

English Language Listening Comprehension Examination

Secondary 4 Express (SA1) 2017

Instructions to candidates. (CD Duration: 45 mins)(byelaine/editedbykrct/2nd)

Answer **all** questions. Write your answers in the spaces provided on the Question Paper. You may take notes as you listen to the recording.

Part 1 ____

You will hear three different extracts. For questions 1 to 6, tick the answer (A, B, C or D) which fits best according to what you hear. There are two questions for each extract.

You will hear each extract **twice**.

Extract 1

Text for Questions 1 and 2

(Dietician-female and Patient-male)

- M I was sent to see you about what to eat to help manage my high blood pressure. I am already trying to lose weight by avoiding fast foods and fizzy drinks.
- F That's a good start. Suppose a circular plate represents your meal, how much would carbohydrates like rice and starchy foods make up your meal?
- M Maybe half? Otherwise, I don't feel full!
- F What about protein, like meat and toufu, as well as fruits and vegetables?
- M Probably protein would occupy about two-thirds of the remaining space. Fruits are for dessert, so there's no need to eat so much. And the only vegetables I eat are carrots and cauliflower.
- F It is a common misconception that we don't need much fruit. In fact, research shows that a good diet should comprise half a plate of fruit and vegetables, a quarter plate of carbohydrates and the remaining portion should be protein.
- M What? So I need to eat more fruit and vegetables?
- F Yes, and also exercise more.

(Listen to extract 1 again)

Extract 2

Text for Questions 3 and 4

(2 Friends discuss travel plans)

- M The tour agency I spoke to is offering a special package for November to December, if you are interested to go to see the Northern Lights.
- F Oh that's too far and expensive! I thought of visiting an Asian destination.
- M Well, the agency said that ladies often like Thailand or Vietnam, because the shopping and food are relatively affordable.
- F I've also heard that Ho Chi Minh City is worth a visit.
- M But, I have already been there. How about Korea, since you said that you could ask your travel agent for some details?
- F I did! He said that his agency has a November tour to Seoul and Jeju Island which will cover all the main attractions.
- M That would be great, but what's the cost? How long is the tour? I only have 9 days of annual leave left.
- F Well, the whole trip will take 7 days, so you'll have enough time. For twin-sharing, the cost will be \$4,775 per person. This includes airfare, accommodation in 5-star hotels, meals as well as transport by means of luxury coaches.
- M Er, any discount on the price?

(Listen to extract 2 again)

Extract 3

Text for Questions 5 and 6

(Talk on safe driving habits to new drivers)

Here are six tips on how to be a safe driver. First, always anticipate that someone might dash across a pedestrian crossing or a motorist might suddenly switch lanes without signalling. Also, use your turn signals to alert other motorists of your intention to change lanes or to turn into a side road. Signal early to allow time for others to respond before you move. Another major cause of accidents is driving too close to the vehicle in front of you. With the tougher rules on using mobile communication devices whilst driving, the LTA is emphasising the need to stay focussed while driving. Avoid eating, drinking, fiddling with devices like your GPS or radio, or even talking to your passengers. It is better to be safe, so avoid driving when you are fatigued. Finally, do not speed and do not drive when intoxicated. Police have increased surveillance and are on the lookout for these offences.

(Listen to extract 3 again)

Part 2

You will hear six short recordings. In each recording, a reviewer shares the product which he/she feels is the most innovative at the moment.

For questions 7 -12 choose from the list **(A-G)** the characteristic of the product each retailer feels will appeal to consumers. There is one extra letter which you do not need to use.

DO NOT USE ANY LETTER MORE THAN ONCE.

You will hear the six recordings **twice**.

Texts for Questions 7 to 12

Speaker 1 (*young woman*)

Do you know that now, you don't have to spend fifteen to thirty minutes applying nail polish on your finger and toe nails and then wait for them to dry any longer? Nail Inc. has invented the Paint Can Spray-On Nail Polish where all you have to do is aim, spritz the nail polish over your nails and wash off any stains with soapy warm water.

