NAME: _____ ADM NO:_____

DATE: _____

ENGLISH 101

MARCH/APRIL FORM 3 JOINT EXAMINATION

K.C.S.E

101/2 ENGLISH

TIME: 2½ HRS

ENGLISH PAPER 2 – FORM 3

I. Read the passage below and answer the questions that follow:-

THE DETOX DEBATE

Detox kits and supplements are recent health feds. But can they really help you lose weight fast? Online weight loss coach Adrew Cate investigates.

We've heard a lot about the need to detox lately. It is the term used to describe a strict program of elimination and supplementation that's meant to rid your body of impurities, cleaning your liver and kidneys, and flushing your bowel. It's suggested that toxins build up from consuming too much fat, sugar, alcohol, caffeine, preservatives, and pollution.

There's no shortage of detox books, kits, and programs claiming to help you shed weight, improve your well being, cause your skin to radiate, and make you feel younger. The kits usually contain a dietary program, which is supplemented with a variety of vitamins, minerals, tonics, digestive aids, and laxatives. They are particularly popular in January as people feel the urge to begin the New Year afresh after overindulging during the festive season.

People will make drastic changes when they go on a detox diet and often feel better for starting a structured regime. However, detox kits made up of herbal laxatives and diuretics are unnecessary and have generally to have no blood of fats, alcohol, and other nasties – all without the help of a fancy box from your local pharmacy. There is no scientific evidence to support specific detox diets, programs, or supplement kits. However, there's no debate about the fact that eating less junk food, cutting out cigarettes and your alcohol intake, etc will benefit your health. For example, drinking more water and cutting out caffeine will improve your hydration levels, while reducing your portion sizes and increasing your vegetable intake will improve bowel function. These changes will enhance your well-being, but there's nothing magical about the detox diet itself. Rather, it's the associated lifestyle changes that benefit your health.

Detox kits that contain laxatives and diuretics to encourage you to fast could, potentially, do more harm than good. Laxatives speed up your bowel motions, but also prevent the absorption of nutrients, while diuretics can result to partial dehydration.

The fasting components of a detox should only be minimal, and not extend beyond a day or two. By eating next to nothing, you are not getting enough nutrients for the essential functions of your body. Supplements are no substitute for real food, and relying solely on them can result in vitamin deficiencies. Fasting is also known to slow down your metabolic rate, which encourages your body to store fat, making it harder to lose body fat in the future.

If you've spent weeks, months or years overindulging drinking and smoking you can't hope to fix yourself in a few days. Detox diets aren't an instant cure to health and wellness. Short-term changes to your diet and lifestyle over the long term, there's no point starting them, as they won't have any serious impact upon your health.

(a) What is **detoxing**? (2 mks)

(b) From the information given in the passage, what builds up toxins in the body? (2 mks)

(c) Give the contents of the detox kit. (2 mks)

(d) When do detox kits sell most? (1 mk)

(e) In about 80 words, summarize the writer's arguments on whether we need to detox or not. (5mks)

Rough copy

Fair copy

(f) Outline the dangers of detox diets. (3 mks)

(g) Add a question tag to the following statement. (1 mks)
Detox diets aren't an instant cure to health and wellness, ……..

(h) We've heard a lot about the need to detox lately. (Rewrite the sentence as a question without changing the meaning). (1 mks)

(i) Explain the meaning of the following words as used in this passage. (3 mks)
Laxatives

Overindulging

Deficiencies

Read the story below and then answer the questions that follow;

KAHURU THE CROW

One day Wamabuku, the rabbit decided to give a party. He invited all the other animals that had invited him before to similar parties. For the party Wamabuku had slaughtered many fat goats and cows. On the day of the party, Wamabuku got all his servants to decorate his house for the

fiesta. All the animals arrived in rapid succession – Wamuthige the hyena and his family, Wamacege the porcupine, Kahuru the crow and may others.

The animals ate the meat to their satisfaction. After the meal they began to dance. In the evening, the party was over and animals prepared to leave. Wamuthige the hyena and his family being greedy animals decided to get more meat from Wamabuku was surprised at their greed and decided to teach them a lesson. Wamabuku told the hyena that only the “undesirable” fat meat was remaining. Since hyena love fat meat their mouths became moist with saliva.

Wamabuku then sent his servants to the garden to collect all his young thriving gourds. The gourds were split into halves. The succulent white inside called “mego” was removed. Since it is exceedingly bitter so liquid fat was poured over the ‘mego’. The hyenas were shown the melting mego. At the sight, the hyenas became panicky.

Wamuthige, after some thinking, called “Kahuru,” he said, please get a thread and needle. Then come and knit out outlets tight so that when we have eaten all this melting meat, we shall not water any. It is so sweet and we can’t afford to have delicacies waster.”

