



Access fun Grade 8–12 quizzes, matric past papers, K53 learner mock tests, and NBT prep!

All in one easy-to-use app.

DOWNLOAD GO STUDY NOW



Tap on the buttons above to download the app

 www.gostudy.club



Province of the
EASTERN CAPE
EDUCATION

**NATIONAL
SENIOR CERTIFICATE**

GRADE 11

NOVEMBER 2019

ENGLISH FIRST ADDITIONAL LANGUAGE P1

MARKS: 80

TIME: 2 hours



This question paper consists of 13 pages.

INSTRUCTIONS AND INFORMATION

1. This question paper consists of THREE SECTIONS:

SECTION A: Comprehension	(30)
SECTION B: Summary	(10)
SECTION C: Language	(40)
2. Answer ALL the questions.
3. Read ALL the instructions carefully.
4. Start EACH section on a NEW page.
5. Rule off after each section.
6. Number the answers correctly according to the numbering system used in this question paper.
7. Leave a line after each answer.
8. For multiple-choice questions, write only the question number and the letter (A–D) of the correct answer in the ANSWER BOOK.
9. Pay special attention to spelling and sentence construction.
10. Suggested time allocation:

SECTION A: 50 minutes
SECTION B: 20 minutes
SECTION C: 50 minutes
11. Write neatly and legibly.

SECTION A: COMPREHENSION**QUESTION 1**

Read BOTH TEXT A and TEXT B and answer the set questions.

TEXT A**WE NEED MORE SLEEP!**

- | | | |
|---|---|--------------|
| 1 | South Africans desperately need more sleep. As many as two-thirds of South Africans are not getting enough 'shut-eye', a study suggests. | |
| 2 | According to a Stellenbosch University study, those employees who do not sleep enough are more likely to develop life-threatening chronic illnesses, more likely to cause workplace accidents, are less productive and more absent. This becomes a financial burden for employers and medical aids. There could be a reduction in healthcare costs if employees develop healthy sleeping habits. | 5 |
| 3 | Charles King, a Master of Business Administration (MBA) student at the University of Stellenbosch, gathered data from 658 men and women between the ages of 25 and 40 working at a national financial services group, tracking their sleep over three months. | 10 |
| 4 | 'Lack of sleep is related to workplace issues such as absenteeism, lack of productivity, poor performance and accidents which have a direct cost impact on a business. Insufficient sleep has also been directly linked with seven of the fifteen leading causes of death,' King said. 'The research looked at the indirect costs of lack of sleep, particularly the cost to medical schemes of treating illnesses where inadequate sleep is a major risk factor. We asked what the potential savings would be to a medical scheme if individuals just got enough sleep.' | 15

20 |
| 5 | Seven to nine hours sleep a night is important for wellness, productivity and lowering the risk of disease, but King said people whose sleeping habits he tracked, slept far less than seven hours a night, with men more likely to be sleep-deprived. 'Lack of sleep is a contributing factor to obesity, and both are linked to increased risk of cardiovascular disease, depression, cancers and diabetes.' | 25 |
| 6 | In line with previous research done around the world, King found that the shorter the sleep duration, the higher the body-mass index (BMI) measurement, while BMI lowered as individuals got enough sleep. 'On its own, obesity does not have a direct financial implication but it leads to many other health problems, for example by preventing physical exercise, which will in turn increase the risk of coronary disease or of a low self-image which may then fuel major depression,' he said. | 30 |

- 7 The Stellenbosch research highlighted how sleep problems have become one of the leading causes of physical and mental health illnesses, due to expectations of being always available, shift work and longer working hours, 24/7 availability of entertainment and addiction to technology such as mobile phones. 35
- 8 One night of less than six hours' sleep is equivalent to two totally sleepless nights. It affects the concentration of those at work, university and even at school. Decision-making could be risky and could have negative results. 40
- 9 Making the sleepless scenario worse, people with poor sleeping patterns also tend to have unhealthy lifestyle habits like drinking alcohol, smoking and lack of exercise. Combining these with insufficient sleep further increases the risk of developing chronic diseases. 45
- 10 'Medical schemes carry the burden of these diseases. The costs need to be established, to identify the risk for the schemes if members do not adhere to healthy sleeping patterns and other lifestyle choices,' King said.
- 11 Charles King gives the following advice to assist those with poor sleeping patterns: Switch off mobile devices, do not watch television or work in bed. Avoid consumption of caffeinated drinks or any substance that would impair sleep quality. Get regular exercise. 50
- 12 More research is necessary to assist in raising awareness of the importance of healthy sleep patterns. There is no doubt that insufficient sleep has a financial impact on individuals, society and medical insurers. If we do not sleep enough, we affect those we work for as well as those with whom we work. 55

