

RÉPUBLIQUE DU CAMEROUN

PAIX-TRAVAIL-PATRIE

MINISTÈRE DE L'EMPLOI ET DE LA
FORMATION PROFESSIONNELLE

DIRECTION DE LA FORMATION ET DE
L'ORIENTATION PROFESSIONNELLE

CENTRE DE FORMATION
PROFESSIONNELLE ET
D'APPRENTISSAGE DES LANGUES



REPUBLIC OF CAMEROON

PEACE-WORK-FATHERLAND

MINISTRY OF EMPLOYMENT AND VOCATIONAL
TRAINING

DEPARTMENT OF VOCATIONAL TRAINING AND
GUIDANCE

VOCATIONAL TRAINING AND LANGUAGE
LEARNING CENTER

OLYMPIADES JANVIER 2023 : Epreuve d'Anglais, classe de
Tle A4-ABI, durée 3h, coefficient 3.

SECTIONS A: GRAMMAR (10 MARKS)

1. Fill in each blank with an expression chosen from the brackets. (5 marks)

So many new technological advancements have been realised in the area of banking and are all geared towards making customer services faster and smoother. Cameroonians (already, yet, still, again) have much to learn in this domain. One of our flaws is that we lack mutual respect for _____ (others, each other, another, one another) and we disregard even the simplest etiquettes like queuing up and waiting for our turns. even when we queue up in front of cash point or ATM machines, there is _____ (hardly, never, always, ever) any maintenance of social distance because very few people understand why this is important. It is important because banking documents are _____ (much, far, so, more) important that people need their space when consulting or using them. Respecting these etiquettes is a habit we _____ (needn't, must, have to, should) all adopt. It is an advice

2. Fill in the blanks with the appropriate words of your choice. (5 marks)

Ruth: There is garbage everywhere in our neighbourhoods. This has kept me thinking.

Josh: This situation is not only bad but getting _____ each day. The worst thing is that nobody cares.

Ruth: if I _____ the Mayor of this city, I would take stringent measures to handle this problem.

Josh: What would you do ?

Ruth: I would employ the measures that were used years _____ when we were children. For example ; placement of dustbins on the roadsides will _____ banned because they encourage people to throw garbage on the streets. I will teach the people not only about how to recycle and treat their garbage but also enlighten them on reasons _____ they should.

Josh: Meet the Mayor then and share your ideas _____ him.

Ruth: The Mayor ? No ! I would _____ meet with the chiefs that meet the Mayor because he may just politicise it.

Josh: Have you just been thinking about this ?

Ruth: No ; I'm about _____ write a project and a plan of action.

Josh: Wow! You are joking, _____ ?

Ruth: Oh no I am not! It is time _____ takes action and that person may be me :

SECTION B: VOCABULARY (10 MARKS)

1- Fill in the blank spaces with appropriate words of your choice. (5 marks)

The Corona Virus pandemic has come with its own exigencies. There is the demand for new health _____ like the COVID information resource centre where workers have been working day and night answering calls. When people call, the workers at these centres have to first ask for some personal information like their _____, age, places of origin and others before answering to their worries. With Cameroon being a _____ country, they are obliged to respond in either English or French. It is obvious that some applicants lost this _____ opportunity because they did not fulfill this criterion. What a pity ! this is a lesson for all students. There will be a time in Cameroon when people who speak just one official language will remain _____. No job for them !

2- Fill in each blank with the most appropriate word chosen from the box below. (5 marks)

OMADA is a non-profit organisation that cares for young girls who are experiencing gender issues. Their goal is to _____ them with ICT knowledge that they can use in their petty businesses. They want them to be acquainted with the use of the _____ especially WORD and EXCEL. Most of these girls went into _____ and forceful marriages and have been separated from those husbands. Apart from learning, they involve them in _____ activities that can take away their trauma. They take them to the _____ to watch movies, to the _____ to walk, play around and relax and to other places. The manager complains that they cannot function fully because they face a lot of problems. The greatest is the frequent _____ outage that not only makes them unable to use their electrical _____ as they would want to, but destroy them. Some of their equipment cannot be fixed because they do not have the _____ parts. They are hoping that the government or any other international organisation will give them _____ to meet up with their expenses.

SECTION C: READING COMPREHENSION (10 MARKS)

Read the passage below carefully and answer the questions that follow, using your own words as much as possible.

