**Year 8**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Writing a summary work sheet**

**Sustainable living** **(past paper-April 2020)**

What is sustainable living?

Sustainable living is a lifestyle that reduces an individual’s use of the Earth’s natural resources. For example, this might mean sharing car rides or choosing to do short, daily journeys on foot rather than by car.

Why is sustainable living important?

It is critical for human survival. Natural resources on Earth are limited, and they are beingexploited every day for the production and transport of materials and manufactured objects. Indeveloped countries, the desire to follow the latest trends means the life-span of items such as computers or phones is decreasing. Everybody needs to act more responsibly now: consume less, recycle more and repair broken objects so that enough resources are left on the planet to support future generations.

Is it possible to do this forever?

For a resource or material to be sustainable, it means that it can be produced forever. Bamboois considered a sustainable resource as it can be produced much faster than hardwood. As longas it is replanted at a rate equal to its consumption, bamboo can be produced forever. On thether hand, plastic – mass-produced since the early 1990s and extensively overused today inpackaging and food containers, toys and non-renewable bags and bottles – is an example of anunsustainable material. Plastic takes millions of years to decompose and waste sites are overflowing with it.

Can one person make a difference?

Yes. Taking reusable cloth bags when shopping will help to reduce plastic bag consumption.Buying only locally-grown produce such as fruit and vegetables, means less fuel is consumed intransport. At home, switch off lights and electrical devices when they are not in use.

Make a list of all the things the writer suggests people could do to live more sustainably.  
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Summarise how people can make their lifestyles more sustainable. Use **up to 50 words**

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**(Exam specimen-2012)**

The crumbling wall that surrounded the sunken garden alongside the house was a rich hunting ground for me. There was a whole landscape on this wall if you peered closely enough to see it; the roofs of a hundred tiny toadstools, red, yellow, and brown, showed in patches like villages on the damper portions; mountains of bottle-green moss grew in tuffets so symmetrical that they might have been planted and trimmed; forests of small ferns sprouted from cracks in the shady places, drooping languidly like green fountains. The top of the wall was a desert land, too dry for anything except sun bathing by the dragon-flies. At the base of the wall grew a mass of plants, cyclamens, crocus, asphodel, thrusting their leaves among the piles of broken and chipped roof-tiles that lay there. The whole strip was guarded by a labyrinth of blackberry hung, in seasons, with fruit that was plump and juicy and black as ebony.

The inhabitants of the wall were a mixed lot, and they were divided into day and night workers, the hunters and the hunted. At night the hunters were the toads that lived among the brambles, and the geckos pale, translucent with bulging eyes, that lived in the cracks higher up the wall. Their prey was the population of stupid, absent-minded crane-flies that zoomed and barged their way among the leaves; moths of all sizes and shapes, striped, tessellated, checked, spotted and blotched, that fluttered in soft clouds along the withered plaster; the beetles, rotund and neatly clad as business men, hurrying with portly efficiency about their night’s work.

List the creatures and where they lived on the wall  
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Write a summary of 50–80words using your list to describe where the creatures lived.

Use your own words as far as possible.

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**Read this extract from ‘River Cottage Veg Every Day’, in which the chef Hugh earnleyWhittingstall is talking about the pasta and rice recipes in his book. (past paper- April 2016)**

When tummies are rumbling and time is tight, pasta and rice are ideal. Rice is a kind of neutral ballast and flavour carrier, whereas pasta is, or should be, a little more than that. Served with the right sauce, something that fits its shape and coats its curves, it’s a proper treat.

In most of the recipes, I’ve suggested a particular pasta shape that I think would go well with the other ingredients. I do believe the form of the pasta makes a difference to the eating experience but I certainly wouldn’t avoid a pasta recipe simply because I didn’t have the right shape in the cupboard.

When it comes to cooking pasta, be generous with the salt you add to the water. Most of that salt will remain in the water, of course, but the pasta will absorb and be seasoned by some of it in a way that cannot be replicated by adding salt later. Cooking time is the other crucial variable. Perfect pasta should be *al dente*. I recommend you start testing it a good minute or two before the cooking time suggested on the packet is up. You aren’t looking for any kind of chalky uncooked-ness in the pasta, just a little bit of resistance. Pasta cooked to this kind of degree really is much nicer to eat than when it is softened to the point of collapse – and it holds sauces and dressings better.

I want to say a bit more about rice, too. An increasing number of people have problems digesting wheat and opt for rice instead. Whether or not you have specific issues with wheat, I think it’s a good idea to vary the starches you eat.

However you cook ‘plain’ rice, such as long grain or basmati, thoroughly rinsing the rice before cooking to remove all excess starch is important – as is simmering the rice gently rather than boiling.

**List all of the suggestions the author makes for helping to enjoy pasta and rice**

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**Using your list, write a summary of 80–100 words to make suggestions explaining how to**

**enjoy pasta and rice. Use your own words as much as possible.**

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