

FUKIEN SECONDARY SCHOOL  
S5 First Term Examination (2020-2021)  
English Language  
Paper 1: Reading  
(1 hour 30 minutes)

Reading Passages

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Date: 5<sup>th</sup> January 2021

Name: \_\_\_\_\_

Time: 8:30a.m. - 10:00a.m.

Class: S5 \_\_\_\_\_ No.: \_\_\_\_\_

**INSTRUCTIONS**

1. Write all your answers in the Question-Answer Book.
2. DO NOT write any answers in the booklet because they will not be marked.

**PART A**Text 1

Read Text 1 and answer questions 1-24 in the Question-Answer Book.

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|    | <b>Health and Wellness</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 1  | <i>New research suggests that running isn't the panacea once thought. Sukie Channing explains why she loves weight training—and why women shouldn't fear getting 'manly'.</i>                                                                                                                                                                                                                                                                                                                                                                                        |
| 5  | <b>[1]</b> Science. You never know where you're at with it. For decades, experts have extolled the health-bestowing powers of running. So off you went to get your sweat on, on a daily basis. Another day, another study—and we're told that running may be bad for the heart, the joints and goodness knows what else. Does this mean my years and years of not being a cardio bunny are about to pay off?                                                                                                                                                         |
| 10 | <b>[2]</b> Running is not my thing. It may be yours, and that's OK. But it's not for me. I was one of those kids who shirk PE. I was always last to be chosen for a team. I've never been graceful, so dance and aerobic classes ('step up, step left, spin thrice and shimmy!') that others seem to find fun and sociable left me feeling frustrated, uncoordinated and rhino-like.                                                                                                                                                                                 |
| 15 | <b>[3]</b> Then, several years ago, I tentatively made my first foray into the male-dominated world of weight training. It is an intimidating prospect for a man, let alone a woman, to attempt to conquer the equipment – the bars, discs and metal cages – which looks more like instruments of torture. In the weightlifting area, there are no rows of dinky pink and silver hand weights, and no yoga mats. You'll find very few women here. In fact, you'll probably only find me. And yet it's no exaggeration to say that weightlifting has changed my life. |
| 20 | <b>[4]</b> I'm not really the only woman who lifts weights, but we are rare – oddities, even. 'My friends think it's a bit strange, but I don't care. Going to the gym isn't a chore for me anymore, it's my regular treat. Never in my life have I enjoyed exercise before. By accident, out of boredom one day in the gym, I discovered lifting and gradually fell in love with it,' says Christa Stevenson, a slim, blonde nurse from the US.                                                                                                                     |
| 25 | <b>[5]</b> Shereen Lupe, who is a tiny and graceful busy mother of four, says, 'There's a Zen-like calmness to lifting, despite the noise and the loud music, despite being surrounded by people – usually men. In spite of all these distractions, it's where I switch off – it's my                                                                                                                                                                                                                                                                                |

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|    | <p>“me-time”.’</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 30 | <p><b>[6]</b> So which is better: running or lifting? (Or is neither good for you?) How much exercise is optimal? If you listen to experts, there’s a good chance you’ll end up even more confused than before. You’d better go with whatever floats your boat. Lifting floats mine because I find it empowering. It’s basically a mental challenge: there is me, and there is the weight before me. I’ll either be mentally and physically prepared to lift it, or I won’t.</p>                                                                                                                                                                                                                                                                                                 |
| 35 | <p><b>[7]</b> For others, it’s running. Rob Werner, an IT consultant, says, ‘Running has become my life. I enjoy it immensely. It cheers me up. It makes me feel healthier (whether or not science agrees that it is actually making me healthier). It also makes me a better person because it helps me clear my head.’</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 40 | <p><b>[8]</b> Jenna Cheng created She-lifts, a women’s weight training website. In the nine years she’s been running it, she’s noticed a change. ‘I started out with 1,000 hits per day. Now it’s more like 150,000. Lifting is for all women, of all ages. Women write in with the most inspiring stories. They’ll say things like, “I’m amazed by what my body can do. It can lift 75% of its own weight over its head! It can move more than double its weight off the floor!” Yesterday, I heard from a lady who’s 56 and started lifting less than two years ago. She said, “When I lift, I channel my inner goddess. When I leave the gym, I feel like a rock star!” Isn’t that fabulous? She used to be really shy. Lifting has given her bucketloads of confidence.’</p> |
| 45 | <p><b>[9]</b> I know what she means. It takes courage and a positive attitude to venture into a weights area. It can be terrifying to go under a heavy weight – suppose I don’t lift it and look like a fool? It helps to remember that gyms are, if nothing else, temples of narcissism. No one’s looking at you. Everyone’s looking at themselves in the mirror. And when you overcome your fear and make a lift, it’s the best feeling in the world.</p>                                                                                                                                                                                                                                                                                                                      |
| 50 | <p><b>[10]</b> In the past, like many women, I’ve tried to make my body smaller and weaker. I wanted to be waif-like. Now, I’m the polar opposite: I walk taller—with confidence. I strive to be stronger. I live by the mantra on Jenna’s site: ‘Ditch size zero: become size hero!’ How I wish I could take back my 20s and know then what I know now: that being strong is something to be proud of, while being thin and weak isn’t.</p>                                                                                                                                                                                                                                                                                                                                     |
|    | <p><b>[11]</b> Despite its various benefits, many women fear weight training. They fear getting bulky</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

