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0510/02

For Examination from 2019

2 hours

No Additional Materials are required.

READ THESE INSTRUCTIONS FIRST

DO **NOT** WRITE IN ANY BARCODES.

Dictionaries are **not** allowed.

The number of marks is given in brackets [] at the end of each question or part question.

This document consists of **13** printed pages and **1** blank page.



Exercise 1

Read the article about Neil Armstrong, the American astronaut, and then answer the following questions.

THE FOOTSTEPS OF AN ASTRONAUT

On 21 July 1969, Neil Armstrong became the first man to step onto the moon. As he did so, he spoke the memorable words: "That's one small step for man, one giant leap for mankind." An estimated 600 million people, which in 1969 was one fifth of the world's population, watched or listened to the moon landing.

Neil Armstrong was the commander of the *Apollo 11* spacecraft, on the most daring space mission of the twentieth century. The early stages of the flight were very stressful and incredibly noisy, and during the launch phase of *Apollo 11*, Armstrong's heart reached a top rate of 110 beats per minute.

Apollo 11 was larger than any previous spacecraft. It consisted of a command module, which the astronauts travelled in; a service module, which provided power; and a lunar landing module, for landing on the surface of the moon. An advantage of travelling in this spacecraft was that the astronauts could move around more easily. Armstrong was pleased about this because as a child he had suffered from motion sickness, and even during the training for the space flights he had sometimes felt ill after doing aerobatics.

During the final descent onto the moon, Armstrong noticed that they were heading towards a landing area which looked dangerous. He took over manual control of the lunar landing module, which enabled him to find a safer area to land. When questioned later about this, he said, in his typically modest way, that he was just doing what his training had taught him.

Armstrong and his co-pilot, Edwin 'Buzz' Aldrin, spent nearly three hours on the moon's

surface collecting samples of rock and moon dust. Armstrong said later, "The sights were magnificent, the most incredible that I had ever experienced." The two astronauts also conducted scientific experiments during their walk. Meanwhile, the third astronaut on the mission, Michael Collins, had an important role to play. He circled the moon in the command module as his two colleagues walked on the surface.

Aldrin later said that neither he nor Armstrong were emotional people. He did admit, however, that after the landing there was a brief moment when they looked at each other, slapped each other on the shoulder and said, "We made it!" Aldrin said that Armstrong was one of the most courageous men he had ever known.

In total, twelve American astronauts walked on the moon between 1969 and the final moon mission in 1972. Alan Shepard became the oldest man to walk there when, at the age of 47, he commanded the *Apollo 14* mission in 1971.

Neil Armstrong was born in 1930 and took his first aeroplane ride at the age of six. He used to build model aeroplanes and conduct experiments in the mechanics of flying. He joined the military as a pilot and then became an astronaut on the space programme before teaching aviation at a university. He finally bought a farm in the 1970s and raised cattle.

He preferred to avoid publicity, rarely giving interviews to the media. People who knew him, however, said that he had an enormous sense of pride in the achievements of the space programme.

- 1 What was Neil Armstrong's role in the space mission?
..... [1]
- 2 When did Armstrong's heart beat fastest?
..... [1]
- 3 What was a benefit of the bigger command module?
..... [1]
- 4 When did Armstrong notice a possible problem during the space mission?
..... [1]
- 5 How did Armstrong and Aldrin spend their time during the moonwalk? Give **two** details.
.....
..... [2]
- 6 What did Michael Collins do while Armstrong and Aldrin were on the moon?
..... [1]
- 7 When did the last trip to the moon take place?
..... [1]
- 8 What was Armstrong's last job connected to flying?
..... [1]
- 9 What does the article tell us about Neil Armstrong's character? Give **four** details.
.....
.....
.....
..... [4]

[Total: 13]

Exercise 2

Read the magazine article about four people (A–D) who write a diary. Then answer Question 10 (a)–(j).

