

FUKIEN SECONDARY SCHOOL
S4 First Term Uniform Test (2021-2022)
English Language Paper 1
Reading

Reading Passages

Date: 11th November 2021

Name: _____

Time: 8:30a.m. – 10:00a.m.

Class: S 4 _____ 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 AText 1

Read Text 1 and answer questions 1-19 on pages 2-5 of the Question-Answer Book for Part A. (40 marks)

As the virus spreads, so do food trends

[1] The pandemic has not been fun for anyone. Even for those lucky enough to be safe and healthy, staying at home can be a real drag. The lack of social activities – and, for some people, work – has put a lot of extra time in some people’s hands. To call them bored would be an understatement, but all this free time has allowed some fun new trends to spread. People are willing to try new things – especially if those things taste good. That is why home cooking and baking have enjoyed a sudden wave of popularity.

[2] And there are other reasons as well. Cooking can be as satisfying to the brain as to the belly, because it is a complex process that allows you to learn new techniques, think creatively and then prove to friends and family what you can do. Additionally, people find meaning in cooking because it is so basic and essential. Unlike some hobbies, it produces something that we need to stay alive. And perhaps most importantly, food is emotionally comforting when we are sad or anxious. Let’s take a look at some pandemic-inspired food trends.

Sourdough bread

[3] What better example of these than bread? It is a very basic food – it provides fuel for staying alive, so it is often a symbol for food itself. Basic does not mean boring, though – it can be quite delicious. And making it well requires both skill with your hands and a certain amount of cleverness.

[4] Oven-fresh homemade bread is ‘hotter’ than ever these days, spreading quickly through social media. After all, that’s the only way for people to see their friends if they are stuck at home. And when they see their friends’ photos of perfectly sliced bread, with a golden-brown crust on the outside and an open, even ‘crumb’ (the structure of holes in a loaf of bread) inside, many are inspired to make their own.

[5] Sourdough is especially popular. Instead of store-bought yeast, sourdough is made with wild yeast and bacteria that are caught and grown in a mixture of flour and water called a ‘starter’. These microbes give sourdough bread a more complex flavour – hence the name. They also give amateur bakers a great sense of satisfaction. A starter has to be kept ‘alive’ by feeding it – almost like a houseplant or small pet. This increases the skill needed and thus the ultimate satisfaction achieved by the new home baker.

[6] Moreover, it shows people that they can be self-sufficient. They do not even need to buy yeast – they can conjure it out of thin air. Given only flour, water and salt, they have what it takes to survive. In these uncertain times, the warm smell of bread rising in an oven can be reassuring.

Fresh eggs in your home

[7] If you like the idea of building survival skills, there is another new food trend that might appeal to you: keeping chickens. Don't worry: you are not going to have to slaughter, clean and cook any chickens yourself! Rather, the idea – one taken up
30 by more and more people – is to secure a source of eggs. Eggs are not only a mainstay of breakfast, they are useful in a whole range of dishes, from cakes and custards to anything battered or deep-fried. They are a good source of protein, and quite simply tasty.

[8] Of course keeping chickens is not simply about having a stable food source. Certainly, finding the egg shelf empty during a pandemic has inspired some new chicken owners. But for most people with chickens, their eggs are not the last thing
35 standing between them and starvation. Rather, keeping chickens, like baking bread, is a good mix of the practical and fun.

[9] Unlike most farm animals, chickens are easy for many non-farmers to keep: they fit in an ordinary backyard, and are cheap to feed – they will even eat your leftover scraps. At the same time, they are not so easy as to be boring. Raising chickens takes some work – you have to look out for predators and diseases to ensure their well-being, and provide a shelter where they can live.

40 [10] Doing this work gets people emotionally invested in their chickens, and that is the real appeal. A chicken, after all, is a bit like a pet, and the value of a pet is the bond you form with it. Chickens simply come with a bonus: they produce a daily food item.

Mix up the coffee

[11] Then again, a food hobby does not have to be 'useful' or require hard work or special skill. Instead, it can be a fun little
45 project that produces some light refreshment. Consider the dalgona coffee craze. Even more than the recent interest in bread, it is a product of coronavirus-era social media. Unlike bread, many people had never heard of it before, and arguably more so than bread, it looks great in your friends' perfectly staged photos.

[12] Despite being unknown to most fad-chasers, dalgona coffee is actually not some mere fad. It has roots in 1970s Korea, when a foamy, sweet-yet-bitter sugar treat called dalgona caught on. More recently, one of Korea's many popular cafés had
50 the idea of adding dalgona to milk coffee, lending it dalgona's particular sweetness (and a pretty appearance to boot). The final innovation was to put coffee powder into dalgona itself (well, something like dalgona anyway). This sugary coffee foam is then placed into a glass of milk, creating a coffee-milk concoction unlike any other, with a unique look, taste and texture.

