



School of Health Sciences

WRITTEN EXAMINATION

Course: **English: Proficiency**

Sub-course: **Reading comprehension/Vocabulary knowledge**

Course code: **EN247G**

Credits for written examination: **3.0**

Date: **May 30, 2024**

Examination time: **14:15-17:30**

Examination responsible: **Stefan Sönnnerhed**

Teachers concerned

Aid at the exam/appendices: **None**

Other

- Instructions
- ☐ Take a new sheet of paper for each teacher.
 - ☐ Take a new sheet of paper when starting a new question.
 - ☒ Write only on one side of the paper.
 - ☒ Write your name and personal ID No. on all pages you hand in.
 - ☒ Use page numbering.
 - ☒ Don't use a red pen.
 - ☐ Mark answered questions with a cross on the cover sheet.

Grade points: **Pass/E 54; D 62; C 70; B 80; A 88 (Maximum: 100)**

Examination results should be made public within 18 working days

Good luck!

Total number of pages **6**

EN247G – EXAM in Reading comprehension and Vocabulary knowledge

Name: _____ ID no: _____

This exam is divided into four sections:

▪ **Part One: Text discussion – 40 points**

Summarize the stories “A Belfast Woman” and “The Mortal Immortal: A Tale” from the coursebook *Criss-Cross Tales*. Make sure you include the most important parts of the stories in your essay summary; think especially of the lead questions in the exam. (1½–2½ pages)

▪ **Part Two: Questions on a previously unknown text/*Compendium* – 30 points**

Read the article “Here's What Happens to Your Body if You Eat a Burger Every Day” and answer/discuss the questions that follow. Note that some questions in this part are on articles in *Compendium*. Answer the questions one by one in your own words. (1½–2½ pages)

▪ **Part Three: Vocabulary – 20 points**

Explain twenty English words/phrases, from *Criss-Cross Tales* and *Compendium*, listed in the vocabulary worksheet. Make sure you explain the words in a way that clearly explains what they mean. Write your answers on the test form next to each word or on a separate sheet.

▪ **Part Four: Oral presentation – 10 points**

Added here is your score in *Oral presentation* which was done in class prior to this exam.

Maximum points for the exam:	100
A	88
B	80
C	70
D	62
E	54
F	0-53

Part One: Text Discussion – 40 points

In “A Belfast Woman,” we meet Mary Harrison and her family of different generations, and in “The Mortal Immortal: A Tale” we can read about a man who’s lived for hundreds of years. To help you remember the stories, read the short extracts below. Then summarize both the stories in essay form. Your essay should be on 1½–2½ pages in total. Remember to structure your text well into paragraphs and to use correct sentence structure and punctuation. Carefully go through your writing for both vocabulary and grammar—including capital and lowercase letters.

“A Belfast Woman”

Eileen was never touched in school after that, though, and when she left she learned shorthand and typing and got an office job. She grew up so lovely, and I used to think, watching her going out in the morning in the best of clothes with her hair shining, that she could have gone anywhere and done herself credit.

...

“The Mortal Immortal: A Tale”

Am I, then, immortal? This is a question which I have asked myself, by day and night, for now three hundred and three years, and yet cannot answer it. I detected a gray hair amidst my brown locks this very day—that surely signifies decay. Yet it may have remained concealed there for three hundred years—for some persons have become entirely white-headed before twenty years of age.

Summarize both the stories in essay form—one essay only or one essay per story (either is okay). Include the following aspects when you write your summaries:

“A Belfast Woman”

1. Where the story takes place and the significance of choosing just that place.
2. What the threatening letter is about and why people like Mary were given such letters.
3. Who the members of Mary’s family are (children, mother, husband...) and Mary’s relations to them (include how Eileen and Liam are different in your answer).
4. How Mary’s (imagined) cancer and bleeding arm are important in the story.

“The Mortal Immortal: A Tale”

1. Who is Winzy, and who is Bertha, and what problem did they meet with as a couple?
2. Who is Cornelius Agrippa?
3. What happens after Winzy drinks the potion, both as an immediate effect and in the long run?
4. What does Winzy think and do about his seemingly never-ending life?

Part Two: Questions on a previously unknown text/Compendium – 30 points

Answer the following questions in your own words, 1½–2½ pages (30 points with 4 points for each question #1-6 and 6 points for question #7):

Here's What Happens to Your Body if You Eat a Burger Every Day

Find out what a registered dietitian and decades of scientific research have to say.

EMILY LAURENCE

AUG 21, 2023

Burgers are an American staple. The fast food industry thrives on our love for beef. They're a mainstay on diner and pub menus across the country. And can you even imagine a summer cookout without them?

Americans love burgers so much that they're not even considered a once-in-a-while food. Plenty of people eat them regularly. The average American eats about five burgers a month. Maybe you love burgers so much that you eat them more often than that. If so, it's worth it to think about how it could be impacting your health.

Are Burgers Healthy?

