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0510/21

October/November 2010

2 hours

Candidates answer on the Question Paper.

No Additional Materials are required.

READ THESE INSTRUCTIONS FIRST

Write your Centre number, candidate number and name on all the work you hand in.

Write in dark blue or black pen.

Do not use staples, paper clips, highlighters, glue or correction fluid.

DO **NOT** WRITE IN ANY BARCODES.

Answer **all** questions.

Dictionaries are **not** allowed.

At the end of the examination, fasten all your work securely together.

The number of marks is given in brackets [] at the end of each question or part question.

For Examiner's Use	
Exercise 1	
Exercise 2	
Exercise 3	
Exercise 4	
Exercise 5	
Exercise 6	
Exercise 7	
Total	

This document consists of **15** printed pages and **1** blank page.

Exercise 1

Read the following article about the benefits of taking exercise, and then answer the questions on the opposite page.

Taking exercise: the Golden Rules



Exercise is essential if we are to remain fit and healthy. Exercise is also important as a way of increasing energy and making us feel happier. In the modern world there are many ways in which we can choose to exercise. We can go to a gym or to exercise classes, or we can choose to do our favourite exercise on our own, or with friends, outdoors. However, if you don't exercise properly, you risk injuring yourself and this can lead to many problems later in life.

Exercise should be safe and enjoyable, otherwise there is little point in doing it. You are very lucky if you have a personal trainer who can tell you all of the guidelines that you should follow. However, not many of us can afford such a luxury and we must make sure that we know the following rules.

Don't do too much

Exercise in moderation and don't push yourself too hard. Before beginning any programme, consult your doctor to make sure it is safe and appropriate for you.

Wear proper clothes

It is essential that you wear shoes that not only fit properly but are also designed for the sort of exercise you want to do. Running shoes, for example, are very different from dancing shoes. Clothes should also be considered, because wearing

the wrong clothes can make you feel very uncomfortable. In addition, it is recommended that you remove all jewellery.

Warm up before exercising

Warming up prepares your body for physical activity. It increases your heart rate and blood flow while also loosening up your muscles, tendons, ligaments and joints. This is important in reducing the risk of many types of injury.

Stretch with care

Learn how to stretch by watching cats! They stretch slowly and carefully. You should stretch just until you reach the point of tension in your muscle, hold it for 20-30 seconds, and then slowly release it. Never stretch to the point of pain; always stay within your limits.

Drink plenty of water

You must not exercise without drinking plenty of water. You need it to make sure that you don't dehydrate or suffer from heat exhaustion. It is particularly important to drink water if you are exercising outdoors when it is hot. It is also well known that drinking water helps to improve performance.



Plan to have rest days

Days of rest will allow the muscles, tendons, and joints in your body to recover before engaging in any further exercise. It is also good to give your mind a rest.

(a) What should we do if we want to keep well?

..... [1]

(b) Why don't many people have a personal trainer?

..... [1]

(c) Why is it recommended that you see a doctor before you start exercising?

..... [1]

(d) If you plan to do a particular exercise, what will you have to wear? Give **two** details.

.....
..... [1]

(e) What can be learnt from cats?

..... [1]

(f) What may happen if you do not drink enough water whilst exercising? Give **two** details.

.....
..... [2]

(g) What are the advantages of having days without exercise? Give **two** details.

.....
..... [1]

[Total 8]

Exercise 2

Read the following article about the history of perfume, and then answer the questions on the opposite page.

