



EXAMINATIONS COUNCIL OF ESWATINI
Eswatini General Certificate of Secondary Education

CANDIDATE
NAME

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CENTRE
NUMBER

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CANDIDATE
NUMBER

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ENGLISH LANGUAGE

Paper 1 Reading and Writing

6873/01

October/November 2019

1 hour 30 minutes

Candidates answer on the Question Paper.

No Additional Materials are required.

READ THESE INSTRUCTIONS FIRST

Write your Centre number, candidate number and name in the spaces provided.

Write in dark blue or black pen.

Do not use staples, paper clips, highlighters, glue or correction fluid.

Answer **all** questions.

Dictionaries are **not** allowed.

At the end of the examination, fasten all your work securely together.

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

For Examiner's Use	
Exercise 1	
Exercise 2	
Exercise 3	
Exercise 4	
Exercise 5	
Total	

This document consists of **11** printed pages and **1** blank page.

Exercise 1

Read the following text about rhinos and then answer the questions that follow on the opposite page.

THE RHINOCEROS

Facts

The rhinoceros is the biggest living land mammal after the elephant. Rhinos have poor eye-sight but good sense of smell and hearing. They use their dung and urine to mark their territories and presence. They can be very dangerous so, if you come across one, climb the nearest tree or stand still. A female with a calf attacks anything it considers a threat. They are host to parasites like ticks. Let us compare two species found in Africa – the black and white rhino. These rhinos are not named after their colours but the shape of their lips.

BLACK RHINO

Scientific name: *Diceros bicornis*

The black rhino has a prehensile (or grasping) upper lip, which it uses to pull plant material into its mouth. Its ears can move independently to pick up sounds. It is smaller than the white rhino. It weighs about 1350 Kg and its height ranges between 1.5 and 1.75 metres. It has two horns – the smaller can be about 42cm long and the front one reaches an average of 50cm long.

Habits

Black rhinos are solitary and considered to be more aggressive than the white rhinos, but are rather inquisitive. They usually charge towards anything unusual but run away at the smell of a human. They prefer densely wooded areas with a lot of shrubs and plenty of water. They can be active during the day and night. They are least active in the heat of the day, when they seek shade under trees or behind rocks. They also like to cool off in mud holes.

The Horn

Rhinos use their horns to defend themselves and to uproot bushes and trees so that they can feed on the leaves. On average, a rhino horn weighs between 4 and 6 kg. It consists of keratin, the same material your nails are made of. Unlike horns of other animals, the rhino horn consists of dense mass of hair-like fibres growing out of the skin. The rhino horn is poached for illegal sale in far Eastern countries where it is used for medicinal purposes and often displayed as a status symbol by wealthy people

WHITE RHINO

Scientific name: *Ceratotherium simum*

The white rhinoceros has the widest set of nostrils of all land animals. It has a distinctive broad, straight mouth which is used for grazing. Its ears can move independently to pick up sounds. It weighs about 2500 kg and can be between 1.5 to 1.8 metres long, about the size of a man of average height. The front horn can be about 2 m long.

Habits

White rhinos are territorial and semi-social but sometimes can be found in stable groups of about 6. They live in grassy plains. They alternate between eating and resting during the day and night. They are least active during the hottest time of the day when they seek shade. They enjoy rolling in the mud to keep cool.

(a) What is the biggest living land mammal?

..... [1]

(b) What **two** precautions should be taken when one sees a rhino?

..... [1]

(c) State **one** similarity and **one** difference in the behaviour of the two species of rhinos.

..... [1]

..... [1]

(d) What makes a rhino horn distinct from other animals' horns?

..... [1]

(e) Give **two** uses of rhino horns in Eastern countries.

..... [1]

[Total: 6 marks]

Exercise 2

Read the following text about Healthy Eating and then answer the questions that follow on the opposite page.

HEALTHY EATING

People are now aware that in order to live a healthy life they should exercise, but still do not know how they should be eating. It is a fact that food is energy and this energy is measured in calories. A human body is designed to use a certain number of calories a day. If this number is exceeded, the excess calories are stored as fat in the body. Overweight people should take in fewer calories. This will assist their bodies to burn the fat for the energy they need to get through the day. If you are not overweight, the body will take the nutrients from your muscles and that is the reason people with a high metabolism rate put on weight and muscle. So, it is important that you eat within your calorie count. This is why people who are serious about their weight are very careful when it comes to preparing and eating their food.

There are many different types of food that are high in calories. The worst substance we consume is sugar. The problem is that sugar is so addictive, whether it is in our drink or food. It is possibly enemy number one when it comes to fat loss. Any excess sugar in the body is changed to fat. For example, sweets are fat-free but their sugar content is high in calories. Therefore, if you eat a lot of sweets you are likely to exceed the sugar calorie limit.

Coffee, which is a natural fat burner, has anti-oxidants to help your body keep healthy. However, it can be the body's worst nightmare because we tend to add too much sugar to make it sweet. On top of that, we add full cream milk to get that extra kick. To keep your coffee healthy, drink it black or with low fat milk.

