

Term 2 - 2022
ENGLISH
PAPER 2 (101/2)
FORM FOUR (4)
Time: 2 ½ Hours

Name: **Adm No:**

School: **Class:**

Signature: **Date:**

[Comprehension, Literary Appreciation & Grammar]

Instructions to candidates

- Write your **Name**, **Index number** and the **Date** in the spaces provided above.
- Answer **all** the questions in this paper.
- All your answers **must** be written in the spaces provided in this question paper.
- All working **must** be clearly shown where necessary

Questions	Maximum score	Candidate's score
1	20	
2	25	
3	20	
4	15	
Total score	80	

1. COMPREHENSION PASSAGE

20 MARKS

Read the passage below and then answer the questions that follow

You may think that expecting food to change your life is too much to ask. But have you considered that eating the right food at the right time will increase energy, help you manage weight and ward off major illness?

Researchers have found that eating a meal with plenty of protein leaves you feeling more satisfied for longer when compared to a meal loaded with low - quality carbohydrates. Your body takes longer to digest protein, leading to a gradual increase in blood sugar. The high protein breakfast will therefore carry you through the morning and more importantly, through your tea break, many high carbohydrate meals are absorbed quickly and send blood sugar on a roller coaster ride, taking your appetite with it and depleting your energy.

Many foods contain antioxidants, but fruits and vegetables may be the richest source. Behaving like chemical warriors, antioxidants neutralize molecules known as free radicals before they damage arteries and body cells. This protects you from heart diseases, high blood pressure, cancer and diabetes. You can now see why antioxidant foods should be consumed in generous portions

Actually, forget pills – antioxidants work best when consumed in foods. In fact, nutritionists recommend that we eat five portions of fruit and vegetables a day. It's less daunting than it sounds: a portion equals a piece of fruit, three tablespoons of cooked vegetables or a glass of fresh juice.

And do you desire to relive yourself of some baggage? Calcium is the latest weight – loss star to appear on the scene. Scientists stumbled on its magic by accident. From study that measured the blood pressure of obese people. It was discovered that those who took one large tub of yoghurt a day in their diet lost an average of eleven pounds of body fat in one year, even though they did not eat less.

A follow- up study found that people on a high calcium diet lost weight and fat than did people on a low – calcium diet - and again, both consumed the same number of calories. Researchers believe calcium encourages fat cells to stop “ getting fatter” instead, the cells burn extra fat without you having to go anywhere near a gymnasium.

It probably sounds strange to say that you can eat more in order to lose weight. Obviously, the question you should ask immediately is, “Eat more of what?” We are talking about foods rich in

fibre. They have what is referred to as low- energy density; that translates to few calories relative to weight. This means that you can down a mountain without fear of calories overload.

Fibre also aids weight loss because it's filling. Most high - fibre foods take a lot of chewing, triggering your body's fullness sensors. Moreover, you absorb the food more slowly so you feel full longer.

Will the wonders of food ever cease? No if researchers in nutrition keep their pace. Let them keep the good news flowing- such as the fact that we don't have to starve ourselves to lose weight and keep diseases at bay.

(Adapted from *Reader's Digest*, January 2004

- (a) From the information given in the first paragraph, how can you improve your life?
(1 mark)

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- (b) In not more than 35 words, summarize the effects of eating carbohydrates (4 marks)

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- (c) Explain how free radicals contribute to the occurrence of high blood pressure and cancer
(2 marks)

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- (d) In what two forms can antioxidants be consumed (2 marks)

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(e) In fact, nutritionists recommend that we eat five portions of fruit and vegetable a day.”(1 mark)

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(f) What is the attitude of the author towards calcium as a weight – cutting measure?
(3 marks)

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(g) According to the passage, how can you use up excess fat? (2 marks)

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(h) Identify an instance of irony in the passage (2 marks)

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(i) Explain the meaning of the following expressions as used in the passage
(3 marks)

a. Daunting

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b. Baggage

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c. Down a mountain

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2. EXCERPT

25 MARKS

Read the following excerpt and answer the questions that follow

“Is he cannibal that you have to run away from him so recklessly?” he asked sarcastically and then added acidly sometimes your behaviour borders on imbecility. Who is he?

“He says his name is Oloisudori,” she said in a subdued voice, her eyes downcast.

“Oh, my God” her father exclaimed under his breath straightening up, his eyes suddenly dilating widely. Oloisudori of all people! Oh my God I wonder what has gone wrong for him to come looking for me!”

“I don’t know, Pappai,” Resian said concernedly, worried at the turn of events. “He was saying...”

Her father ignored her. Brushing past her, he strode briskly into the living room with both his arms outstretched in front of him, ready to embrace his visitor.

