

Section 1: Directed Writing

You are advised to write between 200 and 300 words. Total marks for this part: 30.

- You will be awarded up to 15 marks for following the task instructions.
- You will be awarded up to 15 marks for the language you use.

Task 1

Recently, two of your relatives who live abroad came to stay with your family for a week.

This was a

very happy event for everyone. You decide to write to your aunt, who lives in another city, to tell her

about this visit.

Write your letter. You must include the following:

- who the relatives are and when they came to visit
- details about what you and your relatives did together during the visit
- what your relatives enjoyed most about their visit and why.

Cover all three points above in detail. You should make your letter interesting and informative.

Start your letter 'Dear Aunt ...,' and remember to supply an appropriate ending.

[Total: 30]

Section 2: Reading for Ideas

Read Passage 1, Honey, in the Insert and answer all the questions below.

1 (a) Notes

Identify and write down the information in the passage which describes the importance of

honey in former times, and the possible benefits of honey in modern times.

USE MATERIAL FROM THE WHOLE PASSAGE.

At this stage, you do not need to use your own words. Use note form. To help you get started,

the first point in each section of notes is done for you. You may find it helpful to use bullet

points when listing the content points.

You will be awarded up to 12 marks for content points.

Content Points

The importance of honey in former times

- Sweetening ingredient in (many) dishes (in Greek / Egyptian / Roman cuisine)

The possible benefits of honey in modern times

- (it may) improve our bodies' immunity to many illnesses

(b) Summary

Now use your notes from 1(a) to write a summary of the importance of honey in former times,

and the possible benefits of honey in modern times, as outlined in the passage.

Use your own words as far as possible. You will be awarded marks for producing a piece of

writing which is relevant, well organised and easy to follow.

Your summary must be in continuous writing (not note form). You are advised to write

between 150 and 180 words, including the 10 words given below.

Begin your summary as follows:

In former times, honey was sometimes used to sweeten dishes [10]

2- Re-read paragraphs 1, 6 and 7 and give one opinion from each of these paragraphs.

Paragraph 1 [1]

Paragraph 6 [1]

Paragraph 7 [1]

[Total: 25]

Passage 1

Honey

- 1 The production of honey has a fascinating history, as shown by a cave painting in Spain of humans foraging for honey at least 8000 years ago. Honey was a sweetening ingredient in many dishes in Greek and Egyptian cuisine, and this use is mentioned in the works of many Roman writers, such as Pliny the Elder and Virgil. Honey also features in the mythology of many civilisations. For example, in Greek mythology, the infant god Zeus was fed on honey, and the Roman goddess of the moon was often portrayed in the shape of a honey bee. The texts of many world religions contain references to honey. In the Jewish Bible, milk and honey flowed through the Promised Land, in Islam the Qur'an promotes honey as a healthy and nutritious food, and Buddha spent time in the desert where a monkey brought him honey to eat. 5
- 2 In ancient times, honey was widely used for medicinal purposes by the Egyptians, Chinese, Greeks and Romans to heal cuts and burns, for example, and to cure diseases of the intestine. It was seen to be so valuable that it was sometimes given as a precious gift. In ancient Egypt, people who worked closely with the Pharaoh were allotted daily portions of honey, and honey was given as a present to the Pharaoh by people living in outlying territories. 10
- 3 In an ancient tomb in Georgia, in Western Asia, a clay vessel was discovered which contained the oldest remains of honey ever found, revealing that honey was used there 5000 years ago as an embalming agent for the dead; this practice was also employed by the Egyptians, Babylonians and Persians. Additionally, there was an established custom among some peoples – for example, in both North and Central America – to place jars of honey in tombs as food for the afterlife. Apple slices dipped in honey during the traditional meal for Jewish New Year symbolised a sweet year ahead, and in ancient Chinese wedding ceremonies the couple sealed their wedding vows with a drink made with honey. Thus, it can be seen that honey also had a symbolic value. 15 20
- 4 The popularity of honey continues nowadays. Because it contains antioxidants, it may improve our bodies' immunity to many illnesses, even potentially fatal ones. It is thought that honey might be beneficial for patients recovering from illness, with one British hospital in 2006 reporting that it planned to use honey to speed up the healing process of patients after surgery. Such research may provide scientific evidence for unconfirmed beliefs, held by honey-lovers all over the world, that honey possesses healing properties. Honey mixed with lemon is a reliable cure for coughs and colds. In fact, the World Health Organisation recommends honey as a treatment for coughs and sore throats, even for young children, stating that there is no reason to believe it is less effective than any man-made remedy such as pharmaceutical medicines. 25 30
- 5 Honey is a source of many vitamins and minerals, the most common ones being Vitamin C, calcium and iron; other benefits depend on the type of flowers used by the bees to make their honey. In contrast, if you check the content of any other sweetener, you will find it doesn't contain any vitamins and minerals, or only very few. Because eating honey is a good way to maintain blood sugar levels and encourages muscle recuperation after a workout, it improves athletic performance. 35
- 6 Mixed with milk, honey helps to create smooth skin; consuming this combination every day is a common practice in many countries, and the best shower gels and shampoos are those advertising that they contain milk and honey. It is thought by some dieticians that, because honey contains a unique blend of natural sugars, it triggers changes in the body which ensure we won't crave other sweet foods. This claim has given rise to a weight loss programme based on honey, which supposedly makes it possible to lose more than a kilo in a week. 40 45
- 7 And when we realise that, even when we are not trying to lose weight, honey can be a part of our normal diet – for example by being added to tea or to various sauces and cakes – we would all agree that honey is just delicious! 45