

Cambridge Lower Secondary Checkpoint

ENGLISH

1111/01

Paper 1 Non-fiction

October 2022

INSERT

1 hour 10 minutes

INFORMATION

- This insert contains the reading passages.
- You may annotate this insert and use the blank spaces for planning. **Do not write your answers** on the insert.



This document has **4** pages. Any blank pages are indicated.

Text A

Why you should let your kids eat (some) junk food!

Claire Martin, a professor specialising in health, believes it is better for parents to let children occasionally eat calorie-laden salty and sweet snacks rather than trying to eliminate them from their diets altogether. 'I'm certainly not saying that we should fill our children up with junk food,' says Martin, 'but we don't want to make it so off limits that it starts to have a mystique or appeal.'

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As a researcher into healthy diets, Martin has seen what happens when families ban junk food at home. As part of an experiment, she asked parents which snacks were prohibited, then left their children in a room filled with those temptations. Martin then watched what happened. Time and again, the children whose parents were very restrictive with snacks ate as if they were trying to 'make up for lost time' as soon as they had access to the 'forbidden foods'. Martin's lesson for parents is that tight restrictions seem to backfire.

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When it comes to her own two children, Martin keeps some sweets in the house, which she offers instead of desserts. She lets her children feel like they have some control over their diet. She tells parents to give children reasons for why it is not healthy to eat junk food which is packed with fat, salt and sugar to make it taste good. She also believes in negotiation and trade-offs. Martin encourages her kids to eat nutritious berries by putting ice cream on the fruit. Parents can offer baked instead of fried chips, she suggests, or say, 'All right then, you can have fried chips, but hey, come on, let's also have some carrots.'

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Controlling how much junk food your children consume can be tricky, especially these days, when we're swamped with advertising in all its shapes and forms. Childhood obesity, in some countries, has more than doubled in the past 30 years, and junk food, which is skilfully marketed, holds powerful appeal.

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'To help children make good choices, expose them to healthy foods from an early age and teach them to make sensible choices,' says Martin. She also allows her own children to keep some of their favourite snacks at home – on a high shelf and out of sight – to prevent them from feeling deprived.

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Surely no child should be made to feel guilt or shame for having a treat, especially when it's part of a healthy and balanced diet. Life is just too short!

Text B**The best ways to keep fit for teens:**

With so many expensive fashionable diets and fitness trends on the market, it can be difficult for teenagers to work out the best ways to stay healthy. The good news? Being healthy doesn't have to be complicated. There are several ways you can include healthy habits in your daily routine.

How do you eat?

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It can be tempting to think that 'low-fat' foods are healthy; however, they tend to be highly processed and low in nutrients. Try eating foods like fruits, vegetables, nuts, fish and whole grains instead of sugary drinks, processed meats and potato chips. Having a balanced diet also means enjoying a healthy relationship with food. And, rather than eating meals while texting your friends, try to sit down at the table and simply appreciate your food.

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Don't just sit there!

Teenagers should engage in an hour of moderate to energetic physical activity daily. Seem like a lot? If you choose activities you love, staying fit will be easier. Research also shows that small bursts of exercise scattered throughout your day are as effective for your health as longer periods. Try taking the stairs instead of the elevator, or surprise your parents by offering to help with household chores!

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Fix your routine

Although it can be tempting to stay up late, getting enough sleep is crucial for your health. According to research, teenagers should have nine hours of sleep per night. To make sure you get a soothing and sound slumber, adopt good sleeping habits. Go to bed at the same time every night, don't watch television or browse on your phone in bed and make sure your bedroom is dark and quiet when you go to sleep.

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Change your outlook!

The more you believe in your ability to make healthy choices, the more motivated you will be to create positive habits in your life!

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