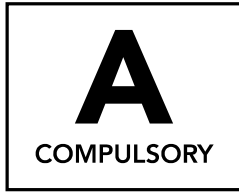


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**HKDSE
ENGLISH LANGUAGE
PAPER 1 PART A
QUESTION-ANSWER BOOK**



Write your Candidate Number and stick a barcode label in the space provided on this page.
Read Text 1 and answer questions 1–22. (40 marks)

Text 1

1. According to paragraph 1, the writer thinks that fast food, desserts and snacks are not ...
- A. tasty.
 - B. delicious.
 - C. nutritious.
 - D. cheap.

A	B	C	D
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. What does ‘them’ (line 5) refer to?

3. What does Wynn timer Chan suggest the reader do in paragraph 1?

4. According to paragraph 1, are the following statements True (T), False (F) or Not Given (NG)? (3 marks)

Statements	T	F	NG
i) Wynn timer Chan was born in the UK.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ii) Wynn timer Chan thinks that eating too much fast food is bad for one’s health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
iii) Wynn timer Chan knows much about food and nutrition.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.



Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

5. Wynn timer Chan suggests that we eat ...
- A. different types of fruit and vegetables.
 - B. imported fruit and vegetables.
 - C. organic fruit and vegetables.
 - D. only fruit and vegetables every day.
- A B C D

6. Which word in paragraph 2 is the short form for 'vegetables'?
- _____

7. What does Wynn timer Chan compare the different colours of vegetables to?
- _____

8. According to Wynn timer Chan, if you make Wednesday a yellow day, which of the following groups of fruit and vegetables should you eat?
- A. pumpkin, choy sum and broccoli
 - B. mangos, pineapples and corn
 - C. bananas, carrots and blueberries
 - D. apples, cucumbers and spinach
- A B C D

9. Three words are missing from the text. Write the missing words on the lines below. (3 marks)

- i) paragraph 1, line 7 _____
- ii) paragraph 2, line 14 _____
- iii) paragraph 8, line 56 _____

10. According to paragraph 3, Wynn timer Chan suggests that we use fruit to replace ...
- A. oatmeal.
 - B. cereal.
 - C. breakfast.
 - D. sugar.
- A B C D

11. What does 'jazzing it up' (lines 20–21) mean?
- To make it ...
- A. easier to digest
 - B. softer
 - C. less expensive
 - D. more exciting
- A B C D

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

12. Why does Wynn Chan suggest that we roast vegetables?

13. Which of the following words best fills the blank in line 31?

- A. peeling
- B. peeled
- C. peels
- D. peel

A B C D

14. What does 'nicking' (line 32) mean?

- A. tearing
- B. squeezing
- C. making a small cut
- D. splitting in half

A B C D

15. Find a phrase in paragraph 4 that means the same as 'very quickly'.

16. Why does Laurent Andre NOT recommend cooking vegetables in water?

Because they will become ...

- A. chewy
- B. bland
- C. tough
- D. tasty

A B C D

17. Use ONE word to complete the sentence below. The first letter of the word has been given.

One way to cook cauliflower is to **b**_____ it in the oven with cream.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

18. Find a word in paragraph 7 that means the opposite of each word given below: (2 marks)

- i) tasty _____
- ii) softer _____

19. The following comments are replies to readers who posted on the discussion board. Which posts are they replying to? Write the name of the reader next to each comment. One has been done for you as an example. (3 marks)

Quote	Reader
'I always put pineapple and strawberries in my salad. Love it!'	Po Wing-yan
<input type="radio"/> 'Can I have your recipe please? I'm not a big fan of garlic though.'	
<input type="radio"/> 'Really? Who has time to prepare a lunch box?'	
<input type="radio"/> 'I will give it a try as I really don't like eating anything raw.'	

20. Who is the target audience/reader?

- A. a friend
- B. patients
- C. chefs
- D. the general public

- A B C D
-

21. EIGHT ways to make vegetables tastier have been mentioned in the text. Summarise them below. One has been done as an example. (8 marks)

How to Make Vegetables Tastier	
	e.g., Roast vegetables
<input type="radio"/> i)	_____
<input type="radio"/> ii)	_____
<input type="radio"/> iii)	_____
<input type="radio"/> iv)	_____
<input type="radio"/> v)	_____
<input type="radio"/> vi)	_____
<input type="radio"/> vii)	_____
<input type="radio"/> viii)	_____






Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

22. Match the correct headings to the paragraphs in Text 1. Write the letters in the spaces next to the paragraph numbers. One heading is NOT used. (5 marks)

Headings

- A. Advice from a chef
- B. Responses from readers
- C. Vegetables are naturally low in fat
- D. Eating all colours of the rainbow
- E. Making vegetables delicious
- F. Many people dislike fruit and vegetables

Paragraph(s)	A-F
1 	
2 	
3-6 	
7 	
8 	

END OF PART A

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Candidate Number

Please stick the barcode label here.

