## READ THESE INSTRUCTIONS FIRST

If you have been given an Answer Booklet, follow the instructions on the front cover of the Booklet.
Write your Centre number, candidate number and name on all the work you hand in.
Write in dark blue or black pen.
Do not use staples, paper clips, highlighters, glue or correction fluid.
Answer two questions: Question 1 (Section 1) and one question from Section 2.
Dictionaries are not permitted.
At the end of the examination, fasten all your work securely together.
All questions in this paper carry equal marks.

## Section 1: Directed Writing

Meena Patel is a sixteen-year-old pupil at Longwood High School. Meena and some of he have been working on a school project called 'The Diet and Fitness of Teenagers Today' group's representative, Meena has a meeting with the Headteacher to discuss the report and persuade him to help raise awareness of their project's findings.

Read the following transcript of the meeting and then answer Question 1.
Headteacher: Come in. Come in, Meena! How can I help you?
Meena: Well, sir, it's to do with the report I gave to you... you know, about the type of food our pupils are eating, if they exercise or not and... well, about the rise in the number of bullying incidents over the last year. Have you had a chance to look at it yet?

Headteacher: Yes, Meena, l've given it some thought but you know how busy it is at the end of term! Don't you think that diet and exercise play an equally important role in the pupils' home lives?

Meena: Yes, but it's the type of food and snacks on offer here at school which is worrying, sir. Take the vending machines, for example: they're full of sweets, crisps and sugary drinks. Also, the food on sale at mealtimes, for those who do eat lunch here, is limited and mostly pre-cooked.

Headteacher: But there's a choice to suit everyone and then there's the healthy option, of course.
Meena: Sorry, sir, but our research shows that the main diet of most pupils here at Longwood consists of burger and chips, or pizza and chips, or just chips fried in unhealthy fat.

Headteacher: There's baked potatoes and salad, of course.
Meena: By the time students get to lunchtime, it takes more than a limp salad or an overdone potato to satisfy them. They'll always go for chips or pizza if they are on offer daily. Look at our survey - $98 \%$ of pupils eat chips at each meal! Then there's dessert...

Headteacher: Ah! We have low fat yoghurts and...
Meena: Sorry, sir, but extra large muffins and chocolate biscuits at half the price of a small yoghurt will always be the students' first choice. They're full of sugar! It's not just the sweetness that makes them so popular. Research has shown that we actually become addicted to the sugar and additives in these health hazards, and that they adversely affect concentration levels. Teachers report poor performance from pupils after lunch times.

Headteacher: Well, students don't have to eat these items. They also have the option of a packed lunch.

Meena: That's just it, sir. Also revealed in our survey was the type of food brought to school in students' lunch boxes: usually it's white bread sandwiches, salty crisps and a chocolate bar or cake and fruit juice. They usually eat that lot at break and later stock up on more chocolate and fizzy drinks from the vending machines!

Headteacher: I can see that you've certainly done your homework, Meena, but there are more important problems that the staff have to deal with: bullying, for instance.

| Meena: | I understand, sir, but bullies often attack those children who are diffe way. We've seen loads in the newspapers about the problem of bullies s overweight pupils and making their lives miserable. It's even worse for thos who can't join in games because they have a weight problem. |
| :---: | :---: |
| Headteacher: | Yes, I know. What also concerns me is just how unfit many adolescents are! We have excellent facilities for Physical Education here and yet your study suggests that many students are 'opting out' of these lessons for a variety of reasons. Parents allow their offspring too much time in front of the television and let them use Playstations day and night - well, that and a diet of take-aways, according to your findings, must play a large part in this problem, surely? |
| Meena: | You're right there, sir, but it's here, at school, where we can all help make a difference. Raising awareness is a starting point, and I wondered if you'd mind promoting this writing competition, sir. We saw it in the quality newspaper Today's World. Here's the page. They're looking for interesting, factual articles written from a teenager's perspective. Schools are being asked to submit their three best entries on a topic of their choice. The school that produces the winning article will receive two new computers, and the student will be invited to spend a day on the newspaper. Would you help promote this, sir? |
| Headteacher: | I'm with you! We have some good writers at this school. However, we need to get students to think of some solutions to this health and fitness issue, as well as outlining the dangers of being a 'couch potato'. |
| Meena: | Our little group came up with a 'Ban the Junk' campaign but l'm sure our students will have much better ideas than that when they write their articles. |
| Headteacher: | I could do my best to get alternative and tasty lower fat meals on the menu at lunch times. Perhaps I could get water coolers instead of the fizzy drinks machine? |
| Meena: | Could you announce the competition in assembly, sir? Here's the page from the newspaper outlining the details students will need in order to enter: number of words, closing date and so on. Could you enlarge it, please, and we'll put some copies up around the school. |
| Headmaster: | Yes, Meena. l'll do my best to get some enthusiasm going tomorrow in assembly. Longwood High winning a competition in a quality newspaper... now that really would be good news! You make sure and enter, Meena! |

1 You are Meena Patel. You want to write a winning article, on 'The Diet and Fitness of Teenagers Today', for Today's World's competition.

You should:

- Start with a clear account of the problems at Longwood High.
- Offer suggestions to make the school a fit, healthy and happy place to attend.

Select your material from the transcript above. Pay attention to the order in which you use it. You may include your own ideas to improve the situation at school, but they must be related to what you have read.

Write about $11 / 2$ to 2 sides, allowing for the size of your handwriting.
Up to 10 marks will be given for the content of your answer, and up to 15 marks for the quality of your writing.

## Section 2: Composition

Write about 350-450 words on one of the following:

## Argumentative/discursive writing

2 Either (a) 'All teenagers need to rebel in order to grow up.' What do you think?
or
(b) 'Equality is a dream - it can never be a reality.' What do you think? You may focus on one specific area of equality - such as gender or wealth - or deal with the topic more generally.

## Descriptive writing

3 Either (a) 'The Celebration.'
Describe the sights and sounds of a celebration in detail, and how it affects you.
or
(b) Describe in detail some people you encounter in a library or a museum or a place of worship.

## Narrative writing

4 Either (a) Write a story or episode of suspense, in which a character enters a room and finds that it has been disturbed and may even still be occupied by the intruder...
or
(b) Write a story in which a disappointment is central to the plot.

