

Baraem Alain private school



English Section

Academic year 2019/2020

3rd trimester



Grade 7

Part 1

Read the text and match the paragraphs (1 to 5) with the correct heading (A to H).

- Use each heading only once.
- The first one is done for you.
- There are two headings you do not need.

- ~~A~~ ~~Exercise and academic achievement~~
- B** The more you study the more you will exercise
- C** The importance of good posture
- D** The connection between exercise and weight
- E** Study for hours
- F** Being less active can lead to lower grades
- G** An examination of student study habits
- H** Exercise and the mind

Example A

A recent UAE study – EX+HIGHGRADE – set out to explore the relationship between students' grades and how much they exercise.

1 ____

A team of researchers went to several top-ranking universities in the UAE and investigated the working patterns of students in the library. Some were bent over the computers and staring at the screens and others were eating very unhealthily. Most were inactive. They concluded that studying in this way is not good for health and has other side effects.

2 ____

The researchers compared the weight and physical fitness of over 3000 students between the ages of 19 and 22 with their academic results for a two-year period. The scientists discovered that nearly 40% of students were overweight, of which 30% were considered obese and nearly 70% were below the recommended fitness levels for students studying at university.

3 ____

The researchers continued their research by interviewing students who went to the university gym and found that those who exercised regularly felt refreshed afterwards and could think more clearly when they attended classes.

4 ____

Researchers also found that the more hours a student spends studying, the more likely he or she is to exercise. Compared with students who studied less than an hour per day, students who studied three or more hours a day were more likely to exercise.

5 ____

The study concluded that students who were active and not overweight had higher grades than those who were unfit and overweight, suggesting a strong relationship between physical fitness and academic achievement. Consequently, the scientists recommend doing exercise to improve your grades.

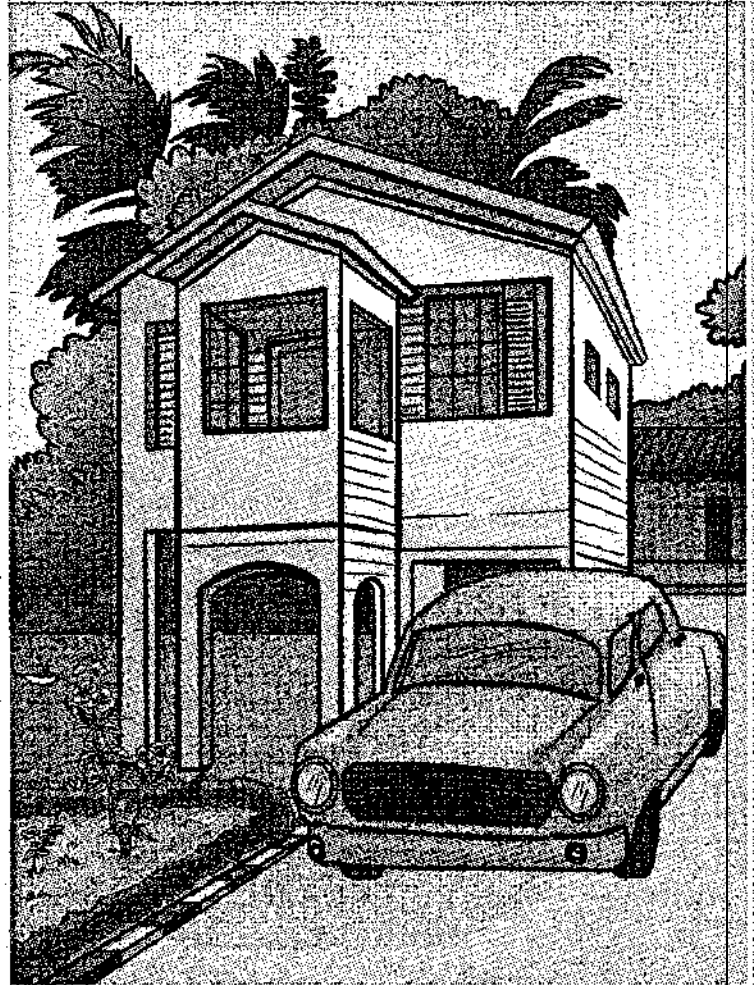
Part 2

Coming to England

Life in Trinidad

The house we lived in was a small wooden building on stilts with dazzling whitewashed walls. There were windows and doors at the front and the back. We had two bedrooms which were the scene of many pillow fights and trampolining sessions, a small washroom with a sink and cold tap, an airy kitchen with a large glassless louvred window where we also ate all our meals, and finally a sitting room where no one was allowed except on special occasions or when we had visitors.

This room was my mother's pride and joy. Its brilliant white curtains always smelt fresh and the mahogany furniture was always highly polished, as was the wooden floor. My sister and I spent many hours polishing and shining that room from as far back as I can remember. We had to do the polishing before we left for school each day. The comfortable wooden chairs in the room were draped with crisp white lace headrests and the round table, which we ate from on Sundays and other special occasions, had a doily in its centre, on which sat a vase of glorious fresh flowers. These were from our small front garden which was full of exotic, sweet-smelling flowers and shrubs such as beautiful flame-red hibiscus which seemed to attract swarms of exquisite butterflies and hovering hummingbirds, in search of nectar. The backyard was where Marmie grew vegetables for our kitchen, like pigeon peas, cassavas, okras and dasheen. A tall bushy tree stood in the yard, reaching up to the kitchen window, and whenever one of us had a bad cold, Marmie would pick some of the leaves, boil them and give us the vile-tasting liquid to drink. It always made us better – I guess the thought of a second dose was enough to do the trick! Also in the backyard was a galvanised shower unit where



we had our baths. There was no hot tap but the cold water was always warm because of the heat of the sun. During the drought season, from around January to May, we would have to get water from a standpipe in the street. Everyone would queue up with large enamel buckets, oil cans, basins – anything big enough to carry the water.

The washing was done under the house in a big wooden tub with a scrubbing board, and the washing lines hung between two trees in the backyard. Our car was also parked under the house.

by Floella Benjamin

Read the text, choose the best answer **A, B, C** or **D** for **Questions 6 to 10**

6. Which of the following words best describe Floella Benjamin's house in Trinidad?
- A.** comfortable
 - B.** large
 - C.** special
 - D.** brilliant
7. How many people are there in Floella's family including Floella?
- a.** 2
 - b.** 3
 - c.** 4
 - d.** 5
8. Which was Floella's mother's favourite room in the house?
- a.** the salary
 - b.** kitchen
 - c.** sitting room
 - d.** washroom
9. Where did the family eat on Sunday and special occasions?
- a.** At the round table
 - b.** In the garden
 - c.** In the kitchen
 - d.** In the backyard
10. Why were many butterflies and hummingbirds attracted to Floella's house?
- a.** Because she was leaving behind a good career
 - b.** Because there were a lot of vegetables
 - c.** Because of the comfortable wooden chairs
 - d.** Because there were a lot of flowers and shrubs