[Adapted from *Weekend Post*, March 2019]

- 1.1 Quote an informal word from paragraph 1 which means the same as 'sleep'. (1)
- 1.2 Refer to paragraph 2.
- 1.2.1 How can a lack of sleep affect people while they are at work? State TWO facts. (2)
- 1.2.2 Explain the difference between *employers* and *employees*. (2)
- 1.3 Refer to paragraph 3.
- 1.3.1 How do you know that King's research included many people? (1)
- 1.3.2 Using your OWN words, explain what is meant by 'tracking their sleep over three months' (line 12). (1)
- 1.4 How do you think medical aids are affected by their members who have poor sleeping patterns? (2)

1.5 Explain why the following statement is FALSE:

Not sleeping for a few hours at night, leads to weight loss. (1)

1.6 Choose the correct answer to complete the following sentence:

Diabetes means that you have ...

- A a few hours of sleep daily.
- B too much sugar in your blood.
- C too many hours of sleep daily.
- D too little sugar in your blood. (1)

1.7 Give TWO reasons why the writer links obesity to 'low self-image' and 'depression'. (2)

1.8 Explain the term '24/7 availability of entertainment' (line 37) in your OWN words. (1)

1.9 Why, in your opinion, does lack of sleep affect decision-making? (2)

1.10 Refer to paragraph 9.

1.10.1 Mention ONE example of an 'unhealthy lifestyle habit'. (1)

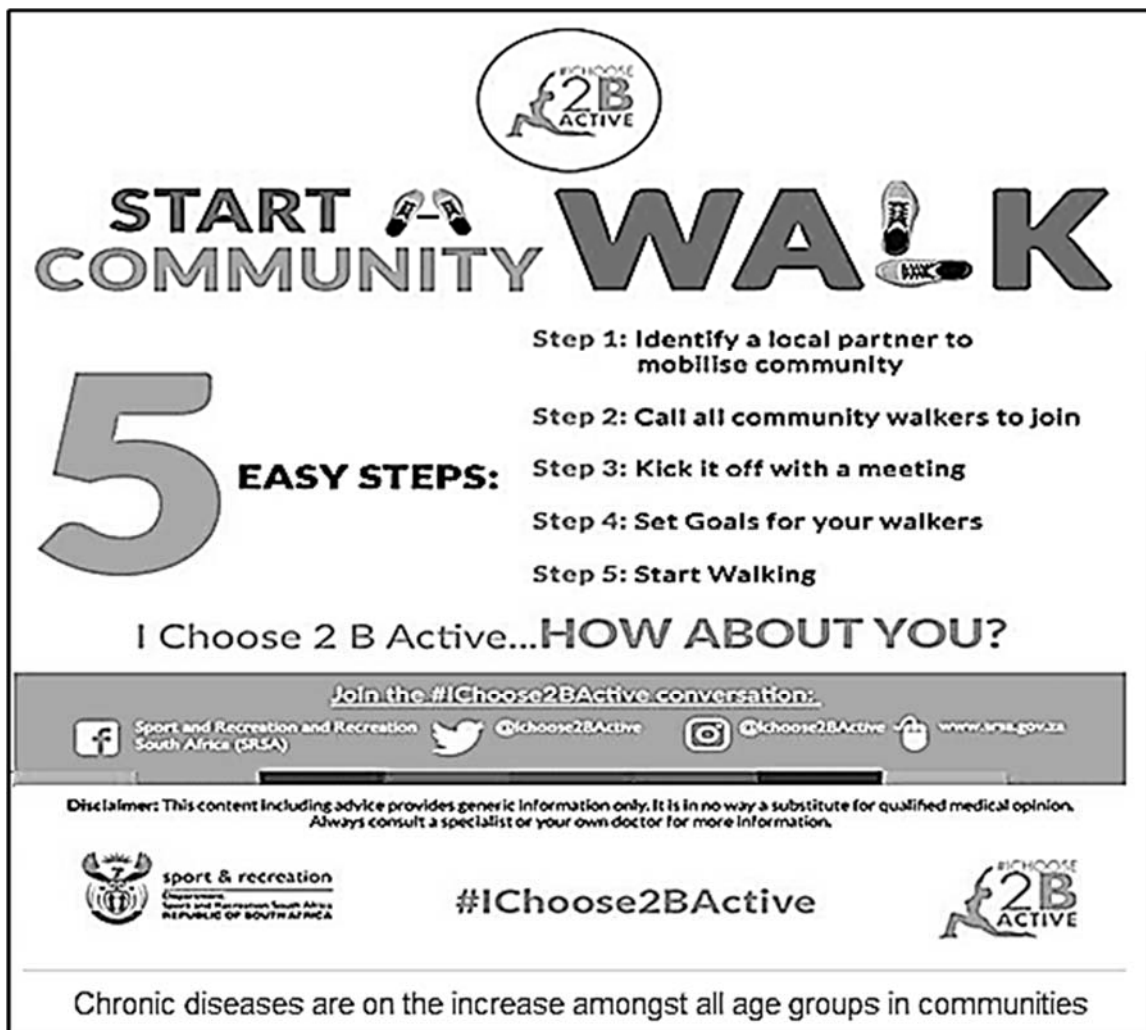
1.10.2 Which word in this paragraph means the same as 'not enough'? (1)