The History of Perfume

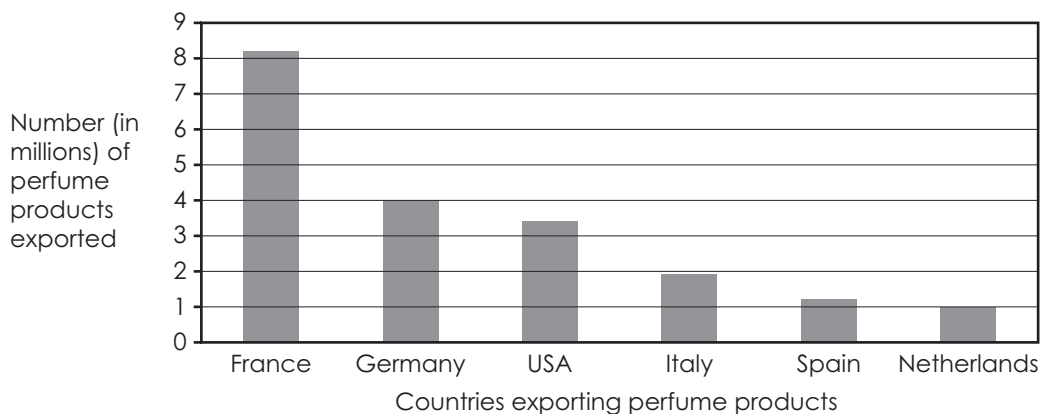
The history of perfume dates back to the ancient world. The Egyptians were the first to use it, as part of their religious ceremonies, believing that they could communicate with the gods by raising scented smoke from incense. In fact, the word 'perfume' comes from the Latin, 'per fumum,' which means 'through smoke'. Later, creams and ointments were used to make the body look and smell more beautiful or to improve and maintain health. Natural ingredients such as peppermint and rose were common in early perfumes. The Egyptians invented glass and used glass perfume bottles to store their perfumes. They also used gold, hard stones and other materials to make their perfume containers.

The Persians perfected the art of preserving scents. The Greeks classified perfumes according to the part of the plant they came from and kept records of their ingredients. Alexander the Great brought perfume to Greece after invading Egypt, and the Romans adopted the Greek love of perfume when they invaded Greece. Historians have also confirmed that Islamic, Chinese and Indian cultures had been using perfume as part of their religious ceremonies and social activities as well.

After the fall of the Roman Empire, people stopped using so much perfume in the West. It was not until the twelfth century, when trade became international, that this changed again. Routes between the East and West were opened up and new scents and spices arrived in Europe. Many people often tried to make their own scents by mixing flowers, herbs, spices and oils at home.

The 18th century brought a revolutionary advance in perfumery with the invention of eau de Cologne – "water from Cologne". A young Italian invented it in the city of Cologne, Germany. This was a blend of various herbs and flowers and it was very refreshing.

In the 19th century there were many changes in Europe as industry developed and machinery started to become more and more important. Modern chemistry and advanced technology made it possible to create new ways of extracting perfumes from flowers. The biggest of all technological advances was the ability to create artificial ingredients in the place of natural perfume ingredients that were hard to find or very expensive. This resulted in perfume and cologne becoming cheaper and available to everybody. Perfume was no longer something which only the wealthy used to show how important they were in society. However, there were still only a few brand names available until the 20th century when the mass production of perfume began.



Both men and women continue to enjoy wearing perfume and cologne. Perfume is marketed to make people feel as if they are buying a luxury product and this makes them feel good.

We now live in a global society, where technology has made the production of perfume a comparatively cheap process. Today, you may be in countries thousands of kilometres apart, and yet you can still expect to be able to buy the same brands of perfume. Nowadays perfume is cleverly advertised, attractively bottled and sold at a price that many can afford.

(a) How did the Egyptians try to communicate with the gods?

..... [1]

(b) Which important Egyptian invention helped them to keep perfumes?

..... [1]

(c) Who introduced perfume to Greece thousands of years ago?

..... [1]

(d) When did people in the West stop using so much perfume?

..... [1]

(e) What were the main ingredients of eau de Cologne?

..... [1]

(f) What made the extraction of perfume easier in the 19th century? Give **two** details.

.....
..... [2]

(g) Give **two** advantages of using artificial ingredients instead of natural ingredients.

.....
..... [1]

(h) According to the graph, how many perfume products are sold abroad by the country which is the second largest exporter?

