

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

Class : Primary 6 \_\_\_\_\_

## CHIJ ST NICHOLAS GIRLS' SCHOOL (PRIMARY)



Primary 6

Preliminary Examination

18 August 2014

English Language

Paper 2 Booklet A

Duration of Paper (Booklets A & B): 1 h 50 min

30 questions  
30 marks

**Instructions to Candidates:**

Do not open this booklet until you are told to do so.  
Follow all instructions carefully.  
Answer all questions.

*This booklet consists of 11 printed pages.*

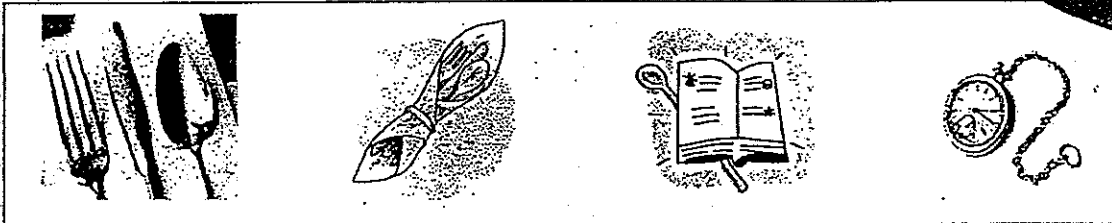
Study the flyer and answer questions 1 to 5.

# Shop with a HEART

Charity Sale

**Date:** 13 October - 26 October 2014, 9 am to 9 pm

**Venue:** Bottle Tree Plaza Atrium



Browse through a unique collection of items, from antique watches to quirky tableware! Highlights include a Chinese Opera costume from the Qing Dynasty, a set of exquisite dolls from Russia and an accordion once owned by the famed blind musician, Lisa Tan. Only items in good condition will be on sale.

There is something for everyone! You will not be disappointed!

All items at the sale were donated by kind-hearted sponsors. All stalls will be manned by volunteers.

(Spend more than \$100) and take part in our Lucky Draw! There are fabulous prizes to be won!

**First Prize:** 5D/4N trip to New York, USA

**Second Prize:** Vintage Gibson guitar worth \$1999

**Third Prize:** Weekend 2D/1N stay in Heaven Hotel

**5 consolation prizes** of a set of MWF silverware for two

Lucky Draw will be held on the last day of the sale at 7pm

Organised by Tiger Community Club, 21 Jalan Jojo, S(735 200)

For more information, visit [www.tigercommunityclub.com.sg](http://www.tigercommunityclub.com.sg)

Keen to be a volunteer? Call 6700 200 (Sam)

Prizes sponsored by:

TAN Brothers Travel Agency



Beautiful Music School



MWF Crockery

All proceeds will go to the Hope for Orphans Fund

For each question from 1 to 5, four options are given. One of them is the correct answer. Make your choice (1, 2, 3 or 4). Shade the correct oval (1, 2, 3 or 4) on the Optical Answer Sheet.

(5 marks)

- 1 Shop with a HEART will be held at \_\_\_\_\_.
- (1) Beautiful Music School
  - (2) Bottle Tree Plaza Atrium
  - (3) Hope for Orphans Centre
  - (4) Tan Brothers Travel Agency
- 2 Which of the following is true of Shop with a HEART?
- (1) The items on sale are new.
  - (2) The lucky draw will be held throughout the sale.
  - (3) The organisers got the items on sale at a low cost.
  - (4) Visitors can expect to find a wide variety of items on sale.
- 3 Lucky draw prizes include \_\_\_\_\_.
- (1) a trip to New York and antique books
  - (2) silverware and a holiday overseas
  - (3) a hotel stay and dolls
  - (4) watches and guitars
- 4 What is the most likely reason for the organiser to give away prizes?
- (1) to increase the sale of items
  - (2) to give visitors a chance to win prizes
  - (3) to attract more people to the charity sale
  - (4) to encourage visitors to come with their families
- 5 The main purpose of Shop with a HEART is to \_\_\_\_\_.
- (1) encourage more spending
  - (2) learn about various cultures
  - (3) showcase a unique collection of items
  - (4) raise funds for children without parents

For each question from 6 to 12, four options are given. One of them is the correct answer. Make your choice (1, 2, 3 or 4). Shade the correct oval (1, 2, 3 or 4) on the Optical Answer Sheet.

(7 marks)

6 It was little Sally, and not her older brother, who cooked instant noodles all by \_\_\_\_\_.

- (1) herself
- (2) himself
- (3) ourselves
- (4) themselves

7 \_\_\_\_\_ Mr Muthu was watering the plants, he found his wife's missing ring in one of the pots.

