

CONTINUOUS WRITING

[50 MARKS]

You are required to answer only **one** question from this section. Your answer should not be less than **450** words. All questions carry equal marks. You are advised to spend about **45** minutes on this section.

1. An epidemic has broken out in your community as a result of a poor source of water. Write a letter to your Local Government Chairman notifying him of this development and requesting his assistance in providing portable water for the community.
2. Write an article suitable for publication in a national daily on the rising cases of kidnapping in your country and suggest ways of curbing the evil act.
3. Narrate a story that illustrates the saying: *Hard work pays*.
4. You are the chief speaker in a debate on the topic: *Globalisation is a Threat to Cultural Preservation*. Write your arguments *for* or *against* the motion.

SECTION B
COMPREHENSION
[20 MARKS]

You are advised to spend about 30 minutes on this section.

5. Read the passage below carefully and answer the questions on it.

Dogs can be trained to perform various tasks. These include looking after the disabled or the sick. For the mobility-impaired, highly trained canines can pick up dropped items, open and close doors, help the person in and out of a bathtub and pull off gloves, shoes and socks. These dogs, known as 'service dogs', can also be trained to push and pull wheelchairs and do other duties such as *alerting* their owners of the sound of doorbells, phones, alarm clocks and even dial "911" on large-keyed phones. Besides, these dogs provide companionship and unconditional love for the people they assist. Indeed, they are man's best friend.

For Mike, 30, who has been paralysed since he snapped his neck while falling from a rock ten years ago, his trained dog, Max, has become his constant companion and assistant. "I used to feel helpless and frustrated for having to depend on people all the time. I felt I was a big burden and nuisance to them. After Max came along, I felt much better. He is always with me and does his duties without the slightest fuss or annoyance. He is my trusted companion. With him around, I certainly do not feel lonely. In fact, I now feel much better about myself. I would say Max has *minimised* my disability and improved my general outlook."

Three years after the accident, Mike had enrolled himself as an undergraduate in a university. He lived in an apartment and had an automated wheelchair and a live-in attendant to look after his needs. "The set-up seemed good in the beginning. However, my human assistant could not always be there to anticipate my need. Once, I dropped the key to my van and I could not bend down to pick it up. On another occasion, while doing my assignment, I dropped my pen and had to wait for quite a long while before my attendant came and picked up the pen for me. With Max around, I have avoided *unnecessary* loss of time. *The uncomplaining canine* provides 24-hour assistance. He gets excited or rather happy to be of help to me. He appears to be rather bored when he has nothing to do."

Max was Mike's full-time *companion* throughout his university days. He went to the grocery store with Mike, stayed with him in the apartment and attended classes with him. "Max is highly specialized. He performs tasks to fulfil my *specific* needs any time of the day. However, training the dog is a continuous process. Of late, I have been trying to teach him to bark on command. I sometimes have bad muscle spasms that knock me forward into my lap and won't be able to get back up. My plan is that Max could bark when this happens

to get attention and help. It is by no means easy, for Max has been taught not to bark. Now, I have been barking at him to show him how to bark."

Dogs can also be trained to provide some form of "therapy" to patients in hospitals or nursing homes. "There, people with physical or mental illness can share the joy, comfort and liberating moments the canines can provide. The same can be said of Max", said Mike. "I find comfort in having him close to me. He understands my *moment* of joy or sadness", he added.

- (a) State **two** ways that dogs can be of help to the physically challenged. (2 marks)
- (b) How did Mike feel before the coming of Max? (2 marks)
- (c) Mention **two** advantages of service dogs over human assistants. (2 marks)
- (d) State **one** way Max helped Mike in school. (1 mark)
- (e) Why has Mike been trying hard to teach Max how to bark? (2 marks)
- (f) *The uncomplaining canine...*
 - (i) What is the grammatical name given to this expression? (1 mark)
 - (ii) What is its function in the sentence? (2 marks)
- (g) State **two** emotional benefits patients can get from the services provided by dogs. (2 marks)
- (h) Find one word or phrase which is *nearest in meaning* to and can, at the same time replace each of the following words as used in the passage:
 - (i) alerting
 - (ii) minimised
 - (iii) unnecessary
 - (iv) companion
 - (v) specific
 - (vi) moment

One mark for each correct answer i.e. $1 \times 6 = 6$ marks

SECTION C

SUMMARY

[30 MARKS]

You are advised to spend about 30 minutes on this section.

