

PART I

SECTION 1: Essay Writing (25 Marks)

[You will be awarded marks for your knowledge on the subject, analytical ability, orderly and coherent presentation of ideas, appropriate use of style, accuracy of spelling, punctuation and grammar]

Write an essay of 300-350 words on any ONE of the following topics:

1. Recently a Bhutanese woman was detained by the Thai Police for a certain drug – related issue. Do you think that the woman was desperate for money or do you think she was just greedy and wanted more money out of this illegal drug business? Give your opinions and state your own reasons for people getting into such dangerous transactions.
2. Domestic violence is something that most Bhutanese men consider as normal “family matter”. What are your personal views on domestic violence in Bhutan?
3. The PDP government seems to be fulfilling the first 100 days in office pledge as we see it today. Are you happy and satisfied with what is being done by the PDP government at the moment? Support your views with examples and reasons.

SECTION 2: Letter Writing (20 Marks)

[Marks will be awarded for correct layout, appropriate language and content.]

Write a letter on any ONE of the following:

1. Imagine you are sitting under a tree and as the cool breeze brushes your face and as you relax, you start missing your parents so much so that you decide to write a letter to them immediately. Do so stating your feelings of the moment.
2. You are a Dzongkha Language Teacher in Yotongla Higher Secondary School in Mongar. One day you discover that one particular way of teaching helps students to pick up Dzongkha so fast that you decide to share this great news with the Secretary of the Dzongkha Development Commission in Thimphu. Write a letter stating your method of teaching and the joy that you have in sharing this good news with the Secretary.
3. You think that the concept of Education City is such an excellent idea and that the PDP Government should allow the Education City plan to go ahead. State this strong opinion in a letter to the Prime Minister.

SECTION 3: Comprehension (20 Marks)

[Marks will be awarded for your ability to understand, analyze and express thoughts clearly.]

Read the passage below on "Ready for Anything!" by Jean Lawler and then answer ALL Questions.

Years of research had educated me about how sugar, fat, and salt change the brain. I understood some of the parallels between hyper palatable foods and drugs of abuse, and about the links among sensory stimulation, cues, and memory. I'd met enough people like Rinzin and Meto to understand how even the thought of food could cause them to lose control.

But I wasn't fully prepared for the discoveries I made about irresistibility and whoosh, the Monster Thick burger and Baked! Cheetos Flamin' Hot, about indulgence and purple cows. Without necessarily understanding the underlying science, the food industry has discovered what sells.

I was sitting at Karma's Grill & Bar in Paro, near the Paro International Airport waiting for a late-night flight. At a nearby table a couple in their early forties was deep into a meal. The woman was overweight, with about 180 pounds on her five-foot-four-inch frame. The Eggrolls she had ordered were listed as a starter course, but the enormous platter in front of her had been heaped with food. The dish was described on the menu as "smoked chicken, black beans, corn, jalapeño Jack cheese, red peppers, and spinach wrapped inside a crispy flour tortilla," and it was served with a creamy avocado-ranch dipping sauce. Despite its name, the dish looked more like a Paro Tsechu time packed lunch of a rich Paro family than an egg roll, an only-in-Bhutan fusion approach.

I watched as the woman attacked her food with vigor and speed. She held the egg roll in one hand, dunked it into the sauce, and brought it to her mouth while using the fork in her other hand to scoop up more sauce. Occasionally she reached over and speared some of her companion's French fries. The woman ate steadily, working her way around the plate with scant pause for conversation or rest. When she finally paused, only a little lettuce was left.

Had she known someone was watching her, I'm sure she would have eaten differently. Had she been asked to describe what she had just eaten, she probably would have substantially underestimated her consumption. And she would probably have been surprised to learn what the ingredients in her meal really were.

The woman might have been interested in how my industry source, who had called sugar, fat, and salt the three points of the compass, described her entree. Deep-frying the tortilla drives down its water content from 40 percent to about 5 percent and replaces the rest with fat. "The

tortilla is really going to absorb a lot of fat," he said. "It looks like an egg roll is supposed to look, which is crispy and brown on the outside."

The food consultant read through other ingredients on the label, keeping up a running commentary as he did. "Cooked white meat chicken, binder added, smoke flavor. People like smoky flavor — it's the caveman in them."

"There's green stuff in there," he said, noting the spinach. "That makes me feel like I'm eating something healthy."

"Shredded Monterey Jack cheese.... The increase in per-capita consumption of cheese is off the chart."

The hot peppers, he said, "add a little spice, but not too much to kill everything else off." He believed the chicken had been chopped and formed much like a meat loaf, with binders added, which makes those calories easy to swallow. Ingredients that hold moisture, including autolyzed yeast extract, sodium phosphate, and soy protein concentrate, further soften the food. I noticed that salt appeared eight times on the label and that sweeteners were there five times, in the form of corn-syrup solids, molasses, honey, brown sugar, and sugar.

