

Barbara: They're doing really well. Next week, they are travelling to New Zealand for a match.

Katherine: _____ a _____ (2).

Barbara: What are you doing today?

Katherine: I'm meeting some friends for lunch, but, other than that, _____ d _____ (3)

Barbara: You are so lucky!

Katherine: No, you are the lucky one. _____ c _____ (4)

Answers: 1 + ___ b ___ / 2+ ___ a ___ / 3+ ___ d ___ / 4+ ___ c ___

Reading Comprehension 3

(5 marks)

Our body rhythms

Shortly before you wake up in the morning, hormones flow from your glands into your bloodstream to get you ready for your daily activities. As you get ready for school, your heartbeat speeds up, and your breathing becomes more intense.

Throughout the day, your body goes through other changes. By late afternoon your body temperature has gradually increased by about 0.5°C. Your blood pressure, which is lowest during the early morning, fluctuates during the day until it reaches its peak by early evening.

Later at night, after the day's activities, you start to feel tired. While you are sleeping, your body goes through even more changes. Deep within your brain a structure called the pineal gland secretes a chemical called melatonin that flows into your brain to make you feel sleepy. The highest levels of melatonin occur at about 2 a.m., rising to about four to six times greater than during the day. If you woke up during this time of night it would be very difficult to do even simple tasks because the increased levels of melatonin would cloud your concentration and judgment.

Sleep also brings other changes. While your body is at rest, there is a decrease in respiration, heart rate and blood pressure. Your overall metabolic rate – the rate of the chemical reactions that go on in the body – also drops. The secretion of growth hormone, however, increases. About half the total day's amount of growth hormone is released during the first few hours of sleep, and most of the growth and repair of your body tissues occurs during sleep. By morning the cycle starts all over again.

Questions Tick the right answer

1. When is your blood pressure generally highest?
 - early morning ←
 - early evening
 - late evening
 - around 2 a.m.

2. A person wakes at 2 a.m. Which of the following tasks does the text suggest it would be most difficult for this person to do?
 - open their eyes
 - get back to sleep
 - write down a message ←
 - wake up in the morning

3. Which of the following facts about melatonin is referred to in the text?
 - Melatonin production decreases as people age.
 - Light severely reduces the production of melatonin.
 - The pineal gland is the centre for the production of melatonin. ←
 - As our eyes register the arrival of darkness, melatonin is produced.

4. The writer assumes readers will have some prior knowledge about their bodies. What do readers need to know?
 - what hormones are ←
 - where the pineal gland is
 - what the parts of the brain do
 - the different chemicals in the brain

5. What is the main idea in this text?
 - how the pineal gland works
 - how your sleep cycle changes
 - how your body changes over 24 hours ←
 - how hormone levels in your body change as you grow

Spelling

(10 marks)

The underlined word in these sentences is spelt incorrectly. Write the correctly spelt word on the line.

1. The actors were asked to rehearse the dramatic seen of the play until they were all word perfect. *scene*
2. If you step on bubble gum it will adheer to your foot. *adhere*
3. The atmosph eer is the gaseous substance that surrounds the earth. *atmosphere*
4. The plane began to vibrait violently as it rose into the air. *vibrate*
5. It was great that so many children were able to participait in the Fun Run. *participate*
6. The builders began the construction of our new school by laying a concreet foundation. *concrete*
7. The hole time we sat in class, she continued to work on her science assignment. *Whole*
8. My brother has a hard training shedule with his soccer team. *schedule*
9. Catching a cold is preventible if you stay warm in winter. *preventable*
10. Anja was disapointed to miss out on dinner at the restaurant, but she was too sick to go. *disappointed*

Language Usage

(10 marks)

1. Which word correctly completes this sentence?

One benefit of the increasing use of solar panels today _____ cheaper electricity.

- is ←
- are
- was
- were

2. Which sentence indicates that something is not certain?

- The children will go to the beach when the pool is closed.
- The children shall go to the beach when the pool is closed.
- The children might go to the beach when the pool is closed. ←
- The children must go to the beach when the pool is closed.

3. Which sentence shows the correct punctuation of direct speech?
- “Come here you,” yelled the man, “as the children ran off.”
 - The coach said, “we will play last year’s winners in the final.”
 - When the doorbell rang, she sat up and asked, “Now, who can that be?” ←
 - “Where are you, Peter?” whispered Tran “from behind the closed door.”

4. Which is the correct way to combine the following sentences into one?

Peter likes shopping. Peter likes visiting the museum. Peter likes to go to the movies.

- Peter likes to shop, visiting the museum and movies.
- Peter likes shopping, visits the museum and the movies.
- Peter likes to go shopping, to the museum and to the movies.
- Peter likes shopping, visiting the museum and going to the movies. ←

5. Which sentence uses the apostrophe (') correctly?

- These are not my sock’s.
- James’ needs to go home.
- Look at the cute puppies’!
- He’s going to be late again. ←

6. Which word or words correctly complete this sentence?

He _____ won if he had tried harder.

- could
- could of
- could had
- could have ←

7. Which word or words correctly complete this sentence?

It is requested that all phones _____ turned off during the show.

- be ←
- being
- are being
- have been

8. Which words correctly complete this sentence?

I have lost my bag but my keys are in my pocket _____.

- luckily I can still drive home
- it is lucky I can still drive home
- so luckily I can still drive home ←
- because it is lucky I can still drive home

9. An apostrophe (') has been left out of this sentence. Write the apostrophe in the correct place?

It was **nobody's** fault that the officials took their passports instead of ours.

10. Which word or words correctly complete this sentence?

Bob felt the loss of the computer _____ than his sister, because he used it every day.

- deeper
- deeply
- more deeply ←
- most deeply

Writing

(15 marks)

Write a report on a country that you have studied. Include information such as: climate, famous landmarks, cities, people and way of life. What would you like to see and do if you were to travel there?

Score: /50