Name : _____ ( ) Class : _____

SINGAPORE CHINESE GIRLS' SCHOOL
END-OF-YEAR EXAMINATION 2008

Secondary Two

PAPER 1 LANGUAGE ARTS

Friday 26 September 2008 1 hour 45 minutes

Additional Materials: Answer Paper

READ THESE INSTRUCTIONS FIRST

Write your index number, class and name on all the work you hand in.
Write in dark blue or black pen on both sides of the paper.
Do not use staples, paper clips, highlighters, glue or correction fluid.

Answer both **Section One** and **Section Two**.

At the end of the examination, fasten all your work securely together.
All questions in this paper carry equal marks.

Hand in Section One and Section Two separately.

This question paper consists of 2 printed pages including the cover page.

[Turn over

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PAPER ONE
Answer both Section One and Section Two

Section One [30 marks]

You are advised to write about 350 words on one of the following topics.

At the head of your composition write the number of the topic you have chosen.

1. A life-changing experience.

2. Describe your favourite spot in your home.

3. If you have to change one thing about yourself, what would it be and why?

4. Miracles.

5. "Parents of today's children are over-indulgent." How far do you agree with the statement?

Section Two [30 marks]

Begin your answer on a fresh page.

You are advised to write between 200 and 250 words for this section.

You should read the information carefully and plan your answer before beginning to write.

You are a student reporter for 'SC BUZZ', a termly newsletter for SCGS. You were assigned to cover the recent school event 'Health Week', held between 12-15 August 2008. Write a magazine report reviewing the event.

Your report should include the following :

a) objectives and theme for Health Week
b) activities carried out and highlights
c) feedback from participants
d) your personal response.

Use appropriate language and tone. Your article must be interesting enough for students in the school community to read.

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SINGAPORE CHINESE GIRLS' SCHOOL
END OF YEAR EXAMINATIONS 2008
SECONDARY TWO

ENGLISH LANGUAGE

Paper 2 Comprehension

Monday **6 October 2008** **1 hour 40 minutes**

ANSWER BOOKLET

READ THESE INSTRUCTIONS FIRST

Write your Name, Class and index number on all the work you hand in.
Write in dark blue or black ink.
Do not use staples, paper clips, highlighters, glue or correction fluid.

Answer all questions.
The insert contains the comprehension passage.
Mistakes in spelling, punctuation and grammar may be penalized in any part of the paper.

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.

This paper consists of 4 printed pages including the cover sheet.

[Turn Over]

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Read the passage below and answer the questions which are printed on the question paper.

1 It was less than 200 years ago that people first figured out that the buzz they got from coffee and tea were the same buzz, produced by the same chemical agent. It is the alkaloid that occurs naturally in the leaves, seeds and fruit of tea, coffee, cacao, kola trees and more than 60 plants. This ancient wonder drug had been prescribed for human use as far back as the sixth century B.C., when the great spiritual leader Lau-tzu is said to have recommended tea as an elixir for disciples of his new religion, Taoism.

2 But it wasn't until 1820, after coffee shops had proliferated in Western Europe, that a new breed of scientists began to wonder what it was that made this drink so popular. A German chemist, Friedlieb Ferdinand Runge, first isolated the drug in the coffee bean. The newly discovered substance was dubbed "caffeine", meaning something found in coffee. Then later in 1838, chemists discerned that the effective ingredient in tea was the same substance as Runge's caffeine.

3 In a sense, caffeine is the drug that made the modern world possible. And the more modern our world gets, the more we seem to need it. Without the useful jolt of coffee – or Diet Coke or Red Bull – to get us out of bed and back to work, the 24-hour society of the developed world couldn't exist.

4 "For most of human existence, your pattern is sleeping and wakefulness was basically a matter of the sun and the season," explains Charles Czeisler, a neuroscientist and sleep expert at Harvard Medical School. "When the nature of work changed from a schedule built around the sun to an indoor job timed by a clock, humans had to adapt. The widespread use of caffeinated food and drink – in combination with the invention of electric light – allowed people to cope with a work schedule set by the clock, not by daylight or the natural sleep cycle."

5 Scientists have developed various theories to explain caffeine's "wake-promoting" power. The consensus today focuses on the drug's interference with adenosine, a chemical in the body that acts as a natural sleeping pill. Caffeine blocks the hypnotic effect of adenosine and keeps us from falling asleep. Since caffeine has also been shown to enhance mood and increase alertness in moderate amounts, it is a **potent** potion for students and scholars stuck in the laboratory at three in the morning.

6 "Caffeine helps people try to wrest control away from the human circadian rhythm that is hardwired in all of us," says Czelier. "On the other hand, there is a heavy,heavy price that has been paid for all this extra wakefulness." Without **adequate** sleep – the conventional eight hours out of each 24 is about right – the human body will not function at its best, physically, mentally or emotionally. As a society we are tremendously sleep deprived.