6. Read the passage below carefully and answer the questions on it.

When I was struggling with insomnia coupled with the pot-belly I developed that has deformed my shape, I began to look for solutions rather than causes. One day, while sitting at the balcony upstairs our story building, I saw a stout young black man with a pot-belly like me walking from one end of the street to another repeatedly. I began to wonder what the problem was. With my high level of curiosity, I quickly ran downstairs and walk to him to enquire. "Young man, I sighted you afar walking from one end of the street to another severally, what is the matter? I asked".

The Young man took a deep breath which was an indication of exhaustion before responding. "Sir, I want to lose weight and cut down fats from this pot-belly. Walking is a form of exercise. It is one of the simplest yet most effective type of exercise. It requires no special equipment, can be done anywhere, and offers numerous advantages, whether you are aiming to lose weight, burn calories, boost your mood, increase your agility, or improve your overall wellbeing, walking can be the key to achieving your goals".

To ascertain this, I visited my doctor and explained my situation in relation to the young man's explication. The doctor elucidated vividly on it and this corroborated the young man's position. Furthermore, the doctor enumerated the benefits associated with walking to our health and wellbeing.

Firstly, the doctor affirmed that if you are struggling with insomnia or poor sleep quality. Walking might be the perfect solution. Regular physical activities such as walking helps regulate the sleep-wake cycle and promotes better sleep patterns. Walking, especially during daylight hours also helps to adjust your internal system, making it easier to fall asleep and wake up strong and healthy as well as feeling refreshed.

Secondly, he unequivocally slated that the most well-known benefits of walking is its ability to help with weight management. For instance, regular walking burns calories, which can contribute to weight loss and maintenance. According to medical experts, brisk walking for thirty minutes can burn approximately one hundred and fifty calories, depending on your weight and walking pace. This calories burn serve as evidence that walking is a valuable component of any weight loss strategy.

Thirdly, walking helps to improve the mental health of an individual. It is good for the body and also beneficial to the mind. For example, frequent walking can help reduce symptoms of anxiety and depression, improve one's mood and boost the overall mental wellbeing of the walker. Walking helps the body to release endorphins, also known as

“feel-good” hormones which can enhance your mood and reduce stress. Walking out-doors provides the added benefit of fresh air and nature, which can further improve mental health. Fourthly, walking can help one who is slothful or feeling sluggish. Research shows that engaging in regular walks increases oxygen flow throughout the body and helps boost energy levels. Unlike other forms of exercise that might leave you feeling drained, walking energises and revitalises, making it an excellent option for those looking to increase their daily activity without over exertion.

In addition, walking can boost the immune system, making one less susceptible to illness and diseases attack. Frequent walking promotes the circulation of immune cells in the body, helping them to do their job more effectively. This can lead to a reduced incidence of common illness like cold and flu.

More so, walking is one of the major therapies for heart health. For a better functioning of the heart, walking helps to improve circulation, reduce cholesterol levels, and lower blood pressure. Studies have shown that walking at least thirty minutes a day, five days a week, can reduce the risk of coronary heart disease. By incorporating walking into your routine, you can strengthen your heart and reduce the likelihood of cardiovascular issues. These and many more are the benefits of this simple exercise. Go and practice it. Your pot-belly and the insomnia will disappear.

Finally, it is important to develop a culture that will help you imbibe this activity into daily routine, start small if you are new to it. Start with short distances and gradually increase your time and pace. Set goals for your walking routine. Use a pedometer or fitness tracker to monitor your progress. Make it enjoyable by listening to music, audiobooks or podcasts. Walk with a buddy. It will keep you motivated and make the time pass more quickly. This was actually what helped me and I am living a good and healthy life today.

In six sentences, one for each, summarize the benefits of walking to our health.

(30 marks)