

# ÉPREUVE ÉCRITE

Ministère de l'Éducation nationale,  
de l'Enfance et de la Jeunesse

## EXAMEN DE FIN D'ÉTUDES SECONDAIRES TECHNIQUES 2015

Division des Professions de Santé et des Professions sociales  
Section de la formation de l'éducateur, de l'infirmier et des sciences de la santé

BRANCHE : ANGLAIS

DATE : 01.06.2015

DURÉE : 3 heures

### PART I: READING (20 marks)

Copy only the numbers/ letters/ words asked for onto your answer sheets. Do not copy questions!

#### READING A A lack of sleep may be putting some people at a greater risk of obesity and type 2 diabetes

A study, carried out by a team at the University of Bristol and Weill Cornell Medical College in Qatar, analysed the sleeping habits of 522 people to assess "sleep debt", a measure of the difference in the nightly hours asleep on weekdays and at the weekend. They found that the action of throwing the body clock out of sync can disrupt the natural rhythm of hormones in the body that can put the body into a pre-diabetic state and lead to a host of health problems.

The report says that the pressures of shift-driven work and social lives mean that many people cut their sleep during the week and catch up at weekends. Professor Shahrad Taheri said: "We found that as little as 30 minutes a day sleep debts can have significant effects on obesity and insulin resistance. Sleep loss is widespread in modern society, but only in the last decade have we realised its metabolic consequences." He said that avoiding sleep debt could have positive benefits for waistlines and metabolism and that incorporating sleep into lifestyle interventions for weight loss and diabetes might improve their success.

Dr Denise Robertson, a senior lecturer from the University of Surrey, commented to the BBC: "This work is interesting and consistent with prospective data found in healthy individuals with type 2 diabetes." However, before this association between sleep length, obesity and metabolic status can be used in terms of public health we need the next tier of evidence.

The study was funded by the UK's department of Health, where 10 per cent of the healthcare budget is already spent on treating diabetes. The disease can lead to blindness, increase the risk of heart attacks and strokes, as well damaging nerves and blood vessels which can dramatically increase the risk of foot amputation. Health specialists recommend that adults should get between seven and eight hours sleep a night, teenagers should get nine and children generally need between nine and ten.

(source: The Independent (adapted); 327 words)



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**Read the article carefully, then choose the best answer according to the text. Give only one answer to each question! (5 m / -1.5 m)**

1. According to the researchers, people tend to

- a. avoid health issues if they do not stick to a regular sleeping pattern.
- b. sleep without a clock, which can have huge impacts on their health and well-being.
- c. get health issues because of irregular sleeping patterns.
- d. use alarms to regulate their sleeping pattern to avoid becoming obese.

2. In the report it is said that people

- a. do all the work that they did not finish during the week at the weekends.
- b. spend their weekends meeting friends from work and other social events.
- c. do not usually work shifts during the week but on weekends.
- d. sleep more during the weekend because of a lack of sleep on weekdays.

3. Professor Shahradsafar believes that

- a. a mixture of sleep debt and sleeping much more during the week will lead to weight loss.
- b. getting enough sleep might help people to achieve to lose weight and avoid illnesses such as diabetes.
- c. only people who are treated for diabetes will benefit from sleep debt.
- d. diabetes and obesity can be avoided totally if people adapt their lifestyles to the sleep debt program.

4. At the moment researchers

- a. hesitate to confirm that there is connection between sleep and people's body weight.
- b. firmly believe that there is a real connection between sleep and people's health.
- c. doubt that there is a concrete association between sleep and people's health.
- d. completely dismiss the idea of a possible association between sleep and people's body weight.

5. Treating diabetes is essential because the illness

- a. eventually leads to very dramatic foot amputations that are partly paid for by the government.
- b. damages nerves and blood vessels which always leads to blindness and limb amputation.
- c. can cause a variety of illnesses connected to bodily functions.
- d. is not treated because the government only spends 10% of the budget on finding a cure.



## **READING B Fakebooking Dutch girl fakes trip to Thailand for school project**

Using her photoshop skills and her imagination, a graphic design student in the Netherlands, Zilla van den Born, faked a trip to Thailand and Southeast Asia, as part of a school project.

The class assignment that the teacher gave the students was to explore how simple it was to set up a facade and fake a persona on social media using fake photos and video.

For five weeks, the Dutch student Zilla created photoshop illusions and made her Facebook friends red with envy, dreaming up situations you'd expect as a tourist travelling around South East Asia. In reality, she had never left her home in Amsterdam. Only her boyfriend knew the truth.

Her statement to the media after she made her elaborate prank public revealed her statement of purpose: "I did this to show people that we filter and manipulate what we show on social media, and that we create an online world which reality can no longer meet. My goal was to prove how common and easy it is to distort reality. Everybody knows that pictures of models are manipulated. But we often overlook the fact that we manipulate reality also in our own lives."

