

Editing
Answer Scheme

Section A [10 marks]

It ought to be obvious to anyone with an appetite that the way we eat is not <u>sustaining</u> – and that something fundamental will have to shift if we do not want our civilisation to end up <u>at</u> crisis - half the world obese and the other half under water. It is in this context that “future food” – food that promises to be good for you and the animals and the environment – <u>have</u> taken on the buzz. Entomophagy or eating insects <u>are</u> gradually gaining traction as insects are a reliable source <u>for</u> protein and micronutrients. <u>Although</u> we can get our heads around factory-farmed chicken, and the Impossible Burger, we <u>could</u> probably get our heads around cricket flour and mealworm Bolognese. In time to come, <u>they</u> can hopefully normalise insect-eating and look at those cultures that eat an insect-based diet regularly with admiration as opposed to disgust.	1. sustainable (WF) 2. in (preposition) 3. ✓ 4. has (sg/pl) 5. is (SVA) 6. of (preposition) 7. If (conjunction) 8. can (tense) 9. we (pronoun) 10. ✓
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Renel Lee YECC

Section B [30 marks]

You are advised to write between 250 and 350 words for this section.

Question 2

You should look at the poster on page 2, study the information carefully and plan your answer before you begin to write.

The school's examination period is round the corner and you noticed that many of your classmates have been complaining about their workload and stress levels.

As a member of your school's journalist team, you are given an opportunity to write an article for your school magazine, *Voices*. You came across a poster showing ways to deal with examination stress and thought this will be a good chance for you to share some tips on how your schoolmates can have a smooth-sailing and manageable examination period.

In your article, you must:

- give a title
- explain why managing stress is important
- explain the ways your schoolmates can take to manage their stress levels before the examinations
- suggest how your schoolmates can support each other during the examination period

Write your article in **clear, accurate** English and in an **encouraging and lively** tone, to motivate your schoolmates and give them hope during this stressful period.

You may add any other details that you think will be helpful.

You should **use your own words** as much as possible.

Beat ^{EXAM} test stress! ✓

By: Renel Lee

Exams having you stressed out? Wishing you could turn back time to the good old days? Fear not! With my four factual and fool-proof ^{points} ~~facts~~, you will be able to beat the exam heat and not be 'stressed out' like the song. ✓

Stress is something extremely common and it is okay to feel stressed during this period. But when stress goes unmanaged, it

will be like a parasite and cling onto you and will hinder you from achieving desired outcomes. ~~The~~ My ~~plan~~ pointers to best stress:

"Tops" will help you get rid of this parasite. The first ~~one~~ ^{letter} 'T' stands for take ~~no~~ breaks, prolonged periods of studying, and

sitting at your desk will lead to your brain being fatigued and will lead you to feel ~~that~~ tired. So when the 'Z' monster attacks,

fight it back! Do relaxing activities such as a quick jog or ~~doing~~ something you love. This will help to relax your brain and help you become more focused.

~~Next,~~

~~The~~ Second point 'O' stands for organise. Studying is like building a lego set, if you don't organise ~~and~~ your pieces, you'll have one go missing and the whole thing falls apart. So, to avoid this, ~~plan~~ write up a routine that will help you organise the different pieces of your ~~perio~~ revision, maybe do a good 2 hours of revision, followed by a quick break or Do not forget to factor in your meals, refrain from skipping essentials like eating, and sleeping. Do not pull all-nighters. This will greatly affect your health and do more harm than good.

~~letter~~ 'P'

The third ~~point~~, is to plan. Plan out your revision for individual subjects and chapters, to ensure that you do not ~~miss~~ miss anything out. As ~~a famous~~ ^{our teacher} says writer once said: "If you don't plan, you plan to fail." Set out achievable and attainable goals for yourself to ~~reach~~ reach by the end of the day. This will help to motivate you and give yourself a clear end goal.

and ~~do~~ not make it seem like you are doing endless studying.