- (1) Since
- (2) When
- (3) While
- (4) During

8 Jane was accused \_\_\_\_\_ stealing the money by her classmates.

- (1) in
- (2) at
- (3) of
- (4) for

9 The boy \_\_\_\_\_ computer games despite being told by his mother to stop earlier on.

- (1) plays
- (2) playing
- (3) has played
- (4) has been playing

10 "Would you mind \_\_\_\_\_ me a glass of water?" Mrs Lim called out to her daughter who was in the kitchen.

- (1) retrieving
- (2) bringing
- (3) sending
- (4) taking

11 We have to make a decision soon as we have \_\_\_\_\_ time left.

- (1) no
- (2) few
- (3) less
- (4) little

12 Neither the teacher nor his pupils \_\_\_\_\_ in the laboratory when the fire alarm went off.

- (1) is
- (2) are
- (3) was
- (4) were

For each question from 13 to 15, choose the correct punctuation to complete the passage. Shade the correct oval (1, 2, 3 or 4) on the Optical Answer Sheet.

(3 marks)

"The story started last year," Hally said in a shaky voice. "Two things happened. First, one of Mr Crowhurst's rental houses burned down. I bet he was paid insurance money for that house. ~~Is that right,~~ (13)" She looked directly at Mr Crowhurst.

The man stirred, looked surprised that she was talking to him, and then nodded. "Yeah, so what?" he said.

"So if you lost another house this year, the police might think that was pretty strange unless..."

Mr Crowhurst lurched to his feet with a roar, "~~How dare you accuse me~~ (14)

"Sit!" the police chief commanded. Crowhurst sat (15) The police and other people would wonder unless the second fire had a pretty clear reason for happening," Hally continued. At this point, she paused and looked at Mr Crowhurst again before declaring, "And that is the key to this mystery."

*Adapted from 'The Kerry Hill Casecrackers' by Peggy Nicholson and John F. Warner*

- 13 (1) [ : ] colon  
(2) [ , ] comma  
(3) [ . ] full stop  
(4) [ ? ] question mark

- 14 (1) [ , " ] comma and inverted commas  
(2) [ . " ] full stop and inverted commas  
(3) [ ? " ] question mark and inverted commas  
(4) [ ! " ] exclamation mark and inverted commas

- 15 (1) [ . " ] full stop and inverted commas  
(2) [ , " ] comma and inverted commas  
(3) [ , ] comma  
(4) [ . ] full stop

For each question from 16 to 20, four options are given. One of them is the correct answer. Make your choice (1, 2, 3 or 4). Shade the correct oval (1, 2, 3 or 4) on the Optical Answer Sheet.

(5 marks)

- 16 When asked what had happened, the little boy simply \_\_\_\_\_ his shoulders and looked at his mother blankly.
- (1) shook.
  - (2) shifted
  - (3) shivered
  - (4) shrugged
- 17 The football team had no choice but to \_\_\_\_\_ defeat when they were beaten soundly by the other team.
- (1) allow.
  - (2) suffer
  - (3) declare
  - (4) concede
- 18 Mrs Lam told her nosy neighbour to stop \_\_\_\_\_ her affairs.
- (1) encroaching on
  - (2) infringing on
  - (3) meddling in
  - (4) butting in
- 19 All her family members who were present heaved a sigh of relief when the old lady finally \_\_\_\_\_ after the major operation.
- (1) came to
  - (2) came out
  - (3) came over
  - (4) came through
- 20 The \_\_\_\_\_ man committed another crime straight after he was released from jail.
- (1) inexplicable
  - (2) incorrigible
  - (3) insincere
  - (4) incurable

For each question from 21 to 25, choose the word(s) closest in meaning to the underlined word. Shade the correct oval (1, 2, 3 or 4) on the Optical Answer Sheet.

(5 marks)

Wolves are territorial. Each pack of wolves lives and hunts in its own particular area. (21)  
The territory may change with the season because of the migration of the prey species or (22)  
weather conditions, or it may stay basically the same. Although the wolves are very sociable  
animals, that sociability extends just to the individual pack members. Territorialism is a basic (23)  
need for most predatory species because they need a given amount of food to ensure the  
pack's survival. The size of the territory is based upon such factors as the number of prey (24)  
species that can be found in their territory, the number of animals in the individual pack, and  
the fighting strength of the individual members within the pack.

