

READING SKILLS (40 marks)

Read the passages carefully and do the exercises that follow.

Passage A - (15 marks)

Kids with a conscience

What do you do in your spare time? Have you ever considered using it to improve the lives of others? These children did. Read their stories and perhaps you too can be inspired to lend a hand.



When five-year-old Canadian Hannah Taylor saw a homeless man eating out of a rubbish bin, she was shocked and saddened. As a young child from a loving and comfortable home, she was unaware that homelessness existed. She never forgot the image of that man and so, a few years later, Hannah founded The Ladybug Foundation, a charity for the homeless. She chose the ladybug because the insect represents good luck, which is something she believes the homeless need. She began by painting empty baby-food jars like ladybugs and asking businesses in her town to put small change in them. By the age of ten, she had raised more than half a million dollars.

Now a young adult, Hannah has spoken out for the homeless across Canada to hundreds of schools and organizations. Through these and other efforts, over two million dollars has been raised to provide not only shelter, but food – two basic human rights – for the homeless.

Janine Licare and Aislin Livingstone were just nine years old in 1999 when they saw the rainforest disappearing from their beloved home in Manuel Antonio, Costa Rica, due to the development of roads and buildings in the area. They witnessed the negative impact of this on the animals, particularly the Mono Titi, or squirrel monkeys. The main cause of death for these monkeys is electrocution from electrical cables, or being hit by cars while crossing these new roads. This put the species in danger and inspired the girls to establish Kids Saving The Rainforest (KSTR), a non-profit organization to save the local rainforests and endangered wildlife.

KSTR has grown steadily. One of its objectives has been to create ‘monkey bridges’ throughout the area. These are thick ropes that help the monkeys cross areas where there are now roads or electrical and phone cables, or where there aren’t enough trees for the monkeys to pass through. There are currently 130 such bridges, which, in combination with other measures, have saved the lives of many monkeys.

Mary's meals is an extraordinary charity that has introduced school meal programmes for the hungry children in countries across Africa, Asia, the Caribbean, Eastern Europe and South America. There, many children do not attend school. To encourage them to get an education, the charity provides free healthy daily meals at school. Education is important because it can lift them out of poverty by helping them to get good jobs, which benefits the whole community.

Nine-year-old Martha Payne from the UK had a blog about her own school dinners and whether they were healthy or not. Some people pointed out on her blog that she was fortunate to get a meal of any kind at school when so many children were starving. Realising the truth of this, Martha got involved by raising money for Mary's Meals and encouraged her blog readers to donate. She has raised over £130,000 for the charity, visited Mary's Meals in Malawi and herself became the subject of a BBC documentary.

The charity now feeds more than 750,000 children every school day and it costs only £10.70 to feed a child for a year.

There are kids making a difference in the world. If you are lucky enough as a teenager to have money and time, then why not use them do to something constructive?

EXERCISE 1

Read the text and circle the correct answer a, b, c or d. (3x2=6 marks)

1. How did Hannah Taylor help the homeless in the beginning?
 - a. by raising more than two million dollars
 - b. by making other children aware of the problem
 - c. by getting help from people in her local area
 - d. by telling people about basic human rights
2. According to the article, the monkey bridges
 - a. have saved parts of the monkeys' habitat.
 - b. are cut when there is danger in the area.
 - c. are built next to roads in Costa Rica.
 - d. protect the monkeys from modern hazards.
3. What is the long-term benefit of a free daily meal?
 - a. It can lead to economic development.
 - b. It stops hunger in the whole community.
 - c. It creates more jobs for poor people.
 - d. It means more schools are opened.

EXERCISE 2 - (2x2=4 marks)

Answer the following questions according to the information in the text.

1. What caused the gradual disappearance of the rainforest in Costa Rica?

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2. Why did Martha Payne decide to start raising money for Mary's Meals?

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.....