..... [1]

(i) What became possible in the perfume industry in the 20th century?

..... [1]

(j) Give **four** purposes for the use of perfume throughout history.

.....
.....
.....
..... [4]

[Total: 14]

Exercise 3

Martino Andreou lives with his mother, Zarita, at 47 Apollonos, Nicosia, Cyprus. During the school holidays Zarita has to go to work and so she tries to find courses for Martino to attend so that he does not get bored at home. This summer she found a four-week English Language course advertised in the local newspaper. The course was taught at the local university, which was quiet because the students had left for the summer. It was very exciting for Martino to go to the university every day and he dreamt of the day when he might attend as a real undergraduate.

Martino was born on the 9th September 1993, so he was enrolled in the senior class. However, there was quite a wide age range in the class. He enjoyed having the opportunity to work with older people and he felt that his overall learning experience was excellent.

The teacher, Miss James, was British and she had brought with her a lot of interesting material from England. She was also very skilled in using the internet and she made the lessons lively and interesting. It was a fantastic opportunity to learn the language from a native speaker. Martino really improved his speaking skills, and the students all had a lot of fun trying out new words.

However, Martino was unhappy about the poor behaviour of a few of the students. It was clear that they did not want to be on the course and that their parents had forced them to enrol. Miss James was able to control this little group and she did make sure that they did not disturb the others too much. She dealt with them in a sensible way, and, by the end of the course, their behaviour had improved and they had finally learnt something from the lessons.

Martino had the most memorable time working on the project they were given to do. Of course, it had to be written in English, which was a challenge, but the subject matter could be selected by the students. Martino chose to write about space travel because he was fascinated by this subject. He loved spending the warm summer afternoons researching the topic and then trying his best to write up his notes in English. He was awarded the highest writing marks for his project.

During the four weeks spent at the university Martino made friends with another student who had only recently arrived in the town and so he gave him his mobile/cell phone number, 09807881, and email address, **martino2@nic.cy** so they could keep in touch when the course ended.

Martino was very grateful to his mother for sending him on the course and he hoped that he would be able to attend again the following summer.

Imagine you are Martino. Fill in the form on the opposite page using the information above.

English Language Course Evaluation Form

SECTION A

Full name of student:

Date of birth:

Address:

Telephone number:

Email address:

SECTION B

Which course did you attend? (please tick)

☐

Two month course

☐

One month course

☐

Two week course

How would you rate the overall quality of the course? (please circle)

Excellent

Good

Satisfactory

Poor

Did the teacher make the course interesting? (please circle)

Always

Sometimes

Never

Which area of work did you enjoy the most?

.....

Was there anything you disliked about the lessons?

.....

Which skills did you improve the most? (please tick as appropriate)

☐

Listening

☐

Reading

☐

Speaking

☐

Writing

Would you recommend this course to friends? (please delete) YES/NO

SECTION C

In the space below, write **one** sentence of between 12 and 20 words, explaining how you found out about this course **and** your reason for attending.

.....

.....

.....

[Total: 8]

Exercise 4

Read the following speech from a scientist who is talking about the effects of being bilingual, and then complete the notes on the opposite page.

hola *bonjour* *adiós* *vaarwel* *au revoir* *ciao* *hola*

If you speak another language and you also speak English (or any other language), your brain may have developed some distinct advantages over your friends who only speak one language. New research into bilingualism has found that being fluent in two languages, particularly from early childhood, increases a person's ability to concentrate, and might also protect against diseases of the brain in old age.

adiós *bonjour* Until fairly recently, parents and teachers feared that introducing children to a second language when they were very young could not only delay their language skills but also harm their intellectual growth. In addition, there were fears that bilingual children would become confused in their use of language. New research, however, has found that bilingual children speak their first word, and their first fifty words and so on, at the same age as children who only speak one language. Furthermore, there is no evidence that children confuse the two languages. *adiós*