Wolves announce their presence in the area by howling, thus detering other packs (25)  
from entering their territory. Packs of wolves seldom come into contact with each other.

*Adapted from 'Wolves' by Leonard Lee Rue III*

- 21 (1) rare  
(2) single  
(3) specific  
(4) common

- 22 (1) quest  
(2) roaming  
(3) emigration  
(4) movement

- 23 (1) compulsory  
(2) essential  
(3) simple  
(4) main



- 24 (1) extension  
(2) continuity  
(3) increase  
(4) living

- 25 (1) putting off  
(2) putting away  
(3) putting up with  
(4) putting through

Read the passage and answer questions 26 to 30.

I woke suddenly and completely on Christmas Day. Four o'clock. The hour at which my father had always woken me up to help with the milking. Strange how the habits of my youth clung to me still. My father had been dead for 30 years! What was the magic of Christmas now? My own children had grown up and gone. I was left alone with my wife. Yesterday, she had said, "Let's not trim the tree until tomorrow, Robert. I'm tired." I had agreed, and so the tree remained out in the backyard. 5

It was a still night clear and starry. The stars were extraordinary! Now that I thought of it, the stars seemed always large and clear before the dawn of Christmas Day. There was one star now that was certainly larger and brighter than any of the others. I could even imagine it moving, as it had seemed to me one night long ago. 10

I was 15 years old and still living on my father's farm. My beloved father! I had not known it until one day a few days before Christmas, when I had overheard what my father was saying to my mother.

"Mary, I hate waking Rob in the mornings. He's growing so fast and he needs his sleep. If you could see how he sleeps when I go in to wake him up! I wish I could manage alone." 15

"Well, you can't, Adam." My mother's voice was brisk. "He isn't a child anymore. He should take his turn."

When I heard my father's words, something in me stirred: My father loved me! resolved never again to loiter in the mornings or laze in the bed. 20

That night – the night before Christmas – I lay for a few minutes thinking about the next day. I wished I had a better present for my father. As usual, I had gone to the ten-cent store and bought a tie for my father. It had seemed appropriate until I lay thinking, and then I wished that I had heard my father and mother talking in time for me to save for something better. 25

I lay on my side and looked out of my attic window. The stars were bright, much brighter than I ever remembered seeing them, and one star was so bright that I wondered if it were really the Star of Bethlehem. I always loved the story of the special infant being born in a barn and to the barn the shepherds and the Wise Men had come bringing their Christmas gifts. 30

The thought struck me. Why should I not give my father a special gift too, out there in the barn? The next morning, at a quarter to three, I got up and let myself out stealthily. The big star hung lower over the barn roof, a reddish gold. The cows looked at me, sleepy and surprised. Perhaps it was early for them, too.

After giving some hay to each cow, I then got the milking pail and the big milk cans. For once, it was not a chore. When my father entered the barn later, I greeted him with a smile and a hug. "Merry Christmas, Dad. You are the best!" With tears glistening in his eyes, my father told me, "This is the best Christmas gift ever." 35

Outside the window now, the great star still shone brightly. My father was long gone and I am now old. I got up and went downstairs to the living room. In the study, I picked up the little box that contained my gift – an exquisite brooch – to my wife. I brought the tree in the backyard into the house – it was a little one – and tied the gift to the tree. 40

It had been a long time since I last told her that I loved her. It occurred to me suddenly that love was alive in me. It still was because it had been born in me when I knew my father loved me. It was the reason why I could keep giving again and again. 45

Adapted from 'On Love' by Pearl S. Buck

(Go on to the next page)

Name : \_\_\_\_\_ ( )

Class : Primary 6 \_\_\_\_\_

## CHIJ ST NICHOLAS GIRLS' SCHOOL (PRIMARY)



Primary 6

Preliminary Examination

18 August 2014

English Language

Paper 2 Booklet B

Duration of Paper (Booklets A & B): 1 h 50 min

50 questions  
65 marks

**Instructions to Candidates:**

Do not open this booklet until you are told to do so.  
Follow all instructions carefully.  
Answer all questions.

Parent's Signature: \_\_\_\_\_

Booklet A	30
Booklet B	65
Total	95

There are 10 blanks, numbered 31 to 40, in the passage below. From the list of words given, choose the most suitable word for each blank. Write its letter (A to Q) in the blank. The letters (I) and (O) have been omitted to avoid confusion during marking.

