EXAMINATIONS COUNCIL OF ESWATINI
Eswatini General Certificate of Secondary Education

CANDIDATE NAME									
CENTRE NUMBER						CANDIDATE NUMBER			

ENGLISH LANGUAGE **6873/01**

Paper 1 Reading and Directed Writing **October/November 2024**

2 hours

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 **dark blue** or **black** pen.
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 on the reunion of siblings and answer the questions that follow.

SIBLINGS REUNITE

Volunteer Teresa Burnes poured tea for the next man in a line of homeless people, then stopped in her tracks – astonished! Standing opposite her, was a rugged, scruffy-looking old man. At closer inspection, it was the man she had searched long and hard for, for the past thirteen years. In disbelief, Teresa whispered his name – 'Tony, is it really you?' and two words ended her heartache as he replied in a trembling voice, 'Hello, Sis'.

The miracle reunion came after Teresa had trawled the streets, staring into the face of each homeless man, praying that he was her brother. As time passed, she decided Tony, who was 52 when he disappeared, might never return. So, Teresa began voluntary work with Lend a Hand Charity to help anybody who might be in the same situation as Tony. She did not know that it was that act of kindness that would bring them together. She used to hope that her brother was working on a beach somewhere abroad, but as each birthday and Christmas came and went with no news, she thought she might never see him again. So, when she looked up to see that the next person waiting in the queue for a cup of tea was him, she could not believe it. It felt like one of those dramatic endings on TV. He gave her a big hug and she cried so hard. She was speechless! She thought she was dreaming. It was so surreal. She had thought she would never see her brother again.

Tony was equally stunned! His dreams had come true. He was not the type that showed emotions, but he just broke down, sobbing uncontrollably. These were tears of joy as he never thought he would see his family ever again. The last time they had seen each other was on Christmas of 2005 and Tony had vanished without a trace after the holidays. He had a history of going off from when he was a teenager, but he would return. However, that Christmas, he did not return. Teresa would look at every homeless person's face, hoping it would be her brother. She had contacted the police and all the missing people charities, but to no avail. She also put up missing persons posters on all community notice boards. Whenever she heard about missing people being found and police being unable to reunite them with their families, she would check it out, only to be disappointed. Even the high numbers of homeless people seemed to be stacked against ever finding Tony. She felt hopeless.

After returning home with Teresa that night, Tony had his first home-cooked meal in 13 years: Shepherd's Pie with their mom's secret ingredients: baked beans and Worcester sauce. Tony felt overwhelmed by the familiar surroundings that brought back fond memories. Being accepted back into the family was even more exciting, and he hopes to find his own place closer to his sister very soon. Teresa, in her disbelief and excitement at finding her long-lost brother, is assisting him to find his new home. She does not want to go through the trauma of losing him again. Tony also does not want to miss out on family time again. He feels he has everything he needs close to him as his sister is there, so he will not mess up on such an opportunity to reconnect with his family.

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(a) What did Teresa Burnes find surprising about the next man in line that Christmas morning?

..... [1]

(b) What act of kindness did Teresa do?

..... [1]

(c) Why does Teresa liken her meeting with her brother to a happy ending on TV? Give **two** details.

(i) .....

(ii) ..... [2]

(d) What **two** things that Tony did showed his emotions at the reunion?

.....

..... [2]

(e) Explain the following phrase: 'without a trace' (paragraph 3).

..... [1]

(f) What made it difficult for Teresa to find her brother?

..... [1]

(g) What overwhelmed Tony when he got home? Give **two** details.

(i) .....

(ii) ..... [2]

(h) Give **four** things that Teresa did to try to reunite with her brother.

(i) .....

(ii) .....

(iii) .....

(iv) ..... [4]

[Total: 14 marks]

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Exercise 2

Read the following article on physical wellness and then complete the notes on the opposite page.

