

## 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

Read the following text about Madeline Island and answer the 15 questions on page 3.

#### Paragraph 1

Team sports are very important for children today. They do not just help kids stay fit, but also teach important life skills like discipline, teamwork, and confidence. When children play in a team, they learn to work with others, which helps them in school and in jobs later. Sports also help kids set goals and try their best, even when they win or lose. Some people say that too much focus on winning can be stressful, but these challenges can also make children stronger and more confident.

#### Paragraph 2

In my town, there have not been enough sports programs for children. Schools and local areas should provide good places to play, coaches, and training so all children can enjoy sports. When schools do not have enough money for sports, some children cannot join because their families cannot afford it. If we build more sports centers, all children will have a chance to play. Now, more people are trying to improve local sports programs. These programs help children stay active, make friends, and learn to work together.

#### Paragraph 3

Sometimes, youth sports focus too much on individual talent. Coaches often choose the best players and do not give weaker players enough chances. This can make some children feel left out and stop them from playing. It is important to make sure all children can take part, no matter their skill level. A good sports programme should support every child, not just the best ones. Giving equal chances to play and focusing on personal improvement instead of just winning can help children enjoy sports for a long time.

#### Paragraph 4

Experts say that youth sports should focus on including all players, not just winning. Coaches should make sure every child gets to play and improve. While competition is important, teamwork and friendship matter too. If sports programmes follow these ideas, they will be fairer and more enjoyable. This way, children can learn life skills, grow as individuals, and stay interested in sports.

#### Paragraph 5

In conclusion, competition in sports is good, but fairness is also important. When all children can play and enjoy sports, they develop better skills and have more fun. If we support fair sports programmes, children can learn teamwork, never give up, and grow into strong and confident people. These values will help them in sports and in life.

**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 .....

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|---|
| <p>A Balancing Competition and Inclusion</p> <p>B The Value of Fair and Supportive Sports Programme</p> <p>C The Need for Better Sports Programs</p> <p>D Sports versus Youths</p> <p>E Inclusivity in Youth Sports</p> <p>F The Importance of Team Sports for Children</p> |
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**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. ....

- |  |
|--|
| <p>A Life skills are not considered important in a child's development.</p> <p>B Only the most skilled children benefit from participating in sports programs.</p> <p>C When children get a chance to play, they can develop important life skills.</p> <p>D Some children are unable to take part in sports because it is too expensive.</p> <p>E Skills like teamwork and discipline are learnt by doing sports in a team.</p> <p>F All children in sports programs receive equal playtime and attention from coaches.</p> <p>G Some coaches focus on the best players and do not give weaker players a chance.</p> <p>H Experts believe that youth sports should prioritize inclusion along with competition.</p> |
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**Questions 11-15**

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

11. By doing sports, children are able to \_\_\_\_\_ and excel at something.
12. There are citizens who \_\_\_\_\_ to do sports because of the cost.
13. When children concentrate on \_\_\_\_\_ and not only on coming first in a competition, they will be able to find enjoyment.
14. These programmes can make sports \_\_\_\_\_ for all children who will enjoy the activity more.
15. Kids will become \_\_\_\_\_ individuals thanks to these sports programmes.

**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**

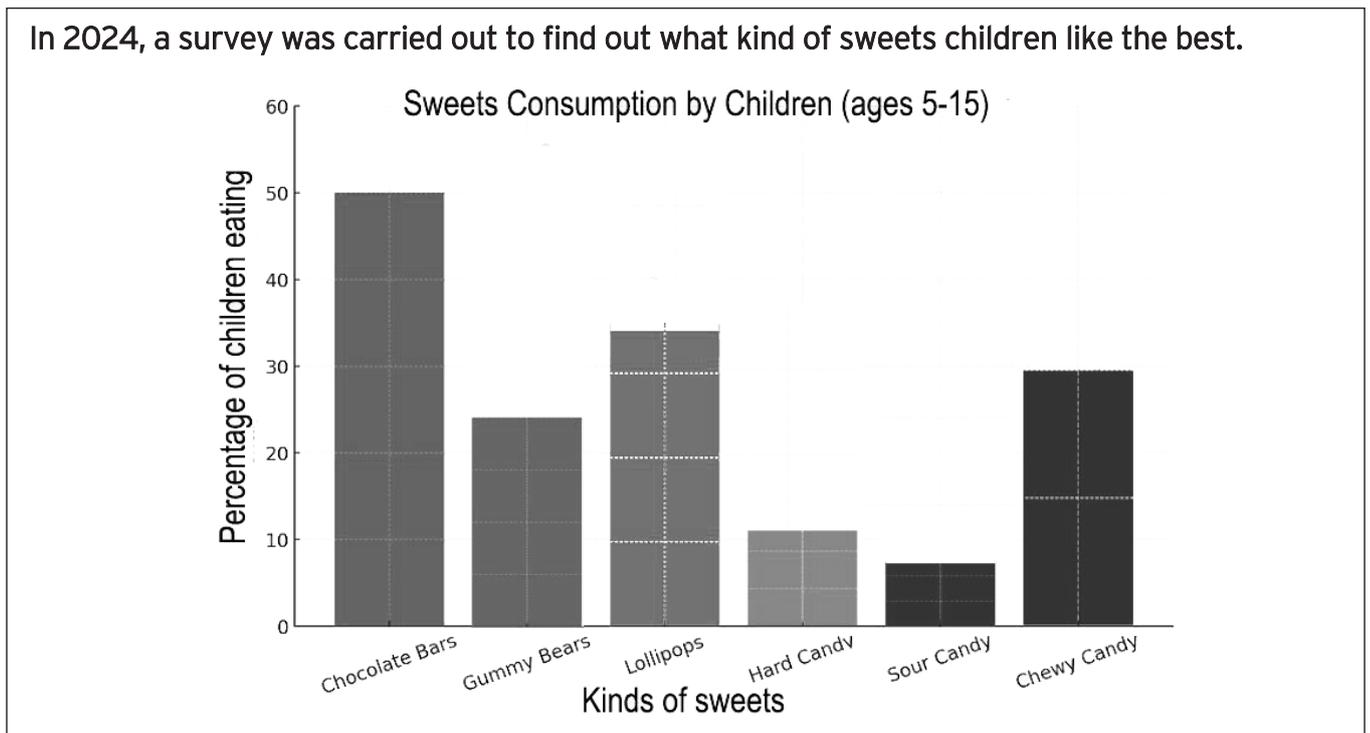
Read questions 16-20 first and then read texts A, B, C and D below the questions.

