

**2019-DSE-ME
ENG LANG**

**PAPER 1
PART B1**

Candidate Number						
Candidate Name						

OXFORD UNIVERSITY PRESS
HONG KONG DIPLOMA OF SECONDARY EDUCATION EXAMINATION

B1
EASY SECTION

**HKDSE MOCK EXAM (2019)
ENGLISH LANGUAGE PAPER 1
PART B1
Reading Passages**

1 hour 30 minutes
(for both Parts A and B)

GENERAL INSTRUCTIONS

- (1) Refer to the General Instructions on Page 1 of the Reading Passages booklet for Part A.

INSTRUCTIONS FOR PART B1

- (1) The Question-Answer Book for Part B1 is inserted in this Reading Passages booklet.
- (2) Candidates who choose Part B1 should attempt all questions in this part. Each question carries ONE mark unless otherwise stated.
- (3) Hand in only ONE Question-Answer Book for Part B, either B1 or B2, and fasten it with the Question-Answer Book for Part A using the green tag provided.


© 牛津大學出版社 保留版權
Oxford University Press (China) Ltd
All Rights Reserved 2019

Not to be taken away before the
end of the examination session

Part B1

Read Texts 2–3 and answer questions 24–47 in the Question-Answer Book for Part B1.

Text 2

HK PARENTS ONLINE	Extra-curricular Activities	Education	Forum	About HKPO
<p><u>Extra-curricular activities</u> > Food-related</p>			Food-related	
<p>1 [1] ‘Marketing’ with Mark</p> <p>5 No, this isn’t a class for aspiring advertising executives, but rather a weekly activity in which professional chef Mark Yu takes a bunch of lucky kids along for his Saturday morning shopping trip to a local wet market. Once there, he educates them about some of the rarer food items on display, shows them how to work out the freshness of different types of produce and gives them a few simple recipes and cooking tips. In a fun and engaging way, Mark also teaches the kids about the nutritional value of the food on offer. (2 hours; HK\$450/child)</p> <p>[2] Baking Basics</p> <p>10 If the prospect of waking up to the smell of freshly baked bread on the weekends appeals to you, then why not sign your child up for this two-month course? In addition to learning about the fundamentals of baking, such as the different ingredients that go into the making of a dough, the equipment required and the proper technique for kneading, kids get to try their hands at some of the more creative aspects of baking, such as cake decoration. And the best thing about it? Parents are welcome too! (Thursdays, 17 January–7 March; HK\$1,800/person)</p> <p>[3] Junior Chefs</p> <p>15 Regardless of whether your child is a complete kitchen newbie or the next Gordon Ramsay, he or she will benefit from taking a Junior Chefs course. Customized for three different levels of ability, the classes teach techniques and skills ranging from the very basic (how to chop vegetables, for example) to the much more advanced (such as how to make the perfect Shanghai-style soup dumplings). Whatever the level, all classes are taught by experienced professional chefs who also happen to be excellent with children. (Beginner: Tuesdays; Intermediate: Wednesdays; Advanced: Thursdays; HK\$380/two-hour class, including ingredients)</p>				

Text 3

What exactly is ‘clean eating’?

- 1 [1] Clean eating is all the rage among American consumers these days, but what exactly does it entail? As a dietitian with over 20 years’ experience, that is probably the question I get asked the most right now, and in this post, I’ll do my best to break things down for you so that you too can start eating clean.
- 5 [2] Let’s begin with the short, albeit oversimplified, answer I give when pressed for time. In essence, clean eating is a holistic approach to diet (and I must stress that it’s NOT *dieting*) that involves cutting out, or at the very least drastically cutting down on, unhealthy processed foods with additives and preservatives. One should instead switch to whole foods, i.e. food products in their natural state, or as close to it as possible.

[3] Of course, this will require you to do a lot more cooking at home, rather than rely on the on-the-go fast-food options that make up such a large part of the modern diet. Though this may strike a stressed-out professional urbanite as unrealistic—and a cookery novice as outright intimidating—it really shouldn't. It takes only seconds to put together a healthy salad, placing it well within the reach of even the most free time-deprived and culinarily challenged among us.

[4] Right, I promised you I'd make this manageable, so here goes: my top tips for achieving a properly clean diet.

1. Eat more fruits and veggies

[5] OK, most of you probably had this drilled into you in childhood, but it can't be overstated how important this is when embarking on a clean(er) diet. Not only are vegetables and fruits some of the most healthful food items you can put into your system, but they're also tasty and relatively cheap. And as an added bonus, they generally require only minimal preparation.

2. Cut out added sugar and refined carbs

[6] You'd be amazed at how many food products contain dangerous amounts of added sugar, even ones that do not taste particularly sweet. Added sugar is a substance that's been shown in study after study to be one of the main culprits behind all manner of health issues, from obesity to heart disease.

[7] Refined carbohydrates, which you'll find in white rice, bread and pasta, are similarly problematic. They have been linked to disorders such as diabetes, and apparently they provide none of the vitamins, minerals, fat, protein or fiber that your body needs to function.

[8] Banishing these undesirables from your diet is not as tricky as it may first appear, as long as you heed my next tip.

3. Start reading labels

[9] Packaged foods can play an important role in a clean diet, provided you pay a bit of attention to what they contain. Always read the ingredient and nutrition labels before making a purchase, so that you can avoid products with preservatives, added sugars and unhealthy fats.

[10] Think of the label as a recipe for the food contained within. If the list of ingredients is straightforward enough that you could see yourself making the food at home, then it's probably fine. If, on the other hand, it reads like something out of a chemistry textbook, then steer clear.

4. Buy and eat local and organic

[11] If at all possible, buy your agricultural products from small local producers, prioritizing those who adopt organic farming methods. The fresher the product, the better it is for you, and by buying local you'll also be supporting the farming community in your area—not to mention doing a good deed for the environment. The transportation of food is a major contributor to greenhouse emissions, and therefore contrary to not just to clean eating, but to clean living as well.

5. Don't stress out about it

[12] Don't fret if all of this sounds like too much to handle. There's no need to think of clean eating as a rigid, all-or-nothing set of rules. If you take up just one of the habits outlined above, you're already well on your way toward a cleaner diet—and a cleaner you. Good luck, and as always, bon appétit!

END OF READING PASSAGES

Sources of the materials used in this paper will be acknowledged in the Mock Exam Report released by Oxford University Press (China) Ltd. at a later stage.

ISBN 978-631--000280-4



9 786310 002804