Bilingual children may have an advantage at school. In fact, even before they start school they have been found to be better than others at focusing on a task and ignoring distractions. School age bilingual children have been found to have an above average ability to concentrate. They also find it easier to interact and make friends with a wide group of other children. It may be that managing two languages helps the brain to focus and ignore irrelevant information.

vaarwel At the other end of the age scale, one of the difficulties which can affect old people is known as 'dementia'. This is a condition that causes the brain to stop working normally. People with dementia are often confused and their memories no longer function properly. Research suggests that bilingualism may slow down the beginning of age-related dementia, by up to four years. Although scientists don't know why bilingualism does this, some suggest that speaking two languages may increase the blood and oxygen flow to the brain and keep nerve connections healthy. *vaarwel*

ciao More recently, scientists have discovered that the brains of bilingual adults are different, especially in the brain's left side, where most language and communication skills are controlled. The effect is strongest in people who learnt a second language before the age of five. This discovery suggests that being bilingual from an early age significantly changes the brain's structure. *ciao*

au revoir For many years now, scientists have been arguing about exactly how the brains of bilingual people organise language. However, thanks to technological advances, scientists have recently discovered that the processing of different languages mostly happens in the same area of the brain. On the other hand, when bilinguals are rapidly switching backwards and forwards between their two languages, they show significantly more activity in the right side of the brain than people who speak only one language. *au revoir*

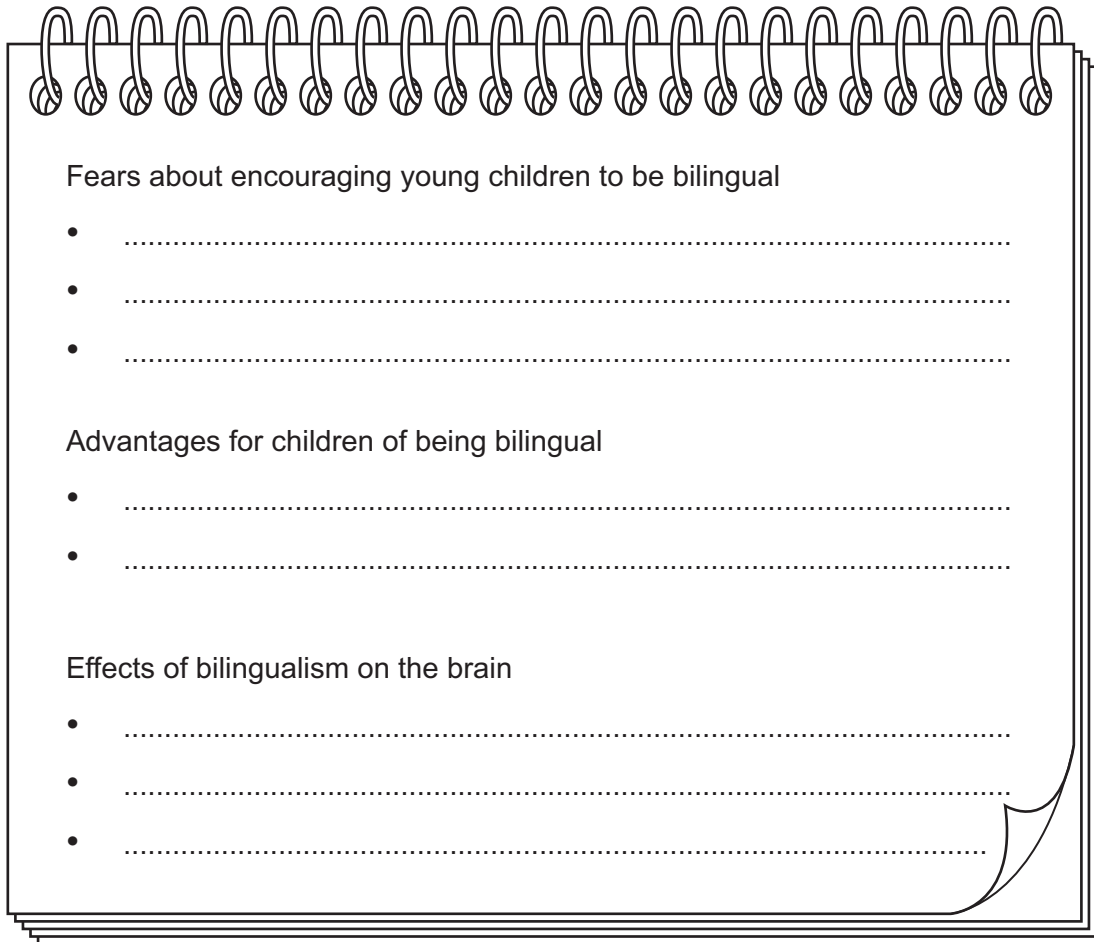
hola *bonjour* *adiós* *vaarwel* *au revoir* *ciao* *hola*