According to a survey conducted by Mintel, 82 percent of Americans believe burgers are a healthy food and a good source of nutrients. This is likely because burgers are known for being high in protein. While it's true that burgers are high in protein, they aren't exactly a healthy food. "Burgers are high in saturated fat, which can lead to heart disease and high cholesterol levels," says Long Island-based registered dietitian Kimberly Wiemann, MS, RDN. This is the main reason why burgers are considered unhealthy. A McDonald's Quarter Pounder has 8 grams of saturated fat, which is more than half the amount the American Heart Association recommends capping intake at per day. There are also 710 milligrams of sodium in that burger. (Ideally, you want to keep it under 1,500 milligrams a day, according to the American Heart Association.)

Unlike plant-based protein sources, burgers also don't bring much nutrient value to the table. For example, foods like beans, chickpeas and tofu are all high in fiber and antioxidants, which burgers lack. Still, burgers aren't *all* bad. As previously mentioned, they do contain protein. They also contain iron. Still, Wiemann says these benefits aren't enough to balance out their high amount of saturated fat.

What Happens if You Eat a Burger Every Day?

If you eat a burger every day, Wiemann says that one of the biggest ways it will impact your health is increasing the risk of cardiovascular disease. "The saturated fat found in red meat [which includes burgers] can lead to increased 'bad cholesterol' and lower levels of 'good cholesterol,'" she explains. Having high blood pressure also increases the risk of type 2 diabetes.

Besides negatively impacting heart health, Wiemann says that eating a burger every day is also detrimental to gut health. "Some studies show that red meat can contribute to gut inflammation. Having

one serving of red meat per day increases the risk of gut inflammation and diverticulitis by 18 percent," she says. "Replacing red meat with lean poultry or fish was shown to reduce this risk by about 20 percent."

If the increased risks of cardiovascular disease and gut inflammation aren't enough to convince you to rethink eating a burger every day, consider the findings from a decade-long scientific study that took into account half a million people. The researchers found that a diet high in red meat was associated with a shorter lifespan. This is in large part due to increased risk for cancer and (once again) cardiovascular disease.

[...]

Emily Lawrence, "Here's What Happens to Your Body if You Eat a Burger Every Day," Parade, August 21, 2023, accessed May 6, 2024.
<https://parade.com/health/what-happens-if-you-eat-a-burger-every-day#:~:text=While%20it's%20true%20that%20burgers,why%20burgers%20are%20considered%20unhealthy>

Vocabulary (definitions taken from Oxford Learners' Dictionaries: American English)

▪ nutrient	a substance that is needed to keep a living thing alive and to help it to grow
▪ saturated fat	a type of fat found, for example, in butter, fried food, and many types of meat, that encourages the harmful development of cholesterol
▪ intake	the amount of food, liquids, etc. that you take into your body
▪ antioxidant	a substance such as vitamin C or E that removes dangerous molecules, etc., such as free radicals, from the body
▪ cardiovascular	connected with the heart and the blood vessels
▪ detrimental	harmful
▪ gut	the tube in the body through which food passes when it leaves the stomach

Questions

1. What is, according to the article, an average American's consumption of hamburgers?
2. What is the commonly-held view among Americans of whether hamburgers are nutritious or not—and what is the real truth?
3. Give three examples of negative effects of eating hamburgers daily.
4. Can eating a burger everyday have any effect on how long you live? Refer to what's said in the article when answering this question.
5. The *Compendium* article "Controversial apps for kids make cosmetic surgery into a game" discusses the negative impacts of cosmetic surgery apps. Give two examples of how such apps can have a negative effect on little girls. Include "beauty standard" in your answer.
6. In the *Compendium* article "Heart Attack Grill serves bypass burgers, flatliner fries," we can read about a hamburger restaurant that is different than McDonald's and other more traditional hamburger places. In what ways is it different? Give at least three examples.
7. What is your own opinion of how to best create a society where we, children as well as adults, are protected from harm? Can we achieve this through legislation? Is it possible to control both what kind of food we eat and what kind of games we (especially children) play? Or is it something for schools and parents to achieve?

State your own opinions about how to best create a society where different kinds of harm is eliminated best way possible. Besides giving your own opinions, you also need to relate your thoughts to at least two articles in *Compendium*. Feel free to include personal experiences of a direct or indirect kind.

[It's important that you express an opinion, but, besides relating it to the course literature, you are free to use any other examples/ideas you want—from the course literature as well as other sources.]

Part Three: Vocabulary – 20 points

Explain the following words/phrases in English writing a clear definition of what the words mean. Note the part of speech (word class). Write here or on a separate sheet (20 points with 1 point/word and a .5-point deduction for vague explanations).

Nouns and noun phrases

1. blasphemy
2. blotch
3. disdain
4. disgrace
5. lawn mower
6. mausoleum
7. proceeds
8. rosary beads
9. syringe
10. vessel

Verbs and verb phrases

11. befall
12. don
13. give out
14. persevere
15. soothe
16. squat
17. will (lexical verb)

Adjectives and adverbs

18. flawlessly
19. rowdy
20. upright (character of a person)

Part Four: Oral presentations – 10 points

Your score: _____ points

Good luck ☺!

Stefan