

**E<sub>SE4</sub>**

**2018/2019**



# Marking Guidelines

*Name / Surname(s):*

*School:*

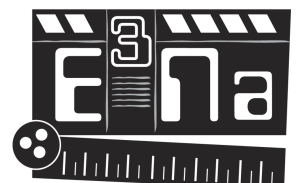
*Group:*

*City / Town:*

*Date:*

***English Literacy***

***Year 4 of Secondary Education***



# Instructions

This test consists of four parts: Listening, Reading, Rewriting and Writing.

## Listening

We will begin with a listening test. You will hear someone speaking about a situation.

- First read the questions (3 minutes).
- Listen carefully to the recording. You will hear the recording twice.
- After each part you will have time to answer the questions.

For each question you have to circle the right answer. *For example:*

**Example 1. How many months are there in a year?**

- A. 2 months.
- B. 17 months.
- ☒ C. 12 months.
- D. 10 months.

If you decide to change your answer, cross out (X) your first option and circle your new answer. *For example:*

**Example 1. How many months are there in a year?**

- ☒ A. 2 months.
- B. 17 months.
- ☒ C. 12 months.
- D. 10 months.

## Reading

You will read one text and answer several questions.

## Rewriting

You will do some sentence rewriting.

## Writing

Lastly, you will write a short text, following some instructions.

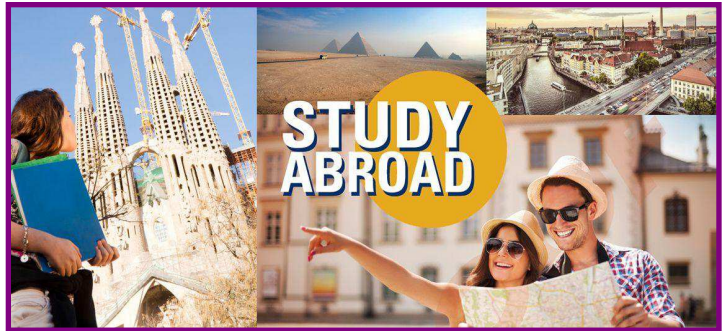


**The whole test lasts 50 minutes.**



## Listening – Study abroad

On Today's Program Kevin is talking about **studying abroad**. He interviews **Leyre**, a girl from Madrid who studied abroad last year. **She tells Kevin about her experience.** Listen to the interview and answer the questions that follow. You will hear the **recording twice**.



**1.** Complete the sentence:

Since 2000 there has been an increase of a \_\_\_\_\_% each year in the number of students studying abroad.

Marking criteria	
Marks	Answer
0	Any other answers.
1	12 / twelve

**2.** South Korea...

- A. is the fourth most populated country in the world.
- B. sends most of its students to the UK.
- C. **sends most of its students to the USA.**
- D. sends the highest number of students abroad.

**3.** In relation to studying abroad, in Spain...

- A. not many students do it.
- B. people used to study abroad more in the past.
- C. **students prefer Europe.**
- D. the US is the most popular destination.

**4. At the beginning Leyre...**

- A. didn't know where to go.
- B. didn't really like the idea of studying abroad.
- C. wanted to go to an English speaking country.
- D. would have preferred to go to a more exotic country.

**5. Leyre wanted to study abroad to...**

- A. become more independent.
- B. to learn English.
- C. to get an international degree.
- D. to do some tourism.

**6. Complete the sentence:**

Leyre was \_\_\_\_\_ years old when she arrived in the USA.

Marking criteria	
Marks	Answer
0	Any other answers.
1	15 / fifteen

**7. Complete the sentence:**

Apart from her family and the food, what Leyre missed most were her \_\_\_\_\_.

Marking criteria	
Marks	Answer
0	Any other answers.
1	friends

**8. In the US, Leyre didn't like eating...**

- A. alone.
- B. always the same kind of food.
- C. hamburgers and tacos.
- D. unhealthy food.

**9. Complete the sentence:**

**Leyre mentions the following facilities: a stadium, two \_\_\_\_\_**  
**and a \_\_\_\_\_.**

Marking criteria	
Marks	Answer
0	Any other answers.
1	Both answers are correct: gyms / swimming pool.

**10. Leyre's advice for people travelling abroad would be...**

- A. not to forget about their home.
- B. to be extrovert.
- C. to be open to new things.
- D. to defend their ways and culture.

**11. The best summary for Leyre's experience would be...**

- A. the US was too boring to make my stay unforgettable.
- B. it was an awesome experience. I learnt so much...
- C. I learnt English, my first goal, and I ate exotic food.
- D. I found people in the US racist, and I didn't like most of the things there.

