**NAME: ADM No. CLASS:**

**SIGNATURE: DATE:**

**MECS CLUSTER JOINT EXAMS**

**FORM 4 TERM 2- 2021**

**DECEMBER 2021**

**ENGLISH PAPER 2**

**101/2**

**ENGLISH PAPER 2**

**(Comprehension, literary Appreciation and Grammar)**

**2 ½ hours**

**Instructions**

a) Ensure you write all your details in the space provided above

c) All questions in this paper are **compulsory**.

b) Answer **ALL** questions in the spaces provided.

**FOR EXAMINER’S USE ONLY**

|  |  |  |
| --- | --- | --- |
| **Question** | **Maximum Score** | **Candidate’s Score** |
| **1.COMPREHENSION** | **20** |  |
| **2.EXCERPT** | **25** |  |
| **3.ORAL POETRY** | **20** |  |
| **4.GRAMMAR** | **15** |  |
| **TOTAL** | **80** |  |

This paper consists of **9** printed pages. Students should check the question paper to ensure that

all pages are Printed as indicated and that no questions are missing.

1. **Read the passage below and then answer the questions that follow (20mks)**

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 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 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)**

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

……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..

1. In note form, give the effects of eating carbohydrates. (4 marks)

**……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

1. Explain how free radicals contribute to the occurrence of high blood pressure and cancer.

(2 marks)

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

1. In what **two** forms can antioxidants be consumed. (2 marks)

**…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

1. “In fact, nutritionists recommend that we eat five portions of fruit and vegetable a day.”

(Begin: Don’t …) (1mark)

**…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

1. What is the attitude of the author towards calcium as a weight– cutting measure? (3 marks)

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

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

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

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

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

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

i)Daunting**………………………………………………………………………………………**

ii)Baggage**………………………………………………………................................................**

iii) Down a mountain**……………………………………………………………………………..**

1. **AN EXCERPT FROM A DOLL’S HOUSE BY HENRIK IBSEN. (25 marks)**

**Read the excerpt below and answer the questions that follow.**

**Nora:** No, no, not in the least. It is only something-it is my new dress-

**Rank:** What? Your dress is lying there.

**Nora:** Oh, yes, that one; but this is another. I ordered it. Torvald mustn’t know about it-

**Rank:** Oho! Then that was great secret.

**Nora:** Of course. Just go into him; he is sitting in the inner room. Keep him as long as-

**Rank:** Make your mind easy; I won’t let him escape. (goes into HELMER’s room)

**Nora:** (to the MAID) And he is standing waiting in the kitchen?

**Maid:** yes; he came up the back of the stairs.

**Nora:** But didn’t you tell him no one was in?

**Maid:** yes, but it was no good.

**Nora:** He won’t go away?

**Maid:** No; he says he won’t until he has seen you, ma’am.

**Nora:** Well, let him come in- but quietly. Helen, you mustn’t say anything about it to anyone. It’s a surprise for my husband

**Maid:** Yes, ma’am, I quite understand. (Exit)

**Nora:** This dreadful thing is going to happen! It will happen in spite of me! No, no, no, it can’t happen-it shan’t happen!

**Questions**

1. What happens immediately before the excerpt? (3marks)

**……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..........................................................................................……………………………………………………………………………………………………………………………………………**

1. Explain any two stylistic devices evident in the extract. (4marks)

**…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….**

1. Who is the person said to be waiting in the kitchen, and why has the person come? (3marks)

**……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..**

1. ’Then that was the great secret’. From elsewhere in the text, identify any three secrets that Nora has kept. (3marks)

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

1. He came up the back stairs. (Begin: Up…). (1mark)

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

1. Explain a major social issue of concern addressed in this excerpt. (2marks)

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

1. What dreadful thing does Nora fear might happen? Explain. (3marks)

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

1. What do we learn about Nora’s character from the excerpt? (4marks)

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

1. What is the meaning of the following expressions as used in the excerpt? (2marks)
2. make your mind easy**…………………………………………………………………………..**

1. It was no good **…………………………………………………………………………………………………**
2. **POETRY**

**Read the poem below and then answer the questions that follow. (20marks)**

**Adieu**

It’s two months’ today

And the absence looks eternity

But the memories and experiences-still very fresh

Thought we’d have many more years

And so much more time together

I was wrong

But the last day laughters, dances, sharings…

Then the silence

The many tubes

The complex machines

The silent prayers and tears

And then the ambulance

At one in the night

Miles away from home

These…these shall be my keepsakes

You were my son

My friend

My love

Still you are and I wanted you to know that

Until that day we meet again ,*nind gi kue Thura*

For I can’t forget about you yet

And I will not

Just not now!

**Questions**

1. What type of oral poem is this? Explain your answer. (2marks)

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

1. Besides sound devices, explain what makes the above genre an oral poem. (2marks)

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

1. Explain the relevance of the title ‘Adieu’. (2marks)

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

1. Identify the persona in the above genre? (2marks)

**……………………………………………………………………………………………………………………………………………………… ………………………………………………………………………………………………………………………………………………………**

1. Explain the mood in the oral poem above. (2marks)

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

1. Explaintwo functions of this specific genre. (2marks)

**…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

1. Describe the place setting that is clearly evident in this genre. (2marks)

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

1. How is the persona portrayed in the oral poem? (2marks)

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

1. Explain one **religious aspect** of the society from which the genre is drawn. (2marks)

**…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

1. Contextualize the meaning of the following expressions: (2marks)
2. These…these shall be my keepsakes

**…………………………………………………………………………………………**

1. The silent prayers and tears

**……………………………………………………………………………………**

**4. GRAMMAR. 15 marks**

1. **Rewrite the following sentences according to the instructions given**. **(4marks)**

(i) Kipchoge is the most popular athlete in Kenya. **(Begin: No…)**

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

(ii) The young man was very hungry. He swallowed the food without chewing it. (**Begin: So…)**

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

(iii) The teacher found out how intelligent Joel was when he started the discussion. **(Begin: It was not until...)**

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

(iv)They were so exhausted that they could not stay awake. (**Rewrite using “too”.)**

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

1. **Complete the following sentences using the appropriate form of the word in brackets.**

**(3marks)**

(i) The winner of the race jogged**…………………………….** around the stadium waving the Kenyan flag. (**pride**)

(ii) The guard was very**……………………………………………**today. **(quarrel)**

(iii)That is not the correct**………………………………………………….**(**define)**

1. **Fill in the gaps with an appropriate preposition.(2marks**)

(i) The prefect is answerable **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** the behaviour of the class.

(ii) I have placed the coffee table **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** the shade of that tree over there.

1. **Complete each of the following sentences with one of the words in brackets**. **(2marks**

(i) They saw **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** animals in the park than they expected. (less, fewer)

(ii) After walking for three kilometers, they were lucky to get **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** water from the stream. (little, a little)

1. **Correct the error(s) in each of the sentences below. (2marks)**

(i) I went for shopping yesterday.

**………………………………………………………………………………………………………………………………………………………** (ii) How do you hope to get the lost child between so many people?

**………………………………………………………………………………………………………………………………………………………**

1. **Explain the meaning of the underlined idiomatic expressions in the following sentences.**

**(2marks)**

(i) They arrived **at the eleventh hour**.

**………………………………………………………………………………………………………………………………………………………** (ii) Most people prefer to **sit on the fence. ………………………………………………………………………………………………………………………………………………………**