(10 marks)

**EACH WORD CAN BE USED ONLY ONCE**

- |          |             |          |         |           |
|----------|-------------|----------|---------|-----------|
| (A) and  | (D) however | (G) of   | (K) to  | (N) with  |
| (B) as   | (E) in      | (H) or   | (L) out | (P) which |
| (C) away | (F) on      | (J) then | (M) up  | (Q) while |

The spring season has always been a symbol of hope.

\_\_\_\_\_ paying the path for a new beginning. In India, the end of winter \_\_\_\_\_ the  
(31) (32)  
arrival of spring is celebrated with the vibrant festival Basant Panchami. The festival is celebrated  
on the fifth day of the Indian lunar month, \_\_\_\_\_ falls during January to February towards  
(33)  
the close of winter.

The celebrations stand \_\_\_\_\_ in unique ways. They seamlessly bring in the charm of  
(34)  
blooming nature while gradually taking \_\_\_\_\_ the harshness of cold winter.  
(35)

With the cheerful festivities, a refreshing change is felt effortlessly in the air as trees take on  
new leaves and blooms \_\_\_\_\_ the onset of the new season. People wear colourful dresses,  
(36)  
especially different shades of yellow dresses, hold feasts, and fly kites. Delicacies are flavoured  
with the colour yellow \_\_\_\_\_ represent the blooming mustard fields.  
(37)

Often, children and adults alike hold kite-flying competitions. Winning \_\_\_\_\_ losing is  
(38)  
celebrated equally \_\_\_\_\_ what matters most is the joy of flying kites.  
(39)

Different regions across the nation observe the festival with some different cultural twists.  
\_\_\_\_\_, the overall aspects of the festival remains the same. It is celebrating the contrast  
(40)  
between winter and spring.

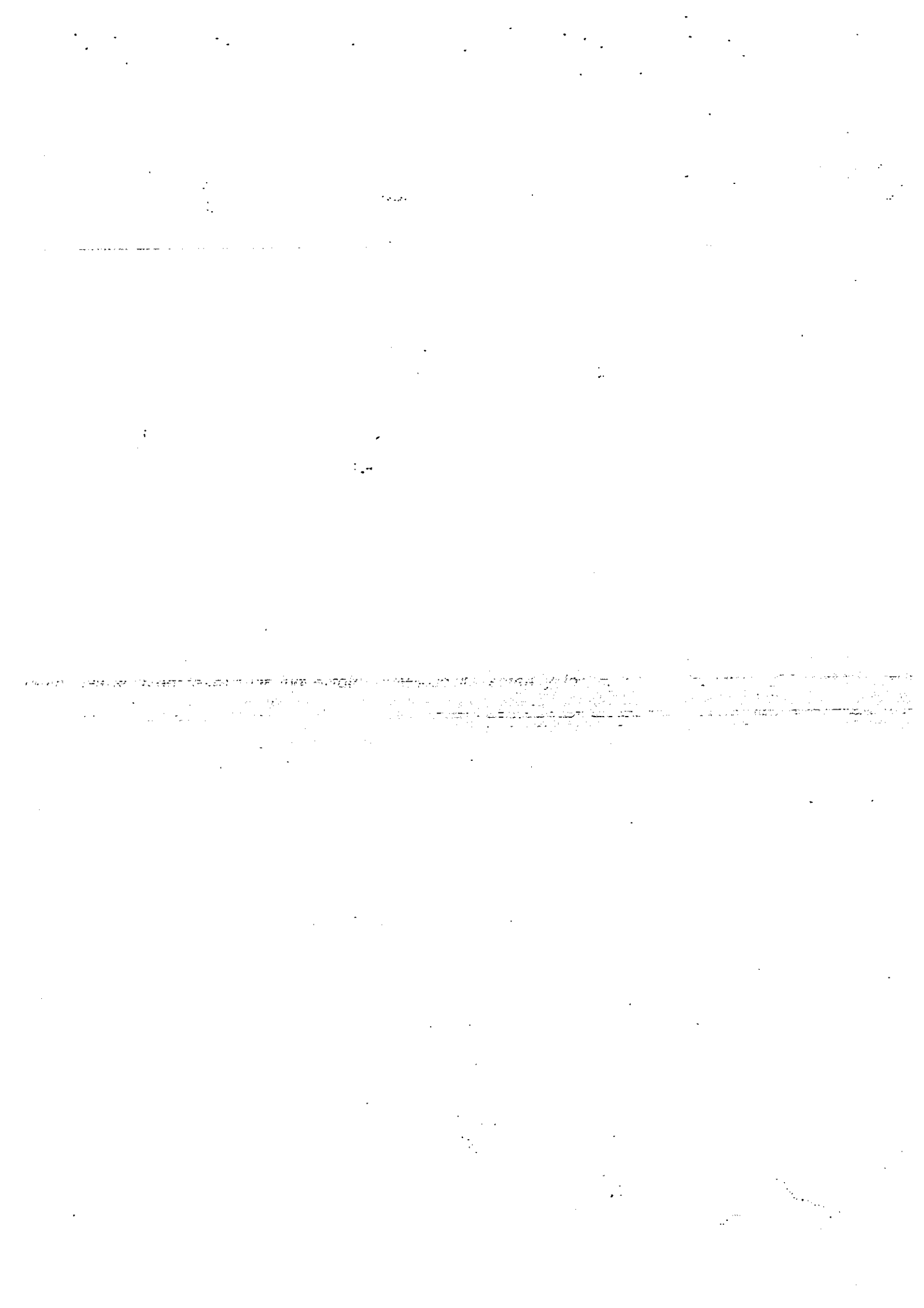
*Adapted from an article in Epoch Times by Arshdeep Sarao*

