

MINISTRY OF EDUCATION AND HIGHER EDUCATION

FORM FOUR EXAMS, 2018

# ENGLISH



P/LAND NATIONAL EXAMINATION BOARD

MINISTRY OF EDUCATION AND HIGHER EDUCATION  
PUNTLAND NATIONAL EXAMINATIONS BOARD

Code Number

Form four EXAMINATION 2018  
Time 2 hours AND 10 minutes for reading

# ENGLISH LANGUAGE

## Instructions to candidates

- Answer all the questions
- This paper consists of 11 pages, count it and if any is missing inform your invigilator
- Do not write your **name and roll number** on the exam paper
- Make sure that **student's profile** is attached to the exam paper, if not, inform you invigilator.
- No extra paper is allowed.
- If you make a mistake, **cross out the incorrect answer and write your correct answer.**

This exam paper consists of following parts

Parts	Marks
Part one: Comprehension	20 marks
Part two: Vocabulary	15 marks
Part three: Grammar	50 marks
Part four: Composition	15 marks
Total: 100 Marks	

## For the markers only

PARTS	MARKS
Part one	
Part two	
Part three	
Part four	
TOTAL	%



SOM EXAMS

This image shows a full page of a handwriting practice worksheet. It consists of approximately 20 horizontal rows. Each row is defined by two parallel dotted lines, creating a series of uniform channels for letter height. The paper is otherwise blank, with no margins, text, or other markings.



Over many generations men and women have been trying to live longer and trying to be healthier and stronger. It is widely acknowledged across cultures, religions and other forms of societies that good health is crucial to every individual's length of life, happiness and welfare. Most societies have regulations and customs that are aimed at maintaining their health and eliminating practices that may damage health, either physical or mental.

Being healthy, by definition, means being both mentally and physically fit, active and free from diseases. This means that both the body and the mind are in harmony with each other. To achieve this, regular habits, both eating habits and physical activities that keep you physically fit must be part of your routine. This routine may already happen because of the type of work you do, e.g. a farmer is naturally active, or you may need to build exercise into your routine, e.g. an office worker gets no exercise, so must arrange his day in order to ensure he does do something physical.

Most societies, especially the more traditional ones, have achieved this healthy life style thanks to the information passed down from their ancestors and the introduction of corrective practices or regulations where health is threatened. These may include traditional practices, training of the young, religious taboos and regulations, government laws, e.g. banning smoking in public or just advice from elders to the young. The activities that are encouraged will, in addition to controlling diet, include physical exercise and even massages. However, as life styles have changed and as many traditional practices have weakened, there has also been a weakening of these controls.

In addition many people's lives have become more sedentary. They no longer do work that involves lots of physical effort and they no longer walk or ride a bike to work but instead sit in a car or bus. Similarly, changes have taken place in what people eat. In the poorest societies health is threatened by lack of food, especially lack of protein rich food. However, in the richer societies health is threatened by too much food, or at least too much of the wrong food, especially meat and fats.

In order to avoid more sedentary life style, people must plan to take exercise. This can be quite simple and inexpensive. An exercise such as skipping requires a rope only and some place to move around. If you can swing your arms when they are outstretched then you have ample space. Skip at a rapid pace in the morning or at night. If such a space is a luxury, try pushups or muscle stretching exercises next to your bed. You could also run or walk briskly every morning and evening as you move from the house to the classroom.





Children have been encouraged to play in all societies. These may be simple children's games or more organized sports such as basketball. Therefore, schools should be equipped with the necessary equipment and students must be encouraged to fully participate in sports. However, far too often, adults relegate play to the young. They think that these games are for the under thirties and as a result, people of a certain age stop playing and stop taking exercise. This in turn adversely affects their health.

When we grow older, we don't have to play games, but we have to continue to exercise our bodies in some way if we want to remain healthy. This can be done by carrying out mundane tasks such as walking, fetching firewood and water or even tending our animals. We exercise when we assist in the housework. We exercise when we assist in the gardening. A sedentary life does not give our bodies the exercises they need. It is extremely unhealthy to simply sit and move very little, waiting for others to do things for you. Work! It is an exercise. Thus, if an older person doesn't get exercise in their normal routine they should change their routine.

