

Part 1

Read the article below giving parents advice on how to keep children active. For each paragraph decide which of the headings A–M on page 3 best describes the information in that paragraph. Write the correct letter in the space provided.

There are more headings than you need.

How can you keep children active? Here are ten top tips.

Paragraph 1

It's no good expecting your children to be active if the most exercise the parents do is getting up to put the kettle on for a cup of tea. Get involved in what your kids like doing and join in. Alternatively take up an activity of your own and encourage them to get interested. Remember though this is not a competition.

Paragraph 2

Not literally, but try to encourage children to play outdoors on a regular basis, rather than see 'play' as something that involves computers and sitting inside. Encourage them to walk to the shops for a change.

Paragraph 3

Babies need to exercise to strengthen their muscles as much as anyone does. And as they grow older, they'll see physical activity as a part of everyday life, rather than a chore, and are bound to develop good habits.

Paragraph 4

Get the girls playing football and the boys dancing. Dancing is in fact very good exercise and enjoyable too. You can encourage them all to join in whatever activity you are planning for the day and remember to play fair – don't encourage one group more than the other.

Paragraph 5

Not a goldfish obviously, but something that demands to be walked, played with or just chased around the garden regularly – even cleaning out a rabbit hutch is more active than watching television.

Paragraph 6

Not only is it undignified, it'll put them off. No one likes to lose, even if it is to a bigger person and no one likes to be reminded of it either especially if it's within their own family. Make sure that every member of the group – girls and boys – have a fair chance of winning.

Paragraph 7

If they do want to go and watch it they'll have to climb a flight of stairs to get to it and that can't be bad. But don't forget to set a limit on how much they can watch or you won't be able to get them back down again.



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Paragraph 8

A little financial encouragement goes a long way. Yes, we know bribery is wrong but if it gets your car washed and your child active surely two wrongs make a right. You don't have to pay out for expensive gym membership. There are plenty of chores around the house that need doing and will get your children out of their chairs and moving.

Paragraph 9

They are much more likely to be inspired by real-life action than by watching it on TV. And the shared experience of going to an event together will bring you closer too.

Paragraph 10

Children need to be made to feel secure and valued at all times. No matter how bad they are at it – getting children into sport is about keeping them interested. It really is the taking part that counts. But beware: buying all the latest set of clothes could be an expensive business.

	Headings
A	Put the TV upstairs
B	Money counts
C	Get a pet
D	Don't just say it – do it too
E	Buy them the right outfit
F	Lock them out of the house
G	Reverse the roles
H	Take them to watch sport
I	Join a club
J	Don't compete with your kids
K	Start them young
L	Build their confidence
M	Get them into a gym

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|----------------------|------------------------|
| 1. Paragraph 1 | 6. Paragraph 6 |
| 2. Paragraph 2 | 7. Paragraph 7 |
| 3. Paragraph 3 | 8. Paragraph 8 |
| 4. Paragraph 4 | 9. Paragraph 9 |
| 5. Paragraph 5 | 10. Paragraph 10 |

(Total 10 marks)

Part 1

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Part 2

In some countries students choose to take a year off after the end of their school examinations to travel or to find work before going to university. This is called a 'gap year'.

Read the article about taking a gap year and answer the questions on pages 6 and 7.

TIME OUT

It's not too late to take a gap year and here's how to plan yours so you get the best out of it.

The gap year: a glorious, uninterrupted 365 days for you to do with as you will; a chance to expand your horizons, both mental and physical; an opportunity not to have to sit any more exams for once; time for a welcome rest; a breather. Bear in mind, it may not suit everyone. In fact, it may just be a case of paralysing indecision leading to total inactivity.

Do Nothing

It's always an option: simply take a year off and lie around for the entire time. However, doing nothing is really only a viable option for the offspring of millionaires whose parents are lenient to the point of insanity. Otherwise it's a ridiculous plan. You won't have any money, none of your friends will be around, you'll feel as though your life has ground to a halt, and you'll be bored out of your mind. Also while future employers are fully supportive of a gap year, they would still expect you to do more with your time than just watch TV.

