



EXAMINATIONS COUNCIL OF ESWATINI

Junior Certificate Examination

CANDIDATE
NAME

CENTRE
NUMBER

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CANDIDATE
NUMBER

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ENGLISH LANGUAGE

101/01

Paper 1 Reading and Directed Writing

October/November 2022

1 hour 30 minutes

Candidates answer on the Question Paper.

No additional materials are required.

READ THESE INSTRUCTIONS FIRST

Write your name, Centre number and candidate number in the spaces provided.

Write in **blue** or **black ink**.

Do **not** use staples, paper clips, highlighters, glue or correction fluid.

Answer **all** questions.

Dictionaries are **not** allowed.

The number of marks is given in brackets [] at the end of each question or part question.

For Examiner's Use	
Exercise 1	
Exercise 2	
Exercise 3	
Exercise 4	
Exercise 5	
Total	

This document consists of **11** printed pages and **1** blank page.

Exercise 1

Read the following passage and answer the questions on the opposite page.

BULEMBU

Bulembu lies on the South African border at the end of a rough road west of Pigg's Peak. The nearby mountains include the 1862m summit of Emlembe, the kingdom's highest peak. The town, nestled at the foot of the mountain, is surrounded by the natural beauty of lush green hills and eucalyptus forests.

It was built during the 1930s to serve the Havelock Asbestos Mine which was once the backbone of Swaziland's economy. This mining community was left a ghost town after the asbestos market collapsed and the mine was closed. However, it has since received a new lease of life courtesy of a pioneering charity project. This has since restored the community through a combination of social welfare, notably the rehousing of vulnerable children in old miners' accommodation. There are also small-scale industries including timber, honey production, spring water bottling, a dairy and a bakery.

One achievement of Bulembu's rebirth has been the preservation of its original 1930s structures. Today tourists can visit the

fascinating and well-kept mining museum, visit the old colonial buildings, see the local enterprises in action, stay at the charming Bulembu Country Lodge and hike high into the hill.

Local hiking routes include a 300m walk to a nearby waterfall viewpoint and a five-hour hike up the summit of Emlembe. The routes are well-marked, and guides are available at the Bulembu Country Lodge. The excellent local birdlife includes montane grassland and mist belt forest species, such as malachite sunbird and Knysna turaco.

If you are planning to stay for a while, Bulembu provides a rich cultural experience. You can enjoy the peace as you relax and appreciate our scenic beauty, or be changed forever by getting involved with the town's projects by helping restore and bring hope to this town. Finally, the town is within reach of all the major South African attractions like the Kruger National Park.

For more information please visit us at www.thekingdomofeswatini.com/bulembu or call us at 243 73381.

- (a) According to the passage how high is the mountain peak of Emlembe?
..... [1]
- (b) What natural beauty can be found at the edge of this town?
..... [1]
- (c) Why was Bulembu town developed?
..... [1]
- (d) Mention **three** activities meant to revive the town.
.....
.....
..... [3]
- (e) Where does the shortest hiking route end according to the passage?
..... [1]
- (f) What **two** options are available to the tourist in Bulembu?
.....
..... [2]
- (g) How can one contact Bulembu office online?
..... [1]

[Total: 10 marks]

Exercise 2

Read the following passage and then answer the questions on the opposite page.

HIGH-INTENSITY INTERVAL TRAINING

For the past five years or so, high-intensity interval training has been one of the most popular forms of exercise. It is described as any form of training that consists of short bursts of intense exercise with low intensity recovery periods in between. The periods of vigorous exercise can vary from forty five seconds to a few minutes. After resting for a similar time frame, the sequence is repeated. The entire workout may take thirty minutes, but it provides a wide range of benefits.

The strength of high intensity interval training lies in the fact that it lasts for a short period which makes it a very practical and effective choice for people who find it difficult to commit to longer sessions. Also, it does not require any equipment or gym membership, so people can do it anywhere and at a time that suits them. In this form of training there are a variety of exercises that can be done which include; cycling, swimming, biking, hopping or running for a few minutes then stopping to rest and repeating that sequence three or four times. The aim is to strengthen the heart and muscles during each interval without pushing yourself into hopeless exhaustion or injury.

Scientific evidence reveals that it leads to larger increases in the volume of oxygen uptake in the body which is a measure of a person's aerobic fitness and endurance. A higher volume of oxygen uptake is in turn strongly associated with longer life. This also suggests that training in intervals is likely to have a more powerful influence on our life spans than, for instance, gentle walks.

