

Vocabulary Extension

What is the meaning of the words in bold in the context of the texts below? These are for further practice.

From Text 2

1. I cast my eye to the **stranded** vessel ... (line 5) _____
2. ... the swell and **froth** of the sea ... (line 6) _____
3. ... to hunt and kill any creature for my **sustenance** ... (line 15) _____
4. ...if there were any **ravenous** beasts ... (line 20) _____
5. ... draw the attention ... to me and my **plight** ... (line 26) _____
6. cut a short stick, like a **truncheon** ... (line 32) _____

From Text 3

7. ... salt **consumption** ... (line 4) _____
8. It ... remains a precious **commodity**... (line 5) _____
9. ... special methods of **determining** who is permitted ... (line 15) _____
10. ... the most **infamous** example being... (line 29) _____

Practice Paper 6**What It's All About****Skimming for Prediction (Strategy 1)**

Skim Texts 2 and 3 by reading the first sentence of each paragraph. Then, write the focus of each text.

Text 2:

Text 3:

Scanning (Strategy 5)

Scan Text 3 to find the answers to as many of the following questions as you can within one minute.

1. How old is the concept of stress?

2. Which animal does the text suggest cave dwellers might have met on a jungle path?

3. What does this text say you have inherited?

4. Give an example from the text of a modern stressful situation.

5. What are you ready to do at the first sign of danger?

Text 1 [5 marks]

Read the poster below and answer Questions 1–4.

SIGNS OF STRESS YOU MAY NOT RECOGNISE

While each person's body will react slightly differently to stress, we all experience some of these stress symptoms automatically whenever we perceive that we are in danger. However, as often as not, we ignore the symptoms of stress. If we ignore these symptoms, this may in the long term lead to severe negative effects on our bodies.

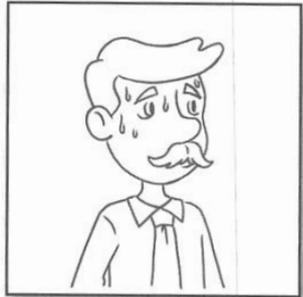


- **Your heart pounds.** The body needs all the oxygen it can get in order to create energy. It also needs it in a hurry, so the heart beats faster.
- **Your hands and feet are cooler than usual.** The blood vessels in your hands and feet constrict to allow more blood to flow to the centre of your body and in the large muscles needed for running and fighting.
- **You may feel warm in the face.** Your ears may also turn pink and you may develop a 'pressure' headache. This happens when the carotid arteries in the neck open up to allow more blood to flow through to the brain.



- **You experience dry mouth and / or an upset stomach.** The digestive tract shuts down to allow blood to rush to other parts of the body that need it more.
- **You may get 'butterflies' in your stomach.** Glands and organs produce chemicals that help the body prepare for running or fighting. The most common of these is adrenaline.

- **You sweat and your hands may get clammy.** As your body anticipates the extra heat from any potential running or fighting, it turns on its 'climate-control' system. It does this by producing excess moisture on the surface of the skin.



	comes at you with its ears back and trunk completely rolled, then it means business. They also move fast. So, I did what I had to do. It was hard but essential. It dropped to the ground and the other elephants, 12 in all, surrounded it and didn't move."	25
5	They say elephants mourn. I can believe it. Standing that close to a bull elephant, with its slow and measured blink, I felt indescribable emotions welling up. "Lions have their own myth," whispers Knocker. "But up close with elephants, it's something spiritual." I am beginning to understand better what this is all about. To experience this kind of safari, you have to completely trust the expertise of those you are with.	30
6	As I relax, I begin to understand Knocker's instinctive empathy for wildlife and the way he gauges an animal's state of mind as we approach. "We should be privileged observers," he says, "and not just because the animals can be dangerous. They are letting us into their territory."	35
<p><i>From the Financial Times. 18 October 2008. Seeing the Serengeti on foot. Sophy Roberts.</i> © The Financial Times Limited 2008. All Rights Reserved.</p>		

5. (a) Find a word in paragraph 1 that means 'rising currents of warm air'.
 _____ [1]
- (b) Explain why the author calls the hyenas 'can openers' (line 4).

 _____ [2]
- (c) Why is 'picking over' (line 6) an appropriate description of what the vultures are doing?
 _____ [1]
- (d) What are the **two** images used in paragraph 1 to describe the vulture and the marabou stork?

 _____ [2]
6. (a) 'He is showing me the pecking order in Africa' (lines 11–12). What is meant by 'the pecking order'?
 _____ [1]
- (b) What emotion was the author feeling when he and Knocker met the elephant?
 _____ [1]
7. (a) What does the word 'serene' (line 19) tell the reader about Lulu, and why is this a positive fact in this situation?

 _____ [2]

(b) Lulu claims that he ‘knew what was happening’ (lines 22–23). How did he know that?

_____ [1]

(c) ‘But if an elephant comes at you with its ears back and trunk completely rolled, then it means business’ (lines 24–25). Explain what the underlined phrase means.

_____ [1]

8. Which phrase in paragraph 5 means to have a sudden strong surge of feelings?

_____ [1]

9. (a) What is meant by Knocker’s ‘instinctive empathy for wildlife’ (line 33)?

_____ [1]

(b) What does it mean when Knocker ‘gauges’ (line 34) a creature’s state of mind?