PREVENTION POWER

PROBLEMS ARE BEST SOLVED BY AVOIDING them in the first place. Don't give your number to the guy known all over the city as « The Heartbreak Kid. » Turn around and go home before you find yourself in shops buying designer shoes and clothes. Don't go for second helpings at table before you realize you can't button your jeans. This same philosophy holds true for our most important possession – our health. This is what is called Prevention Power. Put on sunscreen before you go into the sun so you do not develop skin cancer, look old, or have wrinkles. Cut down on fat before you develop high cholesterol. Say no to second helpings before you are 30 kilos overweight and facing the diseases directly related to obesity like heart disease, high blood pressure and diabetes.

The bottom line is that we cannot smoke a pack of cigarettes a day, eat hamburgers whenever we feel like, and be couch potatoes every evening after work with a nice

bottle of wine if we expect to live a healthy and long life. This is a cliché but it is true : if we want our bodies to be good to us, we have to be good to them. The average life expectancy is 74.7 years. But did you know that biologists estimate the human body has the potential to last to 120 ? So, what determines how many of those years we are likely to get ? The answer, experts say, can be summed up in three words : How we live. Far more than genetics, far more than hereditary, far more than anything, lifestyle is the most important factor in determining not just the length of our lives but the quality of our lives.

That so much of our health is within our control is good news. The bad news, however, is that far too many people don't lead healthy lifestyles. On the contrary, numerous studies indicate an increase in all kinds of unhealthy trends, from greater use of convenience foods to a decline in physical activity. So how can people who are serious about their health add years to their lives and life to their years? Here is best advice from the medical community.

Eat to live and don't live to eat. Experts recommend we eat five or more servings of fruits and vegetables each day and limit the consumption of high-fat meals. Change the one-big-meal-a-day habit and try to eat smaller portions at regular intervals – say every three hours. Don't smoke. Tobacco causes one out of six deaths in the world and it is the largest risk factor for heart disease, stroke and cancer of the lungs, lips, tongue and mouth. Keep your cholesterol below 200. If you don't know your reading, make an appointment to be tested or buy a kit at the pharmacy and test yourself. Studies show that keeping your LDL («bad cholesterol») below 160 can add to your life. Have your blood pressure checked. You don't have to see a doctor to check your blood pressure; you can get tested at the pharmacy and other places. Your reading shouldn't be above 120/80. If it is, make an appointment to see your doctor immediately. Be active. Regular exercise can help protect you from all kinds of nasty diseases, including heart disease, stroke, high blood pressure and osteoporosis. Stay within your healthy weight range. Many African women are overweight, a particularly scary statistic when you consider obesity more than doubles your chances of developing high blood pressure and is related to about 80% of adult-onset diabetes and 70% of the diagnosed cases of heart disease.

Get health screenings. Ask your physician which tests you need. Women 40 and up, for example, should get a yearly mammogram and have an annual test for colon cancer beginning at age 50. Drink to your health. Water plays a key role in carrying nutrients and oxygen to cells and protects the body's organs and tissues. We need at least eight glasses of water each day and many of us need more. Recent research confirms that we also need a new attitude. People who only see the darker side of life don't live as long as those with a more optimistic view of their circumstances. It tells us that mind and body are linked and that attitude has an impact on the final outcome---death as revealed in a recent study.

(adapted from EBONY of October 2000)

Questions

1. What, according to the passage, is the best way of solving a problem? (1 mark)

2. State three health problems mentioned in the passage and their causes. (1.5 marks)

3. What three things determine the number of years and quality of life that we have on earth? (1.5 marks)

4. State 2 major things we do not do that show that we do not lead healthy lifestyles. (2 marks)_____
5. Explain this statement as used in Paragraph 5: « Eat to live and don't live to eat »? (2 marks)_____
6. Read the last paragraph carefully and justify why doctors and psychologists should work in collaboration in hospitals. (2 marks)_____

SECTION D: COMPOSITION WRITING (10 MARKS)

Choose ONE topic from below and write a composition of between 250-300 words

1. Your villa community is undergoing a problem that needs to be solved as soon as possible but there is no money. You are the youth leader and have decided with your collaborators to raise funds to solve the problem. Write an essay in which you describe the problem, how you want to raise funds and carry out the projet and how this will change lives in your community.
2. The Minister of Education is visiting your school. You have been asked to write a speech that will address the problems you think the students are facing at the level of pedagogy, school infrastructure, and campus life. Suggest to the minister ways you think he/she can help out. Your school is GHS Ndingang and your name is Akoa Mireille.
3. Your parents have been hearing about climate change but do not understand what it means. Write a letter to them in which you explain the concept, its causes and consequences on the environment. Try to describe some of these consequences with examples to enable them understand. Your name is Avomo Yvonne from GBHS Etam.