

ELEVEN-PLUS STYLE DIAGNOSTIC ASSESSMENT

LANGUAGE ARTS

Paper 1 — Day 1

PART C

73. How long has Mrs Alleyne sold ground provisions at the market?

74. Where did Mrs Alleyne get her stall from?

75. Give ONE reason, according to paragraph 2, why people visit Mrs Alleyne's stall besides buying yams.

76. What change do some younger vendors want to introduce?

77. Suggest ONE reason why older vendors might be against these changes.

78. Based on the passage, suggest ONE way Belmont Market could attract busier shoppers without losing its traditional character.

Passage 2

Getting enough sleep is just as important for children as eating well or exercising, yet many children today are not sleeping enough. Doctors recommend that children between the ages of six and twelve get between nine and twelve hours of sleep each night, but screens, homework and busy schedules often get in the way.

One of the biggest culprits is screen time before bed. The blue light from phones, tablets and televisions can trick the brain into thinking it is still daytime, making it harder to fall asleep.

Watching an exciting video or playing a fast-paced game right before bed can also make it difficult for the mind to settle down.

A regular bedtime routine can help. Going to bed at roughly the same time each night, avoiding screens for at least an hour before sleep, and keeping the bedroom cool and dark all send a signal to the brain that it is time to rest. Children who sleep well tend to concentrate better in class, manage their emotions more easily and get sick less often.

Parents play an important role in building good sleep habits. By setting a consistent bedtime, limiting screen use in the evening, and modelling good sleep habits themselves, parents can help their children feel more rested and ready for the day ahead.

79. According to the passage, how many hours of sleep should children between six and twelve get each night?

80. Give ONE reason why screen time before bed can make it harder to fall asleep.

81. Describe what is meant by a "regular bedtime routine."

82. Write a phrase from paragraph 2 which means the same as "calm down."

83. According to the passage, name TWO benefits of children sleeping well.

84. Explain how parents can help build good sleep habits for their children.

85. In your own words, explain why blue light from screens might affect sleep. **[STRETCH]**

END OF TEST

LOOK OVER YOUR WORK UNTIL TIME IS UP.