She also highlighted her Photoshop skills. After snorkelling in clear blue water in the swimming pool at her apartment, she added convincing tropical fish with photoshop. She also photoshopped herself into a photo wading in the water on a Thai beach. A more sophisticated photo has her taking a photo of her reflection in a Thai Tuk Tuk rear view mirror. Other convincing photos didn't require her photoshop skills at all. She ate exotic food in Asian restaurants but the restaurants were in Amsterdam where she is attending school. She visited a monk at a Buddhist temple but the temple was also in Amsterdam. She changed her bedroom a bit so that it looked like a room at the swank Oriental Hotel. This allowed her to have Skype conversations with her family that looked like she really was in Thailand.

In the end, her class assignment itself became an internet sensation and even though her trip was fake, the success of the whole project itself certainly is not fake and she's made many netizens green with envy with her successful foray into content creation.

(source: Bangkok Post (adapted); 380 words)

***Read the text and identify the expressions that match the following definitions. Give one word only unless indicated otherwise. (8 m / -1.5 m)***

1. (phrasal verb) to create something; to construct something
2. (noun) the feeling of wanting to be in the same situation as somebody else; the feeling of wanting something that somebody else has
3. (adjective) carefully prepared and organized
4. (verb) to select carefully
5. (adjective) happening often; widespread
6. (verb) to need something
7. (adjective) glamorous; fashionable and expensive in a way that is intended to impress people
8. (noun) a task or piece of work that somebody is given to do, usually as part of their job or studies



## **READING C**    **Reading on the rise among young Danes**

Despite a myriad of new media competing for their attention, Danish children are bucking the trend and reading more books today than they did 14 years ago.

A survey of 1,999 schoolchildren found that the proportion of nine- to 12-year-olds who read books in their free time had climbed from 56% to 61% since 2000. Young Danes are still watching TV and using digital devices, but not at the cost of reading books.

The study attributed the increased interest in physical books to the focus schools have placed on reading over the past decade or so. "There have been several effective government campaigns in Danish schools such as *Læselyst*, or 'Love of reading'," said Stine Hansen who led the research.

"We've also given reading for pleasure a lot of attention the last 15 years," he added: "Many primary school students now have to read a book of their own choosing each week."

Danish caregivers have been encouraged to take children's personal reading preferences more seriously. "Teachers, parent and librarians all used to press upon children the books they considered good," said the researchers.

"Now we see that a child has the right to decide what to read – and that it's an important part of the grown-ups' role to facilitate the kind of literature children like. We believe that a child's willingness to read is more important than any snobbery about what they read, to start with."

Hansen added: "If a child wants to read book after book about horses or sexy vampires or man-eating zombies, then they should be able to. But they'll also be taught about critical thinking and how to challenge stereotypes from a young age."

Another theory as to why Danish schoolchildren have turned into bookworms is that publishers have become better at responding to research into reading habits and creating books that kids love. "We asked children what genre of reading material they preferred and across age, gender and ethnicity, the answer was always humour," said Hansen.

The researchers added: "Publishers have taken this research seriously and created more of the books kids want to read. For instance, we found that boys stopped reading at a certain age and so publishers targeted their offerings more carefully and now we're seeing more boys read for longer."

(source: Guardian (adapted); 379 words)

***Decide whether the following statements are true or false (T/F) according to the article. If the information is not given in the article, the statement is considered false. (7 m / -1.5 m)***

1. The new media have not yet caught Danish children's attention.
2. There has been a slight rise in the number of children who like reading outside of school.
3. Young students are made to read a book of their own choice on a regular basis.
4. The researchers believe that children will only like reading books when they are forced to do so by adults.
5. Besides reading books, children are also encouraged to develop their critical thinking skills.
6. Danish publishing companies hardly rely on what kind of books children like to read.
7. Even though publishers are trying to make boys read for longer, boys inevitably lose interest in reading.

**PART II: SHORT STORIES (20 marks)**

*Answer the following questions with close reference to the stories studied in class.*

**A Mr Know-All (10 m)**

In the end, it is Mrs Ramsay who leads the narrator to change his opinion of Mr Kelada. Explain.

**AND**

**B Case for the Defence (10 m)**

Explain how the seemingly clear case in this short story is turned into the strangest murder trial the narrator has ever attended.



**PART III: ESSAY (20 marks)**

Write a structured essay on **one** of the following subjects. Clearly indicate which subject you have chosen!  
Write 250-300 words. Indicate the number of words used!

- A** Nowadays people are reluctant to offer help to strangers in public.  
Do you agree with this statement? Why (not)?

**OR**

- B** In today's society, it is still ill-regarded when a father decides to go on paternal leave to take care of his child or children.  
Do you agree with this statement? Why (not)?