In addition to the exercise, we must also consider our diets. Traditional diets are usually healthy diets but the introduction of modern living often results in unhealthy eating, e.g. too much sugar, too much fried food, too much meat. All of these are good for us in small amounts but bad for us when taken to excess.

Thus, we need to control our diets, eat less of the above and more fruits and vegetables. A healthy life style, i.e. a healthy diet and lots of exercise also helps us reduce our weight that has accumulated over the years from poor diets. A good diet is a must for good health. It is normally referred to as a balanced diet. This consists of all essential nutrients in their right form and amount. Striking the balance in our life that ensures a good diet and physical exercise is the ticket to good health. You stay fit and happy and reduce the risk of heart ailments, high blood pressure and many of the other illnesses of the modern life.

(810 words)

**Circle the correct answer based on information in the passage. 10 marks**

1. Which of the following could be an alternative title for the passage?
  - a) The importance of a healthy life style
  - b) The Importance of children's games
  - c) The value of traditional customs to health
  - d) How to exercise when work is sedentary

2. According to the passage, concern over a healthy life style
- a) Is a modern problem.
  - b) Has been a concern of people over many centuries
  - c) Is a result of modern living
  - d) Is not something people worry about enough.
3. Being 'healthy' means
- a) Being physically vigorous and free from disease.
  - b) One does not have any diseases.
  - c) Being active and fit both physically and mentally.
  - d) It is a clear definition.
4. If a person is 'sedentary' they
- a) Are very active physically and mentally.
  - b) Walk to work or go on a bike
  - c) Are not mentally or physically fit
  - d) Do not get much physical exercise
5. People of 'a certain age'. What does this phrase mean? (Paragraph 7)
- a) Children and people under 30
  - b) People who are no longer young
  - c) Old people who can no longer exercise
  - d) Anybody who has stopped being active.



**Answer the following questions from the passage****10 marks**

1. List two exercises that are easy to perform in a limited space? (paragraph 5)

(2 marks)

a) .....

b) .....

2. Which people probably get physically fit during their normal work? (2 marks)

a) .....

b) .....

3. We can get physical exercise through carrying out everyday tasks. Name two such tasks mentioned in the passage. (2 marks)

a) .....

b) .....

4. Schools should be equipped with the necessary equipment. Give two examples of what this equipment might be. (paragraph 6) (2 marks)

a) .....

b) .....

5. What should older people do in order to stay healthy? (Paragraph 7&8) (2 marks)

a) .....

b) .....

**PART 2: VOCABULARY (15 Marks)**

**A. Choose the word or phrase that means the same as the word or phrase from the passage.**

**5 marks**

1. Crucial (paragraph one)
  - a) Good
  - b) Not necessary
  - c) Possible
  - d) Necessary.
2. Briskly (paragraph 5)
  - a) Slowly
  - b) Quickly
  - c) At a run
  - d) Regularly
3. Adversely affects'. (paragraph 6)
  - a) Has a good effect
  - b) Destroys their health
  - c) Has a bad effect
  - d) Cures them of bad health
4. 'Mundane (paragraph 7)
  - a) Ordinary
  - b) Unusual
  - c) Sedentary
  - d) Involving physical exercise
5. Excess
  - a) Very small amounts
  - b) Greedily
  - c) Very large amounts
  - d) Carelessly

**A. Choose the word which is similar to the underlined words** **10 marks**

1. The boy was forced to confess that he had stolen the woman's bag
  - a) Deny
  - b) Admit.
  - c) Give
  - d) Carry.
2. After sitting for the grade eight examinations both parents and pupils were eager to get their results.
  - a) Anxious
  - b) Worried
  - c) Keen
  - d) Unwilling







**PART THREE: Grammar in use****50 marks****A. Read the following paragraph carefully and put the verbs in brackets into the correct tense 10 marks**