KEEPING A DIARY

Four young people share their thoughts on diaries

A Ji-hu Yoon

I started keeping a diary when I was eight years old, and have done it more or less continuously for almost ten years now. The first few entries were all about my first ever trip abroad – I went to New York with my family and remember that there was so much to take in, so many new experiences while we were there. I decided to write it all down each evening so that I wouldn't forget any of it – and I'm really glad I did! These days I try to spend around half an hour on my diary each evening, writing about the day, but also looking back over what I've written previously. Sometimes that can be quite amusing. But after I caught my brother trying to read my diary a few years ago, I wrote all sorts of horrible things about him. I can't quite believe I did that! After that, I kept my diary in a safe place for a while, though I don't bother now as I'm sure my brother wouldn't be interested in reading it any more.

B Hanan Bayraktar

I've always got a diary with me – a notebook and pen in my bag, or sometimes just my phone. It means that when there's something I want to note down, I don't have to worry about remembering it until later. That suits me much better than having a fixed time for diary writing each day – though I know some people say that's the best way to keep it up. I've always loved reading other people's diaries – famous actors or politicians, even. And there are two or three blogs that I look at quite regularly, though I've never been tempted to write one myself. I think that as soon as you know you've got an audience, it's very hard to avoid adding extra details, or changing bits here and there to make something sound more interesting or more shocking. It's funny because I'm quite happy to read all about someone else's private life, but if it was the other way round, I'd be really embarrassed about it.

C Ryan Earl

I've just started writing a diary again after a gap of a couple of years – I stopped when my schoolwork was taking up more and more of my time, and only recently realised I missed it. I think that putting everything down on paper gives you a chance to reflect on what's been going on, and to make sense of how you're feeling. If I look back at a page I can tell instantly how I was feeling that day – from the size and shape of my writing, or from how neat and tidy it looks. And sometimes I'm quite surprised by the detail of things I've written – who I met, who I talked to, what I ate even. Sometimes I write it all down, with clear headings, points one below the other. This helps me to remember all of the details – it's great for keeping a record of events for the future, even if none of it is all that remarkable.

D Patience Orakpo

I've always loved writing, and would love to write a novel in the future – I have all sorts of stories in my head. Some of them are based on real-life events, and when I describe them in my diary, I often add a note about an idea I've got, or a possible character. Then I've got a list on another piece of paper where I record these, so I don't forget them. I always write by hand – I think using a computer makes the process seem so much more business-like, and less personal. But I do try to keep my diary writing to a maximum of an hour a day – one of my teachers told me that if you're not careful, you start living for your diary, rather than the other way round. There's some truth in that – my diary is one of my most precious possessions, and so it's always in a safe place in my bedroom. It's not that I'm all that bothered about someone else reading it, but I'd be lost without it!

10 The questions below are about the people (A–D) who write a diary.

For each question write the correct letter A, B, C or D on the line.

Which person ...

- (a) sees diary writing as a way of keeping a list? [1]
- (b) mentions an event that caused them to begin diary writing? [1]
- (c) feels uncomfortable if they think other people might read their diary? [1]
- (d) thinks that diary writing helps them to understand life? [1]
- (e) explains the importance of having a time limit on diary writing? [1]
- (f) is careful about where they keep their diary? [1]
- (g) thinks that not everything you read in online diaries is true? [1]
- (h) admits to being shocked by a past diary entry? [1]
- (i) enjoys reading their diary entries from the past? [1]
- (j) suggests that their handwriting can give away as much as the actual words in the diary? [1]

[Total: 10]

Exercise 3

Read the article about areas of the world where living to 90 years of age is common, and then complete the notes on the following page.

THE SECRET OF LIVING LONGER

There is something really interesting about Ikaria, a Greek island in the Aegean sea, 50 kilometres off the coast of Turkey. It has the highest percentage of inhabitants over the age of 90 in the world. Among these inhabitants are a 95-year-old man who still plays the violin, a 98-year-old woman who runs a hotel, and a 102-year-old man who can beat almost anyone in an arm-wrestling competition.

