



Oxford Cambridge and RSA

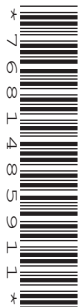
Monday 20 May 2019 – Morning

A Level English Language

H470/01 Exploring language

Resource Booklet

Time allowed: 2 hours 30 minutes



You must have:

- The Question Paper
- The OCR 12-page Answer Booklet
(OCR12 sent with general stationery)

INSTRUCTIONS

- The materials in this Resource Booklet are for use with the questions in **Section A** and **Section C** of the Question Paper.

INFORMATION

- This document consists of **8** pages. Any blank pages are indicated.

The material in this Resource Booklet relates to the questions in the Question Paper.

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SECTION A – Language under the microscope

Text A

Text A is a compilation of extracts taken from the *Veganuary* website. *Veganuary* is a new charity encouraging people to try veganism for the month of January 2018.

Bite-sized answers to the most common vegan myths.

- **But where do you get your protein?**

The most common misconception out there is that you have to consume meat in order to get enough protein. This is simply not true. There may be protein in meat, but that doesn't mean that it doesn't exist anywhere else. In fact, vegans simply do what cows, pigs, sheep and chickens do; we go to the source.



Quinoa Pumpkin Chili by All About Vegan Food.

Green vegetables (the superstars are kale, broccoli, seaweed, peas and spinach), beans and pulses (lentils, lima, edamame, pinto, black), grains (brown rice, whole wheat pasta, quinoa and bulgur wheat) and nuts (brazils, peanuts, cashews, almonds, pistachios and walnuts) are all excellent sources of protein.

Getting enough protein in your diet is not as big a deal as this question will make you first think it is. Simply be aware of what plant-based foods are protein rich, and try to include some in all your meals... The easy back-up of a peanut butter sandwich (although now you're vegan you'll

discover the delights of cashew and hazelnut as well), quinoa on your salad, a big vat of chili [sic] with kidney, black-eyed and cannellini beans, or quinoa like in the photo ([click for recipe](#)), or a stir-fry with tofu and lots of veggies... And that's only scratching the surface. There really is so much to choose from that often you won't even notice you're doing it!

For more information about protein visit our [health section](#). Also, check out all the [athletes](#) who are excelling on a vegan diet.

- **But what if you were stranded on a desert island?**

Despite the fact that this situation is a rather rare occurrence, this question does seem to get asked to vegans a lot. Odd really. When you Google 'desert island survival tips' finding drinkable water tends to be top of the list. Hurrah, very vegan indeed.

If you're really stuck for a response, and have forgotten that bananas, mangoes and coconuts tend to grow in abundance on such islands, then go with our standard:

"I'm planning on being just like Tom Hanks in *Castaway*, with only a volleyball for a friend and a wild shock of rock star hair."

It really is the only sensible response you can give.

SECTION C – Comparing and contrasting texts**Text B**

Text B is an extract from *Countryside 999*, a documentary television series broadcast on BBC One in 2013. In this extract, which was filmed in Wales, a police officer detains a van driver for texting on his mobile phone while driving.

Transcribed from 'Countryside 999', BBC One, 2013. Item removed due to third party copyright restrictions. Link to exam material: <https://www.youtube.com/watch?v=fAUzjoIJDTM>, minutes 23:27 - 25:10.

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TRANSCRIPTION KEY:

- (.) micropause
- (2) pause in seconds
- // overlapping speech
- = latching on
- bold text** stress/increased volume

SECTION C – Comparing and contrasting texts

Text C

Text C is an extract from a leaflet, *'Your guide to becoming a police constable'*, issued by the National Policing Improvement Agency (NPIA) to applicants in November 2010. The NPIA was a public body established to support the police in areas such as recruitment.

The selection process and competencies

First complete and return the application form.

Your application form will be assessed against the entrance requirements and scored.

If successful, you will be invited to the next stage of the selection process. If your application is not successful, we will write and tell you why.



The next stage will involve assessment tests and an interview. You don't need to worry about these. You will receive plenty of information before the tests and you can find examples of the type of test you will face on our website at www.policecouldyou.co.uk

Typically, these include written tests, ability tests, interactive roleplay exercises and an interview. You will be assessed by trained assessors. Not all forces will appoint every candidate who achieves the minimum standard at the assessment centre. Some forces will prioritise candidates with higher pass marks and some will hold an extra interview. You can talk to the force you are applying to if you want to find out more. If you are successful, you will be invited for a medical examination and a fitness test. You will find details on the fitness test and a suggested training programme on our website at www.policecouldyou.co.uk

Appointment is subject to satisfactory reference checks and security vetting. Note that the order of tests may vary.

Competencies

What are we looking for in a police officer? These are the key competencies we are looking for. We have included some examples of when the competencies are applied well.

Effective communication

Communicates all needs, instructions and decisions clearly. Adapts the style of communication to meet the needs of the audience.

Community and customer focus

Sees things from the customer's point of view and encourages others to do the same. Builds a good understanding and relationship with the community that is served.



Personal responsibility

Takes personal responsibility for own actions and for dealing with issues or problems that arise.

Resilience

Remains calm and confident and responds logically and decisively in difficult situations.

Problem solving

Gathers information from a range of sources to understand situations, making sure it is reliable and accurate. Identifies risks and considers alternative courses of action to make good decisions.

Respect for race and diversity

Understands other people's views and takes them into account. Treats people with dignity and respect at all times no matter what their background, status, circumstances or appearance.

Team working

Works effectively as a team member and helps build relationships within the team.

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