

MINISTRY OF EDUCATION AND HIGHER EDUCATION

FORM FOUR EXAMS, 2011

# ENGLISH



P/LAND NATIONAL EXAMINATION BOARD

Name .....

School .....

Roll Number.....

**Puntland State of Somalia**

**Ministry of Education**

**Puntland National Examination Board**

**Form 4                      English Examination                      2011**  
**Time: 2 hours**

Plus 10 minutes before the exam for reading through the paper

**TOTAL TIME            2 hours 10 minutes**

**INSTRUCTIONS TO CANDIDATES**

This paper consists of 14 pages including this one. Count them now. Inform the invigilator if there are any pages missing.

PART 1: Reading Comprehension	30 marks
PART 2: Vocabulary	14 marks
PART 3: Grammar and Word formation	26 marks
PART 4: Composition- Answer 2 question out of 4	30 marks
<b>TOTAL</b>	<b>= 100 marks</b>

- Answer ALL questions in part 1, 2 and 3 and two questions in part 4
- All answers must be written on this paper in the spaces provided immediately after each question. **ONLY WRITE ON THIS EXAM PAPER.**
- NO extra paper is allowed.
- If you make a mistake cross out the incorrect answer clearly and write your correct answer. Do not use white out.



## PART ONE: READING COMPERHENSION

30 MARKS

Read the following passage and then answer the questions that follow.

1. Are you looking after yourself? Are you in good shape, physically? In the busy world of today people are always looking for more ways of keeping fit and healthy. Let us look into some of the ways of looking good and keeping fit. Running is excellent exercise. Before you start running warm up first, using slow movements that make all your muscles work. But be careful. If you stretch when your muscles are cold you might do yourself an injury. Always wear shoes that give good support to your whole foot and you will put less pressure on your knees. You should start exercising slowly at a pace you can keep up for 15 to 20 minutes. Try to exercise on soft ground as this will protect your knees and hips from too much stress.
2. Its OK if you go to bed late occasionally, but if regularly cut down on your sleep, it will soon start to have a bad effect on your skin. If you get a good night's sleep it will do your appearance the world of good. Lack of sleep can cause pimples or dry skin. Make sure you get a good night's sleep by going to bed and getting up at regular times; 'don't burn the candle at both ends'. During the day keep active. If you don't get enough exercise during the day, you may end up sleepless all night.
3. Did you know that a bad posture, i.e. standing, sitting or walking badly, can make you look heavier than you really are? If you watched the way we sat and stood, it would improve our appearance a great deal. Stand in front of a mirror with your feet apart and your legs straight, pull in your stomach check that your ears, shoulders, hips knees and ankles are all in line with each other. You should be looking and feeling better already.
4. Some of us live in large polluted cities. If we get more fresh air we would look healthier and more attractive. A quick walk is one of the best things you can do for your circulation and appearance. Walking slowly is better than no exercise but a quick pace is far better and will get more oxygen to your lungs. So don't just go for a pleasant stroll. To fight the effects of pollution on your health you must get moving, walk quickly and breath deeply.
5. Many young people feel guilty about eating too much chocolate or too much sugar. Some actually say they are addicted to these. Although there is no evidence to support this, chocolate does have a lot of fat and sugar can also be fattening so any addict out there would do better to eat less. However, if your diet is balanced, you don't need to feel guilty: eating chocolate occasionally



and taking sugar in small amounts is fine and can give you energy- but don't eat it instead of a proper meal.

## A. MULTIPLE CHOICE QUESTIONS

**Choose the correct answers to these questions: (2 marks for each correct answer)**

1. The writer says that you should
  - a. Warm up by moving all your muscles quickly.
  - b. Start running quickly as soon as you can.
  - c. Start your run slowly and then speed up.
  - d. Do stretching exercises before you warm up.
  
2. Why is running on soft ground better for you?
  - a. It will make your hips and knees stronger.
  - b. You will feel more comfortable and relaxed.
  - c. You can run faster with less effort.
  - d. It will avoid any damage to your hips or knees.
  