PHYSICAL WELLNESS

Any exercise that gives the afterburn effect is best for physical fitness. The perfect workout burns calories both during and after the workout. Excess Post-exercise Oxygen Consumption (EPOC) helps accelerate the burning of extra calories for up to 48 hours after you have stopped exercising by boosting your metabolic rate. Weight training is great for EPOC. One can also do around three to five intervals of high-intensity exercise followed by a prolonged rest period. Full body exercises that work all major muscle groups intensify the EPOC effect. A gym instructor or personal trainer can help in creating a workout based on an individual's needs. It is also advisable to download free exercise programmes from the internet as they provide voice-over exercises, tutorials, and handy countdown alerts. However, due to their commercial purposes, some programmes may not be well developed.

Lifting weights has always been useful in fitness training as it increases muscle and decreases body fat. Although one may not see a change in actual scale weight, there will be a change in body composition, which is the shape of your body based on the amount of fat and muscle you have. So, although two people might weigh the same, if one of them has a higher ratio of muscle to fat, their body shape will be leaner and more toned than the other person's. Research has also shown that swimming in cold water can burn far more calories than in warm water. Why? Our hearts work harder to pump blood around our bodies. That is why trainers would want their clients to take a cold shower as part of their workout.

Worth noting is that a simple exercise, like walking, burns a lot of calories. Sometimes we take walking for granted, yet it is the best form of exercise that you do without effort. It is recommended that a person must take about 10 000 steps per day for health benefits. This should be spread through your daily activities, such as walking on your lunch break. You could start walking three or four times a week and gradually build up from twenty minutes to one hour. It, however, needs to be a brisk walk to increase the heart rate. One way to see if you are walking briskly is that you can talk, but not sing the words to a song.

For better results, exercise should be accompanied by a healthy diet. With a change in eating habits, it is important to make sure your body is still getting all the vital nutrients, minerals, and vitamins it needs. Carbohydrates are an important part of the diet. They should make up about a third of the food we eat. You do not have to avoid them because they are fattening, instead, you should be aware of the total amount of starch that you eat and make sure that you choose high-fibre whole grain varieties. A diet high in protein helps to reduce hunger and boost the metabolism. The body still requires energy, protection of organs and warmth. So, dietary fats are essential for this role. Aim to eat at least five portions of a variety of fruit and vegetables daily for the necessary vitamins and dairy products for calcium.

Exercise alone cannot best maintain a healthy body, but a change in eating habits can result in best overall and sustainable physical wellness.

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You are a personal trainer, and you are going to give a talk to students on physical wellness. Using the information in the article, make short notes under each heading as a basis for your talk.

Ways to enhance EPOC

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

Advantages of downloaded programmes

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

Role of protein in the body

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

[Total: 8 marks]

Exercise 3

Read the following article about four speakers who share how cutting their hair made them feel confident and then answer the questions that follow.

A Andile Smith, 50

I had finally worked out how to dress for my shape in my thirties, but my hair was always a challenge. It was long, and I had lost interest in styling it. I would spend most of my time rushing to work or getting the children ready for school. It was about to be my birthday and I felt I had lost my hair identity, which I needed to fix immediately. To make a difference, my barber felt I needed a style that would be properly short at the back and sides, which could also suit a grown-up like me. He showed me pictures of people with faces like mine who were also my age. My daughter and my wife were excited and encouraged me to finally take the chop. I have never felt so confident!

B Tasha O'Reilly, 34

I've gone through every style imaginable; weaves, braids, you name it. I also had my hair chemically relaxed for the better part of my life and couldn't even remember what I looked like with natural hair. I used to have a very negative relationship with my natural hair. As such, my self-esteem and the entire idea of what I thought was attractive and what wasn't, was completely dependent on my hair being straight. I decided enough was enough and made the choice to go for the big chop and keep my natural hair. Sitting on that chair with my stylist about to cut my hair was both scary and liberating. Now, I'm perfectly confident with my natural hair.