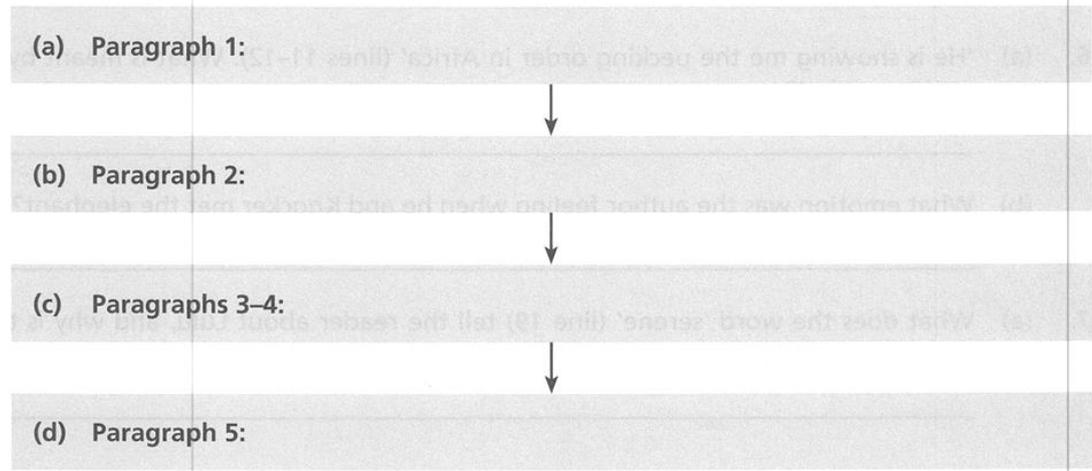
_____ [2]

10. The structure of the text reflects the different stages of the author’s experience on the safari. Complete the flow chart by choosing one phrase from the box to summarise the information provided about the author’s experience. You do not need to use all the phrases in the box. [4]

A safari experience

- learning to shoot an angry elephant
- watching vultures
- hearing Lulu’s experience
- experiencing wildlife
- trusting the experts
- knowing a habitat’s hierarchy
- learning to hunt
- gauging an animal’s state of mind

Flow chart



Text 3 [25 marks]

The text below is about the phenomenon of stress. Read it carefully and answer Questions 11–15.

1	<p>You may think that stress is a modern phenomenon, but that is only because there has been so much talk about it in recent years. In fact, it was around as long as four million years ago when our cave-dwelling ancestors were struggling to survive. Even then, there were problems that made life complicated, difficult and scary. There were probably fires that would not start, meat turning rotten, damp caves and the lack of enough warm fur pelts to wear. Worst of all were the animals that saw our forerunners as food!</p>	5
2	<p>For instance, on a nice day in the jungle, a huge sabre-toothed tiger with lunch on its mind could leap out in front of our unaware ancestors. Because most hungry tigers were in no mood for pleasantries, most cave-dwellers learned to react by either bashing the cat or dashing for safety. This required a finely-tuned nervous system that could instantly mobilise the whole body into what we now call the fight-or-flight response. Prehistoric folks who were not good at it became tasty snacks, and those who could fight or run lived to tell the story around the fire. Over millions of years, the people with the best fight-or-flight skills survived. As for the others, let us just say they did not come home after lunch.</p>	10 15
3	<p>The process of natural selection means that you have inherited an incredible nervous system. It gets the body ready to do battle or run like the wind at the first sign of danger. It is so sensitive that merely thinking about tigers and other frightening things can be enough to get you all fired up.</p>	20
4	<p>While most of us never have to face real tigers, the world you live in can feel every bit as threatening as the one your ancestors experienced long ago. For example, it can be anxiety-causing to take a test on a tough subject, to move away from friends (or losing friends who have moved away), to know that some student may pick an argument or fight with you later, or to think of life after school. Some even feel stress about global problems such as world hunger or environmental concerns.</p>	25
5	<p>The problem is that whenever you are up against something that makes you feel threatened, your body still responds to it as if it is meeting that hungry tiger. At the first hint of danger, alarm races through your body, with you having no control over it initially. As we have seen above, the brains of your ancestors became fine-tuned to make this response to threats automatically and they have passed this response down the generations to you.</p>	30

11. (a) What was the main cause of stress for our ancestors as suggested in paragraph 1?

_____ [1]

(b) What was the most extreme form of this stress?

_____ [1]

12. Jane and Ali have different perceptions of this article.



Ali

Our ancestors had to have a good fight-or-flight response which determined if they lived or die.



Jane

Our nervous system works in amazing ways.

(a) Give an example from paragraph 2 which supports Ali's opinion.	[2]
(b) Give two examples from paragraph 3 which support Jane's opinion.	[2]

13. According to paragraph 4, what are **two** major categories of stress you might experience these days?

[2]

14. From paragraph 5, explain why one cannot stop one's body from responding instantly to a threat.

[2]

15. **Using your own words as far as possible**, summarise how our ability to cope with stress evolved to what we have today.

USE ONLY INFORMATION FROM PARAGRAPHS 1–3.

Your summary must be in continuous writing (not note form). It must not be longer than 80 words (not counting the words given to help you begin).

Begin your summary as follows:

We owe our ability to manage stress to our ancestors who ...

Method

1. Underline the key words in the summary question that tell you what to focus on.
2. Read the passage and underline the points that answer the summary question.
3. List the points and make brief notes in your own words about what you have underlined in the passage.

Points from passage	No.	Paraphrased points
	1	
	2	
	3	
	4	
	5	
	6	
	7	
	8	

Your notes should be marked out of 7 for language by your teacher / tutor.

A large rectangular area containing 25 horizontal lines for writing, bounded by vertical lines on the left and right sides.

[15]