**HKDSE
ENGLISH LANGUAGE
PAPER 1 PART B1
QUESTION-ANSWER BOOK**



Show Answers

Write your Candidate Number and stick a barcode label in the space provided on this page.
Read Text 2 and answer questions 23–42. (34 marks)

Text 2

23. According to paragraph 1, the writer _____ his family history and tradition.

A. is ashamed of
B. is proud of
C. dislikes
D. is embarrassed about

A B C D

24. What can 'diversity' (line 2) be replaced by?

A. variety
B. example
C. kind
D. choice

A B C D

25. What does the writer mean by the 'Turkey Day' (lines 5–6)?

26. According to paragraphs 1 and 2, are the following statements True (T), False (F) or Not Given (NG)? (3 marks)

Statements	T	F	NG
i) The writer was born in the US.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ii) The writer loves Asian food only.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
iii) The writer's race is Japanese.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

27. According to paragraph 2, the writer crossed out the days on his calendar because ...
- A. he could not count.
 - B. he did not know when the actual date was.
 - C. it was part of his family tradition.
 - D. he was looking forward to the important day.
- A B C D

28. Number the following events in chronological order. Write 1–4 on the lines provided.

- Weighing the turkey _____
- Getting ingredients for a pie and the stuffing _____
- Selecting a turkey _____
- Going to a shop _____

29. Stuffing is ...
- A. a kind of seasoning.
 - B. a side dish.
 - C. a dessert.
 - D. a drink.
- A B C D

30. What does 'the huge bird' (line 9) refer to?

31. What does 'that' (line 16) refer to?

32. Look at the word 'spirit' in line 15. Now look at the dictionary entry for 'spirit' below. Which definition corresponds to the meaning of the word as used in the text?

spirit [n.]

- A. strong loyalty and dedication to a group
e.g., team spirit
- B. the general or real meaning of something
e.g., Each country should honour the spirit of the treaty.
- C. a supernatural being
e.g., It is believed that people could be possessed by evil spirits.
- D. the prevailing or typical mood and attitude of a person, a group or a period of time
e.g., The true holiday spirit is about love and kindness.

- A B C D

Answers written in the margins will not be marked.

33. What is the meaning of 'baste' (line 18)?

- A. to braise
- B. to fry
- C. to steam
- D. to pour

- A B C D

34. What is 'temaki' (line 26)?

35. What does 'This' (line 26) refer to?

36. According to the text, which of the following adjectives best describe the writer's attitude towards his mother? Indicate your answers by underlining TWO adjectives below. (2 marks)

respectful / indifferent / critical / fearful / proud

37. Look at how the phrases below are used in the text. Decide which of the options provided is closest in meaning and blacken ONE circle only. (2 marks)

Line	Word/Phrase	Meaning
29	<i>drop by</i>	<input type="radio"/> to help <input type="radio"/> to eat <input type="radio"/> to visit <input type="radio"/> to phone
31	<i>slurp up</i>	<input type="radio"/> to eat and drink slowly <input type="radio"/> to eat and drink quickly <input type="radio"/> to eat and drink carefully <input type="radio"/> to eat and drink noisily

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

38. Phrases are missing from paragraphs 5–7. From the five phrases A–E below, choose the three which best complete the blanks (i–iii) in the text. Write the letters in the spaces provided. One has been done for you as an example. (3 marks)

e.g.,) **B** _____

i) _____

ii) _____

iii) _____

- A. When/when all the Japanese food was on the table
- B. It/it took hours to make because she had to pound the rice
- C. It/it signifies good fortune and a prosperous year
- D. Which/which represents a long life
- E. Which/which is not the same as in American culture

39. The writer tells us the different dishes that his mother would make for the two holidays. Complete the table below using information from the text. (6 marks)

Festival	Food
Thanksgiving	<ul style="list-style-type: none"> <input type="radio"/> • _____ <input type="radio"/> • _____ <input type="radio"/> • _____
New Year	<ul style="list-style-type: none"> <input type="radio"/> • _____ <input type="radio"/> • _____ <input type="radio"/> • _____

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

40. Match the following pictures with the food mentioned in the text. Write the name of the food item under the picture. One food item is NOT given in the text. Write 'NG' under the picture. (4 marks)



41. Which one of the following statements is NOT true?
- A. The writer's mother taught the writer how to cook.
 - B. The writer is the only child.
 - C. The writer is bicultural.
 - D. The writer has fond memories of his childhood.