For each of the questions from 26 to 30, four options are given. One of them is the correct answer. Make a choice (1, 2, 3 or 4). Shade the correct oval (1, 2, 3 or 4) on the Optical Answer Sheet.

(5 marks)

- 26 In paragraph 1, the author woke up as \_\_\_\_\_.
- (1) it was his usual routine
  - (2) his children were leaving home
  - (3) it was time to help his father milk the cows
  - (4) he wanted to celebrate Christmas with his wife
- 27 Why did the author feel his original choice of gift for his father was unsuitable?
- (1) He wanted something more meaningful.
  - (2) He had given a similar gift the previous year.
  - (3) He realised that a gift for his father should be costly.
  - (4) He decided both his parents should be given similar gifts instead.
- 28 Which of the following is true?
- (1) The author's father needed the author's help.
  - (2) The author always awoke immediately whenever his father woke him.
  - (3) The author realised his mother did not love him as much as his father did.
  - (4) The author's mother thought the morning duty was demanding for her son.
- 29 The 'gift' in line 39 which the author gave to his father refers to the \_\_\_\_\_.
- (1) tie
  - (2) praise
  - (3) brooch
  - (4) milking
- 30 Which of the following would be the most suitable title for the story?
- (1) 'A Barnyard Tale'
  - (2) 'The Gift of Giving'
  - (3) 'My Beloved Father'
  - (4) 'Milking Cows on Christmas'

END OF BOOKLET A



Correct each word in bold for spelling and each underlined word for grammar. Write the correct word in the relevant box. (10 marks)

It is an area frequented by airplanes and colourful birds. However, these days, sleepy  
(41)

Seletar saw as many clunky, dusty trucks trundling along its streets. For change is in the air. The  
(42)   
viheecles are ferrying materials for a new development in the area.

(43)

On the cards are more amenities such as restaurants and sports centres. The Urban  
(44)   
Redevelopment Authority (URA) plans to open up 32 bungalows and two military buildings to

various uses under its Seletar Redevelopment Plan. These bungalows along Park Lane are also  
(45)   
slated to be turned into food and baeveerage clusters.

(46)

But Seletar's plan facelift has sparked fears that the estate may lose its serenity to

increased human and vehicular traffic. Residents and activists said they hope a balance between

(47)

(48)

development and presirvaxion can be struck. Retiree Ho Bak Hai, 76, paints an idyllic picture for

life in Seletar – he spends some afternoons playing football with his grandson in their garden. In

(49)

the evenings, he takes a quiet, sawlitery stroll around the estate. He sees birds circling the area's

(50)

winding terrain or well-manicured green fields. Butterflies, dragonflies and even snakes visit his

home.

Adapted from an article in The Straits Times by Melody Zaccheus

Fill in each blank with a suitable word.

(15 marks)

The arrival of the narwhal, the tusked whale of northern polar seas, is a long-anticipated event in the Canadian Arctic. After months of darkness and \_\_\_\_\_ as low as minus 4  
(51)  
degrees Celsius, winter \_\_\_\_\_ way to spring, and the sea ice begins to melt. Open  
(52)  
stretches of water \_\_\_\_\_ travel lanes for the small whales as they follow the melting  
(53)  
sea ice towards Baffin Island. In remote Inuit communities, \_\_\_\_\_ of their arrival over  
(54)  
the local field radio alerts hunters to reach for their rifles and \_\_\_\_\_ for the ice edge.  
(55)

Like the Inuit, I too am eagerly awaiting the return of the tusked whales. For most of June,  
my guide and I have \_\_\_\_\_ at the edge of the island, waiting out blizzards and often  
(56)  
\_\_\_\_\_ our tents to escape the melting sea ice. When finally we \_\_\_\_\_ the  
(57) \_\_\_\_\_ (58)  
squeaks, squeals, and blows of these vocal whales, we climb a large block of ice and cheer their  
arrival.

