

**READ THESE INSTRUCTIONS CAREFULLY**

1. You have been given this question paper and a separate answer sheet. The question paper contains 50 questions.
2. Do any necessary rough work in this paper.
3. When you have chosen your answer, mark it on the **ANSWER SHEET**, not in this question paper.

**HOW TO USE THE ANSWER SHEET**

4. Use an ordinary pencil only.
5. Make sure that you have written on the answer sheet

**YOUR INDEX NUMBER****YOUR NAME****NAME OF YOUR SCHOOL**

6. By drawing a **dark line** inside the correct numbered boxes mark your full Index Number (ie. School Code Number and the three-figure Candidate's Number) in the grid near the top of the answer sheet.
7. Do not make any marks outside the boxes.
8. Keep your answer sheet as clean as possible and **DO NOT FOLD IT**.
9. For each Questions 1 - 50, four answers are given. The answers are lettered **A, B, C, D** in each case only **ONE** of the four answers is correct. Choose the correct answer.
10. On the answer sheet show the correct answer by drawing a **dark line** inside the box in which the letter you have chosen is written.

**Example****In the question booklet**

Complete the proverb:

18. Once bitten \_\_\_\_\_

A. twice better

B. twice shy

C. must shy

D. get strong

The correct answer is **B****18.** [A] [**B**] [C] [D]In the set of boxes numbered **18**, the box with letter **B** printed in it is marked

11. Your dark line **MUST BE** within the box.
12. For each question **ONLY ONE** box is to be marked in each set of four boxes.

**This question paper consists of 8 printed pages**

**Read the broken passage below and use it to answer questions 1 - 15. For each blank space, choose the best alternative from the choices given.**

There is no shortcut to achievement other 1 working hard. By being industrious, one 2 have more output from whatever they engage in than those who do not work hard. There is no shortage of examples of people who have become hugely successful through hard work.

School brings many challenges 3 homework, extracurricular activities and projects. 4 such challenges are part of a school learner's everyday life, they may be time consuming. Learners may have long work hours that 5 the remaining hours of the day after school is 6. These challenges have a way of pushing a learner's limit because of the demand 7 success.

Extra curricular activities like sports require long 8 that ultimately cut into time after school for relaxing, homework and sleep. Young people have varying schedules with some either being short 9 long. Consequently, it may interfere with the time for sleep.

Overall, each activity 10 a role in causing lack of sleep but schools opt to train them in order to understand 11 to combat such situations. In a bid to achieve good results, a learner 12 avoid sleep deprivation as much as they can. 13 enough sleep ultimately ends up making it more likely for teenagers to become mentally ill, become underweight and perform 14 academically. An even balance is needed in order for 15 learners to achieve their greatest potential while in school through working hard.

- |     |                |              |                |             |
|-----|----------------|--------------|----------------|-------------|
| 1.  | A. wise        | B. then      | C. than        | D. except   |
| 2.  | A. will        | B. can       | C. may         | D. must     |
| 3.  | A. ,           | B. ;         | C. .           | D. !        |
| 4.  | A. Although    | B. However   | C. Because     | D. Unless   |
| 5.  | A. take back   | B. take over | C. take down   | D. take up  |
| 6.  | A. closed      | B. opened    | C. dismissed   | D. started  |
| 7.  | A. for         | B. of        | C. with        | D. on       |
| 8.  | A. practise    | B. work      | C. advice      | D. practice |
| 9.  | A. nor         | B. so        | C. very        | D. or       |
| 10. | A. play        | B. played    | C. plays       | D. playing  |
| 11. | A. where       | B. how       | C. which       | D. when     |
| 12. | A. must        | B. can       | C. would       | D. should   |
| 13. | A. Shortage of | B. Too much  | C. Having      | D. Lack of  |
| 14. | A. bad         | B. poorly    | C. excellently | D. poor     |
| 15. | A. all         | B. some      | C. few         | D. any      |

For questions 16 and 17, choose the option which means the same as the underlined word.

16. Our prefect is believed to be impartial towards everyone.  
 A. controlling  
 B. just  
 C. comical  
 D. biased
17. The chief will visit our school next week.  
 A. call out  
 B. call off  
 C. call on  
 D. call by

For questions 18 to 20, choose the alternative that best fills the blank spaces.

18. Hellen and Jessica are tall, but Jessica is \_\_\_\_\_ Hellen.  
 A. taller than  
 B. tall than  
 C. tallest than  
 D. more tall than
19. The huge rabbit had \_\_\_\_\_ from the hole before the fierce dogs arrived.  
 A. sprung  
 B. sprang  
 C. spring  
 D. springing
20. The chairman of the board and president \_\_\_\_\_ present in the annual meeting now.  
 A. were  
 B. are  
 C. was  
 C. is

For each question, 21 and 22, choose the sentence that means the same as one given.

21. **No sooner had she finished her speech than the lights went out.**  
 A. She finished her speech before the lights went out.  
 B. She finished her speech as soon as the lights went out.  
 C. The lights went out then she finished her speech.  
 D. She finished her speech at the same time, the lights went out.