To develop an effective high intensity interval program, exercise scientists consider the duration, intensity and frequency of the workout intervals. They also consider the length of the recovery periods. The intensity should be about 80% of one's estimated highest heart rate. Ideally, the workouts should feel like a person is exercising moderately hard on the first interval, and very hard on the next. The rest periods should feel like a very comfortable physical activity so that they can help the person recover and prepare for the next exercise. The relationship between the workouts and rest periods is very important.

However, there are a number of safety concerns with this program. For instance, persons who have been physically inactive for a long time may develop an increased risk of coronary disease. Family history, cigarette smoking, hypertension and diabetes will significantly increase this risk. A medical clearance from a doctor may be an appropriate safety measure for anyone with these conditions before starting the program. Again, before starting the training, a person is encouraged to establish a foundational level of fitness.

Despite the benefits of this exercise, not everyone is keen or able to commit to regular sessions. The most common barriers are lack of time and a boring routine. However, a little creativity to get the most out of your time such as getting up earlier may be all you need. Finally, it is natural to get tired of repetitive exercises especially when one does the workouts alone. Therefore, it is vital to choose exercises you are likely to enjoy.

- (a) What is high intensity interval training?
.....[1]
- (b) Which group of people find this form of training a practical choice?
..... [1]
- (c) Mention **three** examples of exercises people can do in this program.
.....
..... [1]
- (d) According to the passage, how are gentle walks different from interval training?
.....
..... [1]
- (e) Mention **three** things to consider when designing workouts in each interval.
.....
..... [1]
- (f) According to the passage, how can lack of time and a boring routine be solved? State **two** ways.
.....
..... [2]
- (g) Give **three** benefits of high intensity interval training.
.....
.....
..... [3]

[Total: 10 Marks]

Exercise 3

Read the following passage about Lineo Molise and fill in the form on the opposite page.

Lineo Molise is a Lesotho-born South African actress, dancer, rapper and businesswoman best known for playing Talita Ndou on Moments which features on TV 2. She was born on 23 January 1988 in Maseru, Lesotho. She then moved to another district called Mohale's Hoek where she grew up. From an early age Lineo used to be in almost all the plays at school. She would take part in any form of art such as singing and drama. The Moments star had a dream of studying music because she believed that she was born to be a superstar but never pursued it because her mother was skeptical about her chances of success in art.

She attended St Stephen's High School in Mohale's Hoek, Lesotho. After completing her Matric the star ended up studying political science at the National University of Lesotho, in 2011.

Though she was already pursuing a career in political science, Lineo did not shy away from attending Muvhango auditions which were held in Maseru, Lesotho. For her it was a life changing opportunity because she had to pursue her dream which she never

thought would come true. Six months later after the auditions, the star received a call to come to Johannesburg where she landed a different role than she had auditioned for, the role of Talita Ndou on Moments.

In 2014, she was nominated for Outstanding Newcomer for her Moments role of Talita at the inaugural Royalty Soapie Awards. Sadly, she had to leave Moments after eight years on the popular soap to play Linda Khuzwayo on Secrets, a Mzansi 3 drama series. Lineo is also an avid rapper and a businesswoman and she has shared a stage with the late legendary rapper Popcorn. She also does voice-overs for Nkanyezi FM and has endorsed Black Like Me. The former Moments-now-Secrets star is married to Velaphi Twala, a businessman from Mpumalanga and they have one child.

She believes that if you want to become an actor you should first get the right qualification probably in drama and art. When you get a role, understand it, and then you will portray it at your optimal level.

Imagine you are Lineo and fill in the form on the opposite page.

SECTION A (use block letters)

Full Name: [1]

Date and place of birth: [1]

High School Attended: [1]

Career ambition: circle the correct box

Political Science

Drama

[1]

SECTION B (do not use block letters)

Achievement as an actor:

..... [1]

Give one other activity you are involved in:

.....
..... [1]

SECTION C (do not use block letters)

In **12 to 20 words**, write a sentence on how you got the role of Talita.

.....
..... [2]

In **12 to 20 words**, write a sentence on advice you can give to the youth who wish to pursue a career in drama.

.....
..... [2]

[Total: 10 marks]

Exercise 4

Read the following passage about Triceratops.

TRICERATOPS

Triceratops is one of the best-known dinosaurs. It has been spotted everywhere from museums to picture books, toy stores to cinema screens. For this reason, and because a large number of specimens have been discovered, Triceratops is also a much-loved and well-studied species.

Roughly the size of an elephant, this hefty herbivore walked on four legs and lived around the same time as the Tyrannosaurus (or T. Rex). It ultimately succumbed to the asteroid strike that wiped out all non-flying dinosaurs at the end of the Cretaceous period. Its name literally means Three Horn Face, which explains its distinctive appearance, including a bony frill that extended from the top of its skull.