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7 In the 1980s, Dietrich Mateschitz, an Austrian salesman, found himself drained and worn from his overnight flights to Asia. He then began to notice that taxi drivers in most Asian countries were regularly sipping from small bottles of tonic. Curious, he asked one such taxi driver to share his drink. "Eureka! Jet lag was gone," he recalls. "Suddenly, I felt so awake." He then decided to bring the drink to the West. He resigned from his job and invested his life savings in a licence to sell Krating Daeng (Red Bull) in the West. After tinkering somewhat with the flavouring and the packaging, he added carbonation to this drink. He launched the beverage in Europe in the late 1980s.

8 At first, stores didn't know what to do with an energy drink. There was no such product, and thus no market for it. Mateschitz solved that problem with a brilliant marketing campaign. "You don't drink Red Bull. You use it," the advertisements proclaimed. "You've got better things to do than sleep. Red Bull gives you wings."

9 The idea of giving a soft drink a "function" by adding hefty doses of a habit-forming drug makes some people more than a little nervous. France and Denmark have banned energy drinks like Red Bull altogether. Alarms were raised in Ireland after an 18-year old basketball player drank several cans of Red Bull before a game – and then collapsed and died on the court. A coroner's inquest was inconclusive about whether Red Bull had contributed to this sudden death.

10 Jack James, a psychologist, has criticised research reports funded by soft drinks and coffee industries. These reports portray caffeine as a benign substance while ignoring evidence of its potential adverse effects. His own research papers warn that caffeine is a psychoactive drug that raises blood pressure and thus increases the risk of heart diseases. But Jack's view is out of sync with most public health pronouncements about caffeine. Many independent investigators have stated that the world's most popular drug is not dangerous at moderate levels of consumption – one to two small take-out cups of coffee.

11 Caffeine is still a drug, though, which may explain why it makes people worry. Over the years population studies have shown that people who consume caffeine have higher rates of kidney and bladder cancer, fibrocystic breast disease, pancreatic cancer and osteoporosis.

12 Like other drugs, caffeine does have a definite impact on mental and physical functions. Repeated studies have shown that caffeine is analeptic (it stimulates the central nervous system) and ergogenic (it improves physical performance). It is also a diuretic, though recent studies show that it is not dehydrating in moderate amounts. Caffeine boosts blood pressure too, but this effect is temporary. And while some studies have shown that caffeine increases calcium loss, any effect is so small that it could be eliminated with as little as two tablespoons of milk a day

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13 After decades of testing, caffeine remains on the Food and Drug Administration's list of food additives as "generally recognised as safe." "Looking at all the studies of caffeine, it is very hard to argue that moderate consumption is bad for you," says Jack Bergman, a behavioural pharmacologist in the department of psychiatry at Harvard Medical School. "The behavioural effects are real, but mild. It undoubtedly produces some physical dependence. I get up in the morning and usually have a couple cups of coffee. But when I don't, the withdrawal symptoms aren't severe."

14 In fact, Jack James **contends** that the widespread physical dependence on caffeine may have skewed research findings, exaggerating caffeine's mood-boosting effects. If scientists compare two groups of subjects – some who have been given caffeine and others who have not – any improvement in mood or performance in the caffeinate group could be simply a relief from withdrawal symptoms

15 Indeed much of the research suggests that caffeine may have benefits for human health. Studies have shown that it can help relieve pain, thwart migraine headaches, reduce asthma symptoms and elevate mood. As a mental stimulant, it increases alertness, cognition and reaction speed; because it combats fatigue, it improves performance on vigilance tasks like driving, flying, solving simple math problems and data entry.

16 Others drink coffee as part of their morning ritual that they enjoy. It calms them and helps order their day. Over the centuries humans have created countless rituals to go with their favourite drug. In Japan's austerely elegant *chanoyu*, or tea ceremony, the simple surroundings of the tearoom, the soft rustle of kimono across tatami floor, the spare beauty of a hand-moulded brown cup, matter as much as the tea itself. The British have turned their afternoon ritual into a pageant of pomp and luxury. In the glittering splendour of London's Fortnum and Mason food emporium, afternoon tea is served amid green marble pillars and huge floral sprays, in fine china cups of gold and green.

17 Whether it is a graduate student downing mocha or a monk sipping green tea, mankind's favourite stimulant is at work every day, all over the world. And every night as well.

Adapted from Reid, TR "Caffeine"
National Geographic January 2005

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SINGAPORE CHINESE GIRLS' SCHOOL
END-OF-YEAR EXAMINATIONS 2008
ENGLISH LANGUAGE PAPER 2

Name : _____

Class: _____

40

Read the passage in the insert and then answer all questions which follow below.