# Reading – Healthy habits

As you get older, you're able to start making your own decisions about a lot of things that matter most to you. You may choose your own clothes, music, and friends. You also may be ready to make decisions about your body and health. Making healthy decisions about what you eat and drink, how active you are, and how much sleep you get is a great place to start.

Your body needs energy to function and grow. Balancing the energy you take in through food and beverages with the energy you use for growth, activity, and daily living is called "energy balance". "Energy balance" may help you stay a healthy weight. The number of calories you need depends on whether you are male or female, your genes, how old you are, your height and weight, and how active you are.

Try to replace foods high in sugar, salt, and unhealthy fats with fruits, vegetables, whole grains, low-fat protein foods, and fat-free or low-fat dairy foods. Control your food portions, many people consume larger portions than they need, especially when away from home.

Skipping meals might seem like an easy way to lose weight, but it actually may lead to weight gain if you eat more later to compensate for it. Follow these tips to stay healthy:

- Eat breakfast every day. If you're short on time in the morning, grab something to go, like an apple or banana.
- Eat dinner with your family. When you eat meals with your family, you are more likely to consume healthy foods.

Physical activity should be part of your daily life, whether you play sports, take physical education (PE) classes in school, do chores, or get around by biking or walking.

Sleep was long considered just a block of time when your brain and body shut down. On the contrary, sleep research studies show that how well you function depends not just on your total sleep time but on how much sleep you get each night and the timing of your sleep stages. You may have problems getting along with others or feel angry and impulsive if you are not getting enough sleep.

To improve your sleep habits, it also may help to:

- Go to bed and wake up at the same time every day. Try to keep the same sleep schedule on weeknights and weekends.
- Use the hour before bed for quiet time. Avoid vigorous exercise and bright artificial light. Turn off your cell phone or other devices before you go to bed.
- Avoid nicotine and caffeine. Nicotine and caffeine are stimulants, and both substances can interfere with sleep. The effects of caffeine can last as long as 8 hours.
- Keep your bedroom quiet, cool, and dark (a dim night light is fine, if needed).

**12. The text is aimed at...**

- A. children.
- B. middle-aged people.
- C. old people.
- D. teenagers and young adults.

**13. This text could be part of...**

- A. a text book.
- B. a health guide.
- C. a scientific article.
- D. a personal blog.

**14. “Energy balance” depends on...**

- A. how active you are.
- B. the calories you need and you burn.
- C. the calories you take and you burn.
- D. the age only.

**15. If you want to have healthy eating habits, keep in mind that...**

- A. all fats are unhealthy.
- B. low-fat milk and other milk products should be part of your diet.
- C. sharing mealtimes with people doesn't make any difference.
- D. you should eat sugar and salt containing products.

**16. If you want to keep a healthy weight, a good piece of advice would be...**

- A. to take just a piece of fruit for breakfast.
- B. not to miss dinner.
- C. to get smaller food portions than recommended.
- D. to take soft drinks.

**17. When the text refers to *physical activity*, it means not only playing sports but**

also \_\_\_\_\_ , \_\_\_\_\_ or  
\_\_\_\_\_.

Marking criteria	
Marks	Answer
0	Some of them are missing or incorrect.
1	All of them are correct: taking P.E. classes doing chores getting around by biking or walking



**18.** Mark with an X the three of these statements that are true.

- ☒ Getting enough quality sleep at the right times helps you function well.
- ☐ Getting just 1 hour less sleep per night than needed will not have any effect.
- ☐ Sleep is considered to be a time when your body and brain shut down.
- ☒ The way you feel depends in part on the stages you go through while you're sleeping.
- ☒ Your sleeping environment can also affect your sleep.
- ☐ Watching TV before bed is a relaxing activity that does not disrupt your sleep.

Marking criteria	
Marks	Answer
0	More than three statements have been marked. Three statements have been marked but only <b>one answer</b> is correct.
1	Two or three statements have been marked but only <b>two answers</b> are correct.
2	Three statements have been marked and <b>all</b> of them are correct.

**19.** According to the text, which of the following tips to sleep better at night is NOT TRUE?

- A. Late morning is a good time for a cup of coffee.
- B. Intense physical exercise at any time is great.
- C. Keep your bedroom at a comfortable temperature.
- D. Switch off every electronic device one hour before bed time.

**20.** Find in the text ONE WORD which means:

(a) Full of light, shining: \_\_\_\_\_

(b) The type of substances that make the mind  
or body more active: \_\_\_\_\_

Marking criteria	
Marks	Answer
0	Any other answers.
1	One of them is correct.
2	Both of them are correct. Correct answers: a) bright ; b) stimulants

**21.** The statement that best summarizes the text is...

- A. daily habits for happiness.
- B. diets and sleep.
- C. keep an active life.
- D. take responsibility for your health.

