

GATITU GIRLS SECONDARY SCHOOL – P.O. BOX 327- 01030 GATUNDU.
FORM ONE - ENDTERM EXAMS - 1ST TERM 2016 - ENGLISH

NAMEADM.NO.....

Question 1: Writing:

(20 Marks)

) Write a **composition** beginning:

The birds had already started their morning songs, and here I was wondering whether.....

Question 2: Comprehension

Read the passage below and answer the questions that follow.

(20 Marks)

A Healthy Day

Maintaining a healthy body is the secret to long life. I have taken this seriously through reading various health magazines and medical journal articles. I shall confess, this information I have gathered has been in some cases confusing and contradictory. Some I have discarded and through my own judgment and God given intuition, I came up with a plan for my day.

Professor John Blundell of Leeds University says that taking four cups of coffee at breakfast **inhibits** absorption of nutrients. He also argues that taking breakfast high in carbohydrates and low in fat makes one likely to binge on high calories foods later in the day. Taking a glass of fresh juice and milk makes me feel refreshed and ready for work. Then I drive through the heavy Nairobi traffic to my place of work. It is now eight o'clock. I do much of the work that demands extra mental effort. This is in accordance with research finding of Michael Hastings of Cambridge University who deals with body's physical rhythms. He says that human brain **hits a peak** before noon.

I have also borrowed a leaf from Chiroprator Mark Blokland and taken care of my posture at any workstation. He says that most back, neck and shoulder problems are caused by bad posture at desks. I avoid slouching, I adjust my seat to my comfort and make sure the computer mouse is within easy reach. At ten o'clock I take a break from my computer for five to ten minutes. I take a cup of tea. Tea has been found to be good for your heart. This reduces the eye strain caused by looking at the computer screen for long. Guidance suggests five to ten minutes break every hour.

It is lunch time and I decide to take a brisk walk to the restaurant at the far end of the street. Studies at Indian University and Washington University show that a twenty minutes or longer brisk walk energizes your brain making it ready to tackle the afternoon tasks. At the restaurant I order for a light lunch: Grilled fish and some salads. I also take a glass of juice. Research has shown that eating fish helps to strengthen your heart and helps to lower the bad cholesterol. Fish has omega -33 fatty acids that help to maintain a healthy heart. I finish my meal by taking two glasses of water. At two o'clock I walk back to the office ready for the afternoon work. The brain power has now a second surge

It is five o'clock and according to Prof Hastings, muscle temperature reaches its peak in the late afternoon. I hop into my car and head for the gym to do my workouts. I exercise three times a week for one hour. This is said to help in maintaining a healthy long life. It also helps to keep my weight down. I also take two glasses of water during my workouts. This helps to replace the lost body fluid through sweat. After my workouts, I have a shower and head for home. I relax on my sofa with a low calorie drink. For the evening meal at 7.p.m, I prepare a balanced diet with very little fat. A light supper is the best at this time as overloading the digestive system can cause discomfort at night. I take a balanced diet low in fat and carbohydrates with plenty of fruit and vegetables. The day is coming to an end and cortisol, the stress hormone is getting lower. It is time to relax. As the night draws in, the metabolism and blood pressure drop. There is constant flow of sleep-inducing hormone called metabolism amid and my heart-rate gradually drops.

At 10p.m I have a warm bath. Soon after at around 10.30 I am in bed well tucked in, having sprinkled some drops of lavender oil on my pillow to help me drop off as if I need them. At 3.00 o'clock in the morning, I am in deep sleep as my blood pressure; levels of stress hormones and alertness have plummeted to their lowest.

Questions

1. Suggest another title for the passage. (1mk)

2. What type of work does the writer do? Give reasons for your answer (3mks)

3. What are the writer's hobbies? (4mks)

4. Supporting your answer with illustrations from the passage, identify the social status of the writer (3mks)

5. What does professor Blundell advise one to do in order to have a refreshed day?
(3mks)

6. Make notes on the way the writer spends her day. (6mks)

Question 3: Grammar

(30 Marks)

A. Fill in the blanks in each of the following sentences with 'a' 'an' or 'the'.

- I. _____ tall talented teacher was playing music for his class.
- II. There is _____ orange in the room but the girls do not want to eat it.
- III. His father was _____ lawyer.
- IV. Okelo, _____ Luo poet, wrote very interesting poems.
- V. What _____ nuisance! I left the meat on the table and the dog has eaten it!

B. Choose the correct word in brackets to complete the sentences below.

- I. One of the cats (scratch, scratches) children.
- II. Two ships of the Nigerian fleet (is, are) missing.
- III. AIDS is one of the newest epidemics that (has, have) aroused public interest.
- IV. Three months of my leave (was, were) wasted.
- V. The cause of the earth (is, are) wasted.

C. Fill in the blanks with either a subject or verb as indicated by the brackets.

One day Kamau _____ (to see) a tortoise crossing the road. He _____ (to throw) a stone at it and in place of a tortoise _____ (to appear) a stone. This _____ (to be) strange. He never _____ (to think) a moving animal could become a stone, so he picked it up and _____ (to take) it home. He was very pleased with himself when he arrived home.

When Muthoni saw him, she _____ (to order) him to throw it down while his youngest sister _____ (to become) hysterical. The child _____ (to grow) so violent that soon the whole family was _____ (to throw) into a panic.

Question 4: Oral literature

(20 Marks)

1. What is oral literature?

3mks

2. Name five genres of Oral Literature

5mks

3. Give four reasons as to why we study oral literature.

4mks

4. List down five qualities of a good story teller.

5mks

5. Describe what is a myth?

3mks