“Oloisudori Loonkiyaa!” he called out loudly, laughing in feigned excitement. “What an unexpected pleasure to have you in my house. I hope all is well, my dear brother.”

“The pleasure is mutual, brother Ole Kaelo,” Oloisudori said importantly, struggling to stand in order to receive Ole Kaelo’s hug. “I assure you all things are under control.”

It was then that Resian, who had followed her father to then living room noted that the two men were of the same height and possibly of the same age. But what greatly perturbed her, was to hear a slight tremor in her father’s voice as he addressed Oloisudori. She certainly detected a measure of desperation and fear in him. She noticed a faint sheen of perspiration on his face and Oloisudori took advantage of her father’s discomfiture to grin at her, as if to gleefully tell her “you see, what did I tell you?”

Where is yours your mother?” Ole Kaelo suddenly asked turning to Resian, But before she could answer, he was already calling her out loudly using her formal maternal name, “Ngoto Taiyo.”

“Yes,” answered Resians’s mother from the kitchen.

“Come here at once.” he ordered in a panic-stricken voice. Turning to Resian once more he snapped irritably. Go to the kitchen at once and **make yourself useful.**”

“Yes ,*Papaa*,” Resian answered demurely. But before she disappeared, Oloisudori detained her for a moment with a wave of his hand to say, “Brother Ole Kaelo, you have a wonderful daughter here. In your absence, she received and entertained me in the most delightful manner.” Ole Kaelo snored and grunted but said nothing.

When Mama Milanoi appeared, her husband introduced her to Oloisudori. He then became quite lyrical about Oloisudori;s pivotal role that gave them the financial stability they were now enjoying in Nasila. He mentioned the contracts that he had assisted him to win and others that were still in the pipeline. “This man is more than a brother to me,” he said emotionally “There’s nothing, and I repeat, nothing that he ought to be denied in this home.”

Questions

(a) What happens just before this excerpt? (4mks)

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(b) What tone does Ole Kaelo use when he says ‘Oh my God!’ (2mks)

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(c) “I assure you all things are under control.” What is Oloisudori referring to? (2mks)

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(d) Using evidence found elsewhere in the novel, how did Oloisudori treat his victims in business that makes Kaelo very afraid when he finds him in his house? (4mks)

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(e) Comment on any one style used in the excerpt above (3mks)

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(f) Is it true that Resian was delighted in entertaining Oloisudori? Explain your answer (4mks)

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(g) What does this excerpt reveal about societal treatment of women? (2mks)

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(h) 'There's nothing and I repeat nothing that he ought to be denied in this home.' How did these words come back to haunt Kaelo later on in the novel? (2mks)

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(i) Give the meaning of the following words and phrases used in the excerpt. (2mks)

- Cannibal.....

- Make yourself useful.....

3. ORAL NARRATIVE

(20 marks)

Read the narrative below and answer the questions that follow.

THE WISE MAN AND HIS SONS

A long time ago there was a wise old man who was respected throughout Kenya because of his wisdom.

When he grew old and feeble and realized that his days were coming to an end, he called his six sons to his bedside to deliver his will.

‘My dear sons,’ he said, ‘I am growing weak and old, and one of these days am going to die and leave you to take care of my wealth and perpetuate this family. I have great confidence in you, but I want to warn you that unless you live in unity and harmony you could easily get destroyed by your enemies.’

‘We promise you father,’ they replied, ‘that we shall live in unity, and we shall uphold the respect you gained over the years, and we shall take care of this family and defend our property.’

‘Once upon a time,’ he began, ‘cows lived in the wilderness like other wild beasts. They grazed in the jungle in large herds and were not afraid of the other animals. But they were constantly attacked by the other strong beasts like lions, leopards, elephants and when the cows realized that they could not live in peace in the jungle, they decided to seek help from men. They all agreed to live under the protection of men except for three stupid sister cows. Their names were Ndune (Red), Nyange (White), and Nguno (hornless). Ndune was as red as ochre and her eyes were fierce and had sparks like fire when she was angry. Her horns were long, sharp, and strong and she could scare any beast. Ndune was loved by her sisters dearly. Nyange had a white coat, as white as snow. She also had fierce horns, but looked more peaceful than Ndune, and was not so much feared, but when she was angry her white fur became whiter, and blinding to other animals. Nguno looked like a clown without horns, and annoyed other animals who regarded her as an abnormal creature of God who should not be attacked.

‘I think you know this story,’ he said

‘Yes,’ they replied, ‘but please continue, father.’

‘One day lion, who was very clever, decided to divide the three sister cows, kill them one by one, and eat them. Lion had tried to catch them before. But the three cows had fought and killed many

beasts. Nyange and Nguno would charge their assailant from back and front while Ndune would come from the side and, with her sharp fierce horns, pierce the enemy's stomach, tear it open, and kill him instantly. Lion could not kill any of them unless he divided them and attacked them separately.