At first the narwhals swim \_\_\_\_\_ us in pods of eight or ten, then in grand  
(59)  
processions of hundreds. As news of their return \_\_\_\_\_, Inuit hunters begin arriving  
(60)  
on snowmobiles that are carrying camping \_\_\_\_\_ and high-powered rifles.  
(61)



Taking up \_\_\_\_\_ along the ice edge, they watch and wait for narwhals to  
(62)  
surface near enough to shoot \_\_\_\_\_ a rifle and retrieve the dead narwhal with a  
(63)  
grappling hook thrown by hand. The Inuit have looked forward to this moment all winter. Each man  
waiting on the ice hopes to land a whale with a tusk that could \_\_\_\_\_ for more than a  
(64)  
thousand dollars. This is a windfall in a remote region \_\_\_\_\_ jobs are scarce and the  
(65)  
cost of living high. The hunters also look forward to fresh *muktuk*, the top layer of blubber and skin  
which is prized as a traditional delicacy.

*Adapted from 'Return of the Narwhals' by Paul Nicklen*

For each of the questions 66 to 70, rewrite the given sentence(s) using the word(s) provided. Your answer must be in **one sentence**. The meaning of your sentence must be the same as the meaning of the given sentence(s). (10 marks)

66 The boy was running down the slope. The boy fell.

\_\_\_\_\_ as \_\_\_\_\_  
\_\_\_\_\_

67 My uncle has found a job. The job requires him to work shifts.

\_\_\_\_\_ that \_\_\_\_\_  
\_\_\_\_\_

68 You will damage the painting if you handle it carelessly.

Unless \_\_\_\_\_  
\_\_\_\_\_

69 Alicia said that she had gone out for supper with her colleagues the previous night.

Alicia said, " \_\_\_\_\_  
\_\_\_\_\_ "

70 The guest-of-honour stepped into the hall. Everyone applauded.

No sooner \_\_\_\_\_  
\_\_\_\_\_

**BLANK PAGE**

Our father had taken us kids crabbing many times around Darwin; we felt he had taught us all we needed to know about it. Anyway, Bruce and I, who quite often took our baby brother Michael with us when we went fishing, had caught crabs before by ourselves. We loved the excitement of the chase, and eating crabs too, but this time we really wanted to return home with one or two big crabs especially for Mother, who had been suffering from anaemia since Michael was born. 5

"Let's try Racecourse Creek" I said to Bruce. We had never been there before, and had only heard our father's exciting stories of fishing and crabbing trips there, but on that particular day, it felt like the right place to go.

The scene was exciting and yet a little terrifying too: the water threw up loud splashes and was grey and murky. "I can't see any fish," I muttered under my breath. 10

After surveying our new crabbing spot, I called to Bruce (who was 17 months younger than me), "Come on, we'd better hurry and find some crabs for Mum." By then, all I wanted to do was find a big mud crab or two and get out of the place. It now crossed my mind that our mother had no idea where we were. If Dad or Mum found out we had gone to Racecourse Creek, we'd be in trouble for sure. Standing there by the river, I also grew concerned for Michael and Bruce. If an accident happens, it will be entirely my fault, I thought, because I was the eldest and the ultimate responsibility rested with me. 15

I lifted 18-month-old Michael onto my left hip and gently eased myself over the high banks and down towards the river. Bruce had gone on ahead, prodding huge crab hole after crab hole, so far without success. I moved slowly along the muddy bank, poking a homemade crab stick deep into each hole, twirling it around and searching the crannies, hoping to find a big, heavy crab. 20

"There're no crabs here, Sis," Bruce called back. "I'll go across to the island – you stay here with Michael." 25

"We're coming too!" I called straight back. There was no way Michael and I would stay back and let Bruce have all the fun. Besides, the nearer I was to Bruce, the safer I felt. By now, the place was starting to give me the creeps. The tide was drawing out the creek water from around the island faster than I had ever seen. In the short time we had been crabbing, so much more of the grey murky island had become exposed. 30

"Wait for me!" I called to Bruce as he began to cross the river. By now a little worried, Bruce and I kept close together as we moved slowly across to the island almost 100m from the bank, but the eventual sight of all the mud crab holes among the mangrove roots looked promising.

