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SUPERVISOR'S USE ONLY

TOP SCHOLAR



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

QUALIFY FOR THE FUTURE WORLD
KIA NOHO TAKATŪ KI TŌ ĀMUA AO!

Tick this box if you
have NOT written
in this booklet

☐

Scholarship 2022 Chinese

Time allowed: Three hours
Total score: 24

Check that the National Student Number (NSN) on your admission slip is the same as the number at the top of this page.

There are two sections in this examination:

- Writing – Questions One and Two
- Speaking – Question Three

The writing section takes place during the first two hours of the examination. Answer Questions One and Two in this booklet.

The speaking section takes place in the third hour of the examination. The supervisor will let you know when you are to go to the recording room, where you will receive Question Three.

If you need more room for your answer to Question One or Question Two, use the extra space provided at the back of this booklet.

Check that this booklet has pages 2–16 in the correct order and that none of these pages is blank.

Do not write in any cross-hatched area (XXXX). This area may be cut off when the booklet is marked.

YOU MUST HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.

QUESTION ONE

There is a common saying in China, "work at sunrise and rest at sunset", which suggests a regular daily routine is important for your health.

中国人常说“日出而做，日落而息”，因为有规律的生活方式对健康很重要。请根据对话和你的个人经历，谈谈你对这句话的理解。

Discuss this saying in relation to your own experience, and refer to David and Xiaoyue's conversation in your answer to Question One on page 4.

Respond in Chinese, and refer to the conversation to support and justify your discussion.

如果说规律的生活方式是根，那健康就是叶；良好的饮食和锻炼习惯是源，那健康就是流。根深才能叶茂，源远才能流长。

一个不规律的生活方式不仅会直接对我们的身体造成严重的损害，还会给我们的心理上带来巨大的压力。对话中的David就有一个不好的生活习惯：他玩手机 ~~也~~ 沉迷，^{不管在}走路的时候还是乘公交的时候，他总“机不离手”；即使在临考复习，功课非常紧张的日子，在写完作业后他也忍不住^去上网与朋

友们“开黑”，看电影来娱乐。对手机的过度沉迷对 David 的生活造成了种种危害：过马路时只盯着手机不看周围环境，把自己置于危险之中；睡晚上熬夜打游戏，第二天^起起床困难症，吃早饭的时间都没有，眼睛还生疼。从 David 的身上我们能看到一个不规律的作息对身体严重危害。不仅仅是身体健康，当 David 的眼睛业然发疼的时候，他依然执拗地选择买了药继续“浪”，这体现出了 David 对于手机的心理依赖，甚至当小月劝阻他应该规律作息少玩手机时，他的第一反应是很不耐烦：“你怎么和我妈一样管我。”这样烦躁，依赖，以及因为玩太多手机而作业写不完无法睡觉时的焦虑的情绪，无疑在无形

中给 David 带来了严重的心理负担。由此，我们可以清晰地看出不良作息对青少年身心的毒害。

然而，即使是 David，在听完小月的劝说后也意识到了整天玩手机的弊端。

可是，用他的话来说，“早睡早起多没意思，对我来说和朋友一起打游戏才是生活真正的乐趣。”这告诉我们一件事：

良好的作息的确对健康的生活至关重要，可是要保持一个良好的作息，

比起 ~~比其~~ 单单了解到“良好作息的好处”，

更重要的是践行其的决心，毅力，和

自律心。直白地说，保持一个良好的

作息规律，在如今物欲横流，充满诱

惑的世界里，算不上一件容易的事。

像小月那样每天早睡早起，闲时不玩

手机，参加各种活动和体育锻炼的人，毕竟才是少数。这就好比人人都知道一个体面的成绩能够给自己一个光辉的未来，可是真正愿意为之付出努力，“三更灯火五更鸡，正是男儿读书时”的，毕竟是那凤毛麟角的“少部分”。绝大部分的~~人~~^人被五彩斑斓的世界稀释，成为了随波逐流中的另一个碌碌无为的庸人。

