

K.C.S.E 2007 ENGLISH PAPER 101/2

1. Read the passage below and then 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 your energy, help you manage weight and ward off major illnesses?

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 neutralise 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** that 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 relieve yourself of some **baggage**? Calcium is the latest weight-loss star to appear on the scene. Scientists stumbled on its magic by accident. From a 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 more 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 up 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)
- (b) In not more than 35 words, summarise the effects of eating carbohydrates (4 marks)

Rough Copy

Fair Copy

- (c) Explain how free radicals contribute to the occurrence of high blood pressure and cancer (2 marks)
- (d) In what two forms can antioxidants be consumed? (2 marks)
- (e) "In fact, nutritionists recommend that we eat five portions of fruit and vegetable a day."
Rewrite the sentence above as a question without changing the meaning, beginning: Don't... (1 mark)
- (f) What is the attitude of the author towards calcium as a weight-cutting measure? (3 marks)
- (g) According to the passage, how can you use up excess fat? (2 marks)
- (h) Identify an instance of irony in the passage (2 marks)
- (i) Explain the meaning of the following expressions as used in the passage. (3 marks)
- daunting -
- baggage -
- down a mountain -

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

ANTONIO: I am as like to call thee so again,
To spit on thee again, to spurn thee too
If thou wilt lend this money, lend it not
As to thy friends - for when did friendship take
A bread of barren metal of his friend? -
But lend it rather to thine enemy,
Who if he break, thou may'st with better face
Exact the penalty.

SHYLOCK: Why look you how you storm!
I would be friends with you and have your love
Forget the shames that you have stained me with
Supply your present wants, and take no do it
Of usance for my moneys, and you'll not hear me
This is kind I offer

BASSANIO: This were kindness

SHYLOCK: This kindness will I show
Go with me to notary; seal me there
Your single bond, and, in a merry sport
If you repay me not such a day
In such a place, such sum or sums as are
Expressed in the condition, let the forfeit
Be nominated for an equal pound
Of your fair flesh, to be cut off and taken
In what part of your body pleaseth me.

ANTONIO: Content, in faith. I'll seal to such a bond
And say there is much kindness in the Jew.

BASSANIO: You shall not seal to such a bond for me!
I'll rather dwell in my necessity.

ANTONIO: Why fear not, man; I will not forfeit it
Within these two months - that's a month before
This bond expires - I do expect return
Of thrice three times the value of this bond.

SHYLOCK: O father Abram, what these Christians are,
Whose own hard dealings teaches them suspect
The thoughts of others! [TO BASSANIO] Pray you tell me this -
If he should break his day, what should I gain
By the exaction of the forfeiture?
A pound of man's flesh taken from a man
Is not so estimable, profitable neither,
As flesh of muttons, beefs or goats, I say
To buy his favour I extend this friendship
If he will take it, so; is not adieu
And for my love I pray you wrong me not.

ANTONIO: Yes, Shylock, I will seal unto this bond

SHYLOCK: Then meet me forthwith at the notary's
Give him direction for this merry bond,
And I will go and purse the ducats straight,
See to my house, left in the fearful guard
Of an unthrifty knave and presently
I'll be with you [Exit]

ANTONIO: Hie three, gentle Jew
The Hebrew will turn Christian, he grows kind

BASSANIO: I like not fair terms and a villain's mind.

ANTONIO: Come on. In this there can be no dismay;
My ships come home a month before the day
[Exeunt]

- (a) What is Antonio referring to when he says:
I am as like to call thee so again? (2 marks)
- (b) Why does Antonio hate Shylock? (4 marks)
- (c) Re-write Shylock's first speech in this excerpt in your own words without changing its meaning. (4 marks)
- (d) Shylock says he will cut off a pound of flesh from the part of the body that "pleaseth" him. Later he is more specific. Which part does he target and why? (2 marks)
- (e) What do we learn about the friendship between Bassanio and Antonio in this excerpt? Explain your answer. (4 marks)
- (f) Describe the character of Shylock as seen in this excerpt. (4 marks)
- (g) Re-write the following in indirect speech
ANTONIO: Yes, Shylock, I will seal unto this bond. (2 marks)
- (h) Explain the irony in the last speech by Antonio in this excerpt. (3 marks)

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

"Sympathy"

I know what the caged bird feels, alas!
When the sun is bright on the upland slopes;
When the wind stirs soft through the springing grass
And the river flows like a stream of glass;
When the first bird sings and the first bud opens
And the faint perfume from its petals steals -
I know what the caged bird feels!

I know why the caged bird beats his wing
Till its blood is red on the cruel bars;
For he must fly back to his perch and cling
When he rather would be on the branch a-swing;
And a pain still throbs in the old, old scars
And they pulse again with a keener sting -
I know why he beats his wing!

I know why the caged bird sings, ah me,
When his wing is bruised and his bosom sore,
When he beats his bars and would be free;
It is not a song of joy or glee,
But a prayer that he sends from his heart's deep core,
But a plea, that upward to Heaven he flings -
I know why the caged bird sings!

(Adapted from the poem by Paul Laurence Dunbar in *American Negro Poetry*,
edited by Arna Bontemps. New York: Hill and Wang, 1974.)

- (a) Explain briefly what the poem is about. (3 marks)
- (b) What does the poet focus on in each of the three stanzas? Give your answer in note form. (6 marks)
- (c) How would you describe the persona's feelings towards the caged bird? (4 marks)
- (d) What can we infer about the persona's own experiences? (3 marks)
- (e) Identify a simile in the first stanza and explain why it is used. (2 marks)
- (f) Explain the meaning of the following lines:
- (i) And the faint perfume from its petals steals (1 mark)
- (ii) And they pulse again with a keener sting (1 mark)

4. (a) Use the correct **form** of the word given in brackets to fill in the gap in each sentence.

- (i) The of the right of expression is a violation of human rights. (**deny**)
- (ii) Saving the child from the burning house was a act. (**hero**)
- (iii) They were asked to the alarm. (**active**) (3 marks)

(b) Rewrite the following sentences as instructed (3 marks)

- (i) We can control the spread of HIV/AIDS by educating the public.
(Begin: The spread of)
- (ii) The man was arrested. His cattle destroyed the maize in the school farm.
(Rewrite as one sentence)
- (iii) Mount Kilimanjaro is the highest mountain in Africa.
(Rewrite using "higher" instead of "highest")

(c) Use the correct **form** of the verb given in brackets

(3 marks)

(i) Measles not common among adults. (be)

(ii) Every morning, either the puppy or the kitten for me at the door. (wait)

(iii) The Ministry of Health has an extensive inoculation programme for children under five years. (begin)

(d) Complete each of the following sentences in the most suitable way.

(3 marks)

(i) If you really loved Kenya, you buy Kenyan products more.

(ii) I would have cleaned the toilet if the detergent available.

(iii) Hardly had she left the house the guests arrived.

(e) Choose the most appropriate conjunction from those given below to fill in the gap.

(when, what, while, which, who)

(3 marks)

(i) She wouldn't tell me I wanted to know.

(ii) He walks to work everyday, keeps him healthy.

(iii) they waited at the secretary's office, the suspect left by a back door.