You are recommended to answer the questions in the order set.

Mistakes in spelling, punctuation and grammar may be penalised in any part of the paper.

NOTE: When a question asks you to answer in your own words, YOU MUST NOT COPY THE WORDS IN THE PASSAGE IN YOUR ANSWER.

Paragraph 2

1. What does "caffeine" mean? [1 m]

_____

2. Why is "caffeine" **not** aptly named ? [1 m]

_____

_____

Paragraph 3

3. Explain why, "caffeine is the drug that made the modern world possible" (line 14). [2 m]

_____

_____

Paragraph 4

4. In the ancient world, what dictated the sleep patterns of the people? [1 m]

_____

_____

Paragraph 5

5. Why is caffeine a "potent potion for students and scholars stuck in the laboratory at three in the morning." ? (Line30) [2 m]

_____

_____

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Paragraph 7

6. Dietrich Mateschitz resigned from his job and invested his life savings to sell Red Bull. Explain fully what this reveals of his character. [2 m]

Paragraph 8

7. In your own words, explain why stores did not know what to do with an energy drink? [2 m]

Paragraph 10

8. Why was the research on caffeine contradictory? [2 m]

9. From the passage, do you think the writer disapproves of the consumption of caffeine in moderate amounts? Explain your answer. [2 m]

10. **Vocabulary** [5 m]

For each of the following words, give one word or short phrase (not more than seven words) which has the same meaning that the word has in the passage.

a) buzz (line 2)

b) potent (line 33)

c) adequate (line 37)

d) funded (line 61)

e) contends (line 90)

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11. **Summary** [20 marks]

Using your own words as far as possible, summarise the benefits and possible side effects of caffeine consumption.

USE ONLY THE MATERIAL FROM LINE 54 TO LINE 101.

Your summary, which must be in continuous writing (not note form), must not be longer than 110 words (not including the words given to help you begin).
Begin your summary as follows:

Research on caffeine consumption has shown that...

Number of words: _____

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Singapore Chinese Girls' School
End-of Year Examinations 2008
Secondary 2 Express
English Language Paper 2

1. It means a substance which is found in coffee.

2. "Caffeine" is a substance which can be found in coffee. However, this substance can be found in tea as well. Thus, "caffeine" is not aptly named as caffeine is not only found coffee as what the nomenclature may imply.

3. It acts as a physical and mental booster to overcome fatigue which the modern world is experiencing due to the increasing hectic and globalised lifestyle where the world functions 24-hours a day. Hence, coffee serves not just as a 'charger' in the morning but also at night, to allow people to stay awake to complete their daily tasks.

4. Day and night and the four seasons determined the sleep patterns of the people in the ancient world.

5. Caffeine is able to fight fatigue as it blocks the hypnotic effect of adenosine, which causes people to fall asleep. Furthermore, it enhances mood and increases alertness making it the best and most effective potion for students and scholars who need to work in the wee hours as it prevents them from falling asleep and yet still remain mentally focused.

6. He is passionate about his project. He is also confident that Red Bull will be a success. In addition, he is a brave go-getter who would do his utmost to achieve his goal at all costs, even if it means that he has to sacrifice something.

a100.com.sg

7. As there was no such drink before, there were no previous consumers available to advertise the drink, thus stores could not think of any other ways to market the drink.

8. The results of the effects of drinking caffeine were mixed. Jack James indicated that caffeine is a psychoactive drug that causes raised blood pressure and increases the risk of heart disease, however, research reports that were funded by soft drinks and coffee companies which intended to promote coffee consumption played down the side effects and concluded that caffeine is safe for consumption.

9. No, I do not think so. In the last paragraph of the passage the author agrees that caffeine is well-loved and consumed by people all over the world, from the line, "... mankind's favourite stimulant is at work every day, all over the world. And every night as well." This shows that the author does not disapprove of the consumption of caffeine in small amounts and acknowledges its effectiveness.

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10.
a) buzz (line 2): booster
b) potent (line 33): strong
c) adequate (line 37): enough
d) funded (line 61): financed
e) contends (line 90): argues

11. Summary
Points to include:

Benefits
- Improves mental and physical functions
- Improves physical performances (Ergogenic)
- Diuretic
- Elevates mood
- Relieves pain
- Relieves migraine headaches
- Reduces asthma symptoms
- Combats fatigue
- Increases alertness, cognition and reaction speed
- Improves performances on vigilance and daily tasks
- Stimulates central nervous system (Analeptic)

Side effects
- Suspected death
- Raises blood pressure
- Increases risk of heart diseases
- Increases risk of kidney, pancreatic and bladder cancer
- Increases risk of fibrocystic breast disease
- Increases risk of osteoporosis
- Increases calcium loss
- Withdrawal symptoms if there is a sudden stop in consumption

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