

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

(1 hour 30 minutes)

Date: 8th January 2021

Name: _____

Time: 8:30a.m. – 10:00a.m.

Class: S 4 _____ No.: _____

INSTRUCTIONS

1. Write your Name, Class and Class Number in the spaces provided on this page and on the cover page of the Reading Passages booklet.
2. There are two parts in this paper. Answer **ALL** questions in Parts A and B.
3. The reading passages are in a separate booklet. Write your answers clearly and neatly in the spaces provided in this Question-Answer Book. You are advised to use a pencil to write your answers. **Answers written in the margins will not be marked.**
4. For multiple-choice questions, you are advised to blacken the appropriate circle with a pencil so that wrong marks can be completely erased with a clean rubber. Mark only **ONE** answer to each question. Two or more answers will score **NO MARKS**.

Part	Marker's Use Only	
A	40	
B	35	
Total	75	

Part A (40 marks)

Read Text 1 and answer questions 1–17. (30 marks)

Text 1

- 1 Complete this sentence using the information in paragraph 1.

Jenny Coles' main aim is to help listeners _____.

- 2 With reference to paragraph 2, how did Jenny Coles choose the topic for this podcast?

- 3 Complete the summary of paragraphs 2 and 3 by selecting the best option from the choices below.

(3 marks)

Listener Tony would like to do some running __ (i) __ but worries that he is too old and not fit enough. He is concerned about __ (ii) __, and wonders whether walking would be a better choice of exercise. In response, Jenny __ (iii) __ to take up a new form of exercise and says she will explain the pros and cons of both.

- (i) A tests

B competitions

C training

D research

A B C D

☐ ☐ ☐ ☐

- (ii) A his heart

B losing weight

C what other people will think

D hurting himself

A B C D

☐ ☐ ☐ ☐

- (iii) A warns him not

B explains he'll need some new clothes in order

C encourages him

D tells him to find time

A B C D

☐ ☐ ☐ ☐

4 Based on the information in paragraph 4, which of the following is NOT true about walking as a form of exercise?

A You are unlikely to get hurt.

B You need only basic equipment.

C Walking at any speed is beneficial for health.

A B C D

D It is accessible to everyone.

☐ ☐ ☐ ☐

5 Find a phrase in paragraph 4 which has a similar meaning to 'isn't good enough'.

6 With reference to paragraph 5, state ONE reason why running regularly is a good form of exercise for people who want to lose weight.

7 According to paragraph 5, are the following statements True (T), False (F) or Not Given (NG)? (3 marks)

Statements

T F NG

(i) Running can improve your mood.

☐ ☐ ☐

(ii) Runners have larger hearts than non-runners.

☐ ☐ ☐

(iii) Running regularly decreases your lifespan.

☐ ☐ ☐

8 Complete the summary of paragraphs 4 and 5 using ONE word taken from paragraphs 4 and 5 for each gap.

(4 marks)

One major advantage of walking is that there is little impact on joints and bones, which means the risk of getting

(i) _____ is low. As long as you walk (ii) _____ enough, regular walks will

strengthen muscles and your cardiovascular system, and help you lose weight. Regular walks can also be

beneficial for those with diabetes and high blood (iii) _____. Running has all these same physical

benefits but can also improve your (iv) _____ health, thanks to the release of endorphins.

- 9 Complete the following information about the disadvantages of walking and running, and how to manage these disadvantages, using a word or phrase taken from paragraphs 6 and 7 for each gap. Write no more than THREE words for each gap. (6 marks)

	Disadvantage:	How to manage this:
Walking	Walking cannot (i) _____ one's bones as much as running.	Walkers need to exercise for (ii) _____ than runners.
Running	Doing (iii) _____ too soon will result in runners getting injured.	Increase the distance you run by no more than (iv) _____ each week.
	Runners burn out because they run too (v) _____ all the time.	Apart from speed workouts, do the majority of your runs at a pace slow enough that you can have a (vi) _____.

- 10 In paragraph 7, what is implied about trail running?

