

LIRA TOWN COLLEGE

MID-TERM I EXAMS 2011
S.4 ENGLISH LANGUAGE

TIME: 1 HOUR

1. ***Read the passage below and answer the questions that follow:***

Many times parents experience moments when their child has no appetite or is more interested in junk food. This is perhaps because children have not been guided through good eating habits. Teaching children good eating habits is important as it keeps them at a healthy weight. These eating habits help the children in maintaining a healthy life style when they are adults.

One of the best ways to go about teaching your children healthy habits is to guide your children's choices rather than dictate foods. Do not for instance place your overweight child on a restrictive diet so as to lose weight unless a doctor supervises one for medical reasons.

Emphasis is put on the involvement of your children in shopping and preparing meals. These activities will give you hints about your children's food preferences, an opportunity to teach your children with a feeling of accomplishment. In addition, children, children may be more willing to eat or try foods that they help prepare.

Snacks that are planned at specific times during the day however, can be part of a nutritious diet without spoiling a child's appetite at meal times. It is equally important to plan for snacks because snacks may lead to over eating.

Cut down on their intake. This can be accomplished by eating low fat or non fat dairy products like poultry without skin or lean meat. If you do not know how to select and prepare a variety of foods for your child, it is better to consult a doctor or dietician.

Sometimes children enjoy meals while watching television. This should be discouraged because eating in front of television may make it difficult to pay attention to feelings of fullness, and may lead to overeating. Try also to make children eat in designated areas of your home, such as the dining room or kitchen.

Over consumption of sweetened drinks or sodas has been linked to increased rates of obesity in children. It is important to encourage your children to choose water as their beverage. Also advise your children to eat slowly. A child can detect hunger and fullness better when eating slowly.

There are parents who use food to punish or reward their children. Withholding food as a punishment may lead children to worry that they will not get enough food. Similarly, when foods like sweets are used as a reward, children may assume that these foods are better or more valuable than other foods. Try not to use food to punish or reward your children.

When children eat outside the home, for example children who go with packed lunch to school; you should make sure their meals are balanced. Packed meals should include variety of foods. If children are to eat in restaurants, select healthier items for them. (Adapted from: Daily monitor, April 17, 2008)

Question:

In not more than 100 words, summarize the ways parents should teach their children good eating habits.

Summary

Rough copy

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Fair copy

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- 1.1 She may be sick. She may be stubborn. (Rewrite using: either.....)
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12. He got up early because he wanted to get the first bus to Kampala.
(Rewrite using: In order to)
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.....
13. He was healthy but could not play any games.
Begin: In spite of
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14. The school did not hesitate to punish that bad student.
(end – hesitation)
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15. I am against any increase in the school fees.
(Re-write using: opposed)
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.....
16. “Drive as fast as you can. I didn’t want to be late,” said the boss to the driver.
Begin: The boss told the driver
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17. It must be very exciting to be a pilot. (Begin: If I)
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18. There were few people in the bank so I was server quickly.
(Begin: As)
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19. He will get first grade. That is certain. (Begin: That he will.....)

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20. It has been very hot recently. Working hard has been difficult.
(Begin: Due to.....)
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Choose the best.

21. When he was accused of theft heeverything.
A. rejected B. refused C. denied D. avoided
22. He had very little money but he agreed tome some.
A. present B. avail C. borrow D. lend
23. We tried to concentrate but the noise in the next room
A. put us on C. put us out
B. put us off D. took us on
24. The reporterwas on imposer.
A. who he interviewed us C. whom interviewed us
B. who interviewed us D. whom he interviewed us
25. There is very little point in tryingyou want to succeed.
A. if B. unless C. except D. when
26. He joined the company as a means.....his income.
A. to increase C. of increasing
B. to be increasing D. for increasing
27. Watching a film is.....than watching a play.
A. very much better C. very more better
B. much more better D. very much more better
28. Were there many people at the meeting? No just.....
A. few B. some C. a few D. little
29. The granddaughter was given some.....
A. cotton torn old baby clothes B. torn old baby cotton clothes
C. torn old cotton baby clothes D. torn cotton old baby clothes
- 2.10 Moses complained that it was a long time.....
A. when he saw me
B. when he was seen me
C. since he had seen me
D. since he has seen me.

-END-