It really does seem that speaking two languages gives the brain an excellent workout!

You have been asked by your languages teacher to give a presentation to your year group on what has been discovered about bilingualism. Prepare some notes to use as the basis for your presentation.

*For
Examiner's
Use*

Make your notes under each heading.



Fears about encouraging young children to be bilingual

-
-
-

Advantages for children of being bilingual

-
-

Effects of bilingualism on the brain

-
-
-

[Total: 8]

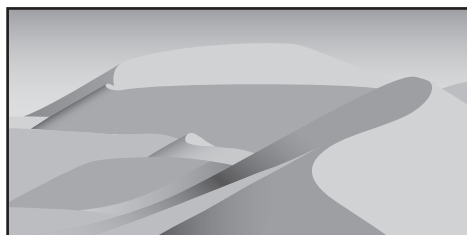
Exercise 5

Read the following article about the way in which deserts are expanding across the world. **On the opposite page write a summary of the causes of the expansion of deserts.**

Your summary should be about 100 words (and no more than 120 words). You should use your own words as far as possible.

You will receive up to 6 marks for the content of your summary, and up to 4 marks for the style and accuracy of your language.

Deserts cover a third of the world's surface and thirteen per cent of the world's population live in deserts. Today, one of the major problems that the planet faces is the expansion of deserts. This is a serious problem that affects not only those countries in the direct path of the expanding deserts, but also the rest of the world. To give some idea of the scale of the problem, the last 50 years have seen the Sahara desert spread southwards to cover an extra 65 million hectares. Across the whole world, the area of useful land lost each year is more than 6 million hectares.



The increase in desert land is caused by our planet's changing climate. The world is becoming warmer and drier, and this means there is less water to support plants and animals. However, the natural rate of desert growth has been greatly increased as a result of the exploitation of the land by humans. The causes of this increase are similar in many ways to those that bring about deforestation, and once again the chief offenders are people working in agriculture.

People have been farming the land for thousands of years, cultivating the soil to grow crops and rearing animals for food and transport. Traditionally, the land is "rotated": in some years plants are grown and in other years the soil is left to rest. However, to meet the demands for food of an ever-growing population, it has been necessary to reduce the amount of time during which land is left unplanted. As a result, the soil has become poorer, and, in some cases, unable to support plant life.

Continual growing of crops in soil which has lost its nutrients is often combined with the need to allow animals such as goats, cattle, sheep and camels to feed on plants. This increases the problem by further weakening the soil and, in addition, the few remaining trees and shrubs are cut down for fuel. This can have disastrous effects on the fragile desert ecosystem, removing all the natural vegetation which covers the ground, and exposing what little soil is left to the wind, rain and sun. Soil and plants have a two-way relationship in which neither can survive without the other. Most plants need soil in which to root. This anchors them to the ground and stops them being blown away, whilst also providing them with essential water and nutrients. Soil is dependent upon plants for two main reasons. Firstly, plants provide most of the material from which new soil is made, and secondly, plant roots help to hold the soil together and prevent it from being eroded by the wind and rain. Without this covering of soil the land quickly becomes a further area of desert.

