

ENGLISH B – STANDARD LEVEL – PAPER 1
ANGLAIS B – NIVEAU MOYEN – ÉPREUVE 1
INGLÉS B – NIVEL MEDIO – PRUEBA 1

Monday 10 May 2004 (morning)
Lundi 10 mai 2004 (matin)
Lunes 10 de mayo de 2004 (mañana)

1 h 30 m

TEXT BOOKLET – INSTRUCTIONS TO CANDIDATES

- Do not open this booklet until instructed to do so.
- This booklet contains all of the texts required for Paper 1.
- Answer the questions in the Question and Answer Booklet provided.

LIVRET DE TEXTES – INSTRUCTIONS DESTINÉES AUX CANDIDATS

- N'ouvrez pas ce livret avant d'y être autorisé(e).
- Ce livret contient tous les textes nécessaires à l'épreuve 1.
- Répondez à toutes les questions dans le livret de questions et réponses fourni.

CUADERNO DE TEXTOS – INSTRUCCIONES PARA LOS ALUMNOS

- No abra este cuaderno hasta que se lo autoricen.
- Este cuaderno contiene todos los textos para la Prueba 1.
- Conteste todas las preguntas en el cuaderno de preguntas y respuestas.

TEXT A



MARLA RUNYAN, LEGALLY BLIND RUNNER

Marla Runyan made history when she became the first legally blind competitor to qualify for a US Olympic team. In this interview, she talks about why she's right on track with her goals and dreams.

Question: When did you start running?

Marla: I didn't start running track until high school. I didn't get serious about running until college, which is probably a good thing.

Question: [- X -]

Marla: I had to change schools twice. I was always going to school in another town. I didn't have a lot of friends.

Question: You finished third at the US trials and made the Olympic team despite a leg injury that almost forced you out of the race. How did you feel?

Marla: Considering the injury, I think I was very, very fortunate. It just made me appreciate it more.

Question: [- 1 -]

Marla: The minutes leading up to the race, and trying to remind yourself that you've trained hard and you should be confident going in. You can get a little scared.

Question: [- 2 -]

Marla: I remember how hard I trained. I always want to go into a race and give it 100% effort. That's really all I can do anyway.

Question: [- 3 -]

Marla: Not really. I watched it on television. I never really thought I would become a professional athlete. I always looked at running as a hobby, not something I would make a living from. The last few years have been a very good surprise.

Question: [- 4 -]

Marla: My goal for the Olympics is to place in the final eight. I would like to improve my personal best time by 3 to 4 seconds. That's it for this year. Next year, I want to focus more on the 5000-meter race.

Question: What message do you have for kids who have big goals like yours?

Marla: I want to tell kids, whether they're in sports or whatever they're doing, not to take it so seriously that they stop having fun. Then you lose your motivation.

TEXT B

NETIQUETTE



Are you a good Netizen? Have you ever written a message that has been misinterpreted on the other end? Without seeing facial expressions or hearing their tone of voice, it's fairly easy to misinterpret people when communicating via computer screens. A compliment might come across like an insult. A joke can sound offensive.

As e-mail and instant messaging become more and more routine, rules of Internet behaviour – called netiquette – are constantly evolving. The good news is that keeping up with Netizen trends is easy. Netiquette largely depends on whom you're communicating with, says Neil Randall, an English professor. This means the language you're going to use depends on the situation rather than those grammar and punctuation rules from English class. "You've got to understand when to use things and when not to," Randall says.

What about e-mail sent to teachers, employers, grandparents and other people outside your circle of friends? "Communication is all about appropriateness," Randall says. When e-mailing a teacher about a book report, you shouldn't use anything cutesy¹ unless the teacher understands it. According to a recent study, Internet language – abbreviations and emoticons² – is widely known among users under 20. The older people are, the less likely they are to know that A/S/L means you're asking someone's age, sex and location.

Luckily, sounding smart online takes less effort than writing an essay does, Randall says. The easiest way to do that is to use spell-check. Randall says he found that only 27 percent of users under 20 check messages for proper spelling. Always identify yourself especially if your e-mail address doesn't include your name. Respect people's e-mail addresses. Don't automatically forward jokes to everyone on your address list.



