

MINISTRY OF EDUCATION AND HIGHER EDUCATION

GRADE 12 EXAMS, 2009

ENGLISH



P/LAND NATIONAL EXAMINATION BOARD





Name.....

School **SOM EXAMS**

Roll Number.....

Puntland State of Somalia

Ministry of Education

Puntland National Examination Board

Form 4

ENGLISH Examination

June 2009

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 16 printed pages.
Count them now. Inform the invigilator if there are any missing.

PART ONE: Comprehension	30 marks
PART TWO: Vocabulary	20 marks
PART THREE: Grammar	20 marks
PART FOUR: Composition	30 marks

TOTAL 100 marks

- Answer ALL questions.
- All answers and working must be written on this paper in the spaces provided immediately after each question.
- Rough work can be done on page 2. This will not be marked
- No extra paper is allowed.
- No calculators are allowed.
- If you make a mistake cross out the incorrect answer clearly and write your correct answer.

This image shows a full page of primary-ruled paper. It features approximately 20 horizontal dotted lines spaced evenly down the page, providing a guide for handwriting practice. The paper is otherwise blank, with no margins, text, or other markings.

PART 1: READING COMPREHENSION (30 MARKS)

Read this passage and answer the questions that follow.

A LONG AND HEALTHY LIFE

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 counteract a 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 press ups 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.

We don't have to play games when we are older but we do have to continue to exercise our bodies in some way if we are 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.

As we grow older 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)

A. Multiple Choice Questions 10 marks @ 2 marks for each correct answer
Circle the correct answer based on information in the passage.

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.
6. Give at least one example from your culture of a custom or regulation that encourages healthy living and one example of a custom that tries to eliminate practices that are harmful to health. (4 marks)

.....

.....

.....

.....

7. List two exercises that are easy to perform in a limited space? (2 marks)
- a)
- b)
8. Which people probably get physically fit during their normal work? (2 marks)
- a)
- b)
9. We can get physical exercise through carrying out everyday tasks.
Name two such tasks mentioned in the passage. (2 marks)
- a)
- b)
10. Schools should be equipped with the necessary equipment. Give two examples of what
this equipment might be. (paragraph 7) (2 marks)
- a)
- b)
11. Name two foods that can lead to a poor diet. (1 mark)
-
12. Name two foods that can ensure a good diet. (1 mark)
-
13. Does the writer think that customs and traditions generally have a positive or a negative
role in encouraging a healthy life style? Give an example from the passage to support
your answer. (2 marks)
-
-

14. What should older people do in order to stay healthy? (2 marks)

- a)
b)

15. What do you do in order to maintain a healthy life style? (2 marks)

.....
.....

PART 2: VOCABULARY (20 Marks)

A: Vocabulary from the passage (6 marks)

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

1. Crucial (paragraph one)

- a) good b) not necessary c) possible d) necessary.

2. Relegated (paragraph 4)

- a) demoted b) improved c) given d) stopped

3. Briskly (paragraph 6)

- a) slowly b) quickly c) at a run d) regularly

4. Adversely effects'. (paragraph 7)

- a) has a good effect c) has a bad effect
b) destroys their health d) cures them of bad health

5. 'Mundane (paragraph 7)

- a) ordinary c) unusual
c) sedentary d) involving physical exercise

6. Excess

- | | |
|-----------------------|-----------------------|
| a) very small amounts | c) very large amounts |
| b) greedily | d) carelessly |

B. General Vocabulary (10 marks)

Circle the word that means the same as the one underlined in the sentences.

1. The boy was forced to confess that he had stolen the woman's bag

The word confess means

- A: deny B: admit. C: give D: carry.

2. The government of Puntland is working hard to eradicate illiteracy by taking all the children to school. Eradicate means

- a. promote b. praise. C. encourage d. eliminate.

