

For questions 24 and 25, choose the alternative that means the same as the underlined.

24. They were extremely tired at the end of the day.
- A. finished B. famished
C. worn out D. irritated

25. Omondi goes to work in spite of the fact that he is aged.
- A. despite
B. moreover
C. but
D. although

Read the passage below and answer questions 26 to 38.

Maina lived with his elderly aunt in a small village called Yondo. He was fourteen years old. He was kind, hardworking and listened to his elders. His parents had passed on when he was still a baby. His aunt therefore decided to raise Maina as her own son. Though she had sons and daughters of her own, she loved and cared for Maina in equal measure. He loved her back as well.

Every morning, Maina woke up early before the first cock crowed and went to the well to fetch water, because his aunt was too old to fetch the water herself. He also cleared the house. After this, he rushed to school and he was always the first one to get there. He arranged the classroom chairs and desks. All the teachers liked him because he was responsible.

One day, Maina did not go to school. All teachers and pupils got worried sick. Maina had never missed attending school. This was strange. The head teacher, Maina's class teacher and his Science teacher decided to go to his home. Science was his favourite subject. Not that he hated other subjects. No, not at all. He had a lot of interest in Science because he aspired to become a doctor to treat and help the sick. Had he had money to take his mother to a reputable hospital he would. Maybe just maybe, she would have lived longer. She would be there with him, by his side. When they got there, they found that Maina was being taken to hospital.

"Maina is sick," his aunt explained". I called my neighbour to help me to take him to hospital.

Maina's head teacher and teacher were sorry to hear that. They wished him a quick recovery and promised to visit him. After a week, Maina had fully recovered and went back to school. The doctor had warned him against over working himself and eating unwashed fruits. Maina loved eating fruits so much, especially on his way back home in the evening. Upon arrival home, he would wash utensils, prepare supper and embark on doing his homework. By the time he retired, he would be too tired to lift anything.

I am sure you are asking where his aunt's children were? Two of them were out of the country studying and the first born was working in the city where he lived with his family. His family occasionally came to visit them.

Everybody was happy to see Maina again. The other pupils offered to help him until he regained his energy. He was happy to see them around. At least the sense of belonging and affection was not lost after all.

26. What do we learn about Maina from the first sentence? He
- A. lived in Yondo far away from his elderly aunt
B. lived with an aged aunt in Yondo
C. was as elderly as his aunt in Yondo
D. loved his aunt who lived in Yondo
27. How best can you describe Maina?
- A. Industrious obedient and responsible
B. lazy, faithful and listening
C. listening, hardworking and kind
D. loyal, hardworking and respectable
28. Maina's parents passed on means they
- A. survived B. were banished
C. ran ways D. died

29. Why didn't Maina feel lonely and helpless after his parents passed on?
- A. He was still a baby to understand.
B. His aunt decided to take him in.
C. He was in the middle of other children.
D. The aunt brought him up well.
30. According to the passage, Maina woke up in the morning
- A. in order to get to school early
B. because he was hardworking
C. to finish the house chores and go to school early enough
D. to make things easier.

31. Why did the teachers like Maina?
 A. He dusted the teacher's desk besides his.
 B. He was responsible.
 C. He looked respectable.
 D. He arrived in school the first.
32. What was the most surprising thing about Maina?
 A. He never complained about tiredness.
 B. He never got tired of assisting the elderly aunts.
 C. He needed to clean the house as well.
 D. despite doing a lot of chores in the morning he still arrived early before any other pupil
33. How best can we describe Maina's school attendance?
 A. Punctuated.
 B. Regular.
 C. Irregular.
 D. Prompt.
34. Which one of the following was not among those who went to visit the sick Maina?
 A. The games teacher.
 B. The head teacher.
 C. The teacher of Science.
 D. The class teacher.
35. Maina's head teacher and teacher
 A. helped the aunts to rush Maina to hospital
 B. contributed money to help settle Maina's bill.
 C. wished Maina quick recovery and promised to visit him
 D. sympathized with Maina and accompanied him to hospital
36. What was the cause of Maina's illness?
 A. Fatigue and eating unwashed fruits.
 B. He was exposed to a lot of cold
 C. He was beaten up severely
 D. The death of his mother numbed him.
37. The word retired has been used to mean
 A. he went back home
 B. he finished the day's work and relaxed
 C. he called it a day
 D. he hit the day
38. The best title for the passage above would be
 A. The orphaned Maina.
 B. The hardworking boy.
 C. Maina falls sick.
 D. Maina's elderly aunt

Read the passage below and answer questions 39 to 50.