And remember the risk that someone will forward your message – or worse, make a copy and pass it around in school – is something that always exists. As a general rule, don't write anything you wouldn't say out loud. But Randall says that, despite the rules, people shouldn't be afraid to try new things while e-mailing or communicating in chat rooms. "Our language is forever growing," he says.

¹ cutesy: an attempt to be amusing which some people may find annoying.

² emoticons: use of punctuation symbols to create representations of faces which show the writer's mood when the reader's head tilts to the left. For example, :-(means crying, while :-) means joking or happy.

TEXT C

We Can Eat Smarter

America has a weight problem. The Center for Disease Control and Prevention (CDC) estimates that about 64% of adults are overweight or obese, which means excessively overweight. Over the past 20 years, the rate of adult obesity in the United States has more than doubled, going from 15% in 1980 to 31% in 2000.

5 These numbers reflect a troubling upward trend—and not just for grown-ups. Over the same 20 years, the percentage of obese kids aged 6 to 19 has tripled to 15% of that population. About 9 million children are excessively overweight. Obesity can lead to serious health problems, including heart disease, stroke, diabetes, cancer and high blood pressure.

WHAT'S EATING AMERICA?

10 How did so many people gain weight so fast? Health experts point to junk foods, large portion sizes and less activity. The US Department of Health and Human Services (HHS) says that nearly half of all American children do not get enough vigorous physical activity.

15 “Many factors in a child’s environment favor excessive weight gain,” says Dr Nancy Krebs, a Colorado pediatrician. “It’s the foods they’re eating and the amounts they’re eating, as well as a reduction in physical activity.”

20 Hamburgers and take-out pizzas are low-cost, quick and satisfying alternatives to home-cooked meals. An occasional order of fries won’t harm anyone, but most fast foods are too high in calories, fat and artery-clogging cholesterol to eat every day. The trend toward supersizing is contributing to the fat problem. In 1957, the average fast-food burger weighed about one ounce. Today, the typical hamburger weighs six ounces.

25 The bad news has prompted some companies to shape up their menus. Experts say that such changes are good, but more must be done. “We still need to hold the industry accountable for its marketing of unhealthy options, especially to children,” says Kelly Brownell, the director of the Center for Eating and Weight Disorders at Yale University, in Connecticut.

30 The government is also taking action. The US Department of Agriculture (USDA) is changing its nutrition guidelines. The improved version, due in 2005, should be easier for people to use. The USDA is expanding its healthy choices in public schools. This year, the USDA bought more than 973 million pounds of fruit and vegetables for school meals, 22% more than in 2002.

A NEW RECIPE FOR SUCCESS

35 Many families have taken notice of the obesity [- X -]. They are already making changes to their [- 25 -] and eating habits. Most important is having the right [- 26 -], says Dr Naomi Neufeld, the medical director of the KidShape Foundation, in California. “Eating healthily and exercising is not done to [- 27 -] to some image of the perfect body,” she says. “It’s to [- 28 -] yourself better, because you deserve it.”

TEXT D

Kite-surfing Anyone?



What do you get when you combine surfing with kite-flying? You might say disaster! But kite-surfing, a new summer sport, is making some serious waves around the country. Kite-surfing was invented in the mid-1980s by two surf-loving French brothers. They called the sport “fly-surfing”. But it really took off when it hit Hawaii a few years ago. This year, some 50,000 thrill-seekers are expected to get on board and catch some air.

How exactly do you kite-surf? You stand on a board with foot straps and wear a harness connected to a kite. But this is not your everyday kite – it is large, has several lines of string, and allows you to steer a course. You don’t have to wait around for perfect wind or weather conditions. Winds as light as six miles per hour can get kite-surfers moving.

Like all extreme sports, kite-surfing can be dangerous for both riders and others in their path. There have been a number of injuries to wind-surfers and beach-goers as a result of out-of-control kites. But as the sport’s popularity swells, more regulations have been put into place to ensure everyone’s safety.

If you can wind-surf, you can kite-surf. You don’t have to be particularly strong because the kite does all the heavy lifting. Experts advise learning to control a stunt kite (\$100) before going the next step; only then should you gear up for this extreme sport. Equipment (a board, a harness and kite) costs about \$800 and lessons are an absolute must.

Happy Fly-surfing