

## FORM 3 END TERM 3 EXAM ENGLISH PAPER 2

1. Read the passage below and then answer the questions that follow.

### THE DETOX DEBATE

Detox kits and supplements are recent health fads. But can they really help you lose weight fast? Online weight loss coach Andrew Cate investigates.

We've heard a lot about the need to detox lately. It is the term used to describe a strict program of elimination and supplementation that is meant to rid your body of impurities, cleaning your liver and kidneys, and flushing your bowel. It is suggested that toxins build up from consuming too much fat, sugar, alcohol, caffeine, preservatives and pollution.

There's no shortage of detox books, kit and programs claiming to help you shed weight, improve your well-being, cause your skin to radiate and make you feel younger. The kits usually contains a dietary program which is supplemented with a variety of vitamins, minerals, tonics, digestive aids and laxatives. They are particularly popular in January as people feel the urge to begin the New Year afresh after overindulging during the festive season.

People will make drastic changes when they go on a detox diet and often feel better for starting a structured regime. However, detox kits made up of herbal laxatives and diuretics are unnecessary and have generally no proven benefit. Detox regimes do not improve kidneys and liver function. These organs are designed to filter your blood fats, alcohol and other nasties- all without the help of a fancy box from your local pharmacy. There is no scientific evidence to support specific detox diets. Programs or supplement kits. However, there's no debate about the fact that eating less junk food, cutting out cigarettes and your alcohol intake etc will benefit your health. For example drinking more water and cutting out caffeine will improve your bowel function. These changes will enhance your well-being but there's nothing magical about the detox diet itself. Rather it's the associated lifestyle changes that benefit your health. Detox kits that contains laxatives and diuretics to encourage you to fast could, potentially, do more harm than good. Laxatives speed up your bowel motions, but also prevent absorption of nutrients, while diuretics can result to partial dehydration.

The fasting component of a detox should only be minimal, and not extend beyond a day or two. By eating next to nothing, you are not getting enough nutrients for the essential functions of your body. Supplements are no substitute for real food, and relying solely on them can result in vitamin deficiencies. Fasting is also known to slow down your metabolic rate, which encourages your body to store fat, making it harder to lose body fat in the future.

If you've spent weeks, months or years overindulging, drinking and smoking you can't hope to fix yourself in a few days. Detox diets aren't an instant cure to health and wellness. Short-term changes to your diet and lifestyle only result in short-term changes to your health and wellness. If you can't stick to the lifestyle changes you make over the long term, there's no point starting them as they won't have any serious impact upon your health.

### Questions.

a) What is detoxing?

(2marks)

- b) From the information given in the passage, what builds up toxins in the body? (2mks)
- c) Give the contents of a detox kit. (2 marks)
- d) When do detox kits sell most? (1 mark)
- e) In about 80 words summarize the writer's argument on whether we need to detox or not. (5marks)
- f) Outline the dangers of detox diets. (3marks)
- g) Detox diets aren't an instant cure to health and wellness. (Write in the affirmative)(1 mark)
- h) We've heard a lot about the need to detox lately. (Re-write the sentence into passive)(1 mark)
- i) Explain the meaning of the following words as used in the passage.(3marks)
- I. Laxatives
  - II. Overindulging
  - III. Deficiencies

**2. Read the following excerpt and answer the questions that follow.**

Her dream was rudely and violently interrupted by a thunderous bang and a loud roar of laughter. She woke up with a start, jumped up to her feet and stared at the door with wide panic-stricken eyes. For a moment she could not figure out her surroundings and called out the name of her sister Taiyo. She was terrified. The door flung open and Olarinkoi staggered in. He was stone drunk. Resian stared at him

**unblinkingly** as he walked towards her and she backed off terrified, squeezing herself flatly against the wall. He followed her there and got hold of her shoulders and shook her violently glaring at her with his glittering eyes.

“You silly thing,” he thundered angrily. “I tell you to prepare food and you refuse to do so, eh? Today you will know who is the owner of this home. If you are still in doubt, let me tell you frankly that from today on you are my wife, hear that, eh? You are my wife. For a long time you have been sneering at me, showing how highly educated you are. Today we shall see how educated your body is! Yes, we shall see!”