3. The writer says that going to bed late regularly
  - a. May damage your skin
  - b. Is alright provided you get up early
  - c. Doesn't usually matter
  - d. Is something we all do occasionally.
  
4. The phrase 'burning the candle at both ends' means to go to bed
  - a. Late and get up early.
  - b. Early and get up late.
  - c. Early and get up early.
  - d. Late and get up late.
  
5. Some people look heavier than they really are because they
  - a. they sit down a lot of the time
  - b. they stand or walk with a bad posture
  - c. they don't do enough exercise
  - d. they don't walk fast enough
  
6. Eating chocolate is only harmful if
  - a. you don't eat it too often.
  - b. it contains too much fat.
  - c. you also eat proper meals.
  - d. you become addicted to it.



7. If you live in a city which is polluted then you should defeat the pollution by
  - a. Going for a pleasant stroll in the countryside.
  - b. Going for walks where you walk quickly.
  - c. Moving to the countryside where there is no pollution..
  - d. Staying in the house and avoid walking in the polluted air outside.
  
8. Which of the following do you think the author would say is the best way to look after your appearance?
  - a. Wearing the right clothes
  - b. Going onto a chocolate free diet
  - c. Getting up early every morning
  - d. Taking regular exercise
  
9. Which of the following would be a good title for this passage?
  - a. Looking Good and Keeping Fit.
  - b. The dangers of pollution on our health.
  - c. Eating a healthy diet helps the skin.
  - d. When do you look after yourself?
  
10. Who do you think the writer expected would want to read this article?
  - a. People who are studying medicine or nursing
  - b. People who are very fat and unhealthy and are looking for a cure.
  - c. Young people who are interested in staying fit and healthy
  - d. Parents who are concerned about their young children's health



**B. Written Answers (10 marks)**

1. The passage has five paragraphs. Which of the phrases below best summarise each paragraph? Choose a phrase and write it against the paragraph number. The first has been done for you as an example (4 marks).

- |                  |                |                   |
|------------------|----------------|-------------------|
| Take exercise    | Feeling guilty | Wear proper shoes |
| Take a good walk | Sleep well     | Walking slowly    |
| Eat properly     | Keep active    | A good posture    |

Paragraph 1..... *Take exercise* .....  
Paragraph 2 .....  
Paragraph 3 .....  
Paragraph 4 .....  
Paragraph 5 .....

2. How can you avoid the effects of pollution on our health?  
..... (2 m)

3. How can lack of sleep damage your looks?  
..... (2m)

4. What sort of diet should you eat?  
..... (2m)

**PART TWO: VOCABULARY 25 MARKS**

**A. Phrases from the passage (5 marks)**

Find the following words in the passage and choose the option that is closest to the meaning it has in the passage.

1. In good shape
- |                                   |                             |
|-----------------------------------|-----------------------------|
| a. The right shape to fit you     | c. To feel comfortable      |
| b. To look and be fit and healthy | d. To take lots of exercise |
2. Warm up
- |                                     |                                    |
|-------------------------------------|------------------------------------|
| a. Put more clothes on to keep warm | c. Exercise lightly in preparation |
| b. Be careful how you run           | d. Be prepared for light exercise  |



3. A pleasant stroll  
 a. Slow walk                      b. Fast walk                      c. Long walk                      d. Short walk
4. You can keep up  
 a. You can continue with                      b. You can improve on  
 c. That will tire you                      d. A slow enough pace
5. Addicted to something  
 a. Bad for you                      b. Can't do without it                      d. Like it  
 d. Hate it

**B. Word Formation (10 marks)**

Form words by combining the word in column 1 with the correct ending in column 2. You may need to adjust the spelling. Then use the word to complete one of the sentences below. The first has been done for you.

Column 1		Column 2
Perform		-ion
Employ		
Move		-ance
Tolerate		
Suggest		-ment
Pollute		

1. Quiet, I can hear some *movement* below. They are coming.
2. After training for a week her ..... greatly improved.
3. Car exhausts are causing a lot of ..... in our town.
4. He didn't complain about the noise last night which shows his  
 .....
5. More people are getting well paid jobs as ..... is at last rising.
6. We had better return this broken radio to the shop unless you have a better  
 .....