"There must be crabs here," I said to Bruce. "But we've got to start searching quickly." I was spooked by the fast tide and keen to get out of there. 35

Bruce took his bag and crab stick and headed to the opposite side of the island. "I've got one!" yelled Bruce as he threw the crab into his bag. "That's great," I called back. With Michael still on board, I kept prodding and poking the holes, hoping to find my first crab for the day. Then I suddenly realised the tide must have turned and was now coming in as quickly as it had gone out; the island was going under. Loud rhythmical popping sounds began to fill the air. Frightened, I looked about, but reassured myself that the popping sounds were the result of air being expelled from the mud holes as the sea water covered them. 40

Ankle deep in water, I screamed to Bruce, "Hurry, the tide has turned! We have to get out of here now." 45

*Adapted from 'The Secret of Crab Island' by Sheryl McCorry*

**ALL ANSWERS MUST BE IN COMPLETE SENTENCES.**

**71** What does 'it' in line 2 refer to?

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**72** Quote the three-word phrase in paragraph one which suggests that the siblings enjoyed catching crabs.

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**73** What was the children's main purpose for going crabbing that day? Why?

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**74** Refer to paragraph three. Describe the scene when the children arrived at the creek.

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**75** How long had Mother been suffering from her medical condition?

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76 What did the children bring along to catch the crabs that day?

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77 In lines 24 - 25, Bruce decided to cross over to the island. What prompted him to do so?

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78 Explain clearly why the children could tell that there were crabs across the river.

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79 Why was the author beginning to feel worried when she realised that the tide had turned?

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80 Explain fully how the author's opinion of the crabbing experience changed at the end of the story.

