

Text A



Teen inventor's tips to make you creative

When Ann Makosinski was growing up in Canada, she didn't play video games and seldom watched television – only half an hour on weekends when her schoolwork was done. Instead, she listened to 19th century opera and classical Indian music, learned piano and violin, watched
5 silent films at home and played with electronic gadgets.

Now 19 years old, Makosinski has won several major prizes for her inventions. These include a flashlight that works with the heat of the human hand and a coffee cup
10 that uses heat to charge a phone.



Our news reporter talked with her to get some advice about how to be creative from an early age and how to turn a good idea into an invention. Here are some of her tips.

Turn off your phone

Unlike most of her friends, Makosinski did not have a cellphone at high school. She says she
15 concentrated better on her studies without it. She suggests that creative people who want more time to invent go on a technology-free diet for a week or two. "In this way, they will have more spare time."

The appearance of an invention is important

Makosinski chose to study English literature at university. She explains that it is important to
20 develop an interest in both art and science. "If you make something but the invention does not look good to the customer, nobody is going to buy it."

Do not stop doing a project because it is difficult

According to Makosinski, one of the hardest parts of creating something is not giving up even when the task is difficult and you are not good at it.

When you are doing a project, do not go to parties

Makosinski believes that you must concentrate on a project. "You should not listen to loud music or go to social get-togethers."

Accept that the project may not work at the beginning

Makosinski says that when you start to create something you must not think about the goal
30 or the dream but instead, accept you might not be successful. "The first time you try to make something, it probably won't work but you learn more when you fix a mistake than when you get it right immediately."

Text A — Teen inventor's tips to make you creative

1. Choose the five true statements. (lines 1–10)

[5]

- | | |
|--------------------------|---|
| ☐ | A. Ann sometimes visited Canada. |
| ☐ | B. Ann watched very little television. |
| ☐ | C. Ann watched television after schoolwork. |
| ☐ | D. Ann enjoyed singing opera. |
| ☐ | E. Ann learnt music in India. |
| ☐ | F. Ann played musical instruments. |
| ☐ | G. Ann often went to the movies. |
| | H. Ann received a number of awards. |
| | I. Ann invented a heat-powered flashlight. |
| | J. Ann warmed her coffee using a phone. |

To whom or to what do the underlined words refer? Answer using words as they appear in the text.

2. concentrated better on her studies without it. (line 15)

.....

3. they will have more spare time. (lines 16–17)

.....

4. nobody is going to buy it. (line 21)

.....

5. you are not good at it. (line 24)

.....



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What do the following words mean in the text? Choose the appropriate words from the list.

- | | | |
|--------------------------|--------------------------|------------|
| 6. develop (line 20) | ☐ | A. hope |
| 7. concentrate (line 26) | ☐ | B. study |
| 8. create (line 29) | ☐ | C. form |
| 9. dream (line 30) | ☐ | D. picture |
| | | E. focus |
| | | F. draw |
| | | G. follow |
| | | H. design |

Choose the correct answer. (lines 28-32)

10. For Ann, failure can be positive, because...

- | | |
|--------------------------|---------------------------------------|
| ☐ | A. you can rarely be successful. |
| | B. you can always find a new goal. |
| | C. you get things right more quickly. |
| | D. you learn when things go wrong. |



08EP03

Turn over / Tournez la page / Véase al dorso

Text C

Useful diet tips on the road to recovery



- ❶ In a healthy-eating workshop session at a patient support centre in Hong Kong, about 20 people listen attentively as a dietitian explains the benefits of a vegetarian lifestyle. The participants, many of whom have recovered from cancer, are also given tips on how to get all the nutrients they need if they adopt a meat-free approach.
- ❷ The gathering is one of the highlights of a wellness programme set up by Maggie's Cancer Caring Centre. Helen Lui, who runs the charity, said it was important to make sure patients got enough nutrients during and after their treatment. Under the theme "Eating Well", an array of activities have been staged at the organisation's specially-designed centre, all aimed at helping patients better equip themselves for the challenges of their illnesses. "As well as talks on nutrition, since body conditions among patients vary, we also carry out diet assessment for individuals and make specific recommendations to them," Lui said.
- ❸ Dietitian Sally Poon, who hosted the healthy-eating workshop, said demand for one-on-one diet assessment was huge. When designing personal diet plans for patients, Poon sometimes had to address their concerns about widely-believed food myths, which prompted many to avoid certain ingredients. "I explain to them whether these food myths are substantiated by scientific evidence," she said. "It's important for patients to eat enough calories. We don't normally encourage them to quit any particular type of food."
- ❹ Mok Chun-keung, 66, sought advice from the diet expert to deal with his digestive problems. The retiree stopped eating meat after being diagnosed with cancer about two years ago. "I just ate vegetables," Mok said. He is thankful that Poon has helped him to balance his diet.
- ❺ The centre was founded by Maggie Jencks, who had first-hand experience of living with cancer. She used this to create a blueprint for a new type of care. The philanthropist saw the need for a welcoming place away from a hospital, where patients, their families and friends could go for support.
- ❻ The first Maggie's Centre opened in Edinburgh in 1996, a year after her death. In 2008, the charity opened a temporary centre in Hong Kong, which was relocated five years later to its present address, in a building designed by architect Frank Gehry.

Text C — Useful diet tips on the road to recovery

Choose the correct answer.

24. The workshop participants are...

☐

- A. supportive.
- B. interested.
- C. bored.
- D. caring.

25. The workshop is for people who...

☐

- A. need to eat well.
- B. want to lose weight.
- C. are already vegetarians.
- D. eat too much meat.

The following statements are either true or false. Tick [✓] the correct option, then justify it using words as they appear in the text. Both parts are required for [1 mark].

26. The wellness programme runs a number of memorable events.

☐

True

Justification:

☐

False

.....

27. For patients, eating healthily is most important after their treatment.

☐

True

Justification:

☐

False

.....

28. Personal nutrition sessions take place because individual patients vary.

☐

True

Justification:

☐

False

.....



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29. Many patients accept rumours about avoiding particular types of food.

- ☐ True Justification:
- ☐ False

30. Sally Poon advises the centre's patients not to eat meat.

- ☐ True Justification:
- ☐ False

Choose an appropriate ending from the list that completes each sentence.

- | | | |
|----------------------|--------------------------|---|
| 31. Mr Mok... | ☐ | A. worked at Maggie's Centre in Edinburgh. |
| 32. Sally Poon... | ☐ | B. designed the new caring centre building. |
| 33. Maggie Jencks... | ☐ | C. ate only vegetables after becoming ill. |
| 34. Frank Gehry... | ☐ | D. formed the idea for the caring centre. |
| | | E. gave diet advice to Sally Poon. |
| | | F. opened the first caring centre in 2008. |
| | | G. designed the first caring centre building. |
| | | H. helped Mr Mok learn to improve his diet. |

Choose the correct answer.

35. Maggie Jencks hoped that her centre would be...

- ☐ A. located inside a hospital.
- B. supported by her family and friends.
- C. welcoming to philanthropists.
- D. helpful to patients and their loved ones.

36. The main purpose of the text is...

- ☐ A. to discuss the benefits of healthy eating.
- B. to report on the work of the caring centre.
- C. to promote the next workshop activity.
- D. to inform the reader about Maggie Jencks.



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