Travel

This is more like it. For many, a gap year is the perfect – in fact possibly the only, ever, in your whole life – chance for an uninterrupted year of travel.

'Travelling really matures you,' says Tim Lloyd, who travelled around south-east Asia and Australia in his gap year, before starting his degree in travel management at Brighton University. 'You really have to learn how to deal with people and learn to accept them as they are.'

Lloyd worked at the Royal Mail sorting office in order to finance his trip. 'I resigned myself to not having a life for a few months. I didn't go out, I didn't spend any money, I just worked loads of shifts. I didn't mind because I knew there was such a big life experience at the end of the tunnel.'

One of the main appeals of travelling was the lack of constraints. 'I've always been quite independent,' he says. 'I didn't want to be tied down to anything. I'd booked my ticket but that was it – and I ended up changing my itinerary a few times too.' Which isn't to say travel doesn't have its scary moments. 'I landed in Singapore on my own, age 18, with nowhere to stay. It's quite terrifying thinking back, but you deal with it.' And paradoxically you need to be organised in order to be spontaneous. 'I thoroughly investigated the countries I wanted to go to and had all my jabs. You just have to be clued-up so you can enjoy yourself.'



Work here

If on the other hand, you have no urgent desire to leave the country, why not just get a job? You'll be cash-rich and could save up enough to significantly smooth your transition to student life in a year's time. And it could lead you in undreamt-of directions.

Geoffrey Wells is studying nursing at Kingston University. 'After my exams I didn't know what I wanted to do so I decided to take a gap year. My only motivation at that time was to buy a car, and through a neighbour I found out about a job in a day centre for elderly people.' Soon he started considering nursing as a career. 'I decided I wanted a qualification of some sort. My Mum's a nurse and she suggested it as what I was doing was already a form of nursing.'

Wells believes his gap year was valuable. 'If I'd rushed on to college I might have ended up doing something I didn't want to do. I've carried on working at the day centre while I have been studying, so it's been really useful financially, as well as in terms of experience that I can apply to my nursing.'

Work abroad

Finding employment in another country is a good way to travel without parting with too much cash (just don't expect to bring any extra home with you). Because of different visa restrictions around the world, you can't just turn up in the country of your choice and get a job; you may need to get a visa.

Harriet Griffiths has just graduated from university with a degree in maths. Before she started, she spent a year working in Canada. Because she is a keen skier, Griffiths headed to Banff, in the Rockies, at the start of the ski season. She found work in a hotel. 'Making beds and cleaning toilets wasn't the best job in the world but everyone working in the hotel was there for the same reasons. The hotel provided cheap accommodation for us too, so it was a bit like living in student halls.'

Volunteer

If you're of an altruistic frame of mind, you could consider volunteering, either here or abroad. Charlotte Nock, who is about to start a degree in law with French, spent four months in the south Pacific country of Vanuatu – 50 different islands near Fiji – working in a school as part of a project organised by GAP (a not-for-profit organisation which arranges placements for UK students who want to live and work abroad).

'It was definitely the place that appealed to me,' she says. 'It was the other side of the world . . . it was different in every way: the people, the environment, the landscape. And it was totally idyllic: I lived a few metres away from the bay, and I swam with turtles every day.' The work was also enjoyable. 'I taught English, French, and social science. I started to really love it. The children responded in a fantastic way and I developed great friendships based around the school.'



M 2 4 6 7 6 A 0 5 1 6

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Match the following opinions to the people who expressed them. Write A – E from the box below next to each opinion.

- A The writer
- B Tim Lloyd
- C Geoffrey Wells
- D Harriet Griffiths
- E Charlotte Nock

- 11. 'It's important to do your research before you go.'
- 12. 'My gap year helped me decide on my future career.'
- 13. 'Working can provide you with more money than you've ever had.'
- 14. 'I had to work to save up money for my gap year.'
- 15. 'Doing nothing is not a good option.'
- 16. 'It was a great way to make good friends.'
- 17. 'It was an opportunity to travel to somewhere completely different.'
- 18. 'I managed to combine a leisure activity with work.'



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Look at the statements below.

