



Cambridge International AS Level

ENGLISH GENERAL PAPER

8021/21

Paper 2 Comprehension

May/June 2024

INSERT

1 hour 45 minutes

INFORMATION

- This insert contains all the resources referred to in the questions.
- You may annotate this insert and use the blank spaces for planning. **Do not write your answers** on the insert.

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This document has **8** pages. Any blank pages are indicated.

Material for Section A

Background

Mungo Martiines, the editor of the local monthly magazine Frugali City Life, announced to his editorial team during their December meeting that he had decided to run a competition in the magazine to find Frugali City's 'Restaurant of the Year'. He chose three members of the editorial team (Khris, Deputy Editor; Gina, Restaurant Critic, and Denis, Features Editor) to visit Frugali City's restaurants during January. The group would meet up with Mungo on 31 January to draw up a shortlist of three restaurants. Then, Denis would write an article about the three finalists to be published in the March issue, along with a voting slip for readers to cast a vote for their favourite restaurant of the three by 30 April. Finally, the winning restaurant would be announced in the June issue, alongside photographs of Mungo presenting the winning restaurant owner with an inaugural trophy.

Extract from the morning meeting on 31 January

Mungo: So, which restaurants are in contention for the shortlist? Got my own shortlist already in my head. Let's see if our choices match. Won't need to be a long meeting then. Great! (*smiling broadly*)

Khris: (*looking worried*) Well, between us we've four in mind, so there might need to be some discussion, Mr Martiines ...

Mungo: (*interrupting*) Well, not too much of one. Need to be leaving in 10 minutes to get to an important business meeting by 12pm at the latest.

Gina: (*with authority*) No problem at all, Mungo. My thoughts are Feast of Frugali, Mama Ana Knows Best and Truly Delicious, and I know Khris agrees with me, so if they match your three, we're done here!

Mungo: (*disappointedly*) Not quite the same as me. Agree with Feast of Frugali and Mama Ana Knows Best, but I take it Denis doesn't agree with Truly Delicious then. (*smiling at Denis*)

Denis: (*looking very pleased*) I don't agree with Truly Delicious at all, Mungo. I really liked the food at Crafty Chef. It was ...

Mungo: (*signalling to Denis to stop*) No, that wasn't my third choice. I think Restaurant International at Hotel Gambetta truly deserves to be on the shortlist. Much better than Truly Delicious and Crafty Chef. Don't you all agree? (*staring hard at each one in turn*)

Extracts from the shortlisted restaurants' websites

Feast of Frugali

Our restaurant offers discerning customers meals using only the best local ingredients in season. The dishes are based on local recipes, but our talented chef has reinvented them, creating a new style of cuisine – Modern Frugali. Come and feast on our dishes in a truly relaxing environment.

Mama Ana Knows Best

You are guaranteed a warm welcome on entering our long-established restaurant with its homely atmosphere. We offer traditional local dishes cooked in strict accordance with Mama Ana's original recipes. Her tried-and-tested dishes will delight you so much you will keep coming back for more.

Restaurant International at Hotel Gambetta

We offer pure five-star luxury: the ultra-modern interior was created by our in-house designers and our team of chefs has created a wide-ranging menu reflecting the best dishes from all around the world to delight your palate. Savour our dishes at your leisure for a memorable experience.

Voting slip (included in the magazine)

'Restaurant of the Year' Competition	
Please tick only one box or your vote will not be counted.	
☐	Feast of Frugali
☐	Mama Ana Knows Best
☐	Restaurant International at Hotel Gambetta
You can:	
☐	drop this slip off at the reception desk of Frugali City Life, located in Beaumont Buildings
☐	text the name of your chosen restaurant from the three above to 651907
☐	or
☐	email the name of your chosen restaurant from the three above to: mungomartiines@frugalicitylife.biz.

Selected online reviews

Feast of Frugali

Very inventive food. The presentation was amazing, so it took much self-restraint to take photos before devouring the dishes! The acoustics made the room noisy though and the staff seemed so stressed rushing about all the time.

Mama Ana Knows Best

Staff greet you the minute you enter, then show you to your table where you sink into comfortable armchairs. Heaven! As for Mama Ana, I think that I know more than she did about how to cook tasty traditional Frugali dishes.

Restaurant International at Hotel Gambetta

The amazing décor took our breath away. Like nowhere else in Frugali. We couldn't say the same about the food as it was such a mix of styles our tastebuds felt assaulted. And we only just finished our desserts before our allotted 90-minute time slot was up.

Additional Information

1. Khris spends a lot of his free time playing video games.
2. At one sitting, Feast of Frugali can accommodate up to 50 customers; Mama Ana Knows Best, up to 20, and Restaurant International at Hotel Gambetta, up to 150.
3. Mungo had organised a lunchtime round of golf with friends on 31 January.
4. Gina was appointed personally by Mungo, who poached her from a competitor in Frugali City by offering her a huge promotion.
5. Mungo's daughter is working as one of the receptionists at Frugali City Life.
6. Denis cycles to work every day in order to keep fit.
7. Hotel Gambetta is owned by 5sTaRz, an international hotel and restaurant chain. They opened Hotel Gambetta, their 199th hotel, a month ago.
8. Frugali City Life's offices are located up five flights of narrow stairs.
9. Citizens often complain that Frugali lacks somewhere with enough capacity to hold big events or with a special atmosphere to host important celebrations.
10. Khris started working at Frugali City Life on 1 December.
11. A minority of Frugali's citizens own a smartphone or computer.
12. Mungo has invested money in a wide portfolio of company shares, including buying 1000 shares in 5sTaRz for his daughter.
13. The small Beaumont Buildings sign on the front of the building is totally covered in graffiti.
14. Denis is hoping for a pay rise soon as he plans to marry his fiancée in September.
15. Gina lives in a two-bedroomed city-centre flat.

Material for Section B

An article by Jade Beecroft

Hoop dreams

Spinning a hula hoop* is often classed as a play activity. In fact, hula-hooping can be a fun and versatile activity for anyone, of any age – with benefits to physical, mental and emotional health.

Whether you remember the joy of hula-hooping as a child, or you are completely new to it, spinning an enormous ring around your waist can be a relatively easy skill to pick up. It is growing in popularity once again, with classes springing up in gyms and community centres, so what better time to give it a go?

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The physical benefits are obvious. It is a low-impact exercise (so kinder on your joints) that works the cardiovascular system while helping to tone your core muscles and improve balance and coordination. It is also accessible and inexpensive. A hula hoop is cheaper to buy than most gym equipment and many are lightweight and collapsible or foldable, so you can carry them around without any trouble.

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According to hula-hooping aficionados, there are also significant benefits to mental and emotional well-being. The effects of practising with a hoop range from being calming and mindful to joyful and exhilarating. Learning to spin a hoop, especially if you are rusty, can be so engaging that it can even put you in a state of flow, where you are fully present in the moment rather than thinking about the past or future.

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Caitlynd Boychuk, from Alberta, Canada, is lucky enough to live and work in a national park, surrounded by stunning scenery. She likes to take her hula hoop when she goes hiking and says hooping in the mountains makes her feel more connected to nature. 'I certainly get some funny looks and comments from other hikers,' she laughs. 'It's not something you see every day. But for me, I get such a sense of joy when I'm hooping outdoors in the beautiful Rocky Mountains. I go into this state of flow, where I feel I'm completely at one with my hoop. It's working out without feeling like you're working out,' she says. 'I love nothing more than strapping a hoop onto my rucksack, going for a hike and immersing myself in nature.'

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For many hula-hoop fans, interest in the activity began in childhood. Fi Hull, from Belfast, Northern Ireland, turned her childhood passion for hula-hooping into her own business. She graduated from university in 2014, with a degree in events management, but struggled to get a job, so ended up living back home with her parents and feeling anxious and low. Then Euan, her younger brother, came up with a novel plan to cheer her up. 'He found two old children's hula hoops and turned them into one big, adult-sized hoop,' says Fi. 'I spent days out in the garden practising. I have a medical condition called dyspraxia, which affects my coordination, so I had to relearn the basics, but it turned out to be really good for me and it lifted my mood too. I found an online hooping community and started learning tricks.'

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Fi experienced such a lift in her mental health from hooping that she started to wonder whether she could use it to help others. She began teaching hula-hoop sessions to nurses at her local hospital, then designed an exercise programme and started running corporate events and community, group and one-to-one sessions.

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One of the big draws of hula-hooping is the thrill of mastering a new skill and getting a little better each time. Professional hula-hoop artist Supriya Srivastav, from Bengaluru, India,

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says she started playing with a hoop as a personal challenge and soon found herself looking forward to coming home from work each day and picking it up. 'I started enjoying it so much that my 10 minutes of practice would turn into 2 hours without me even realising,' she says. 'I clearly remember the day when I was sweating and feeling so light and happy in my body despite some challenges in my professional and personal life at the time.' For her, hula-hooping has become a form of active meditation. She says she found 'hope in the hoop' by being patient as she was teaching herself and feeling elation whenever she got it right.

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Hula-hooping seems to have a universal appeal, and many hobby-hoopers speak of the smile it brings to the faces of other people who see them spinning a hoop. It can be as mesmerising to watch the activity as to take part. Clara Jobs, from Bonn, Germany, says she feels strongly drawn to the hoop. 'You see a hoop sitting in the corner and it looks inviting,' she says. 'It's almost calling to you, saying: "Pick me up and do something with me." It wants to be played with.' Clara also runs hooping classes and says her oldest participant is in her 70s. 'It's so accessible because there are many hoop sizes and weights, and many ways to spin a hoop,' she says. 'You don't even have to use your waist; you can spin it round your chest or an arm.' She says many of her clients have experienced huge improvements in their self-esteem and confidence from hooping. 'They come to their first class and they're body-conscious. But by the end, they're laughing and dancing and moving without inhibition. They say it really boosts self-confidence.'

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* a large ring, usually made of plastic, that children play with by putting it around their waist and moving their body so that it spins

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