



Ministry of Education, Youth and Information

Primary Exit Profile (PEP 5)

June 2019

Language Arts

Time: 1 hour 30 minutes

PLACE LABEL HERE



Name of Student

Name of School

Name of Class

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General Instructions:

This task has two parts: Part 1 has four questions; Part 2 has an essay.

Instructions to Begin:

There are two sources. Read the sources carefully then use them to answer the questions in Part 1A, Part 1B, Part1C, as well as to write your essay in Part 2. Both Sources are articles.

Source 1

Jackfruit

The jackfruit is a large green fruit that is prickly on the outside. When it is ripe it is yellow on the inside. When it is cut open the part that can be eaten is yellow with light brown seeds on the inside. In Jamaica, some persons remove the seeds and eat the yellow, fleshy part of the fruit. Other persons eat the fruit but do not throw away the
5 seeds. They roast the seeds then add a bit of salt to them. They are then eaten like nuts.

The jackfruit has several health benefits including being good for fighting infections, keeping blood pressure at healthy levels, and improving digestion.

The jackfruit is grown mostly in Asia and other tropical regions including Jamaica. It is believed to be originally from India. It is the national fruit of Sri Lanka and
10 Bangladesh. Until recently, perhaps the last ten years, the fruit was not widely eaten in Jamaica. This may have been so because the fruit is sticky and leaves stains on one's fingers. However, many road side vendors have started selling the fruit in bags. In these bags are the parts of the fruit that can be eaten. So buyers are spared the trouble of separating the edible part of the fruit from the sticky portion.

Source: SAU

Source 2

Ackee

Ackee is a unique fruit in that it has a lot of fat, a very unusual feature for a fruit. This has caused many persons to think that eating it may be unhealthy.

False statements like "eating ackees will increase a man's risk of prostate cancer" are still being made, even by health professionals. On the contrary, the fruit is not only delicious, but also a very healthy food choice.

The scientific name for our national fruit, ackee, is *Blighia Sapida*. Ackee was named after Captain William Bligh, an English sailor who took the fruit from Jamaica to England, in 1793. It is originally from West Africa. Jamaica is the only place where the fruit is extremely popular among locals and tourists. However, it has been introduced into most of the other Caribbean islands (for example, Trinidad, Grenada, Antigua and Barbados) as well as Central America and Florida.

The Pan American Health Organization states that the ackee is a good source of healthy fats and an excellent source of good fats in the Jamaican diet.

Traditionally, ackee is cooked with salt fish to produce an often oily meal. Unfortunately, the type of oil used in cooking ackee and salt fish often contains unhealthy fats. These 'bad' fats or excess salt in the salt fish may be responsible for the view that ackee is bad for you. The ackee itself is a very healthy food. Today, there are many ways to prepare healthy and tasty ackee dishes, without using cooking oils that may be harmful.

Ackee contains no cholesterol or unhealthy fat, and I have not found any scientific evidence to suggest that ackee causes prostate cancer.

Source: (Adapted) Dr Tony Vendryes
The Daily Gleaner, October 17, 2017

Part 1A

Instructions:

Read each question carefully then circle your answer from the options given.

1. Which **BEST** explains what “edible” in **Source 1** (line 14) means?
 - A. can be seen
 - B. a source of carbohydrate
 - C. can be eaten
 - D. a source of fibre

2. Which is the **most important** conclusion being drawn by the writer in **Source 2**?
 - A. Ackee is high in cholesterol.
 - B. Eating ackees will increase a man's risk of prostate cancer.
 - C. Ackee is a good source of healthy fat.
 - D. Ackee is a unique fruit.

Part 1B

Examine the table carefully. Column A shows a list of words/phrases. Column B shows a list of descriptions.

Match each word/phrase in Column A with its correct description in Column B.

Indicate your answer by writing the number of the word/phrase in Column A beside the description it matches in Column B, in the space provided.

Not all descriptions in Column B will have a number written beside it.

Column A	Column B	Number
1 jackfruit	locals and tourists	_____
2 India	took the ackee to England	_____
3 health professionals	place where jackfruit came from	_____
4 ackee	keeps the blood pressure at health levels	_____
5 Captain Bligh	a good source of healthy fats	_____
	another name for persons like doctors	_____
	The Daily Gleaner	_____

Part 1C

Instructions:

Write ONE detail from Source 1 and ONE detail from Source 2 that support the statement below.

Some of the fruits we enjoy in Jamaica were brought here from other countries.

Source 1:

Source 2:

Part 2

Instructions:

Read the task below, and the information about what to include in your essay, then begin your work.

Task

The Jamaica Tourist Board is having an essay competition. The purpose of the essay is to help the Jamaica Tourist Board to decide which local foods should be included in the **Jamaica Food Festival** to be held in July this year.

The **Jamaica Food Festival** is used to expose tourists to foods eaten by most Jamaicans.

You are required to write an essay in which you identify three local food items. **Explain why** you have selected each of them to be included in the **Jamaica Food Festival**. Your essay **must** include details from **Source 1 and Source 2, as well as your own experiences**.

When you write your essay remember that it should:

- *have an introduction and conclusion*
- *stay on the topic*
- *use details from the two sources to support your opinion*
- *give details from the sources in your own words*
- *follow rules of writing (spelling, punctuation, and grammar usage)*