Decide whether the statements are True or False **according to the article on pages 4–5**, and write **True** or **False** in the answer space. Write **Not given** where the information is not available in the article.

19. The writer feels that a gap year is essential for all students.

20. Employers understand that you need some time to relax after your exams.

21. Travelling is a good way to learn about other people.

22. You should get a job connected to your field of study.

23. Universities prefer students who have spent a year travelling.

24. You can save a lot of money working in another country.

25. Some organisations can help you sort out your plans.

Part 2

(Total 15 marks)

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Part 3

Read the article below on a new underwater laboratory which is being used to study coral reefs.

The AQUARIUS Underwater Laboratory: America's 'Inner Space' Station

The Aquarius is the only undersea laboratory dedicated to marine science operating in the world. It operates 4.5 kilometres offshore off Key Largo, Florida, next to deep coral reefs, 20 metres beneath the surface. Scientists who study coral reefs need to work under water. Aquarius provides life support systems which allow scientists to live and work underwater, in reasonably comfortable living quarters, with sophisticated research capabilities.

The Aquarius System

The fully equipped underwater lab includes several components. The 'habitat' module is a double-lock pressure vessel weighing 82 tons, where scientists live and work when they are not diving outside on the reefs. Entry is through the wet porch, which contains an open pool, dive equipment, hot water heater and showers. The main living space includes berths for a six-person crew, computer work stations, two large viewports and kitchen facilities that include a microwave and refrigerator.

There is also a baseplate containing 25 tons of lead weight which allows Aquarius to stand on 4 legs. There is a life support buoy which is maintained above Aquarius on the surface of the water which includes a communication tower. The habitat and baseplate were designed to survive severe storm conditions and have successfully survived hurricanes in both the Caribbean and Florida.

The Advantages

Aquarius scientists escape the limitations of conventional surface-based scuba diving through saturation diving – instead of coming to the surface after diving, scientists who use Aquarius return directly to the undersea lab. In this way scientists can increase their bottom time to nearly ten times over what they typically have when they are using conventional surface-based diving techniques. This means that they can get a lot of work done underwater in a short period of time compared to conventional diving. Studies have shown that to match a 10-day mission in Aquarius working underwater, scientists would need at least 60 to 70 days working and diving conventionally. At the end of each mission scientists go through 'decompression' lasting 17 hours. This is where their body pressure is adjusted back to surface pressure.

Additional advantages provided by the system include the sophisticated power and communication capabilities of the habitat. Scientists have email, telephone, and video conferencing capability to anywhere in the world.

But cost is also important. Ten days in Aquarius costs \$100,000, which is significant. However, few scientists have 60 days available to spend in the field, so getting a lot of work done in a short amount of time is another beneficial aspect of the system.



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Programme Results

Aquarius supports scientists in their efforts to better understand our oceans and coastal resources. An open review process is used to select proposals that are submitted to the program on an annual basis. Over the course of almost 50 missions more than 200 scientists participated directly in the program, representing universities from across the USA and from other countries.

Aquarius scientists work to understand our changing oceans and the condition of coral reefs. Unfortunately coral reefs are threatened worldwide by increasing amounts of pollution, over-harvesting of fisheries, disease and global climate change. Scientific achievements from Aquarius include: discoveries related to the damaging effect of ultraviolet light on coral reef; water quality studies that evaluate sources of pollution; research that is rewriting the book on how coral reefs feed and long-term studies of reefs which have helped to distinguish between changes caused by natural system variability and humans (due to pollution and over-harvesting).

Diving into the future

The next generation of underwater laboratories will build on the successes of Aquarius but challenges exist to provide even more cost-effective and flexible operations. A debate is also underway regarding the use of remotely operated vehicles to replace human exploration and presence underwater. Arguments for mechanics and robots to replace humans are based on considerations of cost and safety. However, programs like Aquarius satisfy an essential element of the human spirit that cannot be met by robots. Human eyes still exceed the capabilities of cameras and the creative potential of our brains to observe and solve problems cannot be matched by computers. Aquarius may be the only underwater lab operating in our oceans today but based on its record of productivity and accomplishment, and the human spirit of exploration, it won't be the last.

