

# Integrated Skills in English

## ISE I

### Reading & Writing exam

### Sample paper 8

Your full name:.....  
(BLOCK CAPITALS)

Candidate number:.....

Centre:.....

Time allowed: 2 hours

#### Instructions to candidates

1. Write your name, candidate number and centre number on the front of this exam paper.
2. You must not open this exam paper until instructed to do so.
3. This exam paper has **four** tasks. Complete **all** tasks.
4. Use blue or black pen, not pencil.
5. Write your answers on the exam paper.
6. Do all rough work on the exam paper. Cross through any work you do not want marked.
7. You must not use a dictionary in this exam.
8. You must not use correction fluid on the exam paper.

#### Information for candidates

You are advised to spend about:

- ▶ 20 minutes on Task 1
- ▶ 20 minutes on Task 2
- ▶ 40 minutes on Task 3
- ▶ 40 minutes on Task 4

#### *For examiner use only*

Examiner initials	Examiner number

# Integrated Skills in English I

Time allowed: 2 hours

This exam paper has four tasks. Complete all tasks.

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## Task 1 — Long reading

### Paragraph 1

Eating healthy food is very important for our body. Healthy food gives us energy and helps us stay strong. It also protects us from diseases and helps us feel good every day. If we eat too much junk food, we can become tired and sick. Junk food has too much sugar, salt, and fat, which are not good for our health. That is why we should choose healthy food for a better life and avoid eating too much unhealthy food.

### Paragraph 2

Fruits and vegetables are some of the best healthy foods. They have many vitamins and minerals that our body needs. For example, oranges have vitamin C, which helps us fight colds and keep our skin healthy. Carrots are good for our eyes because they have vitamin A, and bananas give us energy because they have natural sugar. Green vegetables like spinach and broccoli help keep our bones and muscles strong. We should eat different kinds of fruits and vegetables every day to stay healthy. A colorful plate with many fruits and vegetables is a sign of a good meal.

### Paragraph 3

Protein is also important for our body. It helps build muscles and makes us strong. Some good sources of protein are eggs, chicken, fish, beans, and nuts. Eating protein every day helps us grow and stay active. Instead of eating too much fast food, we can eat a piece of grilled chicken or a handful of nuts for a healthy snack. Dairy products like milk, cheese, and yogurt also have protein and calcium, which are good for our bones and teeth. People who do not eat meat can get protein from plant-based foods like tofu, lentils, and chickpeas.

### Paragraph 4

Drinking enough water is another important part of a healthy diet. Our body needs water to work properly. Water helps our skin look fresh and keeps us from feeling tired. It also helps us digest food better. It is better to drink water instead of soda or sugary drinks, which can harm our teeth and make us gain weight. Milk is also good because it has calcium, which makes our bones strong. Herbal teas and fresh fruit juices without sugar are also good choices for staying hydrated.

### Paragraph 5

Eating healthy food every day helps us live a happy life. When we eat well, we have more energy and feel better. A healthy diet can also help us concentrate better at school or work. We should try to eat fruits, vegetables, protein, and drink enough water. It is also good to eat slowly and enjoy our food. A healthy diet can help us stay fit and strong for many years. Let's make good food choices, exercise regularly, and take care of our bodies!"

### Questions 1–5

The text on page 2 has five paragraphs (1–5). Choose the best title for each paragraph from A–F below and write the letter (A–F) on the lines below. There is one title you don't need.

1. Paragraph 1 \_\_\_\_\_
2. Paragraph 2 \_\_\_\_\_
3. Paragraph 3 \_\_\_\_\_
4. Paragraph 4 \_\_\_\_\_
5. Paragraph 5 \_\_\_\_\_

- A** Why fruits, vegetables, and protein matter
- B** A guide to nutritious and balanced meals
- C** The dangers of drinking too much water
- D** The importance of eating healthy food
- E** How healthy eating keeps us strong
- F** Simple steps to a healthier diet

### Questions 6–10

Choose the five statements from A–H below that are TRUE according to the information given in the text on page 2. Write the letters of the TRUE statements on the lines below (in any order).