3. After sitting for the grade eight examinations both parents and pupils were eager to get their results. Another word that means the same as eager is

- A: anxious B: worried C: keen D: unwilling

4. Maulid had to transfer his belongings from the elegant bag when he travelled back to school. Elegant means

- A: tiny B: big C: hard D: beautiful

5. After the long trek to Bosaso, Saphia looked weak. Weak means

- A: ugly. B: tired. C: strong D: frail

C. Which among the following is the odd one out? Circle your answer (5 answers)

- | | | | |
|---------------|------------|-------------|--------------|
| 1. A. Enemy | B. Foe. | C. Ally | D. Opponent |
| 2. A. Home | B. House | C. Factory | D. Residence |
| 3. A. Envious | B. Jealous | C. Covetous | D. Proud |
| 4. A: Brick | B: Stones | C: Gold | D: Wood |
| 5. A: Niece | B: Mother | C: Aunt | D: Bachelor |

D. Give the plural of the given words 4 marks (1 mark each)

1. Sheep
2. Ox
3. Woman
4. Country

PART THREE: GRAMMAR USE: (20 MARKS)

A. Circle the phrase that best complete the sentences below.

1. Nimo about her beauty but she stopped after we teased her.
A: was always boasting B: always boasted
C: always boasts D: is always boasting
2. The bell for classes a long time ago. Why haven't you left?
A: rang . B: rung C: rings D: was ringing.
3. The people when they saw how sick the man was.
A. weeping B. weeps. C. wept D. weeped.
4. Our neighbours apart by war. But we hope peace will come soon.
A. are being torn B. torn C. will be torn. D. tear each other.
5. Daud usually in black ink but today he has used red.
A. is writing B. writes C. wrote D. had written
6. My friend Suad always goes home foot.
A. by B. on C. with D. on a.
7. Mohammed's laziness resulted him failing all his exams.
A. to B. with C. on D. in.

8. He doesn't like Suleiman,.....?

- A. didn't he B. does he like C. does he D. isn't it

9. Our plane reached at six o'clock.

- A. in Garowe B. Garowe C. at Garowe D. by Garowe .

10. You are lucky. I still have some biros left so I can sell you

- A. few B. a few. C. a little D. many

11. I am afraid you will have no chair

- A. to be sitting. B. to seat on. C. to sit on. D. to sit.

12. Please will you lookmy camels when I am away?

- A. in B. at C. after D. on

13. The herbalist put the medicine in an/avase.

- A. clay, brown, small. B. small, brown, clay
C. brown ,small ,clay D. clay, small, brown

14. Hamran takes her morning walks(regular)

- A. regular B. regulated. C. regulations D. regularly

15.Yusuf is definitely than Suleiman.

- A. oldest. B. older C. elder. D. eldest

16.You look much today. (happy)

- A. happier .B. happy. C. happiest . D. most happy.

**B. Rewrite the following sentences according to the instructions given after each.
Do not change the meaning.**

19. He crawled like a snake and moved towards the dimly lit house.

Begin: Crawling.....

.....

(2 marks)

20. "Where do you live," he asked.

Begin: He asked me

.....

(2marks)

PART FOUR: WRITTEN COMPOSITION (30 Marks).

You should write **two compositions** each of between 200-250 words. You will be penalised if the composition is too short. Choose one topic from the question 1 and one topic from question 2.

QUESTION 1: (15 marks)

EITHER

1. (A). Write a composition entitled, "Puntland in 2029' . "

In your composition, describe what changes you expect to see in Puntland in 20 years.

Describe how the towns will look, what people will be doing in the rural areas and what you think will be the most important changes.

OR

1. (B).

Write about a visit you made to a market during the school holiday.

Guidelines

- a).When you went to the market and why
- b).What your family had gone to sell or buy
- c).What happened at the market.
- d).What you found very interesting at the market.

[illegible]



- www.somexams.com

QUESTION 2 : (15 marks)

EITHER

2. (A)

Your friends have invited you to visit them during the holidays. Write them a letter thanking them for the invitation and tell them:

- a).When you will be arriving and how long you can stay .
- b).What kind of games you would like to play.
- c).What places you would like to visit.
- d).What kind of food you most enjoy and what you dislike.

OR

2. (B)

The following is the beginning of a story. Use your own ideas to complete it.

It was early on Wednesday morning. I lay in bed worrying about what was going to happen. Yesterday I had sneaked out of school at 9.00 in the morning with my friend. On our way into town a car hit him/her and I had to carry him/her all the way to hospital and then send a message to the parents. What will happen if my father finds out that I missed school? What will happen to my friend? He/she looked in great pain? Then suddenly the door to my bedroom flew open and father stormed in boiling with anger. Even before I said "hello" he

(Now complete the story)



This image shows a full page of primary-ruled paper. It features approximately 28 horizontal dotted lines spaced evenly down the page, providing a guide for handwriting practice. The paper is otherwise blank, with no margins, text, or other markings.



END