'So one day the clever lion went and spoke to Ndune. He told her that she was respected in the jungle for her fierce horns and her beautiful red coat. He told her that if she lived apart from her sisters she would never be attacked by anyone. She would be made the duchess of the whole jungle kingdom. Her sisters were very ugly and annoying and that is why the three of them were constantly attacked. Ndune was very much tempted to leave her sisters when she heard what the clever lion told her. Next the lion went to Nyange and praised her beauty. He told her that she was born a peacemaker because of her white coat, and that she should have spent much of her time seeking peace in the jungle. He told her that if she left her fierce and domineering sister Ndune, and also avoid the company of her monstrous and abnormal sister Nguno, then lion would make her the beauty queen of the jungle and find her a good husband there. Nyange was flattered and started to think about the idea of living apart from her sisters.

'Finally the lion went to see Nguno. He told her that she was the most peaceful cow that ever existed, and that she was highly respected for her elegant hornless head. It was risky on her part to live with her sisters who were constantly attacked by savage beasts because of their fierce horns and their provocative coats. Lion promised to protect Nguno if she deserted her sisters at once. Nguno, who was getting tired of fighting ceaseless battles was happy about this friendly gesture, and at once decided to desert her sisters without pausing to think it over.'

No sooner did she leave her sisters than she was caught by lion and killed.

Nyange also slipped away from Ndune the following day and went to look for lion so that she could be made the jungle queen of beauty. She too was caught and killed. Now Ndune was left alone, and she was also caught and killed. That was the fate of the three stupid cows. Had they continued to live together in unity, they would have lived.'

'It is a very good story, father,' said the six sons, 'and it has a great lesson in it. We shall continue to live in unity.'

Good, my sons,' the old man continued, 'I am very pleased to hear that, and I know that you will not let me down. I have one more example to show you, come closer.' At this point he showed them six sticks, equal in size. He gave one to each of the sons. 'Break them in two, please,' he commanded. The sons broke the sticks at one go. He asked them to break them into smaller bits, and this they did. Then he produced a bundle to his sons, and asked to pass it to one another, to examine it closely and see how it was bound. Then he asked them to break the bundle, and they

all tried one after the other. None of them could manage to break the bundle, and he took it back intact.

‘You see, my sons,’ each one of you is like these cows or these sticks,’ he said. ‘If you are not united you will be destroyed like the three cows that were devoured by lion, or like the six sticks you have just destroyed. But if you stay together like this bundle of sticks, you will defeat your enemies, and you will be able to protect your property and sustain this family.’

‘Yes, father,’ replied his sons, ‘unity is strength and we shall always remain united.’

Questions

- a) Identify and explain any three features of an oral narrative found in this story. (3 marks)

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- b) Classify the two types of narratives found in this story. (2 marks)

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- c) What tactic does the lion use to separate the cows? (2 marks)

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- d) Identify and illustrate the character trait of the three cows. (2 marks)

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e) Give two reasons why the old man uses the two illustrations to make his point clear instead of using one. (3 marks)

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f) Give two proverbs, one similar to and one contrasting to the one used in the story (2 marks)

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g) Identify and show the effectiveness of any two styles in the story, apart from the one in (f) above. (2marks)

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h) How would you make rendition of this narrative lively? (2 marks)

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i) Which are the social-economic activities of the given community? (2 mark)

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4. GRAMMAR

(15MKS)

a) Rewrite the following sentences according to the instructions given **(4mks)**

i) She will not be given a driving license. She passes the road test (Rewrite as one using 'unless')

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ii) The woman left the child with a neighbor and went to the market. (Begin: leaving....)

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iii) The boys went to play in the field (underline the adverbial)

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iv) I didn't give the money to my sister. I gave the money to my cousin. (Rewrite using 'rather')

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b) Fill in the blank spaces with the appropriate complex preposition **(3mks)**

(i)cost, it is not worth much.

(ii) I am calling.....my father

(iii) We wentMombasa but we did not see the bus.

c. For each of the following sentences, use the correct form of the word in brackets to fill in the blank space. **(3 marks)**

(i) Once the sun has..... I cannot sleep any more.(rise)

(ii) How long have you..... here? (dwell)

(iii) It is advisable that we..... forgive those who wrong us. (condition)

d. Fill with most appropriate collective noun **(2 marks)**

1. A of soldiers received medals from the president.

2. A.....of islands was submerged in the ocean when the cyclone occurred.

e. Supply the correct form of the verb in the following sentences. **(3 marks)**

i. All but my aunt arrived (has/have).

ii. Both dogs chasing cars (enjoy/enjoys).

iii. The Minister as well as the Governor and the Speaker of the House.....present (was/were).