

NAME..... INDEX NO.....

101/2
ENGLISH
(Comprehension, Literary)
Appreciation and Grammar)
PAPER 2
JULY/AUGUST, 2016
TIME: 2½ HOURS

CANDIDATE'S SIGN.....

DATE.....

KIRINYAGA CENTRAL SUB-COUNTY EFFECTIVE FORTY JOINT EXAMINATION – 2016

Kenya Certificate of Secondary Education
ENGLISH
PAPER 2
TIME: 2½ HOURS

INSTRUCTIONS TO CANDIDATES:

- Write your **name**, **index number** in the spaces provided above.
- Sign** and write the **date** of examination in the spaces provided above.
- Answer all questions in this question paper.
- All your answers **must be** written in the spaces provided in this question paper.
- Candidates should check the question paper to ascertain that all the pages are printed and that no page is missing.

FOR EXAMINER'S USE ONLY:

Question	Maximum Score	Candidate's Score
1	20	
2	25	
3	20	
4	15	
Total Score	80	

1. **COMPREHENSION:**

Read the following passage and answer the questions that follow:

You may think that expecting food to change your life is too much to ask. But have you considered that eating the right food at the right time will increase energy, help you manage weight and ward off major illness?

Researchers have found that eating a meal with plenty of protein leaves you feeling more satisfied for longer when compared to a meal loaded with low-quality carbohydrates. Your body takes longer to digest protein, leading to a gradual increase in blood sugar. The high protein breakfast will therefore carry you through the morning and more importantly, through your tea break. Many high carbohydrate meals are absorbed quickly and send blood sugar on a roller coaster ride, taking your appetite with it and depleting your energy.

Many foods contain antioxidants, but fruits and vegetables may be the richest source. Behaving like chemical warriors, antioxidants neutralize molecules known as free radicals before they damage arteries and body cells. This protects you from heart diseases, high blood pressure, cancer and diabetes. You can now see why antioxidant foods should be consumed in generous portions.

Actually, forget pills – antioxidants work best when consumed in foods. In fact, nutritionists recommend that we eat five portions of fruit and vegetables a day. It's less daunting than it sounds: a portion equals a piece of fruit, three tablespoons of cooked vegetables or a glass of fresh juice.

And do you desire to relive yourself of some baggage? Calcium is the latest weight-loss star to appear on the scene. Scientists stumbled on its magic by accident. From study that measured the blood pressure of obese people, it was discovered that those who took one large tub of yoghurt a day in their diet lost an average of eleven pounds of body fat in one year, even though they did not eat less.

A follow-up study found that people on a high calcium diet lost weight and fat than did people on a low-calcium diet – and again, both consumed the same number of calories. Researchers believe calcium encourages fat cells to stop “getting fatter” instead, the cells burn extra fat without you having to go anywhere near a gymnasium.

It probably sounds strange to say that you can eat more in order to lose weight. Obviously, the question you should ask immediately is, “Eat more of what?” We are talking about foods rich in fibre. They have what is referred to as low-energy density, that translates to few calories relative to weight. This means that you can down a mountain without fear of calories overload.

Fibre also aids weight loss because it's filling. Most high-fibre foods take a lot of chewing, triggering your body's fullness sensors. Moreover, you absorb the food more slowly so you feel full longer.

Will the wonders of food ever cease? Not if researchers in nutrition keep their pace. Let them keep the good news flowing - such as the fact that we don't have to starve ourselves to lose weight and keep diseases at bay.

(Adapted from Reader's Digest, January 2004)

(a) From the information given in the first paragraph, how can you improve your life? (1 mark)

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(b) In not more than 35 words, summarize the effects of eating carbohydrates. (4 marks)

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(c) Explain how free radicals contribute to the occurrence of high blood pressure and cancer. (2 marks)

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(d) In what two forms can antioxidants be consumed? (2 marks)

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(e) In fact, nutritionists recommend that we eat five portions of fruit and vegetable a day. Rewrite this statement as a question. (1 mark)

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(f) What is the attitude of the author towards calcium as a weight-cutting measure? (3 marks)

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(g) According to the passage, how can you use up excess fat? (2 marks)

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(h) Identify an instance of irony in the passage. (2 marks)

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(i) Explain the meaning of the following expressions as used in the passage. (3 marks)

(a) Daunting

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- (b) Baggage.....
.....
- (c) Down a mountain.....
.....

2. Read the excerpt below and answer the questions that follow:

“She means everything to me.” She looked at him steadily for a little while. “So do you – though I am beginning to think it’s a waste of time. When are you going to propose if at all? We’ve known each other for six years. Six years! What I don’t have by now I’ll never get. I am twenty six years old and you are looking at the finished product. And I am tired of being asked when I’ll bring home the man from *Ruguru* – meaning the man from the west as my relatives refer to you.”

“You do mean it, don’t you? It is not brain fever due to overwork and lack of sleep, is it?” He said it half in jest, half in earnest.

“You really are too much,” she said getting up.

“Come on! Do have a sense of humour. It isn’t everyday a girl proposes to me. As a matter of fact this is the first time – so forgive me if I don’t quite know what to say. But you know there’s never been anyone else since I met you. To hell with it, since we are in the age of equality, why don’t I just say that there’s never been anyone else? The answer is – yes I’ll marry you. Any day you want. Today, if we can get anyone to marry us.”

