



Ministry of Education and Youth

Primary Exit Profile (PEP 5)

June 2023

Performance Task - Language Arts

Time: 1 hour 30 minutes

Write your name and the name of your school below: _____

Name of Student

Name of School

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General Instructions:

This task has two parts: Part 1 has four questions; in Part 2 you will be required to write an essay.

Instructions to Begin:

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

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Introduction to Task

A student was asked to conduct a research on the importance of eating breakfast in the mornings. She found two (2) sources. Source 1 is a table showing the effect of eating breakfast in the mornings, on a group of students. Source 2 is an article.

Source 1

Table showing the effect of eating breakfast in the mornings, on a group of students.



How often students eat breakfast	Percentage of students who eat breakfast	Type of food eaten	General mood throughout the school day	Performance at school
Never	7%	—	sleepy	poor
Sometimes	56%	sausage, eggs, breadfruit, fried plantain, fried dumplings, fruits, porridge	moody	fairly good
Always	37%	callaloo, saltfish fritters, eggs, sardine, green bananas, fruits, nuts, sandwich	alert	good

Source: EAASB

Source 2

Breakfast

Mmmmmm!!! When you think about breakfast you probably think about food that is yummy in your tummies. But breakfast is so much more than eating delicious food.

A healthy breakfast gives you the energy you need to get things done throughout the day. It also helps you focus at school or work. No wonder it's the most important meal of the day.

Think about it! If your last meal before bed was at 9:00 p.m. and you woke up at 5:00 a.m. the next day, you have been *fasting* for eight hours! That's a long time! So when you eat something in the morning you have broken your *fasting*. Hence the name breakfast.

Breakfast also gives you a chance to get in some vitamins and nutrients from healthy food groups like dairy, grains, and fruits. If you don't eat breakfast, you aren't likely to get all of the nutrients your body needs at that time of the day. Plus the body absorbs food faster when eaten in the morning. So that's another reason to include healthy foods in your breakfast.

Sometimes you may not feel like eating in the morning. But it's important that you do. Your growing bodies need nutrients and fuel. If you don't eat in the morning you may have a harder time focussing, and may become more tired in school. You may also feel grumpy or restless. And it isn't just your mood that can suffer. Your schoolwork may be affected too. One study showed that students who ate breakfast were more likely to take part in extra-curricular activities.

If you don't feel like eating in the morning while at home, pack something you can have on the way to school. Choose a fruit, nuts, or an egg sandwich. That's a sure way to break the fasting in a healthy and convenient way.

Source: (Adapted) www.webmd.com

Part 1

1. According to **Source 1**, what percentage of students **never** eat breakfast?

2. In **Source 2**, the phrase “*fasting for eight hours*” means?

3. Read the **THREE** questions below then shade the option that indicates the source from which the answer may be found.

Question	Source 1 only	Source 2 only	Both sources
a. Which source(s) provides evidence of the effect that eating breakfast can have on students?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Which source(s) has information that suggests that most students eat breakfast in the morning?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Which source(s) uses cause and effect as a text feature?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. Write two pieces of evidence, **ONE** from **Source 1** and **ONE** from **Source 2**, which support the idea that eating breakfast can affect your mood.

Source 1

Source 2:

Part 2

Instructions:

Task

Write an essay in which you explain **THREE** reasons why it is important to eat breakfast in the mornings. Your essay **MUST** include evidence from both sources, as well as your own experiences.

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

When you write your essay remember that it should:

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

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Primary Exit Profile - 2023

Name: _____

Date of Birth: _____

School Name: _____

School Code: _____

Centre: _____

Parish: _____

Name of Test: **PERFORMANCE TASK 2023 - LANGUAGE ARTS**

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GENERAL INSTRUCTIONS

Read the instructions below before answering the questions in the booklet:

1. Your booklet contains four (4) questions and an essay. Write the answer to all four questions as well as your response to the essay question in your test booklet.
2. Read each instruction carefully before responding to the questions in each section.
3. Ensure that all questions are answered.

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BOOKLET # ASSIGNED

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