He got hold of her hand and began dragging her into the other room. At first she did not understand his intention until he began unfastening her buttons with his rough trembling hands. Then the truth came, and with it, terror and panic. She tried to get away from him, but he held her **effortlessly** as he brutally continued fumbling with her dress, trying to loosen it. She screamed as loudly as she could while she pushed him away and thrashed frantically about. But that did not deter him and he totally ignored her screams holding her more firmly with his strong arms. Against her loud protest, he tore her garments and began to push her towards the bed.

Then desperately she took the last chance of self-defense and self-preservation. **Mustering** all her strength, she thrust his thumb into her mouth; sunk her teeth into the flesh like a ferocious animal and tenaciously held onto it, tugging at it fiercely like a lioness. She could feel the flesh tearing and she tasted the salt of his blood as it filled her mouth but she clung unto the thumb as Olarinkoi **howled** with pain.

- a) What are the contents of Resian’s dream? (4 marks)
- b) Discuss one character trait of Resian in this excerpt.(2 marks)
- c) What has greatly changed in Olarinkoi in this excerpt compared to his earlier conduct in the novel? (3 marks)
- d) Identify and illustrate two aspects of style in this excerpt.(4 marks)

e) Explain two themes in the excerpt. (4 marks)

f) Explain what happens immediately after the excerpt.(3 marks)

g) "Today we shall see how educated your body is." Rewrite in reported speech. (1 mark)

h) Explain the meaning of the following expressions in the passage. (4 marks)

(i) Unblinkingly

(ii) Effortlessly

(iii) Mustering

(iv)Howled

**3. Read the following oral poem and then answer the questions that follow.**

Listen

My husband

In the wisdom of Lang'o

Time is not stupidity split up

Into seconds and minutes.

It does not follow

Like beer in a pot

That is sucked

Until it is finished.

It does not resemble

A loaf of millet bread

Surrounded by hungry youths

From a hunt

It does not get finished

Like vegetable in the dish.

A lazy youth is rebuked  
A lazy girl is slapped  
A lazy wife beaten  
A lazy man laughed at  
Not because they waste time  
But because they only destroy  
And do not produce

And famine  
Invades your villages  
And women take their baskets  
To go and beg, food,  
Strangers will sleep with them.  
They will have your wives  
And what can you say?

### Questions

- a) Classify the above song. (2 marks)
- b) Who is the singer? (2 marks)
- c) Explain two economic practices by the community from which the song is derived. (4 marks)
- d) Identify and illustrate three aspects of style found in this song. (6 marks)
- e) Contrast the Africans and Westerners in view of: (2 marks)
- Time
  - Concept of hard work
- f) Giving examples, state the dominant tone of this song. (2 marks)

g) Identify the moral lesson in this song.

(2 marks)

### GRAMMAR

a) Answer the following questions according to the instructions given after each. (3marks)

- I. In the 16<sup>th</sup> century, Shakespeare wrote many plays. (Underline the adverbial phrase)
- II. If you come to the arena, you will meet the great Isukuti dancers. (Re-write using.... Unless)
- III. The principal advised the students to consider the consequences of their behavior. (Rewrite in direct speech)

b) Complete each of the following with the correct phrasal verb formed from the word given in brackets. (2 marks)

- I. Don't worry, the police will \_\_\_\_\_ the matter. (look)
- II. Njoroge is not reliable. He promised to support our plan but \_\_\_\_\_ at the last minute. (back)

c) Use the correct form of the words in brackets to fill the blanks. (2 marks)

- I. The inmates took advantage of the \_\_\_\_\_ to escape from custody. (confuse)
- II. The matter should be handled \_\_\_\_\_. (caution)

d) Fill in the blank with the appropriate choice between the two given in brackets. ( 3 marks)

- I. No criterion \_\_\_\_\_ been established. (has/have)
- II. The mother had just \_\_\_\_\_ down to rest when the baby cried. (laid/lain)
- III. The number of excellent English books in our library \_\_\_\_\_ increased. (has/ have)

e) Join the following pairs of sentences by using a relative pronoun. (2 marks)

- I. Nyaga walked along the path. The path led to the river.
- II. Rabies is a disease. It is commonly spread by dogs.

f) Explain the meaning of the underlined idiom. (1 mark)

The chairperson ate the humble pie and returned to the negotiation table.

g) Explain the difference between the following sentences.(2 marks)

- i. I like you better than him.

III. I like you better than he.