You are allowed 10 minutes to read through the paper before starting to write. This 10-minute period is in addition to the 2½ hours allowed for the examination.

You MAY write during the time allowed for reading through the paper.
January 2008

You MUST answer questions from ALL FOUR sections of this paper: Section ONE; ALL of Section TWO; ONE from Section THREE; and ONE from Section FOUR.

SECTION ONE

(Suggested time: 35 minutes)

You MUST answer the question in this section.

1. Read the following extract carefully and then write a summary of it in not more than 120 words. Your summary must be in continuous prose and in paragraph form. Only the first 120 words of your answer will be read and assessed.

The Caribbean is well known around the world for its prowess in sports such as cricket, athletics, boxing, football and netball. During the last decade much attention has been given in some countries to coaching, administration, sponsorship and physical preparation. Good as this is, it is not enough. Physical training is essential for success in sports, but the very best results can only come through a combination of professional training and good nutrition. In the Caribbean, unfortunately, very little planning has gone into nutritional aspects of the athlete’s preparation before, during and after sports events.

The athlete needs to recognize that performance during the competitive season is strongly related to nutritional status outside the competitive season. Although there are necessary changes in the quantity and quality of diet during competition, the overall approach should be in keeping with basic dietary guidelines for healthy eating.

Nowhere is the need for proper nutrition more evident than in sports. The ability to succeed in sports requires good health based on a diet that provides all the essential nutrients in the correct amounts over a period of time. Many of our athletes often ignore the most vital parts of the diet – food containing vitamins and minerals that provide stamina and endurance – in favour of fast foods that lack nutrients.

Will the average balanced diet that brings health benefits in the presence of normal physical activity also be adequate for people engaged in increased physical activity and competitive sport? Many athletes do not think so and they are therefore exposed to, and are tempted by, numerous fads and diets which they expect to improve their performance.

The pressure to use performance enhancing drugs is increasing dramatically because of the lure of lucrative prizes, contracts and product endorsements. This has tempted sports persons, particularly in athletics, to engage in illegal practices. But drug use not only negates the spirit of human competition, it can be hazardous to health. We should never forget that there is life after retirement from the sport, and most importantly, we should give the public and fans the proof that our heroes are in fact drug free and worthy role models.


(30 marks)
SECTION TWO
(Suggested time: 40 minutes)

Answer ALL the questions in this section.

2. Read the following extract carefully and then answer all the questions set on it.

Mrs. Baker was a thin, nutmeg-brown woman with vague eyes that looked tolerantly on everyone, especially Doctor. She had a kind of faded beauty and an air of vulnerability that had always touched her son and made him feel responsible for her. But her love was as much a burden as a privilege because he knew he could never live up to her expectations. If only she had named him after a tailor, a preacher or even a shoemaker, he might not have felt he had a mountain to climb. But then again, ‘Shoemaker Baker’ would’ve caused even more ridicule when he was growing up. No, he was probably better off with ‘Doctor’.

He wished his mother didn’t cause him to feel so guilty. He knew she would’ve gladly gone without food to see him through university, but that wasn’t for him. He had better things to do with his time, and his mind. Looking at his mother, he sometimes wondered where he had got his brains. It definitely wasn’t from her or from his father – that much was certain.

It was past eight o’clock and they had almost finished dinner, but Doctor’s father had still not come home from his job at the wharf. That wasn’t unusual because Mr. Baker always worked long hours – ‘rising with the sun and coming home with the moon’, according to his wife. And for what? This was a question Doctor constantly asked himself. What had his father achieved with all his back-breaking work? The man earned peanuts and had never been able to move his family to a decent neighbourhood. Here they were, still living on Gold Lane, where the only metal in abundance was not gold but zinc: zinc for the roofs of old broken-down houses, zinc for the fences that separated often warring families.