1.11 What advice does Charles King give to those who wish to improve their sleeping patterns? State TWO points. (2)

1.12 In your view, does this article teach the readers any valuable lessons? (2)

1.13 Discuss the suitability of the title, 'We need more sleep'. (2)

TEXT B



START COMMUNITY WALK

5 EASY STEPS:

- Step 1: Identify a local partner to mobilise community
- Step 2: Call all community walkers to join
- Step 3: Kick it off with a meeting
- Step 4: Set Goals for your walkers
- Step 5: Start Walking

I Choose 2 B Active...HOW ABOUT YOU?

Join the #IChoose2BActive conversation:

Facebook: Sport and Recreation South Africa (SRSA) | Twitter: @Ichoose2BActive | Instagram: @Ichoose2BActive | Website: www.srsa.gov.za

Disclaimer: This content including advice provides generic information only. It is in no way a substitute for qualified medical opinion. Always consult a specialist or your own doctor for more information.

sport & recreation
Department of Sports and Recreation
REPUBLIC OF SOUTH AFRICA

#IChoose2BActive

I CHOOSE 2 B ACTIVE

Chronic diseases are on the increase amongst all age groups in communities

[Adapted from www.srsa.gov.za]

- 1.14 Name ONE social media application (app) mentioned in the text. (1)
- 1.15 What is the aim of this programme? (2)
- 1.16 At whom do you think the question, 'How about you?', is directed? (1)
- 1.17 Do you think it will be a good idea to start such a programme in your own community? Justify your answer. (2)

TOTAL SECTION A: 30

SECTION B: SUMMARY**QUESTION 2**

Using too much sugar leads to obesity and diabetes.

Read TEXT C below and list SEVEN tips on **how to eat less sugar**.

INSTRUCTIONS

1. Your summary must be written in point form.
2. List SEVEN points in full sentences, using NO MORE than 70 words.
3. Number your sentences from 1 to 7.
4. Write only ONE point per sentence.
5. Use your OWN words as far as possible.
6. Indicate the number of words you have used in brackets at the end of your summary.

TEXT C**HOW TO EAT LESS SUGAR**

Sugar makes most things taste better. That is because our taste buds tell us so, biologically preparing us to eat sweet things for the energy they provide for our bodies to function. When we eat more sugar than we burn, the leftovers are converted to fat, and can lead to life-threatening diseases like obesity and also results in tooth decay.

We should try to find ways to cut back on sugar, rather than cutting it out completely. Soft drinks have nine teaspoons of added sugar and no nutritional benefits. It is a good idea to stop drinking your sugar. Whole fruit has fibre that keeps you feeling full and is packed with nutrients, so eat fruit rather than drinking juice.

Drink water for thirst. Keep a jug flavoured with sliced citrus, cucumber and mint in the fridge. For those who love tea and coffee – it is a good idea to start enjoying it without sugar.

Most cereals are packed with sugar, even the healthy ones such as muesli and granola. Wean yourself off sugar at breakfast. Plain yoghurt with fresh fruit is a better option.

Adapt your recipes and find low-sugar alternatives instead. Cut back on sugar, but do not be too hard on yourself. If there is a celebration, have a reasonably sized piece of cake. Like most things in life, sugar is fine in moderation. The key is balance.

[Adapted from *Clicks Magazine*, Issue 1, 2019]

TOTAL SECTION B: 10

SECTION C: LANGUAGE**QUESTION 3: ANALYSING AN ADVERTISEMENT**

Study the advertisement (TEXT D) and answer the set questions.