Triceratops had a big head. Its skull was one of the largest of any land animal known to science and particularly big relative to the size of its body. It took up about a quarter of its whole body length, which is an unbelievably big skull. The skull is also what makes Triceratops so memorable. It is easy to assume that its fearsome features were used in prehistoric battles with predators like the T. Rex and while that may be true, their function is much more complicated.

As with many of the things we see in the natural world, there was probably more than one use of the horns. They may have been

used for signalling, for showing off to other Triceratops and potentially for shoving or battling contests over territory or mates or food resources. The horns were robust enough to have had a role in defence, but they may have evolved for display purposes.

The frill, on the other hand, was large but not particularly thick or strong. Palaeontologists once considered that it was used for defending the animal's neck. It is not only Triceratops but all of its relatives had different arrangements of horn, the size of the frills and the spikes around the edges.

Many Triceratops fossils have been found in North America since the species was first discovered in 1887. Its large, heavy-set body could grow to 9m in length and 3m in height. This is comparable with an African elephant. It walked on four strong legs, like a rhinoceros. Another interesting feature about Triceratops fossils is that they were usually found on their own not in herds, unlike a lot of plant-eating dinosaurs. That is slightly unusual and it is not known why.

As a herbivore, Triceratops ate plants such as low lying shrubs. Its parrot-like beak was used to slice and chew its food. It is also believed that its long horns may have been useful for reaching and dislodging plants higher from the ground.

You are going to present a short talk on Triceratops, use the following template to write your notes.

What makes Triceratops popular?

-
-
-

Size of head

-
-

Use of horns

- signalling
-
-
-

Body and limbs comparison

-
-

[Total Marks: 10]

Exercise 5

Read the following passage and write a summary about the benefits of riding the Concorde and its disadvantages. Your summary should be about 100 words long (and not more than 120 words).

In recent months, a Virgin Atlantic Boeing 787 Dreamliner flew from Los Angeles to London in a record-setting nine hours and 13 minutes, hitting 801 miles per hour. However, about 50 years ago, the legendary supersonic passenger airliner Concorde, ferried elite passengers on the same route in about three and a half hours. It was flying at twice the speed of sound. Only 20 of these sleek, delta-winged Concorde were built. Only 14 were delivered to two airlines – seven each to Air France and British Airways.

The Concorde was developed at a time when the aviation industry was focused on supersonic airline travel. In the early 1960s, aeronautical engineers did not have today's designs and analysis tools. However, Concorde's designers came up with a remarkably advanced and unique aircraft. It was the first, and still the only passenger aircraft that had turbojet engines with afterburners, called "reheat" by the British. Raw fuel was introduced into the exhaust of the plane's four engines, immediately increasing the engines' thrust by almost 20% thus pushing the plane from subsonic to supersonic speeds.

The Concorde was vastly different from sub-sonic aircrafts. It had no flaps on the wings and always used full power with reheat for take-off. Each take-off was a phenomenal experience such that the flight crew had to warn passengers in advance about what to expect. The roar of the Rolls-Royce Olympus engines reaping through the sky, combined with being pushed back into your seat, felt like no other passenger aeroplane.

A time machine of sorts, the Concorde flew so very fast across the Atlantic that its passengers felt they landed before they even took off – according to their watches. Cruising at a speed of 2470 kilometres per hour at an altitude of 18.2 kilometres, the Concorde flew 8 kilometres above and 13 kilometres per hour faster than the Boeing 747s moving steadily across the Atlantic. Through the aircraft's small windows, passengers could see the dark blue space above them and the curvature of the Earth below. The pilots would often warn the slower aircrafts about their approach in case the sonic boom alarmed them.

Of course, there was a price to pay for this aerial Grand Prix. Fares were extremely high, that only Hollywood stars, royalty and those who had saved up for years could afford them. Further, the aircraft gulped fuel and it was very noisy from the outside.

By 1976, social pressure over concerns with the plane's noise and sonic boom led to the cancellation of virtually all orders for the Concorde, leaving British Airways and Air France as the only airlines to fly the supersonic transport. The plane suffered its only major accident in July 2000 when an Air France Concorde crashed just after take-off from Paris. Lastly, the Concorde was never very profitable even in its best years, unlike the double-deck Jumbo jets and the Airbuses that followed after it. The Concorde returned to service in November 2001, but age and increasing operating and overhaul costs, caught up with the planes after almost 30 years in the air and they retired in 2003.

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