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| 55 | and becoming manly – a misconception that’s been very tough to dispel. Marta Torres, a designer, has been lifting for almost a year. ‘Friends are shocked when they find out I lift,’ she laughs, “Aren’t you afraid,” they ask, “of getting manly?” Maybe they don’t realize I don’t have male hormones! I’m so sick of hearing this “manly” and “bulky” excuse. I’ve gained about 2.5 kg of muscle which makes me look leaner and has drastically improved my shape. |
| 60 | Check with my husband if you want, but I’m pretty sure I don’t look like a man!’ says Marta.                                                                                                                                                                                                                                                                                                                                                                           |
|    | <b>[12]</b> Weightlifting has also become a beauty secret: many bikini models and film stars lift weights because they know it does wonders for their figures. Adrienne Levy, a bikini model, says, ‘I do a lot of squats and weightlifting with my personal trainer three times a week. Since muscle takes up less space than fat, it ultimately makes me look slimmer.’                                                                                              |
| 65 | <b>[13]</b> So the next time you’re in the gym, don’t head straight for the treadmill. Stride confidently over to the weights area, and pick up some weights. I promise you no one’s looking, and the results will surely surprise you.                                                                                                                                                                                                                                |

Text 2

Read Text 2 and answer questions 25-45 in the Question-Answer Book.

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|    | <b>Vegetarian or omnivore: <u>The environmental</u> implications of diet?</b><br><b>By Tamar Haspel</b>                                                                                                                                                                                                                                                                              |
| 1  | <b>[1]</b> The argument that a vegetarian diet is more planet-friendly than a carnivorous one is straightforward. If we feed plants to animals, and then eat the animals, we use more resources and produce more greenhouse gases than if we simply eat the plants. As with most arguments about our food supply, though, it’s not that simple. Although beef is always climatically |
| 5  | costly, pork or chicken can be a better choice than broccoli, calorie for calorie.                                                                                                                                                                                                                                                                                                   |
|    | <b>[2]</b> Much of the focus on the climate impact of meat has been on cattle, and with good reason. Any way you slice it, beef has the highest environmental cost of just about any food going and the cow’s digestive system is to blame. Ruminants – cows, sheep, goats, and also yaks and giraffes – have a four-chambered stomach that digests plants by fermentation. A        |
| 10 | by-product of that fermentation is methane, a greenhouse gas with some 20 times the                                                                                                                                                                                                                                                                                                  |

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|    | heat-trapping ability of carbon dioxide. One cow's annual output of methane – about 100 kilograms – is equivalent to the emissions generated by a car burning 235 gallons of gasoline.                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 15 | <b>[3]</b> Methane isn't the only strike against ruminants. There's also fertility. Cows can have only one calf per year, which means the carbon cost of every cow destined for beef includes the cost of maintaining an adult for a year. Pigs, by contrast, can have two litters a year, with ten or more pigs per litter. Then there's feed conversion. It takes six pounds of feed to make one pound of beef, but only 3.5 pounds of pork and two pounds for chicken. Considering the methane, the babies and the feed, it's clear that ruminants do more damage than their one-stomached barnyard compatriots (monogastrics, they're called). |
| 20 | <b>[4]</b> The claim that vegetarianism is kinder to the planet also fails to consider a couple of kinds of meat that aren't often included in environmental studies. Deer and Canada geese do active damage on the areas where they're over-populated, and wild pigs leave destruction in their path wherever they go. Eat venison, goose or pork from wild pigs, and you do the planet a favor.                                                                                                                                                                                                                                                  |
| 25 | <b>[5]</b> Most people, though, are most likely to get their food from the farm, and it's important to note that not all pork chops – or tomatoes or eggs – are created equal. Unfortunately, it's all but impossible for us consumers to figure out the climate impact of the particular specimens on our dinner table, whether they're animal or vegetable. According to the Food and Agriculture Organization of the United Nations, organic agriculture's carbon dioxide                                                                                                                                                                       |
| 30 | emissions per acre are significantly less than those of conventional agriculture. But yields per acre are also generally lower, and that mitigates the savings. Counterintuitively, the strawberry you buy from the farmer down the road might have a bigger environmental footprint than the strawberry you buy from far away, where a large farm in an ideal climate may grow it more efficiently. But it might not. You can't know. It's maddening.                                                                                                                                                                                             |
| 35 | <b>[6]</b> When it comes to eating meat, trying to eat responsibly presents a genuine conundrum: What's best for the planet is often what's worst for the animal. The efficiencies of modern conventional livestock farming do indeed decrease the output of greenhouse gases, but they also require the confinement and high density that draw the ire of animal welfare advocates. Growing an animal as quickly as possible decreases climate impact because it's that many                                                                                                                                                                      |
| 40 | fewer days (or weeks or months) the animal is here to pollute. Increasing feed efficiency likewise decreases the acreage devoted to growing the animal's food.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

