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SUPERVISOR'S USE ONLY

OUTSTANDING SCHOLARSHIP EXEMPLAR



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^作，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.

良好的生活习惯能为我们带来数
之不尽的益处。规律的生活方式不仅
有益于我们的身心健康，还有助于提高
我们的工作效率。

身体是革命的本钱。像 Xiao yue 所说，
只有多做运动，规划好自己的作息，
才能拥有强健的体魄，学习才会进步。
我要求自己严格按照提前制定好的计
划表作息，我认为，只有科学地安排
好自己的时间，才能确保拥有一个强
壮的身体。我们或许无法改变年龄对
身体功能的影响，但我们可以尽量保

护好自己的健康，为追求事业上的成功做好准备。

业精于勤，荒于嬉。只有不断地耕耘，才能看到收获。David每天花费大量的时间看手机、玩游戏，导致上课无法集中精神听讲，一定程度上影响了他的学习成绩。中国人倡导‘日出而作，日落而息。’从‘锄禾日当午’中便有所体现。务农当选烈日高照之时，而读书、锻炼则应‘鸣鸡起舞’。合理地分配好自己的时间，不仅意味着健康的生活方式，还能帮助我们更有条理地学习、工作，不像David一样毫无头绪地浪费时间。通过坚持每天早上晨跑，我深刻地体会到了‘一日之计在于晨’，运动使我神清气爽，同时

也为我繁忙的一天做好了充分的准备。许多科学研究也表明，规律的作息能让我们^(更)有效率地学习。由此可见，古人鼓励人们按照一定的时间作息不无道理。

科技的日新月异的发展虽为我们提供了许多便利，^(但)也对我们的身体健康造成了许多威胁。David熬夜玩电子产品，导致第二天到学校后眼睛发红，不停犯困。现代科技为青少年提供了娱乐消遣的方式，但我们应抵挡住外界的诱惑，利用互联网拓展自己的知识面，而不是毒害自己的身体。在我看来，睡前使用手机不仅对视力不好，还会降低我们的睡眠质量。在当今^(科技)快速发展的大环境下，保持规律作息，

不受其它因素的干扰显得更加难能可贵。我们应该记住，逝者如斯夫，不舍昼夜，如果一味地浪费时间在玩游戏上，舍本逐末，未来一定会尝到失败的滋味，并为之付出代价。

‘劳作与休息的平衡在日出而作，日落而息。’中同样展现得淋漓尽致。古人深知劳逸结合的重要性，但随着社会的发展，找到积极的动力来源和正确的放松方式，也应纳入规律作息的考量。Xiao Yue 在对话中提到，她选择去游泳馆游泳，或去健身房健身的方法来调整状态。这无疑是一种有利而无一害的娱乐方法。反观 David，他认为和朋友上网才是最开心的，可沉迷网络不仅使他的学习成绩下滑，还伤害

~~on page 152~~

了他的身体。在日常生活中，我通过弹钢琴、踢足球等方式缓解压力。音乐不仅能使人放松，还能陶冶情操。一个‘息’字虽无法囊括当今各式各样的娱乐方式，却也强调了舒缓压力的重要性。我们应权衡利弊，采取积极的方式排解压力。

巨大的课业、工作压力时常压得人们喘不过气。尽量遵循规律的生活作息，在快节奏的生活找到合适自己的脚步，是助力我们‘更上一层楼’不可或缺的因素。

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**.

Having a healthy body lays the foundation for success. It's hard for students to find a work-life balance, and stick to a particular routine, in order to maintain healthy. However, there are always ways for teenagers to achieve this, starting from improving their habits.

According to the email, Mingming could exercise more often to remain healthy. As his dad suggests, although ~~he~~ Mingming finds swimming and going to the gym dangerous, he could take alternative approaches to stay fit. Jogging or running for three to five kilometres per day is a wise choice. There should be no excuses for not doing sports except physical disabilities. As teenagers, it's necessary to do sports regularly. It can ^(not only) ~~undoubtedly~~ help us stay physically healthy, but also build our connections to other people in society. Being involved in team sports such as football and basketball ^(gives) ~~helps~~ us the opportunity to learn how to co-ordinate with others. Team spirit is thus obtained from this experience. Being able to work with other people, and resolve ~~your own~~ conflicts with your teammates is a key skill for becoming a successful professional in whatever career. Although playing this type of sports may sometimes cause injuries, Mingming needs to realise that every coin has two sides - we can't focus only on the ^(possible) negative outcome of doing sports, but should

also see its positive influences on us. Avoiding potential risks also eliminates Mingming's chance to experience different forms of sports completely. We should be brave to try everything positive out in the world, rather than staying in our comfort zone. After all, sports benefits us both physically and mentally.

Playing sports also brings us the sense of joy and achievement. By winning sports games, we always be satisfied and happy. No pain no gain. Without all the efforts that we put, we can't sense these feelings by ourselves. Mingming's father encourages Mingming to at least do some sports to stay healthy as he believes that could help cure Mingming's headaches. I can't agree more with his father, however, I would ~~encoura~~ suggest Mingming to also try out the sports that he deems as 'dangerous' and 'too fierce'. Winning the champion for the local football league cheers me up all the time. The pleasure that I felt by winning with my club makes me see the true meaning of sports. In my opinion, Mingming's father should advise him to make an attempt in joining the school sports teams bravely.

Planning our daily lives carefully also plays an important role in maintaining our physical health. As Mingming's father ^(writes) ~~wrote~~ in the email, ^(getting) enough sleep helps people stay positive for a brand-new day, and enhances our working efficiencies. We can't change the length of a day, but we can make great use of every single hour. By scheduling our daily tasks reasonably, we can maintain a healthy daily routines, which ensures that we get enough break but also be productive. Scientific researches can back up ^(the viewpoint of) Mingming's father, melatonins secreted by our brains

help us maintain a regular circadian rhythm and biological clock. ^(when) If we interfere with it, it ^(is) ~~is~~ be harmful for our body. Mingming always stays up late to study, which really concerns his father. I would suggest him to adjust his approach of studying. For example, he could put less time on certain subjects or even abandon some unnecessary tasks. He could also utilize small chunks of time, whether on the bus or on his way home, to go over the knowledge that he learnt at school today. I believe this could increase his efficiency and allow him more time to sleep consequently.

Mingming's living habits can also be improved by keeping a healthy diet. ~~A~~ Maintaining a balanced diet according to the pyramid of nutrition is the key step to increase his living quality. As Mingming's father suggests, having vegetables, fruits, enough water and milk every day will help him stay healthy. Food with high calories are in fact harmful for our health. Hamburgers or sweets taste nice, but makes our physical conditions worse and worse. As teenagers, we should clearly identify what kinds of food and drinks are beneficial for us, rather than believing in the equivocation widely spread in advertisements. ~~The fact that