A B C D

42. Which of the following is the best alternative title for Text 2?
- A. Take home fantastic cooking skills
 - B. Good home cooking learnt the hard way
 - C. Festival food brings fond memories
 - D. A tale of the East and West

A B C D

END OF PART B1

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

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**HKDSE
ENGLISH LANGUAGE
PAPER 1 PART B2
QUESTION-ANSWER BOOK**

B2
DIFFICULT SECTION

Show Answers 

Write your Candidate Number and stick a barcode label in the space provided on this page.
Read Text 3 and answer questions 43–62. (34 marks)

Text 3

43. What is the meaning of ‘sulks’ (line 1)?

- A. to be sarcastic
- B. to be in low spirits
- C. to be thrilled
- D. to be angry silently




A B C D

44. Who is the writer referring to when he says ‘you’ (line 2)?

45. i) According to the research in paragraph 1, what things make teenagers happy? (1 mark)

ii) What could these things be? Give TWO examples. (1 mark)

46. Complete the table below. (3 marks)

	Aim	Subjects	Sample Size
Study conducted by the Institute for Social and Economic Research at the University of Essex	To find out (i) 	(ii) 	(iii) 
	<hr/>		

47. Find a word in paragraph 3 that means the same as ‘happiness’.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

48. Complete the sentence below using information from the text.

According to Researcher Gundi Knies, children living in lower-income families are just as _____ as those living in higher-income families.

49. Complete the following summary of paragraph 3 by writing ONE word in each blank. Answers must be grammatically correct. (3 marks)

There are other factors that enhance a child's sense of (i) _____. A child will feel happier if he or she lives a (ii) _____ lifestyle, engages in (iii) _____ activities and has well-behaved classmates at school.

50. According to paragraphs 3–5, are the following statements True (T), False (F) or Not Given (NG)? (3 marks)

Statements	T	F	NG
<input type="radio"/> i) Children who engage in social activities are happier.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> ii) Children who spend too much time online are unhappy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> iii) Wealth is a deciding factor in determining children's happiness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

51. Which of the following activities is NOT mentioned in paragraphs 4 and 5? Blacken ONE circle only.

A.	B.	C.	D.
			A B C D <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

52. How does wealth play a part in children's happiness?

Parents who are wealthy can ...

- i. buy leisure equipment for their children.
- ii. provide better food for their children.
- iii. provide a better home for their children.
- iv. send their children to a better school.

- A. i and ii
 - B. i, ii and iii
 - C. ii, iii and iv
 - D. all of the above
- A B C D

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.



Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

53. Who are the 'Older girls' (line 39)?

54. Older girls are unhappy because ...

- A. they suffer from low self-esteem.
- B. they are treated unfairly by their parents.
- C. they have too much attention.
- D. they face more challenges and changes in their lives.

A B C D

55. What does the happiness index measure?

56. What is the purpose of the happiness index?

(2 marks)

57. What is the limitation of the index?

58. Who does 'I' (line 67) refer to?

59. According to paragraph 10, children judge how wealthy a person is by ...

- A. questioning.
- B. guessing.
- C. calculating mentally.
- D. observing and comparing.

A B C D

Answers written in the margins will not be marked.

60. Based on the findings of the report conducted by the University of Essex, what should the government do to improve the well-being of children?

61. The main purpose of the text is to ...

- A. report what is known about the topic.
- B. suggest new areas of research.
- C. identify the key problem in the research.
- D. criticise the UK government.

A **B** **C** **D**

62.