Kahuru, being a kind-hearted family, went to fetch a needle and thread. Meanwhile the hyenas ate nearly all the mego. When Kahuru returned with the needle and thread he was asked to start his operation on the hyenas.

The mego in the hyenas stomachs had intermingled with the meat and other food. All the hyenas were suffering from flatulence. When Kahuru started, the hyenas started to get stouter and stouter due to the air in their stomachs. The hyenas brought their hindquarters as near to Wakahuru as possible so that Wakahuru did not miss any.

When the hyenas were so swollen up that they could swell not more all their back openings burst with pressure. All the stuff from inside the hyenas liquid and solid, was deposited on him. So much was put there, that he lay covered all over and helpless. The hyenas left without helping Kahuru from his disgrace. Kahuru did not know what had happened and anyway, he was not to blame.

That night, the rain fell in abundance and drenched the countryside. Kahuru was cleaned. He flew to the nearest tree and perched there. In the morning he found he could see and flew to his home.

A few weeks later Kahuru decided to give a feast especially for the hyenas. He notified Wamuthige, who collected all the hyenas. The party was to be in Kahuru’s home. Kahuru was to carry all the hyenas up, since hyenas don’t fly. Kahuru chose a spot where the hyenas could assemble, and told them to hold each other by the tail. Then Kahuru would take Wamuthige who would be in the front. Thus all the other hyenas would be pulled behind in along string.

While they were waiting, the hyenas hanced, singing.

We are going up high to eat fat, fat meat,

And we we say 'fat'

We mean meat purely white

When Kahuru arrived and picked up the first hyena all others followed still singing happily. When they had flown up many miles, Kahuru shouted at the last hyena, "Can you still see the ground?" "Yes," was the reply. They flew on, still singing until they could see the ground no longer.

Then Kahuru told the hyenas to stop singing and make ready for "white" meat. Then all of a sudden, he let Wamuthige go, and through the air the hyenas dropped. The fall was a great one. Kahuru flew down, and from a safe distance, jeered teasingly at the groaning, fractured cripples. Then he flew happily back to his home.

QUESTIONS:

(a) Classify this narrative. Give reasons (2 mks)

(b) Identify three features in the narrative and explain the effect of each. (3 mks)

(c) State and explain the character trait of

(i) Wamuthige (1 mks)

(ii) Kahuru (1 mks)

(d) What do we learn about the socio-economic activities of the people from whom this narrative was taken? (4 mks)

(e) What is the function of a song in this narrative. (4 mks)

(f) (i) Give **one** moral lesson that we learn from this narrative. (1 mks)

(ii) Suggest a proverb to summarize the lesson you have given. (2 mks)

(iii) State **two** performance techniques that would be used to make this narrative enjoyable. (2 mks)

The River and the source by "Margaret Ogola pg 22-23

Feel free to do so…… Ayie, I have accepted.

1. Place the extract in its immediate context (4mrks)

2. "Women are all the same Owour- lets get out of here" said Otieno. Write in reported speech. (2mrks)

3. Explain the character of
   i. The chief- Owour

   ii. Odero

   iii. Otieno (6mrks)

4. Explain the meaning of the underlined words

a. You will be Owour Kemboi a man of style the famous or who paid up without demur.

b. Why should these people vip us like this.

c. A son in law had to comport himself with great dignity. (3mks)

5. Identify and explain two styles used in the extract.
   i.

   ii.

6. "All women are not the same". The Chief observed. Explain what happens later in the novel to justify this in the life of the chief (2mrks)

7. Why is Akoko feeling that her father should give her a piece of land. (2mrks)

8. Why is the " Mikai" important in this culture" (2mrks)

GRAMMAR

Use the correct form of words in brackets to complete each of the following sentences (3mks)

1. Nobody expected the company to make _____ (lose)
2. The three_____ (passer-by) were arrested.

3. She has spent a lot of time_____ (beautiful) her compound.

Correct the errors in the following sentences

i) It is an important occasion

ii) The cite was lovely

iii) It is embracing to mispronounce words (3mks)

Fill in the blank forming adjectives from the given in brackets.

i. John was _____ of his neighbours success (envy)
ii. I felt _____ about not being able to help (awe)
iii. He took a _____ leave after the father died (compassion) (3mks)

Fill the blank spaces with the correct preposition

1. I am indebted _____ him for the help he gave me.
2. She has always confided_____ him.
3. The ailing man has been in bed_____ the whole week. (3mrks)

Rewrite the following sentences according to the instructions given. Do not change the meaning.

1. He threatened us. He was insolent

   (Begin: Not only)

2. You will only succeed if you work hard

   (Rewrite using unless)

3. When the people burst into the councillors office he had not even sat down.

   (Begin hardly)