EXERCISE 3

Choose from the box the best word for each gap. There are two extra words you must not use. (5x1=5 marks)

organize, community, private, publicity, effect, participate, die, amounts

There are various ways that charities raise money – they get donations from businesses, they hold events or they are given donations. Sometimes people leave money to charity when they 1. _____.

A popular way to raise money for charity is to 2. _____ some kind of physical 'challenge' in an exotic place, such as a camel ride in Mongolia or walking the Inca Way in Peru. Adventurers who participate manage to raise significant

3. _____ of money for the charity they want to help. Not everyone thinks this kind of fundraising scheme is such a wonderful idea though.

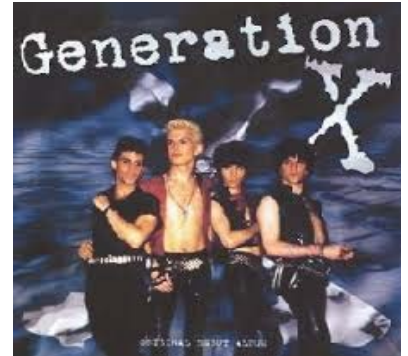
Critics question the way that these challenges are organized. First of all, the participants often do something unusual, for example, shaving their heads or losing weight, to attract 4. _____ and raise money before they leave for the challenge. The people who donate money at this stage believe that their money is going to the charity, however, this is not always the case. The money sometimes goes towards paying the person's air ticket or travel costs, which is considered to be unfair.

The organizers of these events reject these criticisms, saying that the challenges bring money to the local economy. Moreover, participants use part of the money they raise to help the local 5. _____, for example, by building classrooms in schools or funding health projects.

Passage B (10 marks)

Generation X and Beyond

Have you ever heard the term “Generation X”? It was coined in 1991 by American writer Douglas Coupland, who published a book of that name. In it he described the stereotypical American teenagers and twenty-somethings of the 1980s. These young people grew up with social problems including unemployment, broken homes, youth gangs and drugs. Coupland claimed that as a result, they could only feel hopeless, cynical and lacking in ambition to change their lives or the world around them. This is a summary of what he said:



Many generations Xers saw or lived in broken or single-parent homes. This made them feel that marriage and family relationships don't work out. They didn't see their parents much, so they learned lessons about the world from their peers and from television.

They grew up in very difficult economic times and saw many people unable to find jobs, or getting fired. They stopped believing that education is the key to a job or a successful future.

They saw the world around them getting more and more polluted and they worried about the threat of nuclear war. They felt that the older generation and government had let them down. They didn't bother voting because they didn't believe they could influence or improve the future anyway.

EXERCISE 1: Read the text and circle the correct answer a, b, c or d. (3x2=6 marks)

- 1. Douglas Coupland's view of Generation X was that:**
 - a. they were spoiled with too much material success.
 - b. they had very negative ideas about the world.
 - c. they were a stereotype.
 - d. they should have taken more responsibility about their own lives.
- 2. According to Coupland, Generation X-ers learned about the world from TV because:**
 - a. they preferred watching TV to spending time with their parents.
 - b. they liked watching TV with their peers.
 - c. TV showed them the real world.
 - d. their parents were often not at home and TV was there instead.
- 3. According to Coupland, why didn't Generation X-ers bother voting?**
 - a. Because they didn't believe they had the power to change the government.
 - b. Because they were too young to vote.
 - c. Because they believed politicians had too much influence.
 - d. Because the future didn't interest them.

EXERCISE 2: Choose and circle the best answer a, b, c or d to complete the rest of Passage A. (8x0.5=4 marks)

That was generation X. Today we have a new generation - the teenagers of the 90s. Andrew, an 18-year-old, expresses his opinion:

"I believe I'm a good representative of the generation following Generation X: the teens of the 1990s. We grew up with all the 1. _____ aspects of the 1980s, but we learned from them that the only way is up.

"What did we learn from all the broken families we saw? To wait until we're older to 2. _____ a partner, so that marriage has less chance of ending in divorce.