22. **I usually shop for fruits on Saturday mornings.**

- A. I always shop for fruits on Saturday morning.  
 B. I never shop for fruits on Saturday mornings.  
 C. I normally shop for fruits on Saturday mornings  
 D. I barely shop for fruits on Saturday mornings.

Change the below sentence from direct speech to indirect speech.

23. "I was walking along the road today," said Kibet.  
 A. Kibet said that he was walking along the road today.  
 B. Kibet said that he had been walking along the road today.  
 C. Kibet said that he walked along the road that day  
 D. Kibet said that he had been walking along the road that day.

For question 24, use the appropriate collective noun to complete the sentence.

24. The tycoon owns a \_\_\_\_\_ of *matatus* playing the Nairobi-Busia Highway.  
 A. fleet  
 B. convoy  
 C. group  
 D. stage

For question 25, choose the sentence which is correctly punctuated.

25. A. nairobi is a world famous city  
 B. There are two eights in 808.  
 C. The teacher asked where I had been?  
 D. Wow! What a beautiful dress.

**Read the passage below and use it to answer questions 26 - 38.**

Joe was an old man in his late 70's. He lived happily and formed a beautiful family. His children grew up and moved to different cities in pursue of good career and future. He lived in a small village carrying the memories of his deceased wife. Joe had 4 grandchildren and they used to visit him during their holidays.

And it was the vacation time and Joe was eagerly waiting for the arrival of his grandchildren. He was preparing his home for kids; cleaning the home, mowing the garden, rearranging the household items, buying the favourite foods and dresses for the children. In the busy arrangements, he lost his old favourite watch.

The watch was gifted by his dead wife when their first child was born. Joe treasured the watch and it became his sole companion after his wife's death.

He forgot the watch missing and was happy receiving the kids at home. It was only the next day when he was about to take bath, he remembered that the watch was missing. He saw the watch last when he was arranging things in the barn. He was shocked and very upset.

His grandchildren asked him why he was so dull and asked him what troubled him.

Joe said, 'Dear children, I lost the most precious watch I have ever had and I ever got in my life. It was gifted by your grandma and I lost it while cleaning the home! I feel like I'm missing my heart.'

Joe was in tears and the children promised him that they would search the watch for him.

One granddaughter asked, 'grandpa, do you remember when you saw the watch last before it was missing?'

Joe told, 'I guess when I was cleaning the barn!'

The children decided to search for the watch in the barn. The barn was full of waste materials, books, scraps and broken furniture.

The children searched for more than 2 hours with the help of Joe and a servant, but could not find it. Joe was completely **shattered** and asked the children to stop searching as they could not find anything.

The kids were also too sad, and consoled the grandfather.

One grandson again moved to the barn, and Joe asked why he was going there again. The little boy requested others not to follow him and remain silent.

While the others were little surprised, they still followed what he said. The little boy went to the barn and sat there in silence.

The other children reached him and asked him what he was doing and the little boy asked them not to make noise.

He sat there for about 15 minutes and then rushed to his grandfather. Yes, he got the watch and happily gave it to Joe.

He was surprised and asked how he was able to find it. The little boy replied, 'I sat there without making a noise and the barn was so silent. After a few minutes, I heard the 'tick tock' sound and found the watch.'

Joe hugged him and thanked the little boy.

26. Which of the following is the most likely age of Joe?  
 A. 70 years  
 B. 74 years  
 C. 77 years  
 D. 84 years
27. Why did Joe's children move to different cities?  
 A. They were grown up  
 B. They wanted to have a brighter future  
 C. They wanted to experience life in the city  
 D. Joe was too old and could not take care of them
28. It is **true** to say that Joe was  
 A. a widow  
 B. very poor  
 C. an orphan  
 D. a widower.
29. At what time did Joe always reunite with his grandchildren?  
 A. During holidays  
 B. Over the weekends  
 C. Atleast once a year  
 D. When their parents were not busy
30. Who was gifted the watch?  
 A. Joe's wife  
 B. Grandchildren  
 C. The little boy  
 D. Joe
31. When did Joe remember first that the watch was missing?  
 A. When he was taking bath  
 B. When he was in the barn  
 C. Immediately before he took bath  
 D. When he was cleaning the home
32. How many people were searching for the lost watch?  
 A. 4  
 B. 6  
 C. 5  
 D. 2
33. Why do you think Joe treasured the watch?  
 A. It was precious to him  
 B. It was a special gift he gave his wife  
 C. He used it to tell time  
 D. It was a gift from his grandmother
34. The word "**shattered**" as used in the passage means  
 A. settled  
 B. impressed  
 C. unperturbed  
 D. very upset.
35. Why do you think Joe asked the children to stop searching for the watch?  
 A. He was tired  
 B. He was angry  
 C. He had lost hope  
 D. He knew where the watch was.
36. All the following words can be used to describe the little boy who found the watch **except** that he was  
 A. cunning  
 B. keen  
 C. intelligent  
 D. resilient.
37. What made the little boy locate where the watch was?  
 A. The silence in the barn  
 B. He keenly searched for the watch  
 C. Grandfather told him where the watch was  
 D. The sound from the watch.
38. What is the **best** summary for the above passage?  
 A. There is power in team work.  
 B. Staying calm helps us find solutions.  
 C. Joe and the lost watch.  
 D. All that glitters is not gold.