C Kim Govendor, 51

For as long as I can remember, I've had long, naturally jet-black hair. And much like most women in my family, I have kept it in the same style no matter how tedious taking care of it was. A while ago, I realised it was time for something new. Despite all my efforts to keep my hair sleek, it had pretty much become a ball of frizz, most likely due to my lack of attention to it. I looked at hairstyles for different face shapes and decided on this fabulous, easy-to-keep-up bob. It's choppy and youthful. It's like I've reclaimed a part of myself again.

D Mbali Shongwe, 33

Late last year, I decided to go for the big chop. All my shoulder-length hair lay at my feet at the barber (yes, it wasn't a hairdresser!). Cutting my hair had nothing to do with a big change in my life, but I wanted to start afresh growing it again. A week later, I excitedly went to my mother's house to show off my new look. She looked at me with a puzzled expression. She told me that at a certain age, the hair stops growing. Instead of freaking out, I was just too proud of my new hairdo that she never stopped complimenting me on how brave I was to cut my hair. I'm enjoying the new look and cheap maintenance.

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The questions below are about the speakers, A, B, C and D, who talk about cutting their hair. For each question, write the correct letter A, B, C, or D in the space provided.

(a) Which speaker had tried the most hairstyles in their life? ..... [1]

(b) Which speaker was compelled by an upcoming event to cut their hair? ..... [1]

(c) Which speaker did not bother to keep their hair in good condition before deciding to have it cut? ..... [1]

(d) Which speaker received a negative response after cutting their hair? ..... [1]

(e) Which speaker had mixed feelings before cutting their hair? ..... [1]

(f) Who got assistance in choosing a suitable haircut? ..... [1]

(g) Who felt younger after cutting their hair? ..... [1]

(h) Which speaker feels they are saving costs after cutting their hair? ..... [1]

[Total: 8 marks]

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[Turn over

Exercise 4

Read the following article on birdwatching and answer the questions on the opposite page.

BIRDWATCHING

What is inside a bird that makes it want to spread its wings and cherish flight above all things? Perhaps it is the tranquillity, peace, calmness and freedom. Maybe if we can spend time with birds, we can find such feelings too. After all, we do need peace and tranquillity, and there is no better way than birdwatching to afford us that. Someone once said to me it is a dull day until you come across a bird. It never made sense until I decided to go on a ramble at Mantenga in search of birds. I drove to a nature reserve where the chirps and chatters gave a warm welcome. Making my way through the trees, one melody drew me closer – the characteristic song of a Black Collared Barbet.

I turned my head upwards but saw simply green and rays of sun creeping through the canopy. The Barbet's cries were deceiving, making it seem like the bird was all over the place. More determined to see, I sneaked my way through the shrubs and bushes; and there it was, looking more stunning than ever. It was perched on a twig, its red face staring right at me, and its black-upper breast and collar extended to the top of its head. The Black Collared Barbet is one of the bird species that have teeth-like nodes on its beak. It is said that these birds sway from side to side or bob up and down before they start a characteristic song that starts with a slow 'skrr—skrr' to a jolly 'too puddley-too puddley'. They call several times – one of the unforgettable calls of the African Bush. Getting its picture was too much of a hassle.

I wandered in the jungle with the utmost hope to meet Eswatini's national bird, the Purple-Crested Lourie (Ligwalagwala) with no luck.

However, my tour guide advised me to go to the top of the waterfall to sneak a peek at the Bald Ibis. These are interesting birds indeed, with bald heads, whitish faces and de-curved red beaks. These birds fall under the endangered species in the country; hence they are treasured. On the waterfall edge, you can tell that this is their sanctuary as they fly about lazily and nest cosily in the cliffs. They are a group of Ibis that loves waterfalls.

As I was leaving the reserve, on the side of the road was the brown wooden Kingfisher, bidding me farewell. I had connected with nature; my day was done. I know birdwatching is daunting, but the benefits are great. With their sounds, plumage patterns, colours and antics, birds invite us to learn about them and the ecosystems they inhabit. Their never-ending melody calms one and probably casts a spell on you to get your head in the clouds.