"What did we learn from TV and films? To strive to be rich so that we can

3. _____ the lifestyles that we see there. Material things like clothes, cars and houses are important to us, and we believe that if we work hard enough we'll

4. _____ be able to afford them.

"We also learned that you shouldn't confuse having a job or career with having a life. And that 5. _____, not information, are what we need to learn, because that way we can always adapt to new 6. _____.

"And what about the environment? Well, we're the Greenpeace generation. We've seen that we can make a 7. _____. We volunteer for local clean-ups and support recycling. We can't fix the hole in the ozone but we've learned to live with it and we're trying to 8. _____ it from getting any bigger. We believe that we can shape the future. We do know for sure that whatever we plan, the reality always turns out to be different, but that's OK.

"I think our generation should be called Generation O: Opportunistic, Open-minded and Optimistic!"

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|--------------------|------------------|------------------|-----------------|
| 1. a. facilities | b. negative | c. opportunities | d. happy |
| 2. a. take | b. elect | c. choose | d. opt |
| 3. a. pay | b. afford | c. manage | d. demand |
| 4. a. eventually | b. unfortunately | c. desperately | d. inadequately |
| 5. a. instruction | b. facts | c. data | d. skills |
| 6. a. situations | b. experiences | c. ambitions | d. possessions |
| 7. differentiation | b. facility | c. difference | d. difficulty |
| 8. prevent | b. allow | c. make | d. force |

Passage C. Summary

Read the following text and write about what Laura did in order to lose weight and be healthier as well as the final results of her efforts. Write about 100 words. (15 marks)

A journey to a Better me!

In last week's issue of Health and Fitness we asked our readers to share with us their weight loss experiences. Here is a personal account from one of our readers describing her uphill battle to lose weight.

My name is Laura and I am 25 years old. I have struggled with my weight ever since I was a teenager. At 15, I weighed 80 kilos. As



the years passed, my weight only increased. I would live on fast food, like pizza and hamburgers, and snack on crisps and chocolates. I never exercised. At 23, I weighed 115 kilos! I had trouble going upstairs, even walking short distances. Then, on my 24th birthday I made the decision to see a doctor. He told me that if I continued my current lifestyle, I was in danger of developing serious health problems, and even heart disease. Right then, I decided it was time for a change. I asked my doctor for advice. He advised me to see a nutritionist in order to develop a healthy eating plan and to begin exercising.

At first, it was very difficult for me to change my lifestyle. I consulted a nutritionist who told me to cut out all junk food from my diet. She developed a day-to-day meal plan for me. Breakfast was usually a hard-boiled egg and toast, or whole grain cereal and low-fat milk. Lunch was usually a salad and soup, and dinner was vegetables with chicken or fish. For snacks, I was allowed to eat fruit, like bananas and apples, and nuts, like almonds and peanuts. The first week, I cheated a lot. I would often find myself secretly snacking on chocolates or crisps. But after a while, I took my new diet more seriously. After about a month, I had lost 5 kilos. I was doing well, but I had a long way ahead of me.

I decided to take my doctor's advice again, and joined a gym. I also hired a personal trainer who could develop an exercise plan suited to my body type. She told me that I had to start exercising slowly, since I had never exercised before. I would walk on the treadmill for about half an hour three days a week. I also started swimming and using the bicycle in the gym. Then, she added weight training to my programme. The first couple of times at the gym were very difficult for me. I would run out of breath while talking on the treadmill. My body would be sore for days after lifting only one-kilo weights. But my trainer encouraged me. She told me how wonderfully I was doing, and to be patient because I would not see results overnight.

After about six months on my diet and exercise plan, I lost a total of 20 kilos. I was still overweight, but I felt so much better about myself. The first thing I did was to go out and buy some new clothes. I had more self-confidence and even began going out and socialising more. However, I needed to lose another 20 kilos. So for the next year and a half, I stuck to my routine and worked hard to achieve my goal.