6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

- A** Eating nutritious food provides energy and strengthens the body.
- B** Junk food is the best source of vitamins and minerals.
- C** Protein helps in muscle growth and keeps us active.
- D** Drinking soda is healthier than drinking water.
- E** Drinking enough water improves digestion and skin health.
- F** Fruits and vegetables contain essential vitamins and minerals.
- G** Eating only one type of food is enough for a balanced diet.
- H** A balanced diet can enhance concentration and overall well-being.

### Questions 11–15

Complete sentences 11–15 with an exact number, word, phrase (maximum three words) from the text. Write the exact number, word or phrase on the lines below.

11. Thanks to healthy food we are protected \_\_\_\_\_ so we can feel great all day.
12. A dish with a great variety of colours is \_\_\_\_\_ that we are eating a variety of fruits and vegetables.
13. Rather than \_\_\_\_\_ it's a good idea to eat dried fruit and nuts for a tidbit.
14. If you want good \_\_\_\_\_ you should drink water every day.
15. As well as eating healthy food, you should do \_\_\_\_\_ to look after your body.

## Task 2 — Multi-text reading

In this section there are four short texts for you to read and some questions for you to answer.

### Questions 16–20

In this section there are four short texts for you to read and some questions for you to answer.

As you read each text, decide which text each question refers to. Choose one letter — A, B, C or D — and write it on the lines below. You can use any letter more than once.

Which text

16. mentions the role of safety gear in reducing accidents? \_\_\_\_\_

17. compares risk in diverse sports? \_\_\_\_\_

18. analyses the age bracket that enjoys risk sports? \_\_\_\_\_

19. highlights the importance of training for extreme sports? \_\_\_\_\_

20. emphasizes the need for proper training programmes? \_\_\_\_\_

### Text A

*Extreme sports like rock climbing and skydiving are exciting and challenging but safety rules must be stricter than in other sports, if not, there might be serious accidents. People who do these sports should use the right equipment and training to stay safe. If more people knew about the dangers and how to avoid them, there could be fewer injuries. The best way to enjoy these sports is to always think about safety first.*

### Text B

Hey Tom!

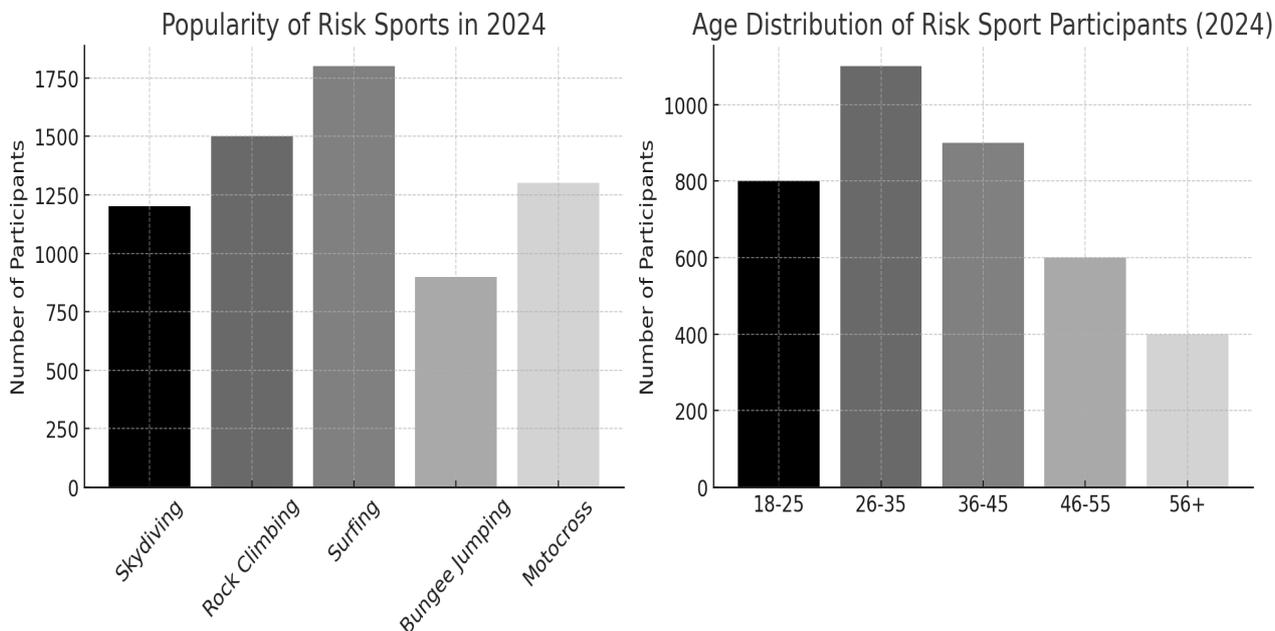
Hope you're doing great! I was just thinking about how awesome extreme sports are—they're all about adventure and adrenaline! It's crazy how things like BMX biking and BASE jumping take so much skill. If only more schools and clubs had proper training programmes, I bet way more people would give them a shot without worrying about safety.