Kf The Last but not least, the final pointer 'S' is to seek help. It is okay to feel not okay during this time. But I urge you to not face it alone! ~~A~~ A chord of three strands is not easily broken, so I ~~am~~ am now challenging everyone to look out for ~~one~~ one another and to not let your friends suffer. If you see your classmate struggling, reach out a helping hand to them and for those who need help, do not be afraid to ask for it! Everyone is in this race together, not as competitors but ~~as~~ as teammates and we should all look out for ~~one~~ one another.

To conclude, during this exam season, remember the ^{Top's} 'tops' points and follow them, you will be in tip top shape for your exams! To all my fellow students, ~~good~~ good luck and all the best for your exams!

o Niceb done, just that the tone is borderline as being a bit too speech-like at times.

Cheng An (4ELA)

An effort of managing stress a day, keeps the stress away!

By Cheng An, 4 Empathy

Does stress seem to follow you every corner ~~and alley~~ you ~~walk~~ turn in your daily life? Well, that was my ~~case~~ ^{certainly} situation a few years back. With the exams around the corner, all of us we ^{feel} ^{can} [^] certainly cannot deny the stress building up inside us, threatening to eat us alive if we fail to contain it. However, fret not! I was once in your shoes, but with the magical spell that I will provide to help you ~~defeat~~ combat stress, you can say goodbye to stress!

Say goodbye to stress!

RI

By Cheng An, 4 Empathy

Does stress seem to follow you every corner you turn as you go about your daily life? Do the fearful thoughts of failing exams haunt you every night? ~~with~~ In the days leading up to the examinations, all of us cannot deny the fact that stress is building up inside us, threatening to erupt like a volcano. However, fret not, you are in good hands! With a few strategies, I am confident that you would be able to bid farewell to stress!

The magic of destressing

To begin with, why even bother about managing stress?

Well, the National Mental Health Survey has showed that 3 in 5 students experience suicidal thoughts as a result of stress. ~~Then~~ Adequate stress management ensures a good mental well-being so that we can ~~continue doing the same~~ approach life with a positive mindset! ~~On the note~~

besides

~~On the note of health benefits~~, research has shown that people who are less affected ^{by} stress can live up to ~~10~~¹⁰ years longer. Stress can have adverse, long-term impacts on our cardiovascular health. Furthermore, did you know that stress is the biggest cause of cancer?

Destress with B.R.O.S.

levels! Now, here comes the secret recipe to managing stress - B.R.O.S.! It stands for Breaks, ~~Organised~~ Realistic, ~~and~~ Organised and Support.

after Firstly, breaks are ~~the brain's~~ ^{getaways} quintessential for the brain ~~to refresh after~~ a dreadful period of work. It allows you to maintain your concentration throughout the day while also increasing productivity. During breaks, engage in meaningful activities like jogging or taking part in your hobbies.

you

Next, ~~we~~ have to be realistic when it comes to expectations. Setting the bar too high would only serve to

exacerbate your already stressful situation. ~~By giving yourself~~
Being realistic would increase your sense of achievement, thus
driving you to ~~push~~ push harder towards success!

23 Thirdly, stay organised in your daily life. You can do
this by creating a timetable to prioritise your tasks and
efficiently utilise your time. Remember, time is money, money
is time!

Most importantly, support is your best bet when it comes
to effectively managing stress. ~~With a strong support~~ Your support
system can include family members, friends and teachers. Talk
to them whenever you are feeling down! After all, we are here
to support each other in times of difficulties!

Help your bros with B.R.O.S.

24 The essence of this stress management technique is
~~centered~~ pivoted on a strong support system. It does not
hurt to offer each other a simple word of encouragement.
This is especially so with the advent of technology, where
lifting someone else's mood is a few taps on the phone away!
Now, go ~~on~~ forth and spread brotherly love to each other!

Bring this!
Good job!

PENG HONG (3)

Section C [30 marks]

You are advised to write between 350 and 500 words on one of the following topics.