Speaker 2 (*middle-aged man*)

Speaking of sprays, the best invention to help balding men like me is Toppik. It is a pioneer in baldness concealing technology that uses the finest grade of keratin that binds with existing hair to blend in naturally. What's even better is, the fibre can withstand wind, rain and perspiration. So it looks absolutely natural!

Speaker 3 (*female student*)

When I first discovered that there was such an invention as a personal air-conditioner, I was ecstatic! Isn't this what we have all been dreaming of, living here in our hot climate? Evapolar is a world first! It harnesses the power of a revolutionary nanomaterial and creates the perfect local microclimate by reducing the humidity and purity in the air around you.

Speaker 4 (*young male*)

Let me tell you what is out of this world – the coolest pair of contact lenses that can photograph anything you wish, like in the movie *Mission Impossible Ghost Protocol*. Sony is filing the patent for this technology which is so advanced and science fiction will soon become reality.

Speaker 5 (*adult female*)

I think that Fossil and Opening Ceremony's latest exclusive collection is the epitome of 'cool' fashion. The fusion of Fossil's vintage spirit and Opening Ceremony's passion for culture in this collection has unconventional pieces among its handbags and leather accessories. One example is the Sloth Foldover Bag which can be transformed into a clutch.

Speaker 6 (*male student*)

As an avid fan of online games, I was wowed by the newest game machine produced by Asus to mark their 10th anniversary. This is the world's first liquid-cooled gaming notebook with superior gaming power. It has a patented ROG Hydro Overclocking System that ensures that a coolant flows smoothly between the heat-generating components without leaking.

(Listen to the 6 recordings again)

Part 3

You will hear an Assembly talk to students on contact lenses.

For Question 13, choose from the list **(A-F)** **four** pieces of information which are **stated or implied** in the recording. Put a tick (✓) for each piece of information.

No marks will be awarded if you tick more than four pieces of information.

You will hear the recording **twice**.

Text for Question 13

(Assembly talk to students)

Anyone who needs to move about without the inconvenience of wearing eyewear will agree that a pair of contact lenses is the best invention next to the air-conditioner. This invention is now so advanced that they not only come in different colours and patterns, they can also correct myopia or short-sightedness, hyperopia or long-sightedness and even astigmatism. So, as an Asian with brown eyes, I can now wear customised contact lenses so that I could look like Mystique in *X-men*—except that I would probably scare everyone I meet on the streets! My contact lenses will not impede my peripheral vision and can be worn like sunglasses to care for conditions like cataract and macular degeneration within the eye-ball. Modern contact lenses are so comfortable and safe that you can wear them all day. In fact, there are even disposable lenses so that you need not worry about cleaning them.

(Listen to the text again)

Part 4

You will hear a presentation on eating disorders.

As you listen, take note of the ideas and details.

Complete the graphic organiser on Page 5.

You will hear the recording **twice**.

Text for Questions 14 to 21

An eating disorder is an unhealthy relationship with food and weight that interferes with a person's physical or mental health. Eating disorders are more than just going on a diet to lose weight or trying to exercise every day. They represent extremes in eating behaviour and ways of thinking about eating.

There has been an increase in the number of new patients with eating disorders. For example, the Eating Disorder programme at Khoo Teck Puat-National University Children's Medical Institute has seen at least a twenty percent increase in newly diagnosed patients every year, with some children as young as nine.

The origins of eating disorders are complex, with contributing factors involving the individual, the family and biological and psychological characteristics. In the case of the latter, psychiatric disorders are usually present, as well as personality traits such as perfectionism, sensitivity to rejection, concerns over self-control and low self-esteem.

Since eating disorders take time to evolve, there are behavioural symptoms to help spot them. These include dieting, eating privately to avoid meals with other people, bingeing, induced vomiting, excessive exercise, extreme sensitivity to body shape and weight and obsessive rituals around food preparation and eating. Physical signs to note include rapid weight loss or frequent weight changes, being tired and not sleeping well, swelling of salivary glands, calluses on knuckles, damage to teeth and bad breath. Common complaints include feeling cold most of the time, even in hot weather, low blood pressure, a slow heart rate and hypothermia. In the long term, there may be hormonal imbalances, osteopenia and other similar symptoms.