Match the main ideas with the paragraphs by writing the letters A–H in the table below. The first one has been done for you. (7 marks)

Main ideas	
A	An index that gives a full picture
B	Wealth is correlated to adults' well-being
C	Implications of the study
D	Child poverty in the UK compared to other countries
E	The study's sample
F	Wealth is indirectly linked to the happiness of children
G	<i>Things that make teenagers happy (example)</i>
H	Girls are both the happiest and least happy groups

Paragraph(s)	Main idea
1–4	G
5	
6	
7	
8	
9	
10	
11	

END OF PART B2

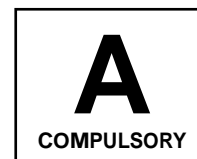
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PERFORMANCE FOR THE HKDSE 4
MOCK EXAMINATION 1

HONG KONG DIPLOMA OF SECONDARY EDUCATION EXAMINATION



ENGLISH LANGUAGE PAPER 1
PART A

Reading Passages

1 hour 30 minutes
(for both Parts A and B)

GENERAL INSTRUCTIONS

- (1) There are two parts (A and B) in this paper. All candidates should attempt Part A. In Part B, you should attempt either Part B1 (easier section) OR Part B2 (more difficult section). Candidates attempting Parts A and B2 will be able to attain the full range of levels, while Level 4 will be the highest level attainable for candidates attempting Parts A and B1.
- (2) After the announcement of the start of the examination, you should first write your Candidate Number and stick barcode labels in the spaces provided on the appropriate pages of the Part A Question–Answer Book and the Part B Question–Answer Book which you are going to attempt.
- (3) Write your answers in the spaces provided in the Question–Answer Books. Answers written in the margins will not be marked.
- (4) For multiple–choice questions, you are advised to blacken the appropriate circle with a pencil so that wrong marks can be completely erased with a clean rubber. Mark only **ONE** answer to each question. Two or more answers will score **NO MARKS**.
- (5) Supplementary answer sheets will be supplied on request. Write your Candidate Number, mark the question number box and stick a barcode label on each sheet and fasten them with string **INSIDE** the Question–Answer Book.
- (6) No extra time will be given to candidates for sticking on barcode labels or filling in the question number boxes after the ‘Time is up’ announcement.
- (7) The two Question–Answer Books you have attempted (one for Part A and one for Part B) will be collected together at the end of the examination. Fasten the two Question–Answer Books together with the green tag provided.
- (8) The unused Question–Answer Book for Part B will be collected separately at the end of the examination. This will not be marked. Do not write any answers in it.

INSTRUCTIONS FOR PART A

- (1) Attempt ALL questions in Part A. Each question carries ONE mark unless otherwise stated.

Not to be taken away before the end
of the examination session

PART A

Read Text 1 and answer questions 1–22 on pages 243–247 of the Question-Answer Book for Part A.

Text 1



Making Vegetables Tasty

You can make your vegetables tasty by roasting them and adding seasoning, writes Zoe Mak.



1 [1] Ask any teenager what their favourite food is and the answer is likely to be fast food, desserts and snacks. As tasty as these things may be, none of them offers much in the way of nutrition. Eating
5 too much of any or all of them could even cause health problems. ‘I know a lot of children and adults who don’t like (i) _____ fruit and vegetables,’ says Wynnie Chan, a British-trained nutritionist and *Young Post* health columnist. She
10 suggests coming up with ways to make eating fruit and vegetables more fun.

[2] ‘Eat all the colours of the rainbow,’ she says. ‘Challenge yourself to eat fruit and veggies of different (ii) _____ each day. For
15 example, make Monday a red day with watermelon, strawberries or cherries, and make Tuesday a green day with celery, kiwi or green grapes.’

[3] Ms. Chan also suggests thinking about a healthier breakfast — instead of sprinkling your
20 oatmeal or cereal with sugar, how about jazzing it up with fruit? She also says the way you cook vegetables makes a big difference to how they taste. ‘Roasting vegetables such as peppers, carrots, onions and tomatoes makes them caramelize, so
25 they taste sweeter and more delicious,’ she says. Roasted vegetables, like peppers, carrots, onions and tomatoes, make wonderful toppings for noodles or filling for sandwiches.

[4] A veggie soup is delicious with either noodles or
30 crusty bread. Tomatoes are a key ingredient in most vegetable soups, but be sure to _____ them first by boiling them briefly and then nicking the skins with a knife — the rest will peel off in a flash.

35 [5] Another way to make vegetables more fun is to cut them up into bite-sized pieces and prepare a dip of blended yoghurt and mint, seasoned with a little salt and pepper, to accompany them.

[6] If you like it spicy, try a salsa-like sauce of
40 chopped tomato, onion and chilli — and experiment with herbs like coriander and dill as seasoning. A tangy sauce goes great with salads.