Fruits contain natural sugars which can be counterproductive to fat burning. It is advisable to keep your fruit consumption to a minimum. Two or three fruits a day are more than enough. Anything more than that, and you are working against yourself.

Imagine that our bodies are like cars and food is fuel. If you do not put fuel in your car; it will eventually stop running. In the same way, if you put in dirty fuel or the wrong one, your car will be damaged and it will eventually break down. Thus, we need to use 'our fuel, which is our food, wisely.'

If you feel any sort of fatigue and yet you get your fair share of sleep, there is a chance that your body needs to be fed energy. The best source of energy comes from carbohydrates. That is the reason long distance runners eat meals like pasta and rice. Eating heavy meals an hour before training sessions will give you extra energy to maximise your exercise routine.

Sometimes carbohydrates are unfairly blamed when it comes to fat gain. If you eat the right quantities, then you cannot gain weight; you will, in fact, burn the fat more easily. Try staying away from unhealthy carbohydrates like white bread, white rice, potatoes, porridge, chips and pizza. Instead, replace these with whole wheat bread, brown rice and sweet potatoes.

When it comes to losing fat, the foundation is always protein. An hour before or after exercise, consume food or supplements for your body to absorb nutrients to its fullest potential. The protein acts as both a fat burner and a muscle builder. It is also the most important source of food to help you achieve any weight goal. However, protein is rarely used effectively as we tend to lean more towards red meat as a society when we should be eating lots of white meat like skinless chicken, turkey and sea food. Remember that food can also be grilled or baked. We have to avoid cooking with oil and, if we do have the need for it, it should be olive oil.

(a) Name the unit used to measure energy.

..... [1]

(b) What makes it difficult for some people to put on weight and muscle?

..... [1]

(c) Give **one** reason why sugar is the number one enemy in losing weight?

..... [1]

(d) Give **two** reasons why coffee is good for the body?

.....

..... [2]

(e) What advice would you give to someone who wants to lose weight in their daily fruit intake? Why?

.....

.....

..... [2]

(f) How does the human body function in a similar way to a car?

.....

..... [1]

(g) Why do long distance runners eat carbohydrates?

..... [1]

(h) What is the role of protein in the body?

.....

..... [2]

(i) What is the healthiest source of protein?

.....

..... [1]

(j) Give **four** pieces of advice you would give a person who wants to eat healthily.

.....

.....

.....

..... [4]

[Total: 16 marks]

Exercise 3

Read the following article about Cybolensi Maghong.

Cybolensi Maghong is a 16 year old girl, who hails from the outskirts of Gatsheni at Phumla Park, Extension 6. She was born on 12 August 2003 to William and Ruth Maghong. She is the third of five children and goes to Mgazini Central High School. She is currently doing Grade 11. The school address is P O Box 77, Gatsheni and the phone number is 00263 21052288. The school's email address is mgazinicadmin@yahoo.com. She is the head girl, a soccer player and a captain of the senior girls' netball team at her school.

She has achieved a lot in sports for her age. From an early age, one could tell her star was shining and was destined for greater things in life. She has extraordinary skills in the netball court, the result of years of training, natural ability and a powerful determination to win. She has been in her school netball team since Grade 8 and they have been winning gold medals.

The young star has managed to take her netball team to the highest level in the country. They won a gold medal at the National Schools Netball Competition, after beating Moshoeshoe High School in the finals. The team will board a flight to Brazil for the

International Netball Championships on the 24th of August, and will arrive the next day. They will return on the 4th of September after the grand finale the previous day. Their accommodation and expenses have been fully paid for by Thobaleng Constructors, who are also sponsors of the competition.

Two teachers, Miss Kgululu and Mrs Nkalanga, will accompany the team of 12 players, who range between the ages of 13 and 16. The team is extremely excited about the upcoming trip because they will all be flying for the first time and they will get the opportunity to go on an excursion to the Ibirapuera Park. They will also get a chance to set foot in the Silhouette Sports Academy and interact with renowned world sports stars.

The school bus will ferry them to and from OR Tambo International Airport in South Africa, where they will take a flight to Brazil. Cybolensi would have liked to land at Santos Dumont Airport as she has heard it is fascinating, but it is far from The British School of Rio de Janeiro, where they will be residing. So, they have to opt for Galeao International Airport. Mgazini High School has held a fund-raising drive to cater for the team's pocket money.

Imagine you are Cybolensi. Fill in the registration form on the opposite page.

International Netball Championships Registration Form
[Use block capital letters in Section A.]

SECTION A

PERSONAL DETAILS

Surname:

Name: [1]

Physical address:

..... [1]

Date and place of arrival:

..... [1]

Excursion destination:

..... [1]

Team's achievement at National Schools Netball Competition: *[circle the appropriate]* [1]

gold medal

silver medal

bronze medal

SECTION B

1. Write a sentence of between 12–20 words explaining what you are looking forward to in this trip.

.....