TEXT D

The advertisement features a large, stylized milk carton on the left with the text "CLEAN UP YOUR HOOD -FOR- GOOD" written on it. Above the carton, a banner reads "First Choice". The background is a blurred image of a farm with cows. The text "We dare you to make a difference!" is centered. To the right of the carton, there is a paragraph of text about the campaign. At the bottom, there are logos for "IT'S ALL GOOD", "WOODLANDS DAIRY", and "KOUGA local municipality".

We dare you to make a difference!

CLEAN UP YOUR HOOD -FOR- GOOD

Show some love for where you live and join the leading Woodlands Dairy brand, First Choice, and Clean Up Your Hood for Good!

We're thinking globally and acting locally by taking action and cleaning up our environment. Do your part and you could win R10 000 for yourself and a charity of your choice. To enter, share a clean-up picture with #cleanupyourhoodforgood, or check in store for details.

Visit firstchoice.co.za to find out more.

WOODLANDS DAIRY

KOUGA
local municipality
Good Governance through Service Excellence

[Source: *The Herald*, December 2018]

- 3.1 What is the name of the brand mentioned in the advertisement? (1)
- 3.2 Identify the slogan in the advertisement. (1)
- 3.3 To whom does this advertisement appeal? (1)
- 3.4 Choose the correct answer to complete the following sentence:
- The word 'Hood' is slang for a ...
- A hat.
B covering.
C neighbourhood.
D township. (1)
- 3.5 Provide TWO reasons why people will be eager to enter the competition. (2)
- 3.6 Why has the advertiser included the words, 'We're thinking globally and acting locally' in the advertisement? (2)
- 3.7 In your view, how does the picture support the message of the advertisement? Explain fully. (2)

[10]



QUESTION 4: ANALYSING A CARTOON

Read the cartoon (TEXT E) below and answer the set questions.

TEXT E

ZITS

FRAME 1

WHO'S THIS BAND AGAIN?

SOME SEVENTIES GROUP CALLED 'STYX'.

STATE FAIR

CONCERT TONIGHT

FRAME 2

CHECK OUT ALL THE OLD PEOPLE!

IT'S LIKE A P.T.A. MEETING WITH GUITARS!

FRAME 3

I DON'T KNOW HOW THIS COULD BE ANY Sadder.

ARE THOSE YOUR PARENTS?

NOTE: In this cartoon, the boy's name is Jeremy and the girl is his friend.

[Source: www.google.com]

4.1 Refer to FRAME 1.

4.1.1 Write the word 'STYX' in standard English. (1)

4.1.2 How do you know that Jeremy and his friend do not know 'this band' well? State TWO facts. (2)

4.2 The abbreviation 'P.T.A.' in FRAME 2 means:

- A Parents' Tax Account
 - B Parents' Taxi Association
 - C Parent-Teacher Association
 - D Parent-Teacher Academy
- (1)

4.3 Why is Jeremy upset by the presence of all the 'old people' (Frame 2)? (1)

4.4 Refer to FRAME 3.

4.4.1 Do you think Jeremy is excited or embarrassed to see his parents at the concert? (1)

4.4.2 Give TWO visual clues which indicate Jeremy's feelings in QUESTION 4.4.1. (2)

4.5 Consider the cartoon as a whole. Do you think Jeremy's reaction to seeing his parents at the concert is justified? Give reasons for your answer. (2)

[10]

QUESTION 5: LANGUAGE AND EDITING SKILLS

5.1 Read the passage (TEXT F), which contains some deliberate errors, and answer the set questions.

TEXT F**CREATING HOPE ONE STITCH AT A TIME**

- 1 'Every blanket is a person employed.' These were the words *Blankets from Africa* founder, Roslyn Bechet, used when she spoke about the projek she started in 2016. It all began with a trip to the heartland of South Africa – the semi-desert Karoo. There she found that poverty was rife and the plight of women was dire. The unemployment rate was the highest she has seen. 5
- 2 'I was astounded by the decay, lack in employment and the plight of women live in the gorgeous, wide open space with the most amazing raw materials,' she said during an interview with News24. 'I left feeling I wanted to do something to help, and *Blankets from Africa* was born from that.'
- 3 The organisation brings women from all generations together and teaches them how to knit. The womens knitted items are sold to the public, which creates an income for them. The idea was born when Bechet was looking for a gift for her husband in one of the rural communities. She met a woman who runs a community kitchen and takes care of orphans. The woman ran a small knitting programme to raise funds. 10
15
- 4 Today, *Blankets from Africa* has 22 knitters between the centres in Graaff Reinet and Port Elizabeth.

