

FORM 3 MIDTERM 2 EXAMS

ENGLISH

Paper 2

TIME: 2 ½ HOURS

NAME..... ADM NO:.....

SIGN..... DATE.....

QUESTION 1. COMPEREHENSION PASSAGE(20 MARKS)

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 your 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 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. Its less daunting than it sounds: a portion equals a piece of fruit, three tablespoons of cooked vegetables or a glass of flesh 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 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.

Researcher*believe calcium encourages fat cells to stop “getting fatter”. Instead, the cells burn extra fat without you having to go anywhere near a gymnasium.

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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 refer to as low energy density; that translates to few calories relative to weight. This means that you can down a mountain without fear of calorie overload.

Fibre also aids weight loss because its filling. Most high fibre foods take a lot of chewing triggering your bodies 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 we don’t have to starve ourselves to lose weight and keep disease at bay.

Questions

a. From the information given in the first paragraph, how can you improve your life?

(2 marks)

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

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 fruits and vegetables a day.”

Rewrite the sentence above as a question without changing the meaning, beginning:

Don’t.....

(1 mark)

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- f. What is the attitude of the author towards calcium calcium as a weight –cutting measure? (2 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 words as used in the passage. (3 marks)
- i. Daunting-
 - ii. Baggage-
 - iii. Down a mountain-

QUESTION 2

BLOSSOMS OF THE SAVANNAH

Read the following excerpts and answer the questions that follow.

Although Resian had a lot to complain and grumble about in life in their new environment Taiyo found it tolerable. For instance, she gladly discovered that mornings in their new home began with a lively chatter of birds in the trees surrounding their house. That gave the home an atmosphere of tranquility and peace.

However, one of the unpleasant aspects that the girls had to live with was the constant violation of their privacy. In Nasila, they soon discovered, the home belonged to all the clan members. It was not an unusual thing to get up in the morning to find the living room full of

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The people of Nasila

(4 marks)

d. Discuss a theme implied in the extract.

(3 marks)

e. Using the rest of the book, cite and explain one cultural aspect that had life changing effect on the lives of the two girls.

(3 marks)

f. Explain a stylistic device used in this extract.

(2 marks)

g. Taiyo and Resian adjusted accordingly? Add a question tag.

(1 mark)

Read the poem below and answer the following questions that follow.

A TAXI DRIVER ON HIS DEATH BED (By Timothy Wangusa)

When with prophetic eye I peer into the future
I see that I shall perish upon this road
Driving men that I do not know
This metallic monster that I now dictate,
This docile elaborate horse,
That in silence, seems to simmer and strain
Shall surely revolt some tempting day.
Thus I shall die: not that I care
For any man's journey,
Nor for the proprietor's gain.

Nor yet the love of my own.
Not for these do I attempt the forbidden limits.
For these defy the traffic man and the cold cell,
Risking everything for the little, little more.

They shall say, I know, who pick up my bones,
"Poor chap, another victim to the ruthless machine"
Concealing my blood under the metal.

Questions

- a) What is the poem about? (3mks)
- b) What is the attitude of the persona towards his fate? (2mks)
- c) With illustrations, identify the persona in the poem (2mks)

d) What is the irony in the poem? (2mks)

e) With illustrations, identify and comment on any other two stylistic devices used in the poem (6mks)

f) Comment on the following line (2mks)

“Poor chap, another victim to the ruthless machine”

g) How will the persona’s death come about? (2mks)

h) Give the poem another title (1mk)

QUESTION 4

a. After each of the following words, write a word that is gender sensitive. (3 marks)

- i. Spokesman-
- ii. Airhostess-
- iii. Cleaning lady-

b. Use the correct form of the word in brackets to complete each of the following sentences.

(3 marks)

- i. Owino did not know that a tree had.....(strike) his house
- ii. Nobody expected the company to make(lose)
- iii. The three.....(passer-by)were arrested.

c. Fill in the blank spaces below with the correct form of the verb in brackets.(3 marks)

- i. The team was..... for coming late.(qualify)
- ii. They were.....attacked by the gangsters.(vicious)
- iii. Theof the matter brought the president to their county.(grave)

d. Fill each blank space in the following sentences with the correct preposition.(6 marks)

- i. Sometimes it is quicker to go.....foot than.....bus.
- ii. Sign your name.....the dotted line.....the bottom of the page.
- iii. There is something exciting.....football.
Throughout Kenya, football matches are played.....capacity crowds.