

FUKIEN SECONDARY SCHOOL  
S4 First Term Examination (2020-2021)  
English Language Paper 1  
Reading

Reading Passages

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Date: 8<sup>th</sup> January 2021

Name: \_\_\_\_\_

Time: 8:30a.m. – 10:00a.m.

Class: S 4 \_\_\_\_\_ No.: \_\_\_\_\_

**INSTRUCTIONS**

1. Write all your answers in the Question – Answer Book.
2. **DO NOT WRITE** any answers in the booklet because they will not be marked

**PART A**

Read Text 1 and answer questions 1–17 in the Question-Answer Book.

**Text 1****Walking and running your way to fitness**

1 [1] Hello again and thank you for downloading this edition of the *Feeling Fit* podcast. I'm your host, Jenny Coles. I'm a fitness coach and physical therapist, and I'm committed to getting you feeling fit!

[2] This week, I decided to take a look through your emails for inspiration. I got a great email from listener Tony, who asked this question: 'I'm 48 years old. I'm not very fit and I'm  
5 overweight. Is it too late to take up running? I really like the idea of doing races like a 10K or even a half-marathon, but I worry about getting injured. Should I stick to a safer form of exercise, like walking?'

[3] What a great question, Tony! Now, the first thing I want to say to you is: You're never too old! It's never too late to take up a new hobby or try a new activity. Running and walking are  
10 both great forms of exercise. Let me break down the benefits and the risks of each for you.

[4] Let's start with walking. The great thing about walking is that just about anyone can do it. You don't need any special training or knowledge; all you need is a decent pair of trainers. Also, walking is a low-impact activity. You'd have to be really unlucky to get injured when walking. Studies have shown that only about 1 per cent of people who walk for fitness sustain injuries.  
15 Fast walking will help you lose weight, tone muscles and improve cardiovascular health. It can reduce blood pressure and help manage diabetes, but it has to be fast walking; you need to raise your heart rate and get your lungs working. An hour of window shopping in the mall won't really cut it.

[5] When it comes to running, these same health benefits are ramped up even further. Running  
20 burns a serious number of calories, so it can help you shift some kilos. Ever heard of the runner's high? That comes from the endorphins—the natural feel-good chemicals—that running stimulates. Running has been proven to improve mental well-being, and if you run regularly, your bones and muscles become stronger, your cardiovascular system becomes more efficient and you will be adding years onto your life. Joggers can live at least five years longer than their  
25 sofa-loving counterparts.

[6] So what about the drawbacks? Well, there aren't too many drawbacks of walking as a form of exercise. You'll probably need to walk for longer to get the same benefits as from running, and because the intensity is low, walking doesn't strengthen your bones and muscles in the same way as running.

[7] With running though, probably the biggest downside is the risk of getting injured. It's a high-impact sport, and there's always the risk of trips and falls, especially if you opt to do trail running. And if you do too much too soon, it can cause all kinds of problems. It's important to increase your mileage gradually. Most experts recommend the 10 per cent rule. That means if you ran 10 kilometres in total your first week, the following week you can up your mileage by  
35 10 per cent, so another kilometre, giving you a total of 11 kilometres. Another common mistake beginners make is to run as hard and fast as possible every time, resulting in burnout. No! Don't do that. You need to mix it up! Yes, it's good to do some speed workouts, but the rest of your runs should be done at an easy, conversational pace. That means you shouldn't be huffing and puffing; you should be able to hold a conversation while you run.

- 40 [8] So for you Tony, I would recommend a couch-to-5K programme. There are hundreds of apps that will help you achieve a 5K goal. For example, *Couch to 5K Runner* gets you active three times a week for 30 minutes each time. You'll start mostly walking, and then gradually increase the amount of time you run, until you can run 5K without stopping. It might seem unachievable at first, but believe me, if you follow the programme, you'll be able to do it. This mixture of
- 45 running and walking is very effective at building fitness and allowing the body to adapt to the new stresses and strains you're putting it through. A mixture of walking and running even has a name: 'Jeffing', from the Olympian and coach Jeff Galloway. Jeffing is a legitimate training method, and some people even Jeff their way around entire marathons. What are you waiting for? Get those trainers on!

Read Text 2 and answer questions 18–24 in the Question-Answer Book.

## Text 2

### The dying art of birdcage making

- 1 [1] *Chan Wong Fook bends low over his work, painstakingly cutting a strip of bamboo to exactly the desired size and shape. His deft, nimble strokes are more the movements of a 20-year-old than a pensioner. Above him hang row after row of beautifully handcrafted birdcages, glowing gently in the darkness, like ripe cherries hanging in a tree, but probably will never be picked.*
- 5 *Chan is now an endangered species in Hong Kong: He is a master birdcage maker. For this interview, he agreed to give us a glimpse of his world.*

#### Q: How did you start making birdcages?

- [2] I learnt from my uncle. I was only 11 when I first turned my hand to it. At that point, it was the extra pocket money that attracted me and I would rush to my uncle's studio after school or at
- 10 weekends to learn the craft. The work came easily to me and after a couple of years my uncle contacted a birdcage *sifu*, who agreed to take me on as an apprentice. I spent ten years honing my craft with him. Fifty years on and I am still learning things every day.