[Adapted from www.mycradock.co.za 2018]

5.1.1 Correct the SINGLE error in EACH of the following sentences. Write down ONLY the question numbers and the words you have corrected.

- (a) Roslyn Bechet spoke about the projek she started in 2016. (1)
- (b) The unemployment rate was the highest she has seen. (1)
- (c) 'I was astounded by the plight of women live in the gorgeous, wide open space.' (1)
- (d) The womens knitted items are sold to the public, which creates an income for them. (1)

5.1.2 Rewrite the following sentence in the negative form:

- The woman runs a community kitchen. (1)

5.1.3 Provide an antonym for the underlined word.

We want to import our products to other countries. (1)

5.1.4 Complete the following tag question. Write down only the missing words.

The knitters create a range of products,? (1)

5.1.5 Study the following statement:

Bechet hopes to create knitting pods throughout the entire Karoo.

State the part of speech of the underlined word. (1)

5.1.6 Rewrite the following sentence in reported speech:

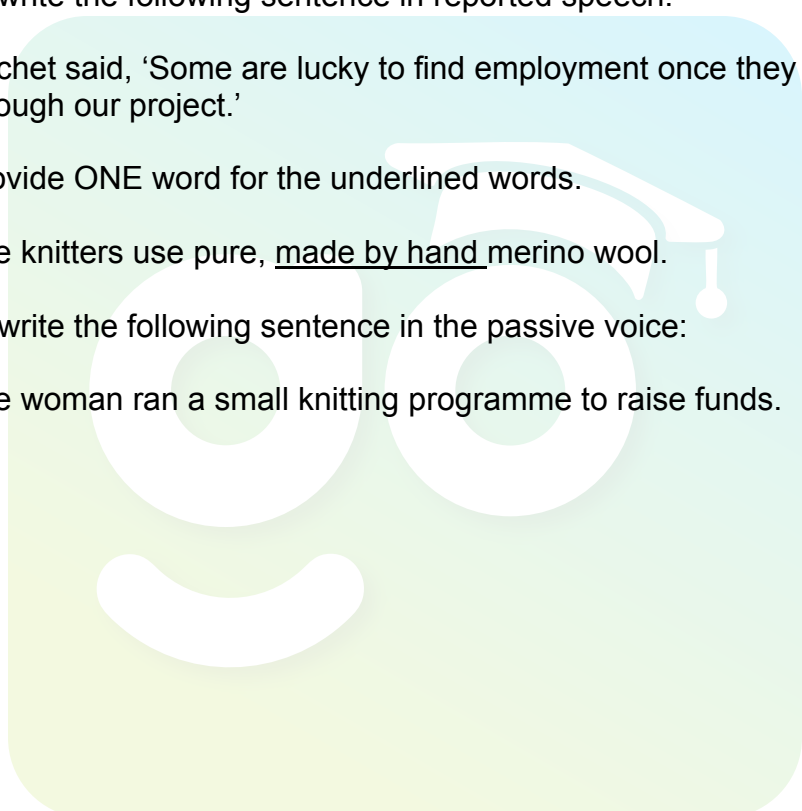
Bechet said, 'Some are lucky to find employment once they have been through our project.' (4)

5.1.7 Provide ONE word for the underlined words.

The knitters use pure, made by hand merino wool. (1)

5.1.8 Rewrite the following sentence in the passive voice:

The woman ran a small knitting programme to raise funds. (1)



5.2 Study the text (TEXT G) below and answer the set questions.

TEXT G



- 5.2.1 Write '2014' in words. (1)
- 5.2.2 Rewrite the following sentence in the present continuous tense:
This project defines our South African identity. (1)
- 5.2.3 Combine the following sentences into a single sentence by using the words 'either', 'or':
You can donate wool.
You can knit a blanket. (1)
- 5.2.4 Rewrite the following sentence in the plural form:
A person is challenged to knit blankets for Nelson Mandela Day. (1)
- 5.2.5 The underlined symbol in *nmf@nelsonmandela.org* means ...
A as.
B at.
C of.
D in. (1)
- 5.2.6 Provide the correct degree of comparison for the word between brackets.
Stitch by stitch we pledge to keep thousands of those (little) fortunate
than ourselves warmer over all the winters to come. (1)

[20]

TOTAL SECTION C: 40
GRAND TOTAL: 80

Download "Go Study Now" on iOS & Playstore



Download "Go Study Now" on iOS & Playstore

Download "Go Study Now" on iOS & Playstore



Download "Go Study Now" on iOS & Playstore

Download "Go Study Now" on iOS & Playstore



Download "Go Study Now" on iOS & Playstore