Birdwatching also comes with health benefits as spending time and energy finding and observing birds is a great therapy for your physical, mental and emotional health. Sure, you will be in great shape if you are literally running around chasing birds, but you do not have to be that intense to get the health benefits of birdwatching. In pursuit of the birds, you might even end up hiking sloping hillsides or making your way to the edge of a waterfall.

Once you have developed an interest in birds, it does not go away – you are hooked for good. I cannot imagine not noticing birds when I hear or see them, not turning around to see what it was that flew past.

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(a) Give **two** feelings birdwatching brings?

(i) .....

(ii) ..... [1]

(b) What sounds seemed welcoming to the writer?

..... [1]

(c) What picture is created by the expression '...rays of the sun creeping through the canopy'?

.....

..... [2]

(d) What made the writer sneak his way through the shrubs and bushes?

..... [1]

(e) Explain the following phrases as they are used in the passage:

(i) 'The Barbet's cries were deceiving' (paragraph 2)

..... [1]

(ii) 'perched on a twig' (paragraph 2)

..... [1]

(f) How do we know that the waterfall edge is home to the Bald Ibis? Give **two** details.

(i) ..... [1]

(ii) ..... [1]

(g) How are birds good for one's health?

.....

..... [1]

[Total: 10 marks]

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Exercise 5

Read the following passage on safety features in cars. On the opposite page, write a summary of the disadvantages of these features. You should use your own words as far as possible.

Your summary should be about 100 words (and not more than 120 words). You will receive up to 6 marks for the content of your summary and up to 4 marks for the style and accuracy of language.

SAFETY FEATURES IN CARS

For decades, car manufacturers fiercely resisted openly marketing safety features to the public. They were sceptical about including features that had been there for years, fearing the negative safety message this would send. But, as time went on, it became inevitable.

As vehicles become more advanced, so do the safety features intended to keep drivers safe. What many drivers may not know is that most safety features do not work if they are not used correctly or without the use of other safety features. This requires drivers to fully understand the benefits of their vehicle's technology and consequently how it works and what it needs to work properly.

Airbags cannot function properly without seatbelts. It is important then to have both features working simultaneously to protect that driver in case of a crash. Without a seatbelt, the airbag will collide with the driver at approximately 300 kilometres an hour. Newer cars, particularly in first-world countries, are investigating and experimenting with technology that deactivates airbags if the car senses a seatbelt that has not been clicked in. It is also very difficult to drive without a seatbelt due to the warning signals, and some cars even prevent starting without a seatbelt. This, however, is reserved for higher-end vehicles and people, unfortunately, find ways around this. Thus, not using a seatbelt can either make your airbags a hazard or remove their use altogether.

Adaptive Cruise Control (ACC) is a fairly new technology which is a more enhanced version of cruise control that uses sensors to calculate and maintain a pre-selected following distance from vehicles ahead of you. Thus, ACC both removes the irritation of adjusting the car speed yourself and can provide extra safety benefits. This, however, does not remove the danger of speeding. Recent studies have found that drivers tend to speed more when using it as they set their speed higher, misunderstand it or make assumptions about its operation. This has resulted in a 10% higher risk of being in a fatal crash when using ACC because of speeding.

Features such as Autonomous Emergency Braking (AEB) are one of the first steps moving towards autonomous driving. Its newness, however, can make it an unreliable safety feature if you do not know how it works. Firstly, not all AEB systems are equal. Some work at only low speeds in some cars, and at all speeds in others. It is therefore not to be assumed that they all work the same, so drivers are to familiarise themselves with what their cars have and how they work. Additionally, autonomous driving cannot be suitable in some places as it is dependent on clear road markings among other requirements. Unclear road markings could make autonomous driving impossible. It can also result in sensors picking up objects that pose no risk, such as leaves, forcing your car into a sudden, and often extreme, emergency braking. Granted, it will warn you, but the warning might come a bit too late. You might be thrown off the road, which can result in uncomfortable situations.

These and more technologies are becoming widely available. As technology and vehicle safety features advance, it is essential to understand every safety feature your car has and what is needed for it to work properly, and more importantly, for it not to become a hazard.

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