

**PAPER II****SECTION A****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. Write a story to illustrate the saying: *There is light at the end of the tunnel.*
2. Write an article suitable for publication in a national daily on the effects of electoral malpractice on democracy.
3. Write a letter to the Minister of Defence of your country drawing his attention to the *security challenges in the country and suggesting ways of tackling them.*
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.

Tersoo could not continue with his academic career due to his checkered academic performance in school. His parents concentrated on his elder brother, Joseph, who undeniably, was a genius. Joseph was consistently on top of his class throughout his primary and secondary education, and capped it up with a brilliant performance in the Senior School Certificate Examination (SSCE). This feat earned him a scholarship to study medicine in one of the renowned universities in the country.

Before his departure to school, a party was organized to celebrate what his father termed “the first of its kind” in the history of Amu Clan. Relatives, friends and well-wishers were invited to felicitate with the family over the academic milestone. A lot of money was lavished to provide his personal effect in school. On the other hand, Tersoo was apprenticed to his maternal uncle to learn tailoring in the next town after secondary education.

In one of his visits to the family house to see his parents (that was about two years after), Tersoo noticed that Joseph was unusually *furtive*. He would lock himself up in the room almost a whole day without talking to anyone. He tried to draw their father’s attention to this strange behavior, but he dismissed any negative implication, saying that he was rather *engrossed* with his academic work.

At work one day, Tersoo got the wind that his brother was expelled from the university, having been found culpable of drug abuse and membership of one of the dreaded cults on campus. The news hit the family like a bombshell! The disappointment that ensued caused their father psychosomatic breakdown. Immediately, he developed high blood pressure (BP) that later degenerated into stroke. Their mother had to liquidate her petty business to offset medical bills.

Joseph disappeared from the house, and Tersoo became the bread-winner of the house. From the little earnings from the shop which his uncle had established for him, he was able to buy food for the family and take care of his father’s medical expenses.

This story teaches that parents should not be obsessed with the intellectual well-being of their children at the expense of sound moral training. Academic excellence without *saintliness* is a nullity. The two must go hand in hand to mold a total individual.



- a. Why did Tersoo give up his academic career? (2 marks)
- b. How did Joseph justify his academic process? (2 marks)
- c. How did Joseph's father celebrate his success? (2 marks)
- d. What did Tersoo notice in his brother? (2 marks)
- e. What was their father's reaction when he was noticed of Joseph's strange behavior? (2 marks)
- f. Before his departure to school.....
- i. What grammatical name is given to the expression above? (1 mark)
 - ii. What is its function in the sentence? (2 marks)
- g. Why was Joseph expelled from the university? (1 mark)
- h. In one sentence, explain how Joseph's expulsion affected the family. (2 marks)
- i. Find one word or phrase which is nearest in meaning to, and can replace each of the following words as used in the passage.
- i. Checkered
 - ii. Virtue
 - iii. Furtive
 - iv. Engrossed
 - v. Liquidated
 - vi. Saintliness

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

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 of 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 outdoors 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 energies 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 from each summarize the benefits of walking to our health.

(30 marks)