Answer the following questions. **Write no more than 4 words taken from the text for each answer.**

26. What is the name of the area where scientists live on Aquarius?

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27. Where is the diving equipment kept on Aquarius?

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28. How many people can Aquarius accommodate?

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29. Which two regions have had hurricanes which could have damaged Aquarius?

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Complete the notes below. **Write no more than 4 words and/or a number taken from the text for each answer.**

Notes

Aquarius

- Living and working areas weigh [30] and provides accommodation for scientists.
- Baseplate has 4 legs.
- The buoy provides [31] from the surface and has a [32]

Advantages

- No need to return to surface after each dive.
- Increases time at bottom of sea by almost [33] compared to surface diving.
- Sophisticated communication capabilities.
- Scientists can get more work done – average ten-day mission is comparable to [34]..... of surface diving.

Disadvantages

- At end of each trip scientists need to spend [35] decompressing before returning to surface.
- Cost is high – about [36] per mission lasting ten days.

Results

- Almost 50 missions have been completed.
- Scientists from [37] in several countries have participated.
- Coral reefs suffer from
 - Ultraviolet light
 - Pollution – missions have identified causes of pollution through studying the [38]
 - Over-fishing

The Future

- Scientists are now looking at using [39] machines instead of diving themselves.
- Computers cannot replace the way our brain can [40] and

Part 3

(Total 15 marks)

TOTAL FOR READING: 40 MARKS



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Part 6

You are doing a project on cotton and how it is used today. Look at the text below and write a summary for your teacher. Your summary should include an explanation of

- how cotton is used as a plant
- how cotton is used as a material.

Write **between 100 and 150 words**.

THE STORY OF COTTON**History of Cotton**

No one knows exactly how old cotton is. Scientists searching caves in Mexico found bits of cotton cloth that proved to be at least 7,000 years old. They also found that the cotton itself was much like that grown in America today. In the Indus River Valley in Pakistan, cotton was being grown, spun and woven into cloth 3,000 years BC. At about the same time, natives of Egypt's Nile valley were making and wearing cotton clothing. Arab merchants brought cotton cloth to Europe in about 800 AD. By 1500, cotton was known generally throughout the world. Cotton grows in warm climates and most of the world's cotton is grown in the USA, Uzbekistan, China and India.

The Importance of Cotton

Cotton is a part of our daily lives from the time we dry our faces on a soft cotton towel in the morning until we slide between fresh cotton sheets at night. It has hundreds of uses from clothing and household items to industrial products. All parts of the cotton plant are useful. The most important is the fibre or lint, which is used in making cotton cloth. Linters – the short fuzz on the seed – provide cellulose for making plastics and other products. Linters are also incorporated into high quality paper products and processed into batting for padding mattresses, furniture and automobile cushions.

The cottonseed is crushed in order to separate its three products – oil, meal and hulls. Cottonseed oil is used primarily for shortening, cooking oil and salad dressing. The meal and hulls that remain are used either separately or in combination as livestock, poultry and fish feed and as fertilizer. The stalks and leaves of the cotton plant are ploughed under to enrich the soil.

What is the origin of denim?

Denim is in reality a French import. Denim, originating in Nimes was introduced to America as work pants designed for the mining industry by a Mr. Levi Strauss.

How did the T-shirt get its name?

One of the earliest prototypes for the T-shirt dates to 1880, when sailors in the US navy were issued with an elbow and hip length undershirt; when laid out on a flat surface, it resembled a perfect T. This military undergarment was transformed over the next few decades and became a staple in civilian men's wardrobes by the 1950s. Today the possibilities are infinite for this humble cotton basic that is equally at home on farmers, students, celebrities and career women.

What makes towels so absorbent?

Cotton fibre is very absorbent and gets stronger when wet and can be sanitized at high temperatures, using strong bleach and detergent without harm, which is why it is often used for towelling. Cotton can absorb up to 27 times its own weight in water.



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Part 6

(Total 20 marks)

TOTAL FOR WRITING: 60 MARKS

TOTAL FOR PAPER: 100 MARKS

END