PART BText 2

Read Text 2 and answer questions 20-40 on pages 6-9 of the Question-Answer Book for Part B. (40 marks)

A super guide to superfoods

[1] You have heard the term. You have seen it on yogurt cups and blueberry boxes at the supermarket. You have noticed it in the ads that pop up on your social media page. Even if you do not care about healthy eating, and do not know what the term means, you must have heard of ‘superfoods’. ‘Superfoods are a big hit’, says Dr Joseph Kwok, a dietician. And that means they are big business. ‘Food companies use it as a marketing term because people like the idea of getting all their nutrients at once,’ explains Dr Kwok – ‘a shortcut to health, they call it.’ So are superfoods indeed a ‘shortcut to health’, or just a lot of hype? And what are they anyway?

What is a ‘superfood’?

[2] The concept of a superfood is simple. It is a food considered rich in a variety of necessary substances: vitamins, minerals, fibre – things of that nature. ‘Certain foods really are like this,’ says Dr Kwok. ‘They are full of nutrients, and low in certain other things that have long been demonized, like sugar and fat. This makes them genuinely healthier than other foods.’

[3] Nonetheless, there are problems with the term. For one, it sounds a little too magical. People see something labelled with the term and expect that single food to bring them good health. No food, of course, can do that. But even if it could, not every ‘superfood’ would, because of the second problem with the term. ‘It has no legal or scientific definition,’ says Dr Kwok. That means not all ‘superfoods’ are equally super, and some are not really super at all.

Superness sapped

[4] Then there is the myth of processed food being bad. ‘Processed foods are not inherently bad,’ Dr Kwok clarifies. ‘Bread is a processed food – you have to do a good bit of processing to turn grains into bread, but it is not a bad food. However, as a rule of thumb, the more a food is processed, the more nutrients it loses.’

[5] Adding a single nutritious ingredient to a processed food product does not make the whole product nutritious. You can put blueberries into ice cream and it is obviously still a sugary, fatty treat. Or, less obviously, a granola bar made with almonds and whole grains might have deceptively high levels of salt and calories. As Dr Kwok puts it, ‘Adding nuts to something may make it healthier, but still not actually healthy.’

[6] Despite those caveats, the idea of superfoods can still have a purpose – it is useful to have an idea of which foods are healthier than others and why. With that in mind, here are a few types of food commonly considered ‘superfoods’.

Fish

[7] Fish is a good source of protein, much like meat from livestock, but the type of fat they contain is better for you, containing omega-3 fatty acids, which are good for your heart. Thus fish is most ‘super’ when used as a replacement for other meats. This tends to be true of fish in general, but some sources recommend certain types of fish in particular, such as

salmon, mackerel and sardines. Ocean fish do contain a certain amount of mercury, which is harmful; but according to Dr Kwok, the heart-health benefits of eating fish ‘vastly outweigh’ the damage done by a small amount of that toxin.

Nuts

[8] Nuts are also a source of protein as well as a source of healthy fat – especially the latter. In the case of nuts, they are healthy because it is unsaturated. In addition, nuts are a source of various minerals and of fibre. The downside is that even though all that fat is good fat, fat is still high in calories, so it is easy to overeat when you are munching on nuts. Dr Kwok recommends limiting your intake by incorporating them into a salad or other dish. Buying nuts in shells will also slow down your eating and keep you from mindlessly gorging.

Beans

[9] Beans have more carbohydrates than nuts, but much less fat, making them perhaps an even healthier way to get protein and fibre. Notably, there are two kinds of dietary fibre – soluble and insoluble – and beans are a source of both the former and the latter (likewise nuts). Together they have a range of good effects: regulating blood sugar content; feeding beneficial gut bacteria; lowering cholesterol; and, as Dr Kwok politely puts it, ‘improving the texture and regularity of faeces’ – in other words, fibre improves your excretions.

Vegetables

[10] Vegetables in general tend to be good, but the veggies most recommended, and most often labelled superfoods, are ‘leafy greens’ – a conveniently self-explanatory term. (If you are hung up on a borderline case – e.g. ‘Does broccoli count as “leafy”?’ – relax, it is probably pretty healthy.) Vegetables contain vitamins, minerals and fibre being similar to beans, but without the carbs and protein.

Berries

[11] Fruit is often grouped with veggies because both encompass plants with high levels of fibre and of vitamins. Among fruits, berries are deemed ‘super’ because of the sheer density of nutrients they offer. Among berries, blueberries are discussed the most often as a health food, but that is because they have been studied more than other berries – not because they are necessarily more nutritious than them. One thing berries and other fruits have that vegetables do not is plenty of sugar. But you need not worry too much – the amount of sugar found naturally in fruits is not excessive. Besides, their sweetness is why we love berries so much – if that sweetness makes you eat more berries, it is probably benefitting your health overall.

END OF READING PASSAGES