**Read the passage below and use it to answer questions 39 - 50.**

Baobab powder comes from the fruit of the baobab tree which has been honoured throughout Africa as 'the Tree of Life' for centuries. Baobabs grow wild throughout Africa and despite their harsh environment, they can become massive. They are also resilient and live for upto 3000 years, surviving in some of the world's harshest climates by storing water in their trunks during the rainy season, concentrating essential nutrients in their leaves, barks, fruits and seeds.

Baobab trees produce fruit pads that contain an incredibly nutrient dense powder and seeds. Baobab powder dries in the pod, it's a peachy neutral colour and requires minimal processing. Once the pulp is separated from the seeds it is milled and sieved. It is considered a raw ingredient, and as pure as it can get packed with vitamins and minerals.

Baobab seeds are also pressed to produce a rich golden oil used in skin care. The oil has benefits from head to toe; a good all over moisturizer especially on damaged hair and the driest skin. The powder is a powerful antioxidant that supports immune function and improve iron absorption. Vitamin C is vital for maintaining healthy bones, skin, blood vessels and more. The powder has six times the Vitamin C of an orange.

The fruit is a great source of fibre for people who experience digestive distress. The benefits of the fiber extends beyond the gut and increases stress resilience, **alleviates** anxiety and even improves sleep.

Calcium is one of the most abundant minerals in our bodies together with vitamin D for making strong bones and healthy skin. Baobab powder has the highest calcium content of any plant food providing two times the calcium in milk. This makes it an ideal calcium boost for those who don't eat dairy products.

To the heart and blood, consuming enough calcium lowers the risk of high blood pressure. Calcium also improves skin barrier function which helps retain hydration for a youthful people with dry, fragile skin in particular benefit from calcium-rich foods.

The baobab powder provides four times the potassium of a banana, making it an excellent source of this crucial nutrient. Along with sodium, potassium plays a role in maintaining the body's fluid balance, muscle and kidney function. Every cell in the body needs potassium. This important mineral prevents cramping and constipation; also calming the mind.

Magnesium is used in more than 600 reactions in the body. It helps regulate blood sugar and is essential to heart health and brain function. For athletes, magnesium improve leg strength and improves performance. Magnesium deficiency affect mood and is associated with increased depression, anxiety and sleep problems. Besides a good gut health, the powder helps with weight management promoting the feeling of fullness. A state of gut imbalance caused by overpopulation of bad bacteria can contribute to obesity. Gut imbalance has also been connected to mental health issues, which can affect appetite, energy levels and efficiency.

Not only is a balanced gut good for digestion, it is also great for skin. Baobab powders high vitamin C content which helps to increase collagen. These are the proteins that keep the skin **supple** and youthful. Using baobab powder is an easy way to get more nutrients in any diet. It should be included in every diet for all around good health, weight management and to boost athletic performance and recovery.

39. For how long has the baobab tree been treasured in Africa?
- Hundreds of years
  - For a century
  - For about 150 years
  - ten years
40. Which mineral from the baobab keeps the kidneys healthy?
- Vitamin C
  - Potassium
  - Calcium
  - Magnesium
41. Which part of the baobab is **not** used in extraction of nutrients?
- Barks
  - Seeds
  - Flowers
  - Fruits
42. An imbalance in the gut will lead to
- bad bacteria
  - clogged blood vessels
  - mental health
  - obesity.
43. According to the passage, what is the use of baobab oil?
- Creating a balanced diet
  - Used in skin care
  - Making strong bones
  - Drying moisturised skin
44. The word “**alleviates**” as used in the story has the same meaning as
- increases
  - eases
  - makes
  - balance
45. Which of the below statements is **True** based on the passage?
- A balanced gut is good for the skin
  - An orange has more vitamin C than baobab powder
  - Potassium is not needed by body cells
  - Milk has the best source of calcium
46. Which processing is needed to extract nutrients from baobab?
- Grinding and chewing
  - Moisturizing and packaging
  - Milling and sieving
  - Drying and extracting
47. Which of the below is problem to the heart and blood vessels?
- High blood sugar level
  - High blood pressure
  - High muscle fatigue
  - High hydration level
48. Choose a word which can be used in place of “**supple**” in the passage?
- Difficult
  - Tough
  - Young
  - Flexible.
49. How is magnesium important to athletes?
- Making strong bones and healthy skin
  - It prevents gut imbalance
  - Its deficiency affects mood
  - It boosts performance
50. What does the passage majorly talk about?
- Getting Minerals and Vitamins
  - Requirements For a Good life
  - Amazing Benefits of Baobab Powder
  - Taking Care of Skin and Gut.