Questions 3-6

- humble, reliable, ability to forgive others
- Describe three qualities that are most important for you in a classmate.
 - Teenagers today place too much importance on social media presence. Do you agree? Why or why not?
 - Do you think that being highly paid is more important today than it was a generation ago? Why or why not?
 - Write about a time when your friend asked you to do something for him that landed you into trouble.

Please write your chosen question number (3, 4, 5 or 6) here: 3

Classmates ^{are} the people ^{we} ~~you~~ spend most of ~~your~~ ^{our} school life with. They are the difference between a dull and dreary class and a lively and enriching lesson; their actions, words, and presence ^{can} impact the atmosphere in a classroom. Good classmates are a key ingredient in the steaming swirling soup of school life, and have the power to turn it from bitter and painful to sweet and enjoyable. ^{Decent!} While we are unable to change the personality of our classmates, we can hand pick those who have the qualities we find the most important, and turn them into blooming friendships. Hence, the three qualities that are the most important for me in a classmate ^{are} ~~is~~ ^{humility,} reliability, and the ability to forgive and forget.

^{key} Firstly, humility is a ~~quality~~ ^{as we} ~~I find important~~ in a classmate. No one likes a bragger, let alone being stuck with one for at least two years. Being in such a diverse class, it is only natural that some of us are talented in some areas, while others more capable in other sectors. This does not mean that we should go around boasting of our achievements, and instead help each other out so we can all prosper. Braggers that lack ^{humility} ~~the ability to be humble~~ only weigh down others with

their words, making them feel more inferior, and cause their spirits to wilt. I despise these people, as these weeds only serve to strangle the joy out of learning, turning it into a competition, and hence ~~seasoning~~ ^{furnishing} the soup with bitterness. Humble people, on the other hand, do not go around bragging their scores and weighing others down, instead volunteering to help their weaker peers, serving as a mentor to cultivate their ability, so that their peers can bloom. Humble people are also more willing to accept their mistakes and learn from them. This makes them much more friendly and easy to work with, as they rarely get overly defensive and rusty. As a result, my interactions with them are sweeter and these help to season the soup of school life, turning it into a delicious brew. NTU!

~~I treasure a~~ ^{for us}
Secondly, ~~one other quality I find very important in a classmate is their~~ reliability. An unreliable flame cannot cook a pot of soup to perfection, and similarly, having unreliable classmates makes school life much more unbearable. We all have times when we have to rely on others for help, as no man can move a mountain by himself, and during those times, we often gravitate to our much more reliable peers. I can hardly count the amount of times a reliable classmate has come to my aid, from helping me record notes when I am ill to doing their fair share of work, and more, for our group project. They are the reason I can concentrate on my school life, staking my personal interest in learning, as I know that I have friends that I can count on anytime. They fuel the fire in my soul, motivating me to keep on pressing on all my might, plume my wings for higher flight, so that I can stay up and on. As such, having reliable classmates helps in making school life better, cooking it to perfection so that it will be an enjoyable and sweet experience.

^{can} Lastly, ~~the final quality I find important in a classmate is their ability to~~ ^{good} ^{one that} forgive others. In our school life, disagreements are bound to happen. Arguments, fights, all

it is
serious
error!

These serve to widen the gap between us, and our classmates, turning the soup too thick to be enjoyed. These disagreements can last days, weeks, or even months with stubborn classmates that refuse to forgive. But with forgiving classmates, these disputes rarely last long enough to affect our school life. Just like how a chef stirs the soup to ensure it's well mixed and even, these friendly forgiving friends help to smoothen out disputes, allowing both parties to move on and focus on what is ahead and important. They give us the peace of mind, and do not hold grudges. I find myself fortunate enough to call these my classmates, as they help me to calm down, preventing from burning out, and making my school life even more delicious. They are the reason why I enjoy my school life, and hence, forgiveness is a necessary component in making school life more bearable and enjoyable.

like
how
you
try to
reach
it
best.