# Rewriting

**22.** Rewrite the following sentences using the words in brackets without changing the meaning of the original sentence.

(a) You mustn't cook and throw litter in national parks. (*allowed*)

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Marking criteria	
Marks	Answer
0	Any other answers.
1	You are not <b>allowed</b> to cook and throw litter in national parks.

(b) Unless we do something to eliminate all superfluous waste, our future will be in danger. (*if*)

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Marking criteria	
Marks	Answer
0	Any other answers.
1	<b>If</b> we don't do something to eliminate all superfluous waste, our future will be in danger.

(c) The Endangered Species Act was created in 1973 by President Nixon to offer legal protection for endangered species. (*President Nixon*)

**President Nixon** \_\_\_\_\_

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Marking criteria	
Marks	Answer
0	Any other answers.
1	<b>President Nixon</b> created the Endangered Species Act in 1973 to offer legal protection for endangered species.

- (d) Although some plastic makes our lives easier, too much of it is a problem. **(but)**

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Marking criteria	
Marks	Answer
0	Any other answers.
1	Some plastic makes our lives better, <b>but</b> too much of it is a problem.

- (e) Plastic bags will no longer be offered at this market. They are one of the greatest problems of the consumer society. **(which)**

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Marking criteria	
Marks	Answer
0	Any other answers.
1	Plastic bags, <b>which</b> are one of the greatest problems of the consumer society, will no longer be offered at this market.

- (f) Rebecca Prince-Ruiz is an inspiring woman. Her initiative - *Plastic Free July* - made a nation re-think their plastic consumption. **(whose)**

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Marking criteria	
Marks	Answer
0	Any other answers.
1	Rebecca Prince-Ruiz, <b>whose</b> initiative - Plastic Free July – made A nation re-think their plastic consumption, is an inspiring woman.

***This part is for the teacher only***

Item 22 – Total:	Mark 0, 1, 2, 3, 4, 5 or 6

# Writing – Being Environmentally Friendly

Read the blog entry below and post a comment giving your opinion.

## MY PLASTIC FREE LIFE BLOG – LIVING LIFE WITH LESS PLASTIC SINCE 2007



Think we can't live without plastic? Think again. In 2007 I decided to stop buying any new plastic & I've almost succeeded! Won't you join me? Let's see what plastic-free looks like today for the health of our bodies, our oceans, our planet. You can do it too!

Join me in living life with less plastic.

Posted by: Oakland, CA  
Also in: [Zero Waste Blogs](#).  
Web site: [myplasticfreelife.com/blog](http://myplasticfreelife.com/blog).

Post a comment giving your opinion on **AT LEAST THREE** of these questions:

- *How important is it to reduce the consumption of plastic? What are the steps you have taken to do so?*
- *Is it better to use paper or plastic?*
- *Is it better to reuse or to recycle?*
- *Why is it important to recycle? Does your family recycle?*
- *How do you feel when you are environmentally friendly?*

Notes & draft box (to write ideas or key words). This planning **is NOT marked**.

[illegible]

□ □ □ □ □

# ASSESSMENT CRITERIA – WRITING

We suggest you read through the text checking each of the seven different aspects being assessed. Please use the column in the middle (1 mark) as the base line and mark up or down as appropriate.

		MARKS		
		0	1	2
TASK	ADEQUACY	None of the points in the instructions are mentioned.	Just some points in the instructions are mentioned; the number of words may not be correct; the layout may not be adequate; the register may not be appropriate (only one or two of these four aspects).	All the points in the instructions are mentioned; the number of words is appropriate; the layout is adequate; the register is appropriate.
	COHERENCE	Incoherent text.	Easy to understand, although there are some incoherent points that may make some things difficult to understand.	Easy to understand. A clearly coherent text.
LANGUAGE	COHESION	No cohesive devices are used.	Some cohesive devices are used. There may be some mistakes	Cohesive devices, linking sentences and paragraphs. No serious mistakes.
	GRAMMATICAL ACCURACY	Basic mistakes on 4 <sup>th</sup> year ESO structures.	Some acceptable grammatical errors on 4 <sup>th</sup> year ESO structures.	Mainly adequate use of 4 <sup>th</sup> year ESO structures.
	SPELLING ACCURACY	Many spelling mistakes in basic vocabulary.	Some spelling mistakes (between three and six).	Most words are written correctly, only some occasional mistakes (no more than two in a ten-line text).
	LEXICAL RANGE	Limited range of vocabulary.	Use of basic vocabulary, enough to convey the message.	Rich and varied vocabulary for 4 <sup>th</sup> year ESO.

## SOME SAMPLE MARKED COMPOSITIONS

Below are several authentic samples of marked compositions written by 2<sup>nd</sup> year ESO pupils and the marks given for Task and Language.