Since 2008, Donald Brueckner, a writer and explorer, has been studying the island to discover its secrets. He has also tried to identify other areas of the world where there is a higher proportion of people who live considerably longer than is normal. He analysed the lifestyles of each place in order to find out if there were similarities which might explain such long lives, and named these places 'blue zones'.

In addition to Ikaria, there are other areas in the 'blue zone' category. They include Okinawa in Japan, where the population lives on average seven years longer than people in America. Another is the mountainous Barbagia region on the island of Sardinia, where a large number of people have reached 100 years of age. Finally, the Nicoya peninsula in Costa Rica in Central America has the lowest rate of middle-age death in the world.

So what is the secret?

Brueckner believes that long life is not all related to genetic factors. Scientific studies have suggested that only about 25 per cent of long life is determined by genes. The remaining 75 per cent is to do with lifestyle, and this is the aspect which particularly interests Brueckner.

Although these 'blue zones' are spread around the world, the daily routines of the oldest living people are in fact very similar, and there are several features which they have in common. These 'blue zones' are all places which preserve tradition and where modernisation is not so advanced. The people living there also appreciate and celebrate age, rather than youth. There is no single secret to a long and healthy life, but it is more a combination of factors. Brueckner has also found that in these communities there is a strong connection to the land and nature. They also have a healthy diet which includes a lot of beans.

It is possible to try and encourage these habits and customs in other countries in the world. Brueckner has been working with the authorities in a city of 18 000 people in Minnesota, USA, where the average life expectancy was 78 years until 2009. The city now has public gardens and a nature trail around its lake, and people who were semi-isolated are coming together to start exercise programmes. The results of Brueckner's trial are impressive: life expectancy has increased by 3.1 years.

"We have encouraged them to become healthy citizens," says Brueckner. "We haven't forced it upon them."

Now, more and more city authorities are taking note of these findings and are trying to follow this example. The big problem is that inevitably, globalisation will reach all these 'blue zone' communities and start to change their centuries-old traditions. This will have huge implications for the lives of the inhabitants.

You are going to give a talk about 'blue zones' to your class at school. Prepare some notes to use as the basis for your talk.

Make short notes under each heading.

11 Examples of 'blue zone' areas and the people who live in them

Example: Barbagia – many people of 100 years of age.

-
-
- [3]

12 Similar lifestyle characteristics of 'blue zone' areas

-
-
- [3]

13 Ideas introduced in Minnesota

-
-
- [3]

[Total: 9]

Exercise 4

15 Read the following article about the use of artificial light at night-time.

Write a summary about the negative aspects of light pollution in our world.

Your summary should be about 100 words long (and no more than 120 words long). You should use your own words as far as possible.

You will receive up to 8 marks for the content of your summary and up to 8 marks for the style and accuracy of your language.

TURNING NIGHT INTO DAY

If humans were really comfortable under the light of the moon and stars, we would happily go around at night without any artificial light. We would be able to see the world in the same way as the many species that exist in darkness are able to see it. The fact is that we are daytime creatures, with eyes adapted to living in the sunlight.

In order to create a longer day we have lit up the night. We have changed it to suit our purposes by filling the darkness with light. This kind of action disturbs human and natural life and comes with disadvantages as well as benefits. By artificially increasing the amount of light in our world, we have produced light pollution.

Most of us live in towns and suburbs, which suffer from too much light coming from homes, offices, factories and roads. In these areas, we are often unable to control the light that invades our homes and private lives. In most cities, the sky looks as though it has been emptied of stars. Many of us have grown up seeing nothing more than a hazy sky, and we have never enjoyed the wonderful sight of a clear night sky, full of beautiful stars.