At the hospital's Eating Disorder programme for adolescents and children, patients are introduced to a warm environment manned by a skilled treatment team of psychiatrists, registered nurses, psychologists, medical social workers, an art therapist and other allied health professionals, dieticians and paediatricians specialising in treating eating disorders in adolescents. The hospital staff work closely with the family to foster a comprehensive team approach to treatment.

Treatment is customised depending on the severity of the disease. An inpatient programme requires round-the-clock nursing care and access to specialists while an outpatient programme involves a multi-disciplinary approach with regular individual psychotherapy session, family therapy sessions, nutrition counselling and individual

counselling with dieticians. Other therapeutic components of the programme include stress-reducing activities such as art therapy.

Patients in the inpatient programme transition to the outpatient programme to enable them to try out new skills within the home environment. Individual clinics are also run by the multi-disciplinary team members on different days of the week while a day therapy programme will provide patients with step-down care after discharge.

All these efforts aim to help patients to step back into life, equipped with the tools to remain physically and emotionally healthy.

(Listen to the text again)

Part 5

You will hear a news report on Singapore's falling birth rate.

As you listen, complete the notes. You do not need to write in full sentences.

You will hear the recording **only once**.

Text for Question 22

According to the Singapore government, what has gone down and has never come up in the past 40 years is our fertility rate. From a high of 4.66 in 1965, the Total Fertility Rate, or TFR has been steadily declining. Forty years later, it stood at 1.26; a decade after that, it was a dismal 1.25 despite Singapore requiring a TFR of 2.1 to stabilise the population.

The post-war baby boom saw a drastic reversal in the 1970s when the Government's "Stop at Two" campaign and accompanying slew of disincentives in 1966 were successful in curbing the population growth so that even though policies were revised in the late 1980s, it had little effect. The downward trend could not be stopped, except for slight recoveries in the years which coincided with the Year of the Dragon – traditionally regarded as a highly auspicious year by the Chinese.

In 2001, in a bid to halt the slide, the state instituted another round of procreation policies which provided financial benefits. A further two billion-dollar package was introduced in 2013 to defray child-rearing costs, covering everything from childcare to fertility treatments. In January 2016, paid paternity leave for new fathers was increased to two weeks.

Academics agree that the root cause is paradoxically, its solution – the young, dual-income couples. Although the ideal candidates for starting nuclear families, they remain childless, single-mindedly pursuing their careers and focussed on maintaining their affluent life-styles – an ironic result of Singapore's relentless push for material success.

Associate Professor Tan Ern Ser from the Department of Sociology at the National University of Singapore noted that these couples may have parents or siblings depending on their income-earning capability. Also, starting a family will bring significant changes and compromises to their lifestyles and finances. After all, raising a child is a lifelong commitment that goes beyond the initial financial outlay of child-bearing and childcare costs.

He agrees with a sentiment shared by a mother who lamented that many of her colleagues simply have no desire to be parents because children are too much of a hassle. He feels that young Singaporeans need to be convinced that there are intrinsic rewards in being able to give love to a child and to receive love from a child of their own.

(We have come to the end of the Listening Comprehension Examination. You have one and a half minutes to look through your answers. Goodbye.)

ANSWERS-- Secondary 4 Express (SA1) 2017

Part 1	Part 2	Part 3	Part 4
1 B	7 C	13 A	14 food and weight

2 B 3 D 4 B 5 A 6 C (1 mark each)	8 F 9 G 10 B 11 A 12 D (1 mark each)	C E F (1 mark each)	15 extreme eating behaviour 16 low self-esteem 17 perfectionists 18 behavioural 19 body shape (and weight) 20 customised 21 multi-disciplinary (1 mark each)
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Part 5

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|---|----------|
| 22 2015 | (1 mark) |
| (Lunar)Year of the Dragon / Dragon Year | (1 mark) |
| material success / career | (1 mark) |
| financially dependent on them / | |
| reliant on them | (1 mark) |
| compromise lifestyle and finances | (1 mark) |
| care for children / become parents | (1 mark) |