**C Word combinations (10 marks)**

Match a word from column 1 with a word from column 2. Then use each pair to complete a sentence below. The first has been done for you.

Column 1		Column 2
Black		Cards
e-mail		Board
Post		Paper
Writing		Load
Pen		Address
Down		Friends

1. The teacher spends the whole lesson writing on the ...*blackboard*
2. I went to the internet café but couldn't send you any news as I didn't have your .....
3. After replying I managed to ..... some new music also from the internet.
4. Nowadays I write to all my ..... through the internet.
5. I no longer send them ..... when on holiday
6. And I never need to buy ..... to write letters to them.

**D. Select the alternative that best replaces the underlined word (5 marks)**

1. The eleven players gathered round the coach.  
a. team                      b. band                      c. group                      d. crowd
2. Soon Ali was fast asleep  
a. Quickly                      b. Sound                      c. Lightly                      d. Trying to
3. Our new house has plenty of chairs, tables, cupboards and beds  
a. Luggage                      b. Things                      c. Furniture                      d. Apparatus
4. They welcomed the guests with open arms.  
a. Threateningly                      b. Coldly                      c. Hesitantly                      d. Warmly
5. Our football team beats all the other teams  
a. Defeats                      b. Wins                      c. Fights                      d. Loses





**PART 3: GRAMMAR**

**25 marks**

**A. Choose the best answer to complete each sentence below. (10 marks)**

1. I could not sleep ..... I was very tired  
a. Although      b. Because      c. And      d. If
2. The food was ..... delicious that we all asked for more.  
a. Quite      b. Too      c. So      d. Very
3. However hard he hit the coconut he ..... not break it.  
a. Would      b. Should      c. Could      d. Might
4. Someone passed here ..... had very big feet.  
a. that      b. whom      c. which      d. who
5. This is the house ..... was sold yesterday.  
a. who      b. when      c. which      d. and
6. .... you feeling alright, Amina?  
a. Do      b. Are      c. Is      d. Was
7. .... she always stay in the office over her lunch hour?  
a. Is      b. Does      c. Has      d. Do
8. There is a girl outside. Is she ..... girl you told me about?  
a. A      b. Which      c. Who      d. The
9. Could you ..... some money so I can buy a cup of tea.  
a. Borrow      b. Lend      c. Borrow me      d. Lend me
10. Sorry, I don't have ..... money on me.  
a. some      b. any      c. the      d. many
11. They were very kind to me. They treated me ..... their own child.  
a. as if I was      b. as if I were      c. in case I was      d. in case I were
12. Yesterday, Asha carried an umbrella all the way to the market ..... it rained.  
a. in case      b. if      c. though      d. when
13. A husband ..... wife should be equal partners in marriage.  
a. or      b. and      c. with      d. but



14. My friends always make jokes and everyone laughs. So why ..... I  
a. didn't                      b. couldn't    c. can't    d. can

15. I still live with my parents so this is ..... house.  
a. their                      b. theirs                      c. his                      d. ours

**B. Complete the following sentences. Use the correct form of the verb in brackets**

1. Yesterday afternoon, my husband and I ..... (go) to the library.
2. We always enjoy ..... (read) story books.
3. so we both started ..... (look) for interesting novels.
4. The week before I ..... (find) a very good book by Nuraddin Farah called 'From a Crooked Rib' and read it in two days.
5. My daughter promised me that she ..... (read) it in one day if I get it out of the library again. So first I looked for that book.

**PART 4                      COMPOSITION                      20 marks**

You should write one compositions of between 150 and 200 words. You will loose marks if you write less. Chose one topic ONLY

**Question EITHER**

Is modern technology growing and changing too quickly for your community?  
Describe the impact of modern technology (especially computers, mobile phones and the internet) on your own community.

**Question OR**

A local student magazine has asked you to write a short article about an important festival that takes place in your area. Use some the following ideas to help you

- Describe the festival
- What do you like and/or dislike about the festival?
- How popular is it and why?
- What people take part?
- Why is it important?
- What does it represent?



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