Have you ever thought about trying one? If sports campaigns focused on safety, maybe more people (including me!) would be up for the challenge. Imagine learning from pros and actually doing these insane sports without constantly worrying about breaking a bone!

Anyway, let's catch up soon—maybe we can find a new adventure to try (a safe one, of course ).

Take care!

**Text C**



**Text D**

<b>Sophia</b>	Do you think risk sports are worth the danger they involve?
<b>Liam</b>	They can be safe if proper measures are taken. If safety gear had been used widely before, fewer accidents might have happened.
<b>Sophia</b>	True. But it seems like many athletes still ignore training.
<b>Liam</b>	Exactly. If training programs were more common, more people could enjoy these sports safely.
<b>Sophia</b>	And mental preparation? It seems important but often overlooked.
<b>Liam</b>	Absolutely. Only by focusing on both mental and physical skills can athletes succeed in risk sports.

**Questions 21–25**

Choose the five statements from A–H below that are TRUE according to the information given in the texts above. Write the letters of the TRUE statements on the lines below (in any order)

- 21. \_\_\_\_\_
- 22. \_\_\_\_\_
- 23. \_\_\_\_\_
- 24. \_\_\_\_\_
- 25. \_\_\_\_\_

- A** Risk sports offer a sense of adventure and challenge.
- B** Training programmes help athletes develop skills safely.
- C** Schools and clubs should offer more extreme sports training.
- D** Skydiving is nearly as popular as motocross.
- E** Athletes rely solely on physical skills for success.
- F** Safety gear reduces accidents in risk sports.
- G** Ignoring training increases the risks of injuries.
- H** Mental preparation improves performance in extreme sports.

**Questions 26–30**

The notes below contain information from the texts on pages 4 and 5. Find an exact number, word or phrase (maximum three words) from texts A–D to complete the missing information in gaps 26–30.

11. Safety \_\_\_\_\_ helps reduce accidents in risk sports.
  
12. The graphs prove that surfing is mostly done by people between \_\_\_\_\_ .
  
13. With better training schemes, more people would take \_\_\_\_\_ risk sports.
  
14. Mental training is also \_\_\_\_\_ but people sometimes forget it.
  
15. Many risks sports take a long time to learn and need a lot of \_\_\_\_\_

### **Task 3 — Reading into writing**

Use the information you read in texts A, B, C, and D to write an essay (150–180 words) discussing the benefits and challenges of communication technology and proposing solutions to ensure its responsible and equitable use.

**Do not copy from the texts. Use your own words as far as possible.**

You should plan your essay before you start writing. Think about what you are going to write and make some notes to help you in this box:

Planning notes

(No marks are given for these planning notes)

#### Task 4 — Extended writing

Write an email (150–180 words) to a friend suggesting a new hobby they could try. Explain why you think they would enjoy it, give some examples of how to get started, and offer to join them for the first session.

You should plan your writing before you start. Think about what you are going to write and make some notes to help you in this box.

Planning notes

(No marks are given for these planning notes)