### SAMPLE N° 1

Reduce the consumption of plastic it's very important, because ~~the~~ in this way, we are going to the destroy the world, and the environment.

The plastics have a lot of toxics, so they are very toxics.

If we want to conserv of our world we must less plastic, reuse and recycle.

Recycle is elementary to don't have to produce more ~~to~~ toxics things.

The world are only one, we must to recycle if we don't want to lost it.

This part is for the <u>teacher</u> only		Mark 0, 1 or 2
Task	Adequacy	1
	Coherence	0
Language	Cohesion	1
	Grammatical accuracy	0
	Spelling accuracy	0
	Lexical Range	0
Item 23 - Total:		2



## SAMPLE N° 2

In my opinion, the paper and the plastic can be use in ~~the~~<sup>different</sup> situation. For example if you buy something in the supermarket, you ~~can~~<sup>can</sup> keep the food in paper bag but in the kitchen, I prefer to have something to keep the food in plastic.

In my house I reuse all that is possible and then I recycle all. For example I have three different trash in my house to recycle.

If you recycle you can save the life of lots of animals, ~~but in the mo.~~ but most the life of the fish, because some of the plastic go to the ocean and this kill the smaller fish.

**This part is for the teacher only**

		Mark 0, 1 or 2
Task	Adequacy	1
	Coherence	1
Language	Cohesion	1
	Grammatical accuracy	1
	Spelling accuracy	0
	Lexical Range	0
Item 23 – Total:		4

### SAMPLE N° 3

IT is better To use paper or plastic?

In my opinion, paper is better, IT is more easy To recycle it and can be used for more things after using it for The first Time.<sup>35</sup>

On the other hand, Plastic could be recyclable also and you must recycle REveryThing you can.<sup>54</sup>

Recycle is important for To many reasons like health our bodies, our oceans and our planet, one example is my own family, We recycle since lots of years and we like to do it.<sup>85</sup>

In conclusion, I think It is a good idea To live without plastic, or with less of it, if you prefer.

**This part is for the teacher only**

		Mark 0, 1 or 2
Task	Adequacy	1
	Coherence	1
Language	Cohesion	1
	Grammatical accuracy	1
	Spelling accuracy	1
	Lexical Range	1
Item 23 – Total:		6

## SAMPLE N° 4

We can live without plastic. Do you think that we can't live without plastic?

First, I think that is better to use paper because it can be recycled but plastic to be recycled, it is more complicated.

Second, we have two options: recycle and reuse. What do you think is better?

It's very important to recycle because we are contaminating too much and we have to help. My family and I started to recycle since 2010 more less. I think that I'm environmentally friendly.

In conclusion, we have to recycle to be more environmentally friendly and to help with the contamination.

**This part is for the teacher only**

		Mark 0, 1 or 2
Task	Adequacy	2
	Coherence	1
Language	Cohesion	2
	Grammatical accuracy	1
	Spelling accuracy	2
	Lexical Range	1
Item 23 - Total:		9

## SAMPLE N° 5

In our present consumerist society plastic represents a key role. Everything has some plastic material, therefore a lot of ~~plastic~~ it is created everyday. Just the material contaminates a lot (the oceans are the best examples) and its production is not really ecological. To stop with ~~this~~, this, I try to reduce my use of plastic. I don't use plastic bass anymore and I avoid buying plastic products.

From my point of view, is obviously better to use paper instead of plastic. Nevertheless, if we started using paper that much, trees would disappear. I believe we should find the right balance.

To conclude, I would like to highlight the importance of ~~reusing~~ <sup>reusing</sup> the consume. It is of vital importance to think on different ~~other~~ uses we can give to already used objects, so we produce less plastic and contaminate less.

**This part is for the teacher only**

		Mark 0, 1 or 2
Task	Adequacy	1
	Coherence	1
Language	Cohesion	2
	Grammatical accuracy	2
	Spelling accuracy	2
	Lexical Range	2
Item 23 – Total:		10



## SAMPLE N° 6

After reading this blog, I ~~was~~ have found myself with the need to give my point of view on some topics related to the entry:

First of all, I think that in order to create less plastic waste, we should ~~use~~ buy products that have paper or cardboard packages because they are most likely to affect our environment less.

To continue, I think that recycling is really important because if we don't recycle we are putting our environment and future in danger. That's why ~~also~~ my family and I recycle. Always.

I feel really good and in peace with myself when being environmentally friendly. For that reason, I recommend it to everyone.

**This part is for the teacher only**

		Mark 0, 1 or 2
Task	Adequacy	2
	Coherence	2
Language	Cohesion	2
	Grammatical accuracy	2
	Spelling accuracy	2
	Lexical Range	2
Item 23 – Total:		12