**INTERNATIONAL TRAINING COLLEGE**

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**LINGUA**

Towards Educational Excellence

NCHE Reg. No:

R0014

NQA Accreditation No: 000244

**LANGUAGE DEPARTMENT**



**ASSIGBNMENT ONE**

**FIRST SEMESTER 2023**

# COURSE : CERTIFICATE IN (HRM, AF, BA and OA, IT, TT) LEVEL 5

# SUBJECT : ENGLISH LEVEL 5

**EXAMINER : C.VAN WYK**

|  |
| --- |
| **MARKS**    **\_\_\_\_ = \_\_\_\_\_%**  **50** |

# TOTAL MARKS : 50

**INSTRUCTIONS:**

* Write your full names and student number in the space provided.
* Write neatly and clearly.
* **Up load and submit in PDF**

**FT**   **PT**   **Distance**  **(*Please Tick one box only)***

**SECTION A**

## QUESTION 1 Comprehension [10]

Read the passage below. Answer the multiple choice questions that follow. Circle the letter of the correct answer

.

## To your Health

Protein, carbohydrates, and fats are needed for a good diet. Along with water and fat,our bodies contain much protein. Protein is most important to a healthy body. Enzymes are made of protein. They help to keep the body working. Antibodies in the bloodstream are also made of protein. They fight off disease. The body also needs protein to build muscle. The muscles in turn hold the bone structure together. Muscles provide the strength to move and work. It’s a good thing that most of us get enough protein.

But where is protein found? Meat, poultry, fish, milk, cheese, and eggs give us good amounts of it. Bread and cereal are also important sources. Vegetables, like soybeans, chick-peas, dry beans, and peanuts, are also good sources of protein. You do not have to load up on meat, poultry, or eggs to get enough protein in your diet. Eating cereal or vegetable foods with milk, cheese, or other animal protein can give you enough protein in your diet. For example, eat cereal with milk, rice with fish, or simply drink a glass of milk during a meal.

Together, these foods provide the high quality protein the body needs. Carbohydrates are the biggest source of energy. This group is made up of starches and sugars. Carbohydrates are mostly found in cereal grains, fruits, vegetables, potatoes, sweet potatoes, and vegetables like peas, dry beans, peanuts, and soybeans.

Most other vegetables have smaller amounts of carbohydrates. In vegetables, the carbohydrates are usually in the form of starch. In fruits, they show up as sugar. Of course, candies, jams, and syrups are mostly sugar.

Fats give us energy. They add flavour and variety to foods. Fats carry vitamins A, D, E, and K. Fats are also an important part of the cells which make up the body's tissues.

Our body fat protects our important organs by surrounding them with a cushion. Fats are found in butter, margarine, shortening, salad oils, and cream. Most cheeses, mayonnaise, salad dressing, nuts, and bacon also have a good deal of fat.

A good and balanced diet will use foods from all three of the above groups. In the end, eating right pays off in a healthier body. You'll not only look better, but you will also feel better. Pay attention to what fuels your body.

***[ Spargo, 1989, Timed Readings]***

1. Protein, carbohydrates, and fats are needed for a good \_\_ \_

* 1. diet
  2. job
  3. rest

1. Antibodies are found in the - - - --

* 1. brain
  2. blood
  3. heart

1. Antibodies fight off \_ \_ \_ \_

* 1. calories
  2. disease
  3. fat

1. Which of the following is a good source of protein?
   1. butter
   2. meat
   3. sugar

1. What is the biggest source of energy in our diet?

* 1. carbohydrates
  2. protein
  3. vitamins

1. If we did not have antibodies in our blood, we would probably become \_\_ \_

* 1. overweight
  2. sick
  3. tired

1. Our bones are held together by \_\_\_\_ \_

* 1. fats
  2. muscles
  3. protein

1. Body fat is used by our bodies to \_\_\_ \_

* 1. build muscles
  2. carry antibodies
  3. protect our organs

1. Soybeans are a source of both protein and \_\_ \_

* 1. carbohydrates
  2. minerals
  3. vitamins

1. What is this article about?

* 1. disease, infection, and germs
  2. protein, carbohydrates, and fats
  3. vitamins, minerals, and protein

**SECTION B: ESSAY WRITING [20]**

**QUESTION 1**

Write an essay of not more than **200** words **on ONE** of the following topics.

# (NB CHOOSE ONE TOPIC ONLY!!!)

1. Dangerous games

1. An ideal institution of higher learning

1. Fashion

1. The importance of reading newspapers

1. The day the taxi drivers went on strike

1. Crime does not pay

**QUESTION 2: LETTER WRITING [20]**

Letter accepting employment

Interviews were held in October 2016 for the purpose of appointing a customer service liaison officer for the company. The most suitable candidate was found to be Miss Elizabeth Nuyoma. She is to start work on 5 January 2022.

Write a letter of acceptance that Miss Nuyoma sent the manager.