[7] Laurent Andre, executive chef at the Intercontinental Hotel, suggests avoiding boiling
45 vegetables unless you are using them in a soup. Cooking vegetables in water, he says, results in both the nutritional content and the tastiness of the vegetables melting away, and the vegetables becoming waterlogged. The result: tasteless
50 vegetables. Mr. Andre recommends blending and mashing harder veggies such as cauliflower, which results into a tasty, creamy addition to any meal. He also says cauliflower, like many other vegetables, can be oven-baked with cream.

55 [8] *Young Post* readers share their (iii) _____ on making vegetables tastier on the Facebook discussion board:



‘Follow the government’s food guide pyramid and make your own lunch box to avoid eating oily food.’

60

Chan Kwok-lun, 15

‘I think we can make salad ourselves. We can add some vegetables, such as cabbage and some fruit to it.’

Po Wing-yan, 16

65 ‘Spinach cooked plain with garlic cloves and salt is a daily dish at my house. It’s simple to make, and I really don’t get sick of it.’

Sonia Vashi, 15

70 ‘Carrots ... taste really bad, especially when you eat them raw. But ... when you dip [them into] honey they taste sweeter. I also eat carrots ... with other foods I like.’

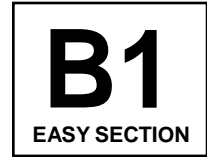
Ricky Lee, 14

Source: Adapted from Zoe Mak, ‘Spice It Up’, *South China Morning Post*

END OF READING PASSAGE

**PERFORMANCE FOR THE HKDSE 4
MOCK EXAMINATION 1**

HONG KONG DIPLOMA OF SECONDARY EDUCATION EXAMINATION



**ENGLISH LANGUAGE PAPER 1
PART B1**

Reading Passages

1 hour 30 minutes
(for both Parts A and B)

GENERAL INSTRUCTIONS

- (1) Refer to the General Instructions on Page 38 of the Reading Passages Booklet for Part A.

INSTRUCTIONS FOR PART B1

- (1) Candidates who choose Part B1 should attempt all questions in this part. Each question carries ONE mark unless otherwise stated.
- (2) Hand in only ONE Question–Answer Book for Part B, either B1 or B2, and fasten it with the Question–Answer Book for Part A using the green tag provided.

Not to be taken away before the end
of the examination session

PART B1

Read Text 2 and answer questions 23–42 on pages 248–252 of the Question-Answer Book for Part B1.

Text 2



*Just Like Mama
Used to Make*

American photographer John Ishii gives a brief account of the food served at his home in the United States.

1 [1] One good thing about growing up in America as a Japanese American was that I could celebrate both the American holidays and the Japanese holidays with such a great diversity of foods.

[2] Thanksgiving was especially one of the most important holidays for us. As a child, I would cross out
5 the days on my calendar in a countdown to the ‘Turkey Day’. A few days before Thanksgiving, I would go shopping with my mum and watch her pick out a nice big turkey. She would always ask me what I thought of the huge bird as the butcher put the turkey on the
10 scales. Then we would go to the other parts of the store to get ingredients for pumpkin pie and stuffing. My father always enjoyed a chestnut stuffing, which consists of chestnuts, bread, eggs, celery and butter.



[3] When Thanksgiving arrived, my sisters and I would wake up early to get ready for the big day. Friends and
15 relatives would come to our house to share the warmth, happiness and festive spirit. My mother would fill the turkey with the chestnut stuffing. When that was done, my sister and I would gently put the turkey into the oven for our mother. We would constantly watch the progress of the turkey being roasted slowly in the oven. Periodically, my mother would baste it with lots of melted butter.

[4] In just a few hours, the guests would arrive. We would all sit down and my mother would carry out the
20 turkey and place it in front of my father, who always had the honour of carving the first slice of the huge turkey.

[5] When it came to the New Year celebration, our family celebrated it the Japanese way. My mother would get up early to prepare the traditional Japanese foods. First, she would make mochi, a very soft-pounded rice dumpling that is sticky and yet smooth to the touch. (e.g.,) _____.

[6] The thing I used to love doing was helping her make sushi. It was a lot of fun but it required technique and
25 patience. I always made mistakes but my mother would patiently correct me. Eventually, I learnt how to make beautiful handroll sushi or temaki. Then we made a thick sweet soup from red bean paste. This would take hours as the beans had to be slowly cooked to perfection. When the soup was done, the small smooth rice dumplings would go into the red bean soup. The red bean soup was important, because (i) _____.