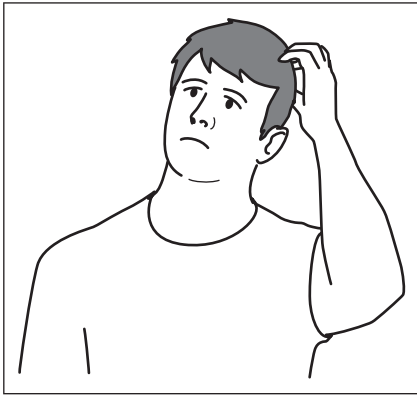
Humans have selfishly lit up the night assuming that it has no effect on any living creature. Nothing could be further from the truth. The number of species that are busy in the darkness is astonishing. By increasing the amount of artificial light, we have confused and harmed many creatures. Some birds now sing at unnatural hours in the presence of artificial light. Sea turtles, which much prefer dark beaches to build their nests, find fewer and fewer suitable places.

Like most other creatures, we need darkness. It is as essential to our well-being as light itself. By reducing the amount of darkness each day, we are upsetting the regular timing and rhythm of waking and sleeping. This means that we rarely get enough sleep at the right time.

It was once thought that light pollution only affected astronomers, who needed to see the night sky in all its glorious clarity. In fact, some of the earliest efforts to try and control light pollution were made to protect the view from the Lowell Observatory, situated high above the city of Flagstaff, USA. In 2001, Flagstaff was declared the first International Dark Sky City. Now, more and more cities and even whole countries have committed themselves to reducing unwanted artificial light.

Finally, we must not ignore the amount of energy that is wasted throughout the world as a result of our desire for extra light. It is arguable that, of all the different types of pollution, light pollution is perhaps the easiest to reduce. Simple changes in lighting design and installation produce immediate changes in the amount of light lost in the atmosphere and, often, provide immediate energy savings.

Exercise 5



15 You recently helped someone in trouble.

Write an email to a friend explaining what happened.

In your email, you should:

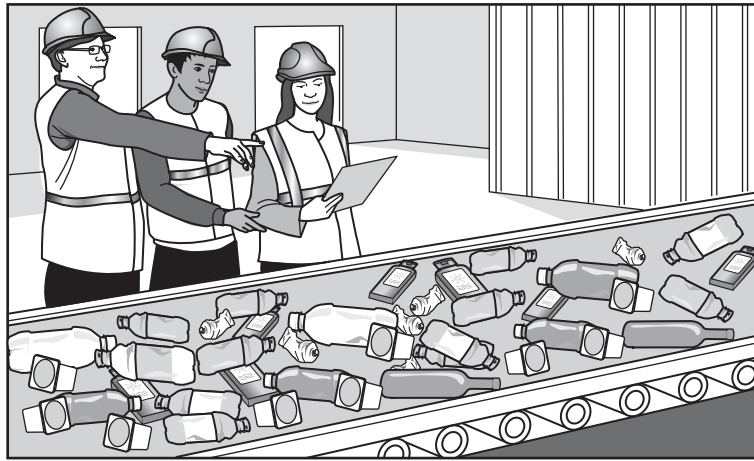
- describe where you were and what happened
- explain what you did to help
- say what you learnt from this experience.

The pictures above may give you some ideas, and you can also use some ideas of your own.

Your email should be between 150 and 200 words long.

You will receive up to 8 marks for the content of your email, and up to 8 marks for the language used.

Exercise 6



- 16** Your class recently went on a trip to a large recycling centre. Your teacher has asked you to write a report on the trip. In your report say what you learned from the trip **and** suggest how it could be improved if it is repeated next year.

Here are two comments from other students in your class:

The trip was too short –
we didn't manage to visit
every part of the centre.

It made me much more
aware of the importance
of recycling.

Write a report for your teacher.

The comments above may give you some ideas, and you can also use some ideas of your own.

Your report should be between 150 and 200 words long.

You will receive up to 8 marks for the content of your report, and up to 8 marks for the language used.

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