard myself against subjection to any addiction that begins to dictate my behavior. This includes technology. I recognize that technology makes my life easier and it enables me to work more efficiently. My principle, though, is this: technology should be a servant, not a master!

Nomophobia is the fear of being without a mobile device, and it's on the rise among today's high school and college students, to the extent that the average adolescent would rather lose a pinky-finger than a cell phone! Many of them also prefer texting or tweeting to actually talking to others...

The term Nomophobia is an abbreviation for "**no-mobile-phone phobia**," which was coined during a 2010 study. They found that about 58 percent of males and 47 percent of females suffer from this phobia, and an additional 9 percent feel stressed when their mobile phones are off. Interestingly, the study found that the stress levels caused by the average case of Nomophobia are much the same to those of "wedding day jitters" and trips to the dentist.

In the U.S., Nomophobia's gotten worse. Let's review:

- 65 percent, about two in three teenagers, sleep next to their smart phones.
- One in five teens would also rather go without shoes for a week than take a break from their phone.
- About half never switch off their phone.

So what should we do to achieve a balanced approach?

- Be sure there are daily times when you turn off the cell phone and either have face-to-face conversations or be in solitude.
- Balance screen time and in-person time each week. For every hour you invest in front of a screen, you invest another in human contact.
- Try a technology fast every month, where you actually go for a day or more without a computer, tablet or phone. This may sound hard, but it's worth trying it from time to time!

Do you see signs of Nomophobia in yourself? What else would you add to my list above? Leave a comment below!

Text: Adapted from Tim Elmore, www.psychologytoday.com (2014)

Photo: https://en.wikipedia.org/wiki/Social_media#/media/File:Young_people_texting_on_smartphones_using_thumbs.JPG by Tomwsulcer

Text D