"This is highly processed?" I asked. "Absolutely, yes. All of this has been processed such that you can wolf it down fast...chopped up and made ultra palatable.... very appealing looking, very high pleasure in the food, very high caloric density. Rules out all that stuff you have to chew."

By eliminating the need to chew, modern food processing techniques allow us to eat faster. "When you're eating these things, you've had 500, 600, 800, 900 calories before you know it," said the consultant. "Literally before you know it." Refined food simply melts in the mouth.

The passage is from: The End of Overeating by David Kessler. Copyright © 2009 by David Kessler.

Question A

(5 marks)

Answer questions by writing the correct option against each Question Number in your answer sheet. For example, 6(A).

1. It can be inferred from the author's description of the woman eating that

- (A) the woman prefers to eat at Chili's and not other restaurants.
- (B) the woman truly enjoys the foods that she chooses to eat.
- (C) the woman's efficiency at cleaning her plate adds to her dining experience.
- (D) the author is disgusted by the woman's consumption.

2. According to the passage, the main reason people overeat is

- (A) because salt and sweeteners, like corn-syrup solids and brown sugar, are added to the food.
- (B) because we don't have to chew our food very much
- (C) because people like smoky flavor
- (D) because sugar, fat and salt change the brain

3. The following are all ingredients in the egg rolls, EXCEPT

- (A) salt
- (B) binders
- (C) dark meat chicken
- (D) spinach

4. Which of the following statements best describes the *main idea* of the passage?

- (A) If you eat too much food too quickly, you'll gain weight and become unhealthy.
- (B) Refined food is irresistible and easy to eat, it masks how unhealthy it is
- (C) Chili's is one of the restaurants in Bhutan. serving unhealthy food to consumers today.
- (D) Food consultants and authors are making Americans aware of their unhealthy eating habits.

5. In the passage, the word "vigor" most nearly means

- (A) pleasure
- (B) flamboyance
- (C) lethargy
- (D) energy

Question B

(5 marks)

What may be some disadvantages of eating deep fried food?

Question C

(10 marks)

*...because refined food is irresistible and easy to eat, it **masks** how unhealthy it is, leaving people unaware of the poor food choices they're making.*

With reference to the above sentence from the passage, how does refined food *mask* the unhealthy quality of the food that is consumed?

PART II

Section 4: Translation (25 Marks)

[Marks will be awarded for clarity in expression, accuracy in translation, and correctness of spelling, grammar and punctuation.]

Read the following passage carefully and translate it into English.