[7] (ii) _____, friends and family members would drop by to take part in the New Year
30 celebration. The last item on the menu for our New Year celebration was saimin — a long thin noodle in a clear fish broth. We would all stand around the table and slurp up this long noodle (iii) _____.

[8] My mum was the best cook around. She taught me all about ethnic Japanese cooking and American cooking.

END OF READING PASSAGE

**PERFORMANCE FOR THE HKDSE 4
MOCK EXAMINATION 1**

HONG KONG DIPLOMA OF SECONDARY EDUCATION EXAMINATION



**ENGLISH LANGUAGE PAPER 1
PART B2**

Reading Passages

1 hour 30 minutes
(for both Parts A and B)

GENERAL INSTRUCTIONS

- (1) Refer to the General Instructions on Page 38 of the Reading Passages Booklet for Part A.

INSTRUCTIONS FOR PART B2

- (1) Candidates who choose Part B2 should attempt all questions in this part. Each question carries ONE mark unless otherwise stated.
- (2) Hand in only ONE Question–Answer Book for Part B, either B1 or B2, and fasten it with the Question–Answer Book for Part A using the green tag provided.

Not to be taken away before the end
of the examination session

PART B2

Read Text 3 and answer questions 43–62 on pages 253–256 of the Question-Answer Book for Part B2.

Text 3



Teenagers Value the Simple Things in Life

Having friends to tea or going swimming are more important than money, research finds.

1 [1] Next time your 13-year-old daughter or son sulks when you refuse them money for new clothes or the latest mobile phone, rest assured it really is for their own good. What makes teenagers happy, according to research, are the simple things in life.

[2] Close friends, playing sport and a stable home life are more important to the happiness of children aged 10–15 than the wealth of their parents, according to a study by the Institute for Social and Economic Research at the University of Essex.

[3] Other factors that increase a child’s sense of well-being include a healthy lifestyle, a sense of community and good behaviour from their classmates during lessons. Researcher Gundi Knies found no difference in the average life satisfaction score of children in families with lower incomes compared with those living in families with higher incomes.

[4] Access to the Internet for up to one hour a day boosts contentment, but excessive time spent on social media is an attribute of an unhappy child. ‘Children need to have access to the Internet like their friends, but when it exceeds an hour per day it prevents them from engaging in other social activities that would make them happier,’ said Knies.

[5] Children who have friends over for tea once a fortnight and those who go swimming once a month are more likely to be happy. Factors indirectly connected to wealth also played a part in happiness.

30 Children who have their own bedroom, bike or other leisure equipment are also happier. Diet, which can also be linked to wealth, also plays an important role. Children who have fewer than five portions of fruit and vegetables a day or who eat fast food most 35 days tend to be less happy.

[6] Girls make up both the happiest and least happy groups of children. Girls aged between 10 and 12 are the happiest while those aged 12–15 are the least happy. ‘Older girls are unhappier because they are going through puberty and their parents become more protective and girls become very conscious of the way they look and the way they are treated,’ said Knies. ‘In general boys don’t face the same pressures.’

45 [7] The study was based on 5000 children from families with an average monthly income of £1144. Families from the wealthiest 1% in the UK were not included in the study.

[8] Levels of poverty in Britain tend to be higher than in countries with a comparable wealth. A recent study found Britain was fifth in a European league table for child poverty behind Italy, Latvia, Bulgaria and Romania.

55 [9] At the instigation of David Cameron, the Office for National Statistics compiles a happiness index to complement other measures such as gross domestic product to get a picture of life in the UK, but it surveys adults and teenagers over 16.

[10] Knies said: ‘There is a lot of work done about the happiness of adults and there is a strong correlation between wealth and well-being.’ The major difference with children is that they do not earn their own money and normally parents do not tell them how much they earn. Children can judge wealth by the amount of food there is at home and by comparing standards to the homes of other children.

60 [11] ‘I found it interesting that children value similar things to their parents, a stable setting and participation in society. The findings of this report 70 suggest it is very important to ensure that children



have lots of opportunity for social contact. This is effective in ensuring the well-being of children as could mean keeping youth clubs open; ensuring 75 money transfers.’
access to local amenities and sports clubs is as

Source: Adapted from Conal Urquhart, ‘Teenagers Value the Simple Things in Life’, *The Observer*

END OF READING PASSAGE