

**AGA KHAN UNIVERSITY EXAMINATION BOARD**

**HIGHER SECONDARY SCHOOL CERTIFICATE**

**CLASS XI**

**MODEL EXAMINATION PAPER 2018**

**English Compulsory Paper I**

**Listening Passage I**

Picture warm gooey cookies, crunchy candies, velvety cakes, waffle cones piled high with ice cream! Is your mouth watering? Are you craving dessert? Why? What happens in the brain that makes sugary foods so hard to resist? Sugar is a general term used to describe a class of molecules called carbohydrates and it's found in a wide variety of food and drinks.

Just check the labels on sweet products you buy: glucose, fructose, sucrose, maltose and starch are all forms of sugar. Sugar is not just in candies and desserts; it's also added to many processed food items. Since sugar is everywhere, it is important to understand how it affects the brain; what happens when sugar hits your tongue and does eating a little bit of sugar make you crave more.

You take a bite of cereal; the sugars it contains activate the sweet taste receptors part of the taste buds on the tongue. These receptors send a signal up to the brain stem and from there it forks off into many areas of the brain. The signal activates the brain's reward system; this reward system is a series of electrical and chemical pathways across several different regions of the brain. It's a complicated network but it helps answer a single subconscious question: should I do that again? That warm fuzzy feeling you get when you taste grandma's chocolate cake... that's your reward system saying 'mmm yes!' and it's not just activated by food socialising behaviour. Hence, over activating the reward system of brain kick-starts a series of unfortunate events: loss of control, craving and increased tolerance to sugar.

Instead, if you rarely eat sugar or you don't eat much at a time, the effect is similar to that of the balanced meal but if you consume too much sugar, it will make you feel happy. In that way sugar behaves a little bit like a drug. It's one reason people seem to be hooked on sugary foods. Every time any sugar is consumed, it kick-starts a domino effect in the brain that sparks a rewarding feeling; too much too often, and things can go into overdrive. So yes, overconsumption of sugar can have addictive effects on the brain but a wedge of chocolate cake once in a while will not hurt you.

**Source: Adapted from *How Sugar Affects the Brain* by Ncole Avena TED Talks**

## Listening Passage II

During a long day spent roaming the forest in search of edible grains and herbs, the weary divine farmer Shennong accidentally poisoned himself 72 times.

But before the poisons could end his life, a leaf drifted into his mouth. He chewed on it and it revived him, and that is how we discovered tea. Or so an ancient legend goes at least.

Tea does not actually cure poisonings, but the story of Shennong, the mythical Chinese inventor of agriculture, highlights tea's importance to ancient China.

Archaeological evidences suggest tea was first cultivated there as early as 6,000 years ago; this was 1,500 years before the pharaohs built the Great Pyramids of Giza.

That original Chinese tea plant is the same type that is grown around the world today, yet it was originally consumed very differently.

It was eaten as a vegetable or cooked with grain porridge. Tea only shifted from food to drink 1,500 years ago when people realised that a combination of heat and moisture could create a complex and varied taste out of the leafy green.

After hundreds of years of variations to the preparation method, the standard became to heat tea, pack it into portable cakes, grind it into powder, mix with hot water, and create a drink. This drink became so popular that a distinct Chinese tea culture emerged.

Tea was the subject of books and poetry, the favourite drink of emperors, and a medium for artists.

In the 9<sup>th</sup> century, during the Tang Dynasty, a Japanese priest brought the first tea plant to Japan.

The Japanese eventually developed their own unique rituals around tea, leading to the creation of the Japanese tea ceremony. And as the Great Britain grew in power, and its influence spread to various countries; interest in tea also spread.

Today, tea is the second most consumed beverage in the world after water, and from sugary Turkish Rize tea, to salty Tibetan butter tea, there are almost as many ways of preparing tea as there are cultures on the globe.

**Source: Adapted from *The History of Tea* by Shunan Teng TED Talks**