可是，我依然认为我们应该重视健康生活的价值和规律生活的可能。

王阳明说：“未有知而不行者。知而不行，只是未知。”如果我们能够清醒地认识到规律生活对改善自我的重要性，一个人就有可能改变他自己。拿我来举个例子吧。(Need More Space)

小学时我是班上的“豆芽菜”，一闲下来就捧着ipad开始打游戏。可是，随着年级的升高和作业量的增加，我的睡觉时间被不断后移，作业多时每天12点睡甚至是家常便饭。本身身体就不强的我很快生了病，学习的进度又拉了下来，我十分地焦虑。也许是机缘巧合，等我痊愈后，为了消解学习上的压力，我的一位朋友提议每天我们一起慢跑几公里。从那之后，^我晚上睡得更深，白天上学也更有精力，我就从此爱上了体育运动。到现在已经7年了，我还在中国读书时，一直是班里的体育委员，每次运动会都在田径稳居榜首傲视群雄。“知而不行，只是未知。” (Need More Space).

Extra space if required.
Write the question number(s) if applicable.

Q1:

QUESTION
NUMBER

我相信，如果我们可以在内心地认识到规律作息的重要性，那么不管自律是多么^的痛苦，我们都能笑着面对它。

虽然我认同规律作息的重要性，但“日出而作，日落而息”的做法我并不同^高。我认为这是与时代脱节的做法，盲目效仿反而会打乱自己的生活节奏，得不偿失。首先从地理学的角度来说，拿终年昼夜等分的赤道举例，“日落”的时间每天都是12个小时。在今天这样繁忙的现代社会里，我认为每天睡12个小时不现实也不合理。中国古代之所以会

Extra space if required.

Write the question number(s) if applicable.

QUESTION
NUMBER

提出这种作息规律，更大的原因并不是为了追求更健康的生活，这或许只是因为电灯仍未被发明，日落后借着点点烛光去田间耕作劳动并不现实也没有效率。因此，我并不推荐在今天的社会依然奉行“日出而作，日落而息”。我们应该在认识到规律生活必要性的基础上自主地规划，安排好我们的生活，以自己的生活节奏来最大化我们的效率，拥抱更美好的生活。

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READING TEXT: 一封家长的电子邮件 (A parent's email)

Mingming is an international student from China who has not seen his parents for two years. His father has sent him an email. Read the email below and refer to it in your answer to Question Two on page 10.

Glossed vocabulary

锻炼	duànliàn	exercise	影响	yǐngxiǎng	impact; affect
聊聊	liáoliáo	chat	饮食	yǐnshí	food and drinks
效率	xiào lǜ	efficiency	饮料	yǐn liào	drinks

明明,

你好!

我们两年多没有见面了!我和你妈妈都很想你!

听说你马上就要考试了,学习怎么样?身体怎么样?你最近吃饭好吗?睡觉好吗?你说今年学习太累,没有时间去锻炼身体了,还常常头疼。我今天想跟你聊聊健康方面的问题和建议,希望能对你有帮助。

这两年来,你都很小心,因为你怕危险,所以不去游泳了,也不去健身房了。我明白你为什么做了这样的决定,但是我认为,锻炼身体有很多办法。为了身体健康,你可以做一些比较安全的运动,比如,你可以每天散步或者跑步三到五公里。这个很容易,如果你能做到,你会发现你的身体会慢慢地越来越好。我相信健身和运动一定会对你的头疼问题有帮助。现在的学生学习总是用电脑,花太多时间看电脑会让人头疼的。这是我的第一个建议,一定要每天拿出一些时间来锻炼身体。

除了经常锻炼身体以外,你还要有好好睡觉的习惯,不要总是学习到半夜。最新的报告发现,足够的睡觉时间,能让人们第二天心情好,工作效率也会提高。对你来说,学习要花你很多时间,但是如果睡觉的时间不够,会影响你学习的效率,最后也会影响你的学习成绩,还有可能会影响你的身体健康。这是我的第二个建议,你每天都要有足够的睡觉时间。

最后,我想说,除了这两个建议以外,你还要有健康的饮食习惯。平常要多吃健康的东**西**,比如绿菜,水果,多喝低糖的果汁,水,牛奶,等等。不健康的东**西**常常很好吃,不健康的饮料也常常很好喝,而且它们的广告也做得很漂亮,但是你不能完全相信这些广告。太多不健康的**饮食**,会让人的身体越来越差的!这是我的第三个建议。

好吧,我就先写这么多。我和你妈妈都希望你能明白,好的学习成绩很重要,但是健康的身体更重要。希望你能接受我的建议。

祝你学习进步,身体健康!