- 11 What phrase is used in paragraph 7 to describe someone who can't talk easily because they are running too fast?

- 12 In line 43, what 'might seem unachievable'?

- A finding a suitable couch-to-5K app
- B completing a 5K run non-stop
- C using a mixture of running and walking to cover 5K
- D learning how to run with good technique

- A B C D
○ ○ ○ ○

- 13 Below is a summary of the beginning of paragraph 8. There is ONE mistake in each line. Underline the mistake and replace it with a word that expresses the correct idea. Write the word in the box on the right. Both grammar and spelling must be correct. One has been done for you as an example. (2 marks)

	Summary	Correction
(i)	With a gym-to-5K app, you build fitness with a mixture	
(ii)	of jogging and running. This allows the body to gradually	
e.g.	get used to the new stresses and <u>benefits</u> of running.	strains

- 14 What is 'Jeffing' (line 47)?

- 15 Which fact about 'Jeffing' in paragraph 8 might surprise the reader?

- 16 Which of the following best describes Jenny Coles' tone?

- A critical
B enthusiastic
C envious
D worried

- A B C D
☐ ☐ ☐ ☐

- 17 What is the main purpose of this text?

- A to warn runners about the dangers of getting injured
B to support people who might be unsure about exercising
C to encourage people to try more than one form of exercise
D to inspire people to sign up for a running race

- A B C D
☐ ☐ ☐ ☐

Read Text 2 and answer questions 18–24.

(10 marks)

Text 2

18 The phrase ‘like ripe cherries hanging in a tree, but probably will never be picked’ (line 4) suggest that ...

A the cages made from cherry wood are the most beautiful.

B it is difficult to choose which cage to buy.

C the cages only look good for a short time.

D although they look attractive, no one will buy the cages.

A B C D

☐ ☐ ☐ ☐

19 What is Chan Wong Fook’s job title?

20 Complete the following summary of paragraph 2. Write ONE word taken from the paragraph in each gap below.

(3 marks)

When Chan Wong Fook began making birdcages at age 11, the thing that motivated him most was

(i) _____. He studied as an apprentice for (ii) _____ years.

Although he picked up the skills quickly, he has never stopped (iii) _____.

21 Who or what does ‘him’ (line 12) refer to?

22 With reference to paragraph 3, why did the bird flu outbreak cause people to lose ‘interest in keeping birds as pets’ (line 20)? Complete the sentences below by using no more than TWO words taken from paragraph 4 for each gap.

(2 marks)

Reason 1: It became illegal to carry birds in cages on (i) _____.

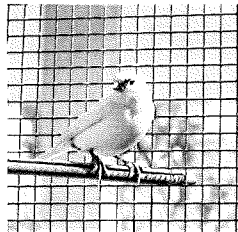
Reason 2: Fears grew about the (ii) _____ of family members.

23 According to paragraph 3, which pet would a young person in Hong Kong like best?

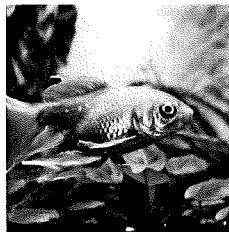
A



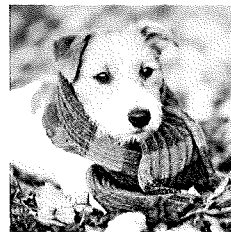
B



C



D



A B C D
○ ○ ○ ○

24 Find a phrase in paragraph 4 which has a similar meaning to 'suitable for'.

END OF PART A

Part B (35 marks)**Text 3**

Read Text 3 and answer questions 25–45.

25 Why do you think the writer describes both the appearance of Mrs Washizu's hands and her movements?

26 In lines 5–6, what does 'She takes just what she needs for the day' suggest about Mrs Washizu?

27 What does the writer intend to convey when he/she says 'a blanket tucked around their knees' (lines 10–11)?

A It is often difficult for old people to get comfortable.

B Old people feel cold all the time.

C Cold legs are a common problem among old people.

D Old people need to be looked after and usually don't move much.