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. gives sound advice about mouth hygiene? .....
- 17. has a good idea to encourage better care for the teeth? .....
- 18. suggests bad habits can harm your teeth? .....
- 19. describes issues that can happen due to not looking after your teeth? .....
- 20. shows the differences in eating habits as far as sweets are concerned? .....

**Text A**



**Text B**

<p>Bad teeth cause many problems. One big problem is pain. Cavities or infections can hurt a lot, making eating and drinking difficult. Some people avoid healthy food because of pain, which can make them sick.</p> <p>Another problem is bad breath. Dirty teeth let bacteria grow, causing a bad smell. This can be embarrassing when talking to others.</p>	<p>Bad teeth can also lead to tooth loss. When teeth are badly damaged, a dentist may remove them. This makes eating and speaking hard and lowers confidence.</p> <p>Finally, mouth infections can spread and cause serious health problems. Taking care of teeth is very important!</p>
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**Text C**

To: david@email.com  
From: max@email.com

Dear Sir/Madam,

I am writing to suggest that schools should conduct tooth decay check-ups for students. Tooth decay is a common problem among children, often caused by sugary foods and poor brushing habits. Regular check-ups can help find problems early and prevent pain or tooth loss. These check-ups can also teach children the importance of brushing their teeth and eating healthy foods. Many families may not have easy access to a dentist, so having check-ups at school will help children get the care they need. I believe this would lead to healthier teeth for all students.

Regards,

Danny Jones

**Text D****Do's:**

- Brush your teeth at least twice a day using fluoride toothpaste.
- Floss daily to remove plaque and food particles between teeth.
- Visit your dentist regularly for checkups and cleanings.
- Use mouthwash to reduce bacteria and freshen breath.
- Stay hydrated to maintain saliva flow, which helps prevent tooth decay.

**Don'ts:**

- Don't skip brushing or flossing.
- Avoid sugary snacks and drinks that contribute to plaque buildup.
- Don't smoke or chew tobacco, as they can harm your gums and teeth.
- Avoid brushing too hard, as it can damage enamel and gums.

**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 You should visit the dentist once a year.  
B Poor dental hygiene can lead to pain and dental problems.  
C Tobacco is recommended for gums and teeth.  
D Having bad teeth does not affect a person's ability to eat, speak, or feel confident.  
E Food that contains sugar can affect the plaque negatively.  
F Chocolate is the most popular candy that children buy,  
G Schools should help to inspect children's mouths.  
H The suggestion of having check-ups at school will help poorer children receive the dental attention they require.

**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.

Write the exact number, word or phrase on the lines below.

**Notes****Statistics and problems**

- Sweet and chewy candies are more popular than sour and (26.) \_\_\_\_\_
- Chocolate and lollipops are the most popular sweets.
- Dentists (27.) \_\_\_\_\_ teeth when they are in very bad conditions.
- Health problems caused by mouth infections.

**Advice and suggestions**

- Education could play a role in dental care.
- Children could have check ups at school.
- Regular (28.) \_\_\_\_\_ will keep teeth healthy.
- Drinking water and using a mouthwash can help you (29.) \_\_\_\_\_ bacteria.
- Don't forget to (30.) \_\_\_\_\_ twice a day.

**Task 3 – Reading into writing**

Write an essay (100-130 words) for your teacher about the importance of looking after your teeth..

Use the information you read in texts A, B, C and D (pages 4 and 5) to:

- ▶ explain why it is important to look after your teeth
- ▶ suggest ways that you can look after their teeth **and**
- ▶ describe why there is a problem in dental care.

**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 article (100-130 words) for a website about if school uniforms are a good idea or not.. You should:

- ▶ describe some advantages of wearing a uniform **and**
- ▶ say why we children prefer to wear their own uniforms.

You should plan your article 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)

**Now write your article of 100-130 words on the lines below.**