..... [2]

2. Write a sentence of between 12–20 words explaining how your school will benefit from this trip.

.....

..... [2]

[Total: 10 marks]

Exercise 4

Read the following passage about bad breath.

BAD BREATH

Dentists say bad breath is a very common problem and there are many different causes. Persistent bad breath is usually caused by gases released by the bacteria that coats your teeth and gums. Little bits of food that gets left between the teeth and on the tongue are likely to rot and can cause an unpleasant smell in your mouth. Therefore, correct and regular brushing is very important to keep your breath smelling fresh.

Medical conditions that cause bad breath include infections in the throat, nose or lungs, sinusitis, diabetes and bronchitis.

Other causes of bad breath include food such as coffee, garlic and onions. Tobacco also causes its own form of bad breath. Besides making your breath smell, smoking also stains your teeth; causing loss of taste and irritation of the gums. Another cause of bad breath is a condition known as xerostomia that affects the flow of saliva, causing bacteria to build up in the mouth.

However, cases whereby bad breath is not remedied by regular dental hygiene might mean you have chronic bad breath. Having such a condition is a

sign that you have gum disease. Therefore, it is really important to consult a dental specialist.

Likewise, if chronic bad breath is not treated, the health of your mouth could affect the health of your whole body. More and more evidence shows a strong association between gum disease and heart disease. Other conditions that could result from this include: diabetes, poor pregnancy outcomes and other conditions.

The good news is, there are ways of improving your dental health. It is vital to brush your teeth, gums and tongue for two minutes twice a day, with fluoride toothpaste. It is also wise to cut down on sugary food and drinks. Chewing sugar free gum also helps your mouth from drying. Also visiting your dentist regularly as recommended may curb the problem. Other ways include flossing your teeth or using mouthwashes to get rid of bacteria and plaque hidden in areas where your toothbrush cannot reach.

[Adapted from Move Magazine, pages 48-49, 28-03-2018 issue]

You are going to make a presentation on dental hygiene. Prepare notes to use for your talk.

Make notes under each heading.

Main causes of bad breath

- [1]
- [1]

Other causes

- food
- [1]
- [1]

Problems associated with chronic bad breath

- [1]
- [1]

Ways to improve dental health

- [1]
- [1]

[Total: 8 marks]

Exercise 5

Read the following passage on financial matters.

On the opposite page, write a summary on how young people benefit from the Economy for Success Programme (ESP).

Your summary should be about 100 words (and not longer than 120 words). You should use your own words as far as possible. You will be given up to 6 marks for content and up to 4 marks for style and accuracy of your language.

THE ECONOMY FOR SUCCESS PROGRAMME

Nowadays young people are encouraged to take entrepreneurship seriously, but their real challenge then becomes how to start. The reality that young people face is that there are not enough resources to cater for all of them from institutions such as the Youth Fund and the Kick Start Initiative sponsored by Swaziland Brews. It is for this reason that Junior Achievement Swaziland has introduced the Economy for Success Programme (ESP) that targets Form Two and Three learners from different schools in the country. The ESP introduces financial literacy education to these young people. This programme is implemented through activities that challenge the young people to explore their personal finances, education and career options based on their skills, interests and values.

One may wonder what young people actually do in this programme that helps them ascertain their personal finances. The programme is divided into three key learning areas which are education and careers, financial literacy and management and, finally, life orientation.

The financial literacy and management aspect encompasses two activities, namely 'keeping your balance' and 'savvy shopper'. The keeping your balance activity assists learners in understanding the gist of saving as well as budgeting for the income that they get in the form of pocket money. During budgeting, the learners engage in an activity whereby they decide how much they will be paid as indicated in their occupational cards. The objective is to assist learners to conduct a self-introspection to determine if they are able to live within their means through following a balanced budget.

The budgeting part of this activity allows learners to have options on how they can spend the money as shown on the cards. One of the key aspects that the learners are encouraged to incorporate in the budget is the element of saving. The idea is to encourage learners to start saving early in their lives so that they can accumulate the necessary start-up capital for future entrepreneurship avenues.

'Savvy shopper' in this activity looks at the different aspects of shopping such as the use of credit cards and hire purchase among other things. It tries to sensitise the learner about becoming a responsible shopper as an adult and being mindful of little aspects that can actually save money. It tries to groom a generation of adults who will be responsible when shopping in order to live a balanced life.

This programme goes further into encouraging young people to look at the advantages of using cash as opposed to using credit. The learners engage in an activity game known as savvy shopper where they can choose the option of buying using cash or credit card. It helps them to explore practically what it means to be a knowledgeable and understanding shopper.

This creates a drive in young people to make their own money of starting the business instead of relying solely on loans. There is a need to train young people to develop independence as early as possible in life.

[Adapted From The Times of Swaziland June 1, 2016]

[Total: 10 marks]