A B C D

☐ ☐ ☐ ☐

28 Find a word in paragraph 3 which means 'very different'.

29 What metaphor does the writer use in paragraph 3 to describe the importance of the way we live in relation to how we age?

30 According to paragraphs 4 and 5, are the following statements True (T), False (F) or Not Given (NG)? (5 marks)

Statements	T	F	NG
(i) Cheese plays a large role in Blue Zone diets.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(ii) It is best to eat vegetables of many different colours.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iii) Whole grains are helpful to people with high blood pressure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iv) People who practise 'hara hachi bu' are always hungry.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(v) Restricting calorie intake can help people live longer.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

31 In paragraph 6, what does the writer suggest about the attitude of people in the blue zones towards takeaways?

32 What does the writer imply when he/she says people who live in Blue Zones 'can't walk down the street without bumping into someone they know' (lines 38–39)?

- | | | | | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| A The streets there are crowded. | | | | |
| B People know their neighbours very well. | | | | |
| C The steep roads make it easy to have accidents. | A | B | C | D |
| D People are friendlier in the Blue Zones than in other areas. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

33 Who or what does 'She' (line 41) refer to?

34 Based on the information in paragraph 7, complete the summary by writing ONE word to fill in each blank.

Your answers must be grammatically correct.

(5 marks)

Being (i) _____ can have a detrimental effect on life expectancy. People who live in Blue Zones have very strong (ii) _____ with the people in their community. They are surrounded by family members and friends who can (iii) _____ them during difficult times. Many belong to groups that practise a particular (iv) _____. Feeling connected to others means people feel less (v) _____.

35 Select the option that best completes the sentence to show the meaning of 'toiled' (line 48).

Although she _____ for hours, the job still was not complete.

- A worked hard
- B worked slowly
- C worked carefully
- D worked patiently

A B C D
○ ○ ○ ○

36 In paragraph 8, find a word that means 'energetic and active'.

37 In paragraph 8, the writer is ...

- A recommending the use of gyms.
- B highlighting the benefits of scheduled exercise.
- C underlining the impact of traffic on life expectancy.
- D arguing in favour of life-long exercise.

A B C D
○ ○ ○ ○

38 Match the headings (A–E) with one of the corresponding paragraphs on the left. Write the correct letter on the line next to the paragraph number. ONE heading is not used. (4 marks)

Paragraph No.	Heading
(i) Paragraph 5 _____	A Feeling connected
(ii) Paragraph 6 _____	B Less fat, longer life
(iii) Paragraph 7 _____	C Knowing when to stop
(iv) Paragraph 8 _____	D Movement matters
	E A brew is good for you

39 What does 'it' (line 59) refer to?

40 In paragraph 12, which of the following is the writer NOT recommending?

- | | | | | | |
|---|--|--|---|---|-----|
| A | following a religion | | | | |
| B | taking classes in mindfulness | | | | |
| C | doing yoga regularly | | A | B | C D |
| D | telling others about the Blue Zone lifestyle | | ○ | ○ | ○ ○ |

41 Match the person on the left with the statement which best represents their thoughts listed on the right.

Write the letter (A–E) on the line next to the person's name. TWO of the statements are not used.

Each letter can be used ONCE only.

(3 marks)

	Persons	Answers	Statements
(i)	Mrs Washizu	_____	A 'Caring for a pet can encourage healthy habits.'
(ii)	Dan Buettner	_____	B 'I like to exercise every day, usually at the gym.'
(iii)	Sardinian man	_____	C 'Giving up fast food would be difficult for me.'
			D 'I have a close connection with what I eat.'
			E 'I worked in the fields every day until I was 80.'

42 Name three of the places that the term *The Blue Zones* refers to in the passage:

43 Which way of the Blue Zone lifestyle would you like to try to live a longer life?

How would you work it out?

(2 marks)

44 According to paragraph 12, other than joining an organized religion, what other things can you do to find comfort spiritually?

45 According to paragraph 5, what is the principle of 'hara hachi bu'?

END OF PART B