Foodstuffs are basically divided into carbohydrates (mainly starch and sugars) protein and fats from animals or plants sources. Often, one particular source contains more than one constituent but may be predominantly carbohydrates, proteins. Vitamins and minerals, though not providing direct energy, are essential for many bodies functions. They are usually required in relatively small amounts and are obtainable from the primary food sources unless one is eating highly refined foods or there is an inability within the body to extract them from these foodstuffs. Under these conditions, supplementation becomes necessary. Therefore it is important to eat fresh wholesome foods grown in places with no known minerals deficiencies or excesses.

A balanced diet meets the body's energy requirements and supplies all the essential building blocks. These include nine amino acids (from proteins), one fatty acid (from fats) and glucose (from carbohydrates). The body has an in-built mechanism for converting types of food into different building blocks, those listed above, which together with vitamins and minerals have to be acquired from the diet.

It should be appreciated that, while food is only eaten at certain times, the body requires energy continuously. Thus, the composition of a meal should be such that it can provide energy immediately and also in a sustained manner. Carbohydrates provide energy in the short term, proteins in the medium term and fats in the long term. The same process is replicated in the body when it is using up stored food. The type of activity one is involved in also influences energy needs; people leading actual lives require more energy than those with a sedentary lifestyle. Children, pregnant women and breast feeding mothers also require more energy.

The biological value of food is also important. Animals' protein has a higher biological value than plant protein and hence, a small portion may suffice. Unsaturated vegetable fats are also

safer to use compared to animal fats. Generally, a balanced diet should supply fifty percent of energy requirements from carbohydrates, thirty percent from proteins and twenty percent from fats.

Though associated with good factors, the use of mega-doses of vitamins cannot be a substitute for energy requirements. It is especially not advisable to have a high intake of fats, soluble vitamins A, D, E and K and foods with high minerals content, especially of sodium and potassium. Where deficiency exists due to the soil type or food preparation style, supplementation via manufactured foodstuffs for example, iodized salt or fortified bread and milk, may do as a substitute.

- | | |
|--|---|
| <p>39. From the first sentence we learn that basic food include</p> <ul style="list-style-type: none">A. starch, sugars and proteinsB. proteins, fats and carbohydratesC. salt, proteins and fatsD. carbohydrates, starch and fats <p>40. According to paragraph one, fats come from</p> <ul style="list-style-type: none">A. animals and proteinsB. plants and carbohydratesC. starch and sugarD. plants and animals <p>41. What do we learn about vitamins and minerals? They</p> <ul style="list-style-type: none">A. provide direct energy to the bodyB. are important for supplying carbohydrates and proteinsC. are essential for many bodies functionsD. are vital for primary ford weed. <p>42. Why do we take a balanced diet? it</p> <ul style="list-style-type: none">A. provides energy and essential body building blocksB. provide minerals and vitamins to correct deficiencyC. takes care of bodies functionsD. provides the feel-good factors to the body <p>43. The body's in- built mechanism converts types of foods into</p> <ul style="list-style-type: none">A. energy, body building blocks, vitamins and mineralsB. body building blocks onlyC. vitamins and mineralsD. all the body requirement <p>44. Which one of the following comprises the essential body building blocks?</p> <ul style="list-style-type: none">A. Starch, sugar and carbohydrates.B. Minerals, vitamins and proteins.C. Nine amino acids, fatty acids and glucoseD. Proteins, carbohydrates and fats. | <p>45. According to the passage, the body needs energy</p> <ul style="list-style-type: none">A. at certain specific timeB. continuouslyC. only occasionallyD. at given tines of the day <p>46. Which type of food provides energy in the long term?</p> <ul style="list-style-type: none">A. FatsB. GlucoseC. ProteinsD. Carbohydrates. <p>47. According to the third paragraph people who require more energy are those,</p> <ul style="list-style-type: none">A. with small bodiesB. with big bodiesC. with a sedentary lifestyleD. leading actions lives <p>48. Which protein has a high biological value?</p> <ul style="list-style-type: none">A. Plant.B. Both plant and animals.C. Fried.D. Animals. <p>49. From the passage we learn that _____ fats are safer to use.</p> <ul style="list-style-type: none">A. fats are soluble vitaminsB. small amounts of animalsC. unsaturated vegetableD. saturated vegetable <p>50. The best title for the passage above would be</p> <ul style="list-style-type: none">A. Why we should take less fats.B. The importance of a balanced diet.C. The various body building blocks.D. Foodstuffs and age limits. |
|--|---|