School life is like a bowl of warm, delicious soup. When done well it turns into a hearty meal, but when mishandled, it turns unpleasant. A soup can only be done well with the proper ingredients, the proper temperature, and the correct amount of stirring. Similarly, my school life has been made bearable by my classmates, especially those who are humble, reliable and forgiving. These are the people that I would happily sit down and share a warm bowl of soup with, as they are the difference between a fulfilling school life and a disastrous one. Ultimately, their impact on one's school life can not be understated.

o Try to vary how you begin your topic sentence.

o Careful not to commit a serious error like getting your 'its' and 'it's' mixed up.

ENZO (4)

Section C [30 marks]

You are advised to write between 350 and 500 words on one of the following topics.

Questions 3-6

3. Describe three qualities that are most important for you in a classmate.
4. Teenagers today place too much importance on social media presence. Do you agree? Why or why not?
5. Do you think that being highly paid is more important today than it was a generation ago? Why or why not?
6. Write about a time when your friend asked you to do something for him that landed you into trouble.

Post > in the moment
do it just to post
not everyone
BUT
care, many judge

Please write your chosen question number (3, 4, 5 or 6) here: 4

In a day and age where smartphones have become essential for all and an addiction for many, the popularity and significance of social media has likewise grown. Social media has become an integral part of many people's lives, especially that of the younger generation. In my opinion, teenagers today place too much importance on social media presence. This is clearly evident in the way that they prioritise social media over living in the moment, doing things just for the sake of posting it, and how they judge others based on it, showing its importance.

Firstly, teenagers often prioritise their social media presence over living in the moment. This is shown through the new and different mindset the younger generation has, as opposed to those that have come before them. While most used to live in the moment, especially through significant events such as overseas trips, choosing to enjoy it there and then, now, teenagers are often too caught up with getting the perfect picture to truly live in the moment the same way previous generations did. Teenagers now prioritise documenting these experiences on social media rather than truly appreciating them for what they are. An example is at concerts. In the past, attendees simply appreciated them there and then but now, the

most common sight is a sea of mobile phones flooding the crowds, no one even enjoying the concert for themselves. Therefore, since teenagers prioritise posting about experiences rather than enjoying them in the moment, they place too much importance on social media presence.

Secondly, some teenagers may even do things just so they can post about them. For example, teenagers may attend event just so they can post about them. This could be attending an art installation that that individual may have had no prior interest in, with the sole reason of posting about it on social media. Another example on a larger scale is a music festival in America, Coachella. Due to the many celebrities and social media influencers that attend the event every year, it has gained somewhat of a notoriety over the years, especially among teenagers who look up to and idolise these public figures. As such, annually, people from all over the world go to attend this event, despite its hefty price tag and often, their lack of interest in the festival itself, just so they can post about it online. Thus, with all things teenagers do just for the purpose of sharing it on social media platforms, they place too much importance on social media presence.

Some may argue that there is still a significant portion of teenagers that do not place too much importance on their ^{own} social media presence, while I agree to a certain extent, I think that almost all teenagers still care about social media presence, if not of themselves, then of others. Social media is starting to become almost some kind of a digital public diary, where anyone can share their thoughts to be permanently displayed online. Thus, the significance of social media presence begins to show itself in how they often may judge others based on it. Social media is an accessible way for anyone to form and opinion of someone they have never met, whether that person is a fellow

Maybe
can
pay
how
critics
say
teenagers
are just
having
fun.

teenager, or even a celebrity. Social media gives a peek into someone's life and through that ability, others begin to judge people based on their social media presence, especially teenagers who post more frequently. People form impressions and opinions of someone based on what and how they present on social media, despite not even knowing their true personality, possibly having never met them before. Therefore, because of how teenagers judge others based on their social media presence, they place too much importance on it.

Their over-reliance on social media has clouded their judgement of others.

In conclusion, because of how social media is prioritised, and things are done just for it, and how people judge others for it, too much importance is placed on it.

Maybe can focus on how critics say teenagers have control over their use of sm. Then you say those teenagers have actually lost their ability to even form proper judgement of others to counter.

TUK(5)

Section C [30 marks]

You are advised to write between 350 and 500 words on one of the following topics.