ཀྱ་གར་ལུ་ མཐར་འཁྲུལ་ཅན་གྱི་གཟིགས་སྐོར།

གློན་ཆེན་ཚེ་རིང་སྟོབས་རྒྱལ་གྱིས་ ཕྱི་རྒྱལ་ཁབ་རྒྱ་གི་གསལ་ལས་ དང་པ་ར་ ཀྱ་གར་ལུ་ གཟིགས་སྐོར་གནང་མི་དེ་
 མཐར་འཁྲུལ་བྱུང་ཡི་ཟེར་ ཁ་ཙ་ ཕྱི་འབྲེལ་གློན་པོ་ རིག་འཛིན་དོན་རྗེ་གིས་ ཁ་ཙ་ སྤོ་གནམ་གྱ་ཐང་ནང་ ལོག་ཤེབས་ད་
 བཤད་པ་ཨིན་པས། ད་ལྟོ་འི་ གཞུང་གསར་པ་གིས་ གཞུང་སྐྱོང་ནི་ འགོ་བཙུགས་པ་ཅིག་ དང་པ་ར་ ལོ་ལྗེ་འཆར་གཞི་༡༡
 པ་ལག་ལེན་འཐབ་ནི་གི་དོན་ལུ་ མ་དངུལ་འཚོལ་ནི་གི་ འགན་ཁུར་འབག་ནི་ལུ་ གཙོ་རིམ་བཟུང་ཡི་ཟེར་ གློན་པོ་རིག་འཛིན་དོན་རྗེ་གིས་
 བཤད་པའི་ཁར་ ཀྱ་གར་ལུ་ གཟིགས་སྐོར་འབད་མི་དེ་ དམིགས་ལུལ་གཙོ་བོ་ར་ ད་ལྟོ་ཡོད་མི་ ཀྱ་འབྲུག་རྒྱལ་ཁབ་གཉིས་གྱི་
 མཐུན་འབྲེལ་དམ་ཟབ་བཟོ་ནི་དང་ གཉིས་པ་འབད་མ་དང་ འཆར་གཞི་༡༡པ་ལག་ལེན་གྱི་དོན་ལུ་ མ་དངུལ་རྒྱ་ འཚོལ་སྐབ་
 འབད་ནི་དེ་ཨིན་མ་ལས་ དམིགས་ལུལ་གཉིས་ཆར་ ཨིལ་བྱ་སྡེ་ གྲུབ་རྒྱུགས་ཅི་ཟེར་ སྤོ་གནམ་ཨིན་པས། ཕྱི་འབྲེལ་གློན་པོ་གིས་ འབད་བ་ཅིན་
 གཟིགས་སྐོར་ལས་རིམ་དེ་ དོན་སྤྲོད་ཅན་དང་ མཐར་འཁྲུལ་བྱུང་མི་དེ་ཡང་ མི་དབང་མངའ་བདག་རིན་པོ་ཆེ་མཆོག་གི་
 སྐུ་བསོད་དབང་ཐང་དང་ འབྲུག་པའི་མི་མེར་གྱི་ གློན་འདུན་དང་ཅེ་འདོད་ དེ་ལས་ ཞི་གཡོག་པ་རྒྱ་གི་ ཀྱ་ལྟོར་ལུ་བརྟེན་ཨིན་ཟེར་
 ཨིན་པས། དམིགས་ལུལ་དེ་རྒྱ་ གྲུབ་རྒྱུགས་མི་དེ་ ཀྱ་གར་གཞུང་གི་ ཁ་ཐུག་ལས་ འབྲུག་གི་ལོ་ལྗེ་འཆར་གཞི་༡༡པ་ལག་ལེན་གྱི་དོན་ལུ་
 མ་དངུལ་གྲོགས་རམ་དང་ ཀྱ་ལྟོར་ཨིལ་བྱ་ཡོད་པའི་ ལས་ལེན་འབད་ནི་དེ་གིས་ཨིན་ཟེར་ གློན་པོ་རིག་འཛིན་དོན་རྗེ་གིས་ སྤོ་གནམ་ཨིན་པས།
 ཀྱ་གར་གྱི་སྤྲོད་གློན་ རྟོག་ཁར་སྐོན་མོ་རྒྱ་སིང་གི་ མཐོན་བརྗེ་ཐོག་ལུ་ གློན་ཆེན་ཚེ་རིང་སྟོབས་རྒྱལ་གྱིས་ ཀྱ་གར་ལུ་ ཉིན་གངས་༤
 གི་རིང་ གཞུང་དོན་གཟིགས་སྐོར་གནང་སྟེ་ ཁ་ཙ་ རྒྱལ་སྤྲེལ་ལུ་ ལོག་ཤེབས་ཅི། གཟིགས་སྐོར་གྱི་སྐབས་ལུ་ ཀྱ་གཞུང་གིས་
 འབྲུག་གི་འཆར་གཞི་༡༡པའི་དོན་ལུ་ མ་དངུལ་གྲོགས་རམ་ རྩ་ཕི་དྲུང་ཕྱུར་༤༥ དང་ དཔལ་འབྱོར་ཡར་སྐྱེད་འཆར་གཞི་དེ་
 མ་དངུལ་རྩ་ཕི་དྲུང་ཕྱུར་༥ དེ་ལས་ འཆར་གཞི་༡༠ པའི་ལས་སྐུ་ལུས་མི་རྒྱ་གི་དོན་ལུ་ རྩ་ཕི་དྲུང་ཕྱུར་༤ བྱིན་ནི་སྟེ་ ལས་སྐྱེད་ས་
 འབད་ཡོད་པའི་གནས་རྒྱལ།

SECTION 5: Current Affairs (10 Marks)

Answer ALL 10 questions by writing the correct option against each question number in your answer sheet. For e.g. 11(A). Each question carries ONE mark.

1. Which is the coldest planet in the solar system?

- A. Pluto
- B. Neptune
- C. Jupiter
- D. Mars

2. 'Folketing' is the parliament of _____?

- A. Sweden
- B. Finland
- C. Denmark
- D. Norway

3. Who is the creator of the painting 'The Potato Eaters'?

- A. Leonardo Da Vinci
- B. Vincent Van Gogh
- C. G.K. Rowling
- D. Michael Angelo

4. Rhodesia is now known as:

- A. Zambia
- B. Ghana
- C. Zimbabwe
- D. Kenya

5. Which one among the following is correct regarding G-20?

- A. A group of developed countries
- B. Integral part of the UN
- C. Outside the World Bank and the IMF
- D. An offshoot of G-7

6. The World Literacy Day is celebrated on:

- A. 8th September
- B. 8th November

- C. 8th December
- D. 8th June

7. The border that separates India and Afghanistan is known as:

- A. LOC
- B. Durand Line
- C. Teen Bigha
- D. Sir George Line

8. When did Bhutan ban foreign television channels?

- A. 2007
- B. 2004
- C. 2005
- D. 2003

9. The luminous coloured ring, surrounding the sun is called the

- A. Nebula
- B. Comet
- C. Asteroid
- D. Corona

10. Which of the following countries use the American Dollar?

- A. USA
- B. Canada
- C. USA and Canada
- D. Hong Kong