*Alecia McKenzie, Doctor’s Orders, Heinemann, 2005, p.31.*

(a) What was it about Mrs. Baker that had always evoked her son’s sympathy? (2 marks)

(b) What does the phrase “mountain to climb” (line 6) mean? (2 marks)

(c) Why do you think Mrs. Baker named her son “Doctor”? (2 marks)

(d) Why did Mrs. Baker cause her son to “feel so guilty” (line 9)? (2 marks)

(e) To whom does “they” refer in line 14? (1 mark)
(f) What is meant by “rising with the sun and coming home with the moon” (line 16)?
(2 marks)

(g) What opinion of the father is expressed in the last two sentences of the extract?
(2 marks)

(h) What is contradictory about the Bakers living on Gold Lane?
(2 marks)

Total 15 marks
3. Read the following extract carefully and then answer all the questions that follow.

The recent spate of road accidents that has taken the lives of several passengers has sent shock waves through the society. The slaughter on our roads reflects the low value that many people place on human life. What is even more shocking is the extent to which passengers, either actively or passively, condone the reckless abandon of our drivers, particularly those who operate public passenger vehicles.

Too often on minibuses and route taxis, passengers can be heard urging on the drivers who indulge in the most extraordinarily reckless driving that one can imagine. They do this in spite of the bitter experience of loss of life and irreparable damage to body parts.

Moreover, parents and guardians put their children at risk, knowing full well the increasing lack of restraint shown by bus drivers. It seems that somehow the society has accepted this kind of behaviour and is no longer fazed by the huge death toll on our roads.

That the drivers display anarchic behaviour without fear of punishment is only possible because the traffic department of the police force has apparently gone into hibernation. No longer do motorists expect to be apprehended by the police, either on motorcycles or in patrol cars. Nowadays, one can travel for long periods on the roads of towns and cities without ever coming into contact with the police, as those who are on the roads are predictably located at specific spots.

The same is true for journeys on our highways and country roads, which is why the recent major accidents have occurred in areas where very little monitoring of traffic takes place. Indeed, I would not be surprised if the traffic department has been reduced or has remained about the same in number, or even less mobile, while the number of motor vehicles has grown exponentially.

(a) What effect does the writer want to create by the use of the word “slaughter” (line 2)?

(2 marks)

(b) What word or phrase in paragraph 2 is an example of hyperbole?

(2 marks)

(c) What example does the writer provide to illustrate the active condoning by passengers of the reckless abandon of drivers?

(2 marks)

(d) Cite ONE phrase in paragraph 3 which indicates society’s passive reaction to the behaviour of drivers.

(2 marks)
(c) What does the phrase “gone into hibernation” (lines 15 – 16) suggest about the police force? (2 marks)

(f) Why does the writer regard the police as ‘predictable’? (1 mark)

(g) What is the writer suggesting about the size of the traffic division of the police force over the years? (2 marks)

(h) What does the writer see as a consequence of the lack of traffic monitoring on the roads? (2 marks)

Total 15 marks
SECTION THREE

(Suggested time: 45 minutes)

Answer ONE question from this section.

Your answer in this section should be approximately 400 to 450 words in length.

You MUST write in Standard English. However, dialect may be used in conversation.

SHORT STORY (Questions 4 & 5)

4. Write a story based on the picture below.
5. She held her son close by her side as she walked quickly along the narrow road. This was the moment.

Write a story based on these words. (35 marks)

DESCRIPTION (Question 6)

6. Trace fell off to sleep with the events of the day still fresh in his mind. He slipped quickly into dreamland.

Describe Trace's dream. (35 marks)

SECTION FOUR

(Suggested time: 30 minutes)

Answer ONE question from this section.

Your answer in this section should be approximately 250 to 300 words in length.

You MUST write in Standard English.

7. If some countries have weapons of mass destruction, then all countries should be allowed to have them.

Write an essay giving your views on this statement. (35 marks)

8. All students in all classes in all high schools should have at least one period per week for Home Economics.

Write an essay EITHER supporting OR opposing this view. (35 marks)

END OF TEST

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