Questions 3-6

3. Describe three qualities that are most important for you in a classmate.
4. Teenagers today place too much importance on social media presence. Do you agree? Why or why not?
5. Do you think that being highly paid is more important today than it was a generation ago? Why or why not?
6. Write about a time when your friend asked you to do something for him that landed you into trouble.

Please write your chosen question number (3, 4, 5 or 6) here: 5

With emerging and growing crises around the world, such as the Russo-Ukraine war and the south China sea territorial disputes, the world's supply chain is under duress. These ^{global disputes} result in higher inflation, ^{increased healthcare costs} ~~and greater monopoly by capitalistic corporations~~. Yet, ~~others~~ and increased demand for a better standard of living. These ^{factors} make me certain that being highly paid is more important today than it was ^{a generation ago}.

Firstly, ~~high~~ high inflation is one of the ~~many~~ main causes for the reduction of disposable incomes in both developed countries (DCs) and less developed countries (LDCs). This ~~fast~~ rate of price inflation can be measured by the consumer price index, and ~~the~~ the United States has seen ~~a~~ rapid increase of this index by upwards of 20% per annum. More notably, the price of ^{foods} ~~essential~~ like eggs have risen by 800% over these five years. Getting highly paid today may not necessarily mean that your disposable income would rise, as the inflated prices of essential goods and food have seen drastic increases ^{or recently} ~~as~~. In contrast, food prices were comparatively cheaper a generation

Don't go back for the same pharma

ago. A bowl of noodles in the 1980s in Singapore would cost a person a mere SGD \$0.50, as compared to ^SSGD \$10 today. Therefore, being highly paid today is ^{more} important and essential than it was a generation ago. *can help a person to tide over the times.*

Secondly, ~~the~~ increased healthcare costs, exacerbated by the swift and rapid development of medical treatments lead to higher pricing for healthcare around the world. When the world was struck by the COVID-19 ~~coronavirus~~ ^{pandemic}, pharmaceutical companies managed to develop COVID-19 vaccinations in a short span of ~~at~~ six months. One of the ~~m~~ The world's best-selling ~~the~~ COVID-19 vaccination, ~~the~~ is the Pfizer vaccine, which retails for USD \$200 per vial in certain countries. In LDCs, ^{such as Kenya and Congo} many people were unable to afford COVID-19 vaccination, which results in ~~the~~ COVID-19 ^{frequent} outbreaks. As technology advances, medical treatments evolves to be more sophisticated. ~~However,~~ Therefore, being highly paid today allows ~~people~~ a person to receive better healthcare to extend their lifespan, making it more important ^{to be highly paid today} than it was a generation ago.

Can perhaps talk about how expensive treatments are available.

Thirdly, people in general have an increased demand for a better standard of living. In Singapore, the ~~sup rich~~ ^{wealthy} millionaires are founders of international corporations like the ~~se~~ ^{restaurant} hotpot brand, Haidilao, and e-commerce shops like Shopee. These ~~millionaires~~ ^{millionaires} are often owners of lavish and extravagant properties like the 'Good Class Bungalows' costing ~~\$80 SGD \$80m~~ ^{SGD \$80} million Singapore dollars at a minimum. Besides these extremely wealthy individuals, regular citizens have also been taking a keen interest in improving their standard of living, with increased number of property an greater

in this few years
transactions ~~post-COVID era~~. As compared to a generation ago, ^{the} people then were satisfied with a simple and peaceful lifestyle in villages, ~~Entirely~~ ^{reliant} on subsistence farming rather than ~~imported~~ ^{imported} Japanese fresh produce. Thus, there is a vast gap between the lifestyles of the people from ~~the~~ ^{the} past and present. Therefore, being highly paid today allows ~~one to~~ ^{a person} ~~achieve~~ people to achieve and attain a standard of living better than the people of a generation ago.

In conclusion, both prices and our lifestyle expectations have ^{changed} since a generation ago. These ~~etc~~ factors can be summarised by higher inflation, increase in healthcare costs and increased demand for a better standard of living. Therefore, the people of this generation will find it important to be highly paid to sustain a comfortable lifestyle ^{in order to keep up} even with rising prices.