Yesterday, it \_\_\_\_\_ (rain) and thundering all day. Ahmed \_\_\_\_\_ (play) inside the house. He wanted to be outside, but he \_\_\_\_\_ (cannot play) because it \_\_\_\_\_ (rain) heavily. He was feeling tired of being trapped inside the house and was trying to keep busy inside the house. He \_\_\_\_\_ (read) his books the electricity \_\_\_\_\_ (go) out. Then, he decided to practice his sewing machine. He was practicing his sewing machine until lunch time. After lunch time he \_\_\_\_\_ (sit) by the window and watched the rain. While he \_\_\_\_\_ (watch), the telephone rung. His father was calling to say that he was coming home and was bringing a new game. Ahmed and his father \_\_\_\_\_ (eat) a nice fish and played the game. While they \_\_\_\_\_ (play) the rain stopped but Ahmed did not even notice that rain stopped.

**B. Circle the correct answer that fits in the gap 10 marks**

1. I \_\_\_\_\_ (talk) to my teacher at the moment  
a) Talked  
b) shall talk  
c) talks  
d) am talking
2. Every morning, my mother \_\_\_\_\_ (get up) at 5o'clock  
a) Will get up  
b) Is getting up  
c) Gets up  
d) Got up
3. The children \_\_\_\_\_ (go) to the river yesterday  
a) Go  
b) Are going  
c) Will go  
d) Went
4. She \_\_\_\_\_ (discuss) the marriage with her mother next  
a) Has discussed  
b) Has been discussing  
c) Will discuss  
d) Discusses
5. If they \_\_\_\_\_ ( have) enough money, they would buy a new car  
a) Had  
b) Have  
c) Have had  
d) Had had





6. If she \_\_\_\_\_ (not read) well, she won't pass her exam  
a) Did not read  
b) Will not read  
c) Had not read  
d) Does not read
7. How long \_\_\_\_\_ (you learn) English language?  
a) Have you been learning?  
b) Did you learn?  
c) Will you learn?  
d) Do you learn?
8. The students \_\_\_\_\_ (stand) when the teacher came in  
a) Standing  
b) Stood  
c) Will stand  
d) Stand up
9. If the teacher talked to us \_\_\_\_\_ (respect), we would listen to him  
a) Respect ion  
b) Respected  
c) Respecting  
d) Respectfully
10. He always \_\_\_\_\_ (carry) black bag to the work  
a) Carries  
b) Carried  
c) Carrying  
d) Have carried

**C. Change the following into passive voice****5 marks**

1. Children are swimming in the lake today

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2. The teacher is writing the lesson on the blackboard

---

3. Farmers were buying the crops

---

4. They will visit us next week

---

5. The thief stole the some money from the shop

---

**D. Fill in the blanks by choosing the correct prepositions****5 marks**

1. He failed \_\_\_\_\_ his exams for the third time  
a) On c) By  
b) in d) with
2. The student was congratulated \_\_\_\_\_ the good result  
a) For c) with  
b) at d) on
3. Asha is going to be married \_\_\_\_\_ next week  
a) At c) with  
b) for d) in
4. When I arrived, everyone was \_\_\_\_\_ the table taking breakfast  
a) In c) on  
b) at d) under
5. We sat \_\_\_\_\_ the fire as the night was so cold  
a) In c) around  
b) on d) under

**E. Write the plural forms of the underlined words****5 marks**

1. There was a thief in the shop \_\_\_\_\_
2. They enemy plane had bombed the city \_\_\_\_\_
3. There is an ox in the garden \_\_\_\_\_
4. I put my brush on that table \_\_\_\_\_
5. I saw a goose at the river bank \_\_\_\_\_

**F. Change the following sentences into indirect speech****5 marks**

1. She said "I have lost my bag"  
\_\_\_\_\_
2. The boy said "I am writing a letter to my farther"  
\_\_\_\_\_
3. He said to her "I will drive this bus next week"  
\_\_\_\_\_
4. She said to him "do you like mangoes or banana"  
\_\_\_\_\_
5. Omar said to Ayan "where will you go tomorrow"  
\_\_\_\_\_





**Part four: writing composition**

**15 marks**

Assume that you have graduated from your form four and passed well.

Write a letter to the Ministry of Education asking for scholarship in abroad; make sure you displayed your request clearly in an acceptable manner.

Handwriting practice lines for the composition.

End