The bad effects of agriculture on the desert are not only found on its edges. The growing of crops requires large amounts of water, something which is in short supply in dry lands. To try to overcome this problem, farmers have developed irrigation systems to bring water from springs, oases and underground sources elsewhere in the desert. In many cases this does not present a threat to the environment, and centuries of experience have taught farmers how to extract water without causing much damage to the environment. However, farmers are under increased pressure to produce more and more food to feed the growing world population. As a result, in a very short space of time, farmers have drained the water sources which took thousands of years to fill up naturally.

[illegible]

[Turn over

Exercise 6



Your close friend went away three months ago to study in another country.

Write a letter to your friend giving news about home.

In your letter you should:

- explain how you are feeling now that your friend has left;
- tell your friend about one or two particularly interesting things you have done recently;
- ask about your friend's life.

Any of the pictures above may give you some ideas, but you are free to use any ideas of your own.

Your letter should be between 150 and 200 words long. Do not write an address.

You will receive up to 9 marks for the content of your letter, and up to 9 marks for the style and accuracy of your language.

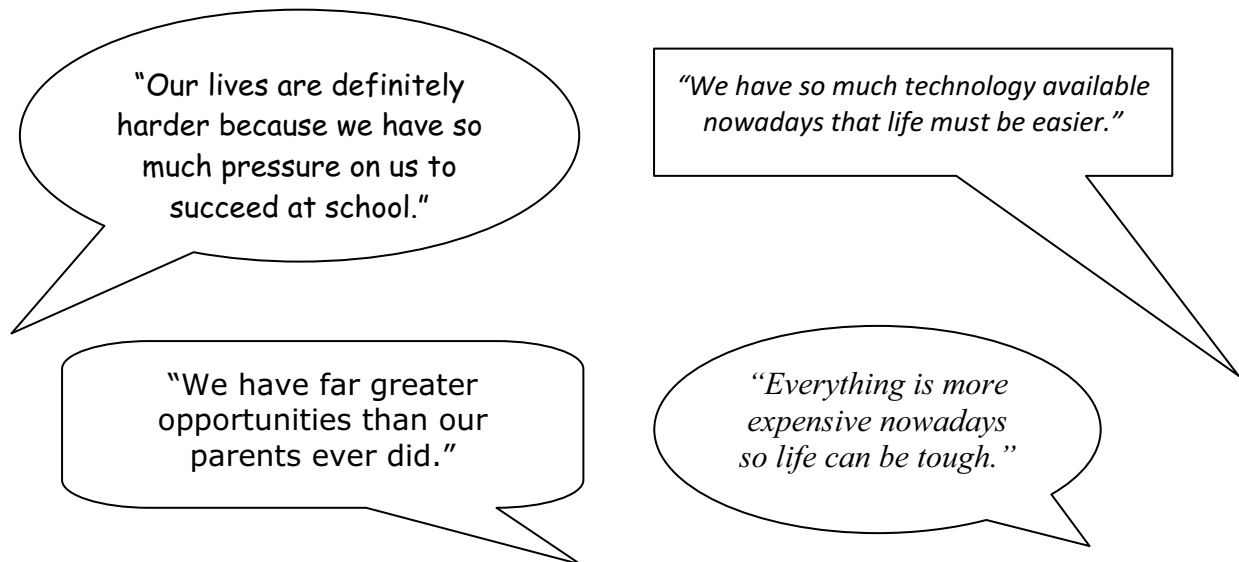
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[Turn over

Exercise 7

Many adults say that life for teenagers today is easier than when they were young.

Here are some comments from your friends on this subject:



Write an article for your school magazine giving your views on the subject.

Your article should be between 150 and 200 words long.

The comments above may give you some ideas, but you are free to use any ideas of your own.

You will receive up to 9 marks for the content of your article, and up to 9 marks for the style and accuracy of your language.

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