#### Q: Why do you think there are so few birdcage makers left?

- [3] When bird flu first came to Hong Kong in 1997, interest in keeping birds as pets began to fall.
- 15 Suddenly people couldn't take their birds on public transport anymore, and they became worried about the health of their children and grandchildren. It seems to me that the younger generation are more interested in pets with fur than pets with feathers.

- [4] I have a son and a daughter, but neither of them was interested in following in my footsteps. It's a job that requires patience and dedication. It can take many weeks to craft one cage, and
- 20 I'm not sure the younger generation are cut out for that. My workspace has more in common with a sculptor's studio than a production line. Eventually, these skills will just fall out of use, and I do feel regret about that. I would like to pass them on, but there just isn't the interest. That's why I have no plans to retire and will keep going for as long as I can.

**Part B**

Read Text 3 and answer questions 25–45 in the Question-Answer Book.

**Text 3****Blue Zones reveal the secret to long life**

- 1 *In a few geographical areas across the globe, people seem to have unlocked the secret of long life. What can we learn from people who live in these so-called 'Blue Zones'?*

5 [1] Mrs Washizu bends low over her vegetable patch, teasing out some weeds. Her hands are knobbly, the skin tanned leather brown from years in the sun, yet her movements are graceful. In the basket at her feet lie some bitter melons, shallots and purple sweet potatoes. She takes just what she needs for the day and begins her 20-minute walk home. It's a journey she has been making every day for the last 68 years, since she took over the patch from her father. Mrs Washizu is 104 years old, and she still grows, harvests and cooks her own food.

10 [2] She is not alone. In five so-called 'Blue Zones' across the world, people regularly live into their nineties and hundreds. And they're not just sat in chairs, watching TV, a blanket tucked around their knees. They're playing bowls, line dancing and tending their gardens. They're healthy and vital.

15 [3] The Blue Zones, identified by longevity expert and author Dan Buettner, seem disparate at first glance: they are Nicoya, in Costa Rica; Sardinia, in Italy; Ikaria, in Greece; Okinawa, in Japan and Loma Linda, in California. Yet in each of the zones, your chance of living to the grand old age of 100 is 10 times higher than the US average. Since genetics only accounts for 20–30 per cent of longevity, it seems obvious that lifestyle is the secret ingredient in the elixir of long life.

**What makes the Blue Zones special?**

20 [4] One thing all inhabitants of the Blue Zones have in common is their diet. They eat very little meat or dairy, and lots of different vegetables. A plant-based diet is high in fibre, vitamins and minerals, and is associated with a lower risk of cancer and heart disease. They also eat plenty of beans, which contain protein and fibre; whole grains, which are known to reduce blood pressure and lower heart disease; and nuts, which contain fibre, protein and healthy fats.

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[5] People here also eat in small amounts. Mrs Washizu regularly leaves a few spoonfuls on her plate, according to the principle of 'hara hachi bu', or eating until you feel only 80 per cent full. Researchers believe this practice means that people like Mrs Washizu probably get fewer calories than recommended, but this seems to have an anti-ageing effect.

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[6] People in the blue zones are not regularly picking up takeaways. Instead, they sit with friends, chat and drink a lot of tea. In Ikaria, Greece, it's a few cups of mint or rosemary tea each day; while in Okinawa people sip green tea. Regular tea drinking seems to have an anti-inflammatory effect and has been linked to reduced cardiovascular disease.

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[7] Loneliness in old age can reduce life expectancy by up to eight years, but the lives of the people living in the blue zone are the epitome of the opposite of loneliness—they live in close-knit communities, often in multi-generational households. They can't walk down the street

without bumping into someone they know. They have strong friendship groups, many of which form a life-long support network. When an elderly woman in Okinawa loses her husband, her friends are there to offer support, cook food, clean the house and do the shopping. She has people to rely on. Many others are part of a spiritual community, sometimes involving organized religion. This sense of having someone or something to lean on in tough times seems to reduce rates of depression.

[8] Although the people in the Blue Zones don't go to the gym or scheduled exercise classes, they are fit because their lifestyle makes them so. Many of the oldest men on Earth (in Sardinia) toiled for years on local farms, and continue working into old age. The people of Okinawa, Ikaria and Sardinia often live in remote, steep areas with no major roads. Regularly walking up and down hills keeps people spry into advanced old age.

### **How can we live a Blue Zone lifestyle?**

[9] Is it possible to gain some of the benefits of this lifestyle, even if we don't live in a Blue Zone? The simple answer is yes.

[10] Begin with your diet, by eating more veggies: try going vegetarian one day a week. Eat slowly and don't overeat. Reduce your portion size by 10 per cent, or perhaps leave a little food on your plate, like Mrs Washizu. Drink more tea and fewer sugary drinks.

[11] Build exercise into your life. That doesn't mean you have to sign up to a gym. Buettner suggests adopting a dog: it forces us to get out and walk every day, even if we don't really feel like it. Or you could get off the bus two stops early on your way to work, or get off the MTR one stop early on your way home from school, and walk the rest of the way.

[12] Finally, do something that gives you a feeling of purpose and social connection. Even though joining an organized religion can offer comfort to many, you don't have to do it to find solace. You could simply do something that helps you get in touch with your spirituality, such as practising yoga or mindfulness.

[13] Live well, and live long.

**END OF READING PASSAGES**