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## EXAM PAPERS 2014

SCHOOL: CHIJ ST NICHOLAS GIRLS' SCHOOL (PRIMARY)  
SUBJECT: ENGLISH  
LEVEL: PRIMARY 6  
TERM: PRELIMINARY EXAM

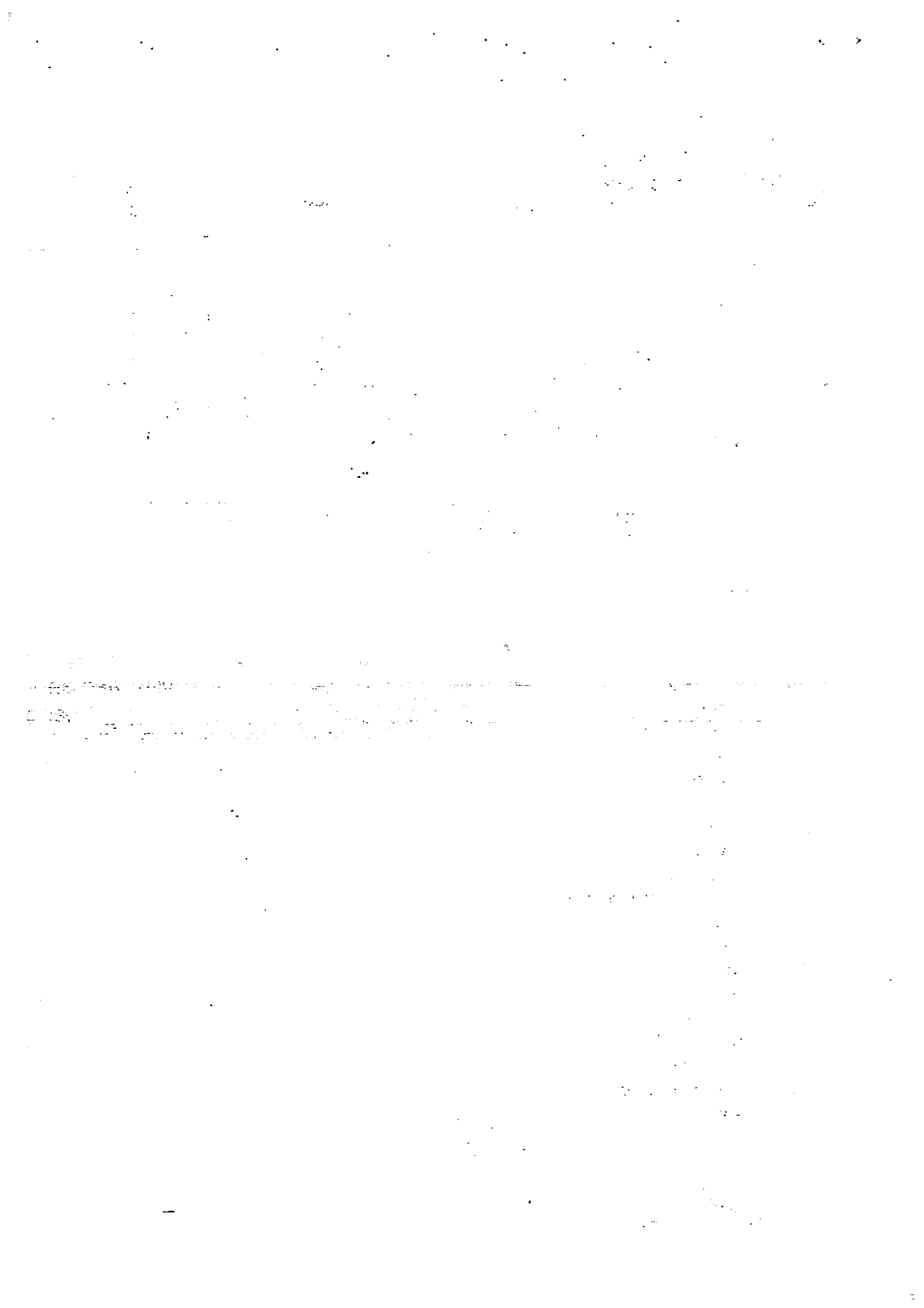
### PAPER 2 BOOKLET A

Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10
2	4	2	1	4	1	3	3	4	2
Q11	Q12	Q13	Q14	Q15	Q16	Q17	Q18	Q19	Q20
4	4	4	4	1	4	4	3	1	2
Q21	Q22	Q23	Q24	Q25	Q26	Q27	Q28	Q29	Q30
3	4	2	2	1	1	1	1	4	2

### BOOKLET B

Q31	Q32	Q33	Q34	Q35	Q36	Q37	Q38	Q39	Q40
Q	A	P	L	C	N	K	H	B	D

- Q41 sees
- Q42 vehicles
- Q43 amenities
- Q44 for
- Q45 beverage
- Q46 planned
- Q47 preservation
- Q48 about
- Q49 solitary
- Q50 and
- Q51 temperatures
- Q52 gives
- Q53 become/ form
- Q54 news/ announcement/ word
- Q55 head
- Q56 been
- Q57 moving
- Q58 hear
- Q59 around
- Q60 spreads
- Q61 equipment
- Q62 positions/ places
- Q63 with





- Q64 sell
- Q65 where
- Q66 The boy fell as he was running down the slope.
- Q67 My uncle has found a job that requires him to work shifts.
- Q68 Unless you handle the painting carelessly, you will not damage it.
- Q69 Alicia said, "I went out for supper with my colleagues last night."
- Q70 No sooner had the guest-of-honour stepped into the hall than everyone applauded.
- Q71 It refers to crabbing.
- Q72 The phrase is "loved the excitement".
- Q73 They wanted to catch one or two big crabs for their mother as she had been suffering from anaemia since Michael was born.
- Q74 The creek was exciting yet terrifying as the water threw up loud splashes and was grey and murky.
- Q75 She had been suffering for 18 months.
- Q76 They brought crabsticks and a bag.
- Q77 Bruce could not find any crabs at their crabbing spot, so he was prompted to cross over to the island.
- Q78 They saw mud crab holes among the mangrove roots.
- Q79 She was afraid that they would not be able to get across the river and back to the bank.
- Q80 At the beginning, the author was filled with excitement about catching crabs but now she was frightened by the incoming tide that could pose a danger to their lives.

1. Ultra-processed foods (UPF) are those that have been significantly altered from their natural state through industrial processes, often involving the addition of preservatives, flavors, and colors. Examples include soft drinks, fast-food burgers, and frozen pizzas.

2. UPF consumption is associated with several health risks, including obesity, type 2 diabetes, cardiovascular disease, and mental health issues. This is largely due to their high calorie density, low nutrient density, and the presence of additives.

3. The health risks associated with UPF consumption are primarily driven by their high sugar, sodium, and fat content, as well as the presence of artificial additives. These factors can lead to metabolic syndrome, insulin resistance, and inflammation.

4. Reducing UPF consumption is a key strategy for improving overall health and preventing chronic diseases. This can be achieved by focusing on whole, unprocessed foods like fruits, vegetables, whole grains, and lean proteins.

5. The health benefits of reducing UPF consumption include improved weight management, better blood sugar control, reduced risk of heart disease, and enhanced mental well-being. Making these changes can lead to a significantly healthier and longer life.