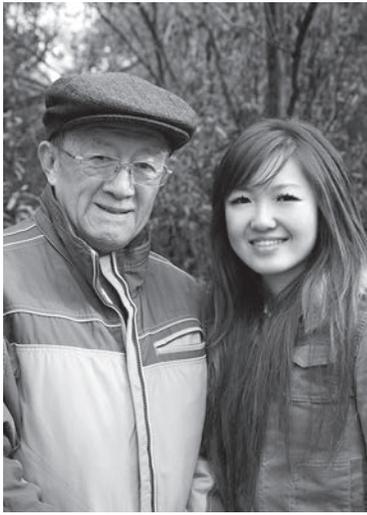


Read the selection below and answer the questions in the *Answer Booklet*.



In the kitchen, Hong was poring over the *North Bay Nugget*. 1

Biyu squinted at the headline. “‘Use It or Lose It’? What 2
does that mean?”

“According to studies,” her grandfather explained, “all older 3
people experience a decline in brain function, but of the
people tested, 80 percent saw improvements with daily
cognitive exercises. I should take the studies’ advice.”

“What kind of advice?” inquired Biyu. 4

“The researchers recommended thinking tasks—I should do 5
a Sudoku puzzle every day,” Hong chuckled. “But I’m not
sure I have the patience or the math skills!”

Biyu scanned the article’s highlights in the sidebar. “‘Seniors who speak at least two 6
languages performed 40 percent better on memory tests.’ You could brush up on your
Cantonese!”

He nodded. “I’ve been considering joining the Chinese Seniors’ Centre again.” 7

“You could walk there.” She pointed and read: “‘Half of all socially active seniors 8
experience mental health benefits.’ Just getting to that centre would also allow you
to engage in some exercise.”

“Thanks for walking with me, Biyu. Even though it’s frigid, this will promote my health, 9
but when it is snowing ...” continued Hong.

“I know the perfect solution for a snow day: stay home and do brain-training games on 10
your tablet.”

“Well, it doesn’t take me 15 minutes to locate hockey statistics on the Internet anymore,” 11
replied Hong.

Smiling, Biyu replied. “Didn’t that article say that learning something new is crucial— 12
‘38 percent of seniors improved their scores after practising a new skill?’ It’s a twofer.”

“Twofer?” asked Hong, puzzled. 13

“Two-for-one. You learn to play the games—a new skill—and then you train your mind 14
through daily exercise!”

Provide your answers in the *Answer Booklet*.

Multiple-Choice Questions

- 1** From where are Biyu and Hong getting their information?
- a the tablet
 - b the Internet
 - c the newspaper
 - d the Seniors' Centre
- 2** What is the meaning of “cognitive” as used in paragraph 3?
- a mental
 - b physical
 - c repetitive
 - d communal
- 3** What does the break between paragraphs 8 and 9 indicate?
- a a change in mood
 - b a change in setting
 - c a change in characters
 - d a change in point of view
- 4** According to the selection, which example would best support the headline “Use It or Lose It,” found in paragraph 2?
- a Cold weather promotes health.
 - b Sudoku puzzles require patience.
 - c Learning a second language improves memory.
 - d Using the Internet to find statistics improves brain function.
- 5** What is the purpose of the single quotation marks in paragraph 12?
- a to show emphasis
 - b to enclose a headline
 - c to indicate a specialized meaning
 - d to identify words taken from elsewhere

Open-Response Questions

- 6** Explain how Biyu is a supportive granddaughter. Use specific details from the selection to support your answer.
- 7** How is Hong a role model for other seniors? Use specific details from the selection to support your answer.