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| <p>45</p> <p>50</p> | <p><b>[7]</b> Rich Pirog, senior associate director of the Center for Regional Food Systems at Michigan State University, has studied the environmental impact of various ways of raising livestock; he has co-authored studies of Iowa cattle and pigs. For beef, he found that feedlots where cattle are kept at high densities and fed grain, beat pastures, where animals are allowed to graze. For pigs, there was some overlap in conventional farming and ‘niche’ systems, in which pigs have deep bedding and outdoor access. Pirog says that ‘the most efficient niched producers were pretty comparable to the average conventional producers’. There’s less research on poultry, but what has been done indicates that chickens raised in confinement also use fewer resources.</p> |
| <p>55</p>           | <p><b>[8]</b> Confinement equals efficiency, but confinement also equals, well, confinement. Although no farmers I’ve ever spoken with believe their animals are unhappy, many welfare-minded meat consumers (including me) prefer to support a system in which animals have elbow room and outdoor access; where cages aren’t used, tails aren’t cut short and antibiotics aren’t routinely administered.</p>                                                                                                                                                                                                                                                                                                                                                                                 |
| <p>60</p>           | <p><b>[9]</b> There are other arguments, on both sides – so many that it’s easy to pick the ones that make the case for whichever kind of agriculture you’re inclined to support. Grass-fed cows don’t compete for plants humans can eat, and cattle grazing on non-irrigated pasture don’t compete for water that could be used to grow food (true!), but grass digestion creates more methane than grain digestion (also true!).</p>                                                                                                                                                                                                                                                                                                                                                         |
| <p>65</p>           | <p><b>[10]</b> The meat-versus-other-meat debate is irrelevant to the committed vegetarian, but there are more issues other than greenhouse gases in the meat-versus-plant debate too. The case for meat includes the ability of an animal to contribute constructively on an integrated farm (chickens help with pest control), the potential for turning food waste (spent grain, whey, expired dairy) into high-quality protein, and the ability to use grasslands, inappropriate for row crops (cotton, soybeans), to produce human food (with grazing cows or goats).</p>                                                                                                                                                                                                                 |
| <p>70</p>           | <p><b>[11]</b> But let’s go back to where we began, with greenhouse gases. Even if climate impact is your top priority, it’s important to look at the food data in the context of other lifestyle factors. Eating beans is definitely better than eating beef. Driving a Prius is better than driving a Hummer. But one decision trumps every other – potentially by orders of magnitude – and that’s how many children you have. No amount of bean-eating or Prius-driving will compensate for reproducing, and it’s the childless, not the vegetarians, who are more likely to</p>                                                                                                                                                                                                           |

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| 75 | save the planet. This doesn't mean that we should ignore the benefits of beans and eco-friendly cars – or that we shouldn't have kids – it just means that we should acknowledge that human survival takes a climatic toll. Our obligation isn't to minimize our carbon footprint at the expense of all other considerations; it's to try to be prudent, taking those considerations into account.                                                                                                                                                                              |
| 80 | <b>[12]</b> There are many ways to do that, but no one label – vegetarian, local or organic – has the corner on responsibility. For me, animal welfare is important, and my take on meat is that we should eat less of it, pay more for it, use all of it and know where it's from. But that's not the last word. There isn't a last word. While I think we all need to pay attention to and be informed about the issues, vegetarians shouldn't tell omnivores to eat quinoa instead of pork any more than omnivores should tell vegetarians to eat venison instead of quinoa. |

**END OF READING PASSAGES**