→ Better to say how the pursuit of conco-living has led to a demand for higher paying jobs. Or even HDB flats are transacted in the regions of \$1m or so.

$$\begin{array}{r} 8 \\ 16 \\ \hline 24 \end{array}$$

Ayden (6)

4ELA

Section C [30 marks]

You are advised to write between 350 and 500 words on one of the following topics.

Questions 3-6

3. Describe three qualities that are most important for you in a classmate.
4. Teenagers today place too much importance on social media presence. Do you agree? Why or why not?
5. Do you think that being highly paid is more important today than it was a generation ago? Why or why not?
6. Write about a time when your friend asked you to do something for him that landed you into trouble. → stealing something from 7-11

Please write your chosen question number (3, 4, 5 or 6) here: Q6

"How was your day Matthew?" my mother asked as I dropped my schoolbag on the sofa like a ton of bricks after a long, tiring day of school. After mumbling out a series of vague replies, I ran into my room and switched on the television. ~~I was eager to tune in to my favourite television series, "Lost at Heart", which aired at 7pm every Tuesday.~~ Just as I was about to switch away from the News Channel, a headline caught my eye, "More teen-related crimes rising in Singapore." My mind was quash with memories as I recalled the time when I did something for my friend that landed me into trouble.

James and I ~~have~~ ^{had} always been good friends since Secondary 1 when I first met him. We ~~were both avid football fans and also shared many similar interests,~~ which allowed us to click along immediately. Our favourite after school hangout spot had always been the nearby ^{Seven-Eleven} ~~store~~. One fateful Friday afternoon, as we ~~were~~ ^{were} on one of our routine trips to the Seven-Eleven, we realised that there was nobody ~~at~~ ^{at} the cashier counter. After looking at the sign saying that the cashier was on a bathroom break, it dawned on me that the cashier had forgotten to lock up the shop! As I looked ~~back~~ ^{at} James, a devious smirk was plastered across his face. "I ran out of money today, why

for me

don't you just take one of those 'Red Bull' cans and run out of here? I'll keep watch in case the cashier comes back." He told me casually, as if he were not committing an outrageous crime in broad daylight. Despite my initial reluctance, much convincing from James ^{and a reward of 50 dollars} caused me to accept his offer. I thought to myself that it would also be a thrilling experience, but I was very wrong.

I slowly shuffled towards the drink section of the store, my heart beating like a thousand African drums. Adrenaline coursed through my veins, reflecting the fear and excitement that I was feeling. "Everything is fine!" James yelled at me from the front door. That 50 dollars will be mine! I thought to myself as I lurched towards the 'Red Bull' drink. I grinned to myself, wondering why I had even feared getting caught in the first place. Just when I was about to grab the drink, a loud voice hollered out: "What do you think you are doing young man!" ^I flicked my head back immediately and saw a tall burly man of about 40 years glaring at me with dagger eyes. As it turned out, this man was the cashier and he had just been refilling the drinks ^{from the store room and had not been on a bathroom break.} My jaw dropped immediately. I had been caught with my hand in the cookie jar and now I was in deep, deep trouble. As the cashier informed me that he would be notifying ^{my parents and} the police, I glared at James angrily. "I'm sorry", he muttered apologetically. However, it was too late for that. Thinking about the caring that was waiting for me at home only made me wish that the ground would swallow me up.

from the police

In the end, my parents were given a hefty fine as I was too young to be ^{also} sent to jail for my crimes. However, my parents disciplined me thoroughly at home and gave me a talking to ~~for~~. I learnt a valuable lesson in learning to think before I act and not blindly follow the ^{instructions} ~~words~~ of friends or people that might get me in trouble. From that onwards, I turned over a new leaf, dissociating myself from James and any other bad influences in my life as I learnt the ^{great} importance of doing what is right, ~~from that fateful incident.~~

even when no one is watching.

- NOT bad!

- Careful not to have too fat a paragraph. 😊

- Only one person to speak in a paragraph.