“You are really a comedian, you know. What are you still doing here – an underpaid intern? You should be out there earning your millions with Bill Cosby and the rest.” This is how their conversation ended. Two strong wills pitted against each other. She wondered if she was taking on more than she could manage. But he had a power over her – which even he did not know. There was no one else. There could be no one else. Still she was piqued by him.

“Point taken. But I am dead serious. You can tell your mum that I’ll be over to pay my courtesy call as soon as this internship business is over. My intentions towards her daughter have always been good even if I am not a son of Mumbi and Gikuyu – the founders of your great tribe.”

The alarm rang and cut him short.

“Yak! I’ve got to run, honey. I have gallonfuls of blood letting yet to be done. I’ll just walk you to the bus stop and then get on with the job at hand.” He grabbed his coat and opened the door. She understood. After all, she herself was an intern and at the mercy of the clock and the beck and call of others. It was one hell of a life and one hell of a courtship. Why couldn’t she fall in love with an ordinary guy who worked ordinary hours? One doctor in the house was more than enough. She wondered if the marriage would survive the onslaught of medicine. Time would tell.

Questions.

(a) Explain what happens immediately before and after this excerpt. (4 marks)

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(b) Identify and illustrate any one theme evident in this excerpt. (2 marks)

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(c) (i) 'She means everything to me'
Who is referred to as 'she' in this sentence? (1 mark)

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(ii) What makes the 'she' age faster than she should have later in the story? (1 mark)

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(iii) Explain the meaning of the following:
'I am twenty six years old and you are looking at the finished product.'
(1 mark)

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(d) Both Wandia and Aoro are interns in different hospitals. What challenges do they encounter as they serve as interns? (4 marks)

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(e) Which trait of character is shared by both Aoro and Wandia in this excerpt? (3 marks)

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(f) Illustrate any two features of style evident in the excerpt. (4 marks)

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(g) Where do Aoro and Wandia meet for the first time in the story? (1 mark)

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(h) 'There's never been anyone since I met you'
(Begin: Never)

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(i) Explain the meaning of the following words as used in the excerpt: (3 marks)

(i) Piqued.

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(ii) Internship.

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(iii) Jest.

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3. Read the poem below and answer the questions that follow:

THE VILLAGE WELL

By the well,
Where fresh water still quietly whisper
As when I
First accompanied Mother and filled my baby gourd,
By this well,
Where many an evening its clean water cleaned me;

This silent well
Dreaded haunt of the long haired Musambwa
Who basked
In the mid-day sun reclining on the rock
Where I now sit
Welling up with many poignant memories;

This spot,
Which has rung with the purity of child laughter;
This spot,
Where eye spoke secretly to responding eye;
This spot,
Where hearts pounded madly in many a breast;

By this well,
Over-hung by leafy branches of sheltering trees
I first noticed her
I saw her in the cool of red, red evening
I saw her
As if I had not seen her a thousand times before

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By this well
My eyes asked for love, and my heart went mad.
I stuttered
And murmured my first words of love
And cupped
With my hands, the intoxication that were her breasts

In this well,
In the clear waters of this whispering well,
The silent moon
Witnessed with a smile our inviolate vows
The kisses
That left us weak and breathless.

It is dark.
It is dark by the well that still whispers.
It is darker
It is utter darkness in the heart that bleeds
By this well
Where magic has evaporated but memories linger.

Of damp death
The rotting foliage reeks,
And the branches
Are grotesque talons of hungry vultures,
For she is dead
The one I first loved by this well.

Questions:

(i) Who is the persona in this poem? (2 marks)

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(ii) What is the significant of the well to the persona? (4 marks)

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(iii) Identify imagery in the poem. (2 marks)

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(iv) Explain the meaning of the following lines as used in the poem.

(a) Dreaded haunt of the long haired Musambwa. (2 marks)

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(b) I saw her in the cool of a red, red evening. (2 marks)

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(c) It is dark by the well that still whispers. (2 marks)

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(v) Comment on the change of mood in the last two stanzas. (4 marks)

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(vi) What is the attitude of the persona towards death? (2 marks)

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4. **GRAMMAR:**

(a) *Arrange the adjectives in the following sentences in their correct order.* (3 marks)

(i) I hate blue toilet big ugly flies.

.....

(ii) They found gold handsome round Swiss old watches.

.....

(b) *Replace the underlined words with a suitable phrasal verbs.* (3 marks)

(i) Grusha fainted from exhaustion.

.....

(ii) The thief escaped with our valuables.

.....

(iii) Vera visited Wandia.

.....

(c) *Complete the sentences using the correct form of the word in brackets.* (3 marks)

(i) In summary writing, you should observe both accuracy and (brief)

(ii) That we cannot add one and one is (conceive)

(iii) Phil Collins is a famous all over the world. (piano)

(d) *Rewrite the following sentences according to the instructions given.* (3 marks)

(i) If you have nothing more to contribute we will stop fundraising.
(Begin: Unless.....)

.....

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(ii) Only the head boy among the other prefects remained in the school.
(Begin: All.....)

.....

(iii) They had just entered the house. The shooting started.
(Join as one sentence beginning: Hardly.....)

.....

(e) **Explain the meaning of the following idiomatic expressions.** (2 marks)

(i) A skeleton in the cupboard.

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.....

(ii) Show one's teeth.

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(f) **Fill in the blanks with the correct preposition.** (2 marks)

(i) You must not lean the wall during the assembly.

(ii) Robbers broke our house while we were away.

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