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English B – Standard level – Paper 2 – Reading comprehension Anglais B – Niveau moyen – Épreuve 2 – Compréhension écrite Inglés B – Nivel Medio – Prueba 2 – Comprensión de lectura

Thursday 12 May 2022 (afternoon) Jeudi 12 mai 2022 (après-midi) Jueves 12 de mayo de 2022 (tarde)

1 h

Text booklet – Instructions to candidates

- Do not open this booklet until instructed to do so.
- This booklet accompanies paper 2 reading comprehension.

Livret de textes – Instructions destinées aux candidats

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- Ce livret accompagne la partie de l'épreuve 2 portant sur la compréhension écrite.

Cuadernillo de textos – Instrucciones para los alumnos

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- Este cuadernillo acompaña a la parte de comprensión de lectura de la prueba 2.

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Teen inventor's tips to make you creative

When Ann Makosinski was growing up in Canada, she didn't play video games and seldom watched television – only half an hour on weekends when her schoolwork was done. Instead, she listened to 19th century opera and classical Indian music, learned piano and violin, watched silent films at home and played with electronic gadgets.



Now 19 years old, Makosinski has won several major prizes for her inventions. These include a flashlight that works with the heat of the human hand and a coffee cup

10 that uses heat to charge a phone.

Our news reporter talked with her to get some advice about how to be creative from an early age and how to turn a good idea into an invention. Here are some of her tips.

Turn off your phone

Unlike most of her friends, Makosinski did not have a cellphone at high school. She says she

15 concentrated better on her studies without it. She suggests that creative people who want more time to invent go on a technology-free diet for a week or two. "In this way, they will have more spare time."

The appearance of an invention is important

Makosinski chose to study English literature at university. She explains that it is important to develop an interest in both art and science. "If you make something but the invention does not look good to the customer, nobody is going to buy it."

Do not stop doing a project because it is difficult

According to Makosinski, one of the hardest parts of creating something is not giving up even when the task is difficult and you are not good at it.

25 When you are doing a project, do not go to parties

Makosinski believes that you must concentrate on a project. "You should not listen to loud music or go to social get-togethers."

Accept that the project may not work at the beginning

Makosinski says that when you start to create something you must not think about the goal

30 or the dream but instead, accept you might not be successful. "The first time you try to make something, it probably won't work but you learn more when you fix a mistake than when you get it right immediately."

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Useful diet tips on the road to recovery



- In a healthy-eating workshop session at a patient support centre in Hong Kong, about 20 people listen attentively as a dietitian explains the benefits of a vegetarian lifestyle. The participants, many of whom have recovered from cancer, are also given tips on how to get all the nutrients they need if they adopt a meat-free approach.
- The gathering is one of the highlights of a wellness programme set up by Maggie's Cancer Caring Centre. Helen Lui, who runs the charity, said it was important to make sure patients got enough nutrients during and after their treatment. Under the theme "Eating Well", an array of activities have been staged at the organisation's specially-designed centre, all aimed at helping patients better equip themselves for the challenges of their illnesses. "As well as talks on nutrition, since body conditions among patients vary, we also carry out diet assessment for individuals and make specific recommendations to them," Lui said.
- Dietitian Sally Poon, who hosted the healthy-eating workshop, said demand for one-on-one diet assessment was huge. When designing personal diet plans for patients, Poon sometimes had to address their concerns about widely-believed food myths, which prompted many to avoid certain ingredients. "I explain to them whether these food myths are substantiated by scientific evidence," she said. "It's important for patients to eat enough calories. We don't normally encourage them to quit any particular type of food."
- Mok Chun-keung, 66, sought advice from the diet expert to deal with his digestive problems. The retiree stopped eating meat after being diagnosed with cancer about two years ago. "I just ate vegetables," Mok said. He is thankful that Poon has helped him to balance his diet.
- The centre was founded by Maggie Jencks, who had first-hand experience of living with cancer. She used this to create a blueprint for a new type of care. The philanthropist saw the need for a welcoming place away from a hospital, where patients, their families and friends could go for support.
- The first Maggie's Centre opened in Edinburgh in 1996, a year after her death. In 2008, the charity opened a temporary centre in Hong Kong, which was relocated five years later to its present address, in a building designed by architect Frank Gehry.

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References:

- **Text A** Slaughter, G., 2017. Teen inventor's seven tips to make you creative too. [online] Available at: https://www.ctvnews.ca/lifestyle/teen-inventor-s-seven-tips-to-make-you-creative-too-1.3229524 [Accessed 11 November 2018]. Source adapted.
- Text C Lee, E., 2018. Useful diet tips on the road to recovery. South China Morning Post, 13 Nov. Source adapted.

[*Vegetables*] [image online] Available at: https://pixabay.com/illustrations/vegetables-collage-food-healthy-1529719/ [Accessed 23 July 2019].