爸爸

二零二二年 十月一号

QUESTION TWO

Explain how Mingming could improve his habits based on the email from his father. Do you agree with his father's advice?

阅读一篇电子邮件。根据这封邮件，明明的生活习惯会得到怎样的改善？你同意邮件中爸爸给出的建议吗？

Respond in English or te reo Māori.

I cannot agree more with Mingming's father.

His father provided three suggestions regarding three problems in Mingming's life:

Firstly, Mingming is troubled by a frequent headache, and he was cautious of the ~~contagious COVID-19 virus~~ ^{possibility of getting hurt} so he avoided to go to gym or swimming pools. His father believes that Mingming's headache roots in his lack of exercise and ~~elongated~~ ^{prolonged} ~~usage time~~ time spent on computers. This can be solved by setting up a simple workout routine of ~~jogging outside~~ ^{outside} Some safer exercises like jogging ~~out~~ for several kilometers every day. I agree with this opinion as neither ^a swimming pool nor ^a gym is necessary for exercising. You can always exercise everywhere if you want to: Push-ups and squats don't take ^{much} ~~any~~ space and ~~any~~ ^{any} equipments. Also, I'm a strong believer of ~~a~~ the tenet that a healthy mental well-being roots in the somatic health — a strong, healthy body provides the foundation for a healthy mind. Exercising regularly not only helps with the headache that is troubling Mingming but also relieves his stress from preparing for the exams, giving him

an overall better well-being.

Furthermore, Mingming's ~~farth~~ father suggests Mingming have enough sleep. ~~He~~ According to him, the latest research found that having sufficient sleep at night is essential to improving people's efficiency at work and cheering them up. I agree with this as having enough sleep is the start of a positive feedback loop: Firstly you sleep well at night, so you are refreshed the next morning, being energetic and ~~red~~ ready to do some quality study at school. Due to the increased concentration on the content of class at school, less time is spent going over the same stuff repetitively, and the efficiency of study is boosted. As such, homework can be finished in a timely fashion while there is still enough time left for a good sleep tonight, preparing for the hectic schedule tomorrow. Compromise sleeping time will reverse this loop and ~~a~~ accumulate both physical and mental stress exponentially, leading to a bad somatic ~~heart~~ well-being eventually.

last but not least, Mingming's father mentioned that a good eating habit is also pivotal for a good somatic health. He pointed out that some unhealthy ~~food~~ food and drinks are deliberately made delicious with fancy advertisements to attract customers. This may satisfy the customers' thirst for a good taste ~~in short~~ ~~term~~ for a while, but from ~~the~~ long term perspective, this will do no good to Mingming's health.

I also agree with this as food fuels body. It's the primary source of our energy tank. What we eat directly determines our body conditions. I'm a stickler when it comes to food. Don't get me wrong, & what I'm being picky about is not the taste but the nutrition value of the food.

To me, food is human fuel before it serves its its function of satiating ~~of~~ our appetites. My diet is bland but deliberately considered and of high nutrition value. This is the source of our everyday activity, and I believe a good diet will prove beneficial to Mingming's health.

The reason why Mingming is not paying the due attention to his diet, exercises, and sleeping is probably his hectic schedule of study due to the upcoming exams. As suggested by his father, I also ~~op~~ opine that Mingming should set aside sometime every day and engage in some sports like jogging; have ~~to~~ a more nutritious and healthier diet, and have more sleep.

Is Just as pointed out by his father, certainly study is important, but it's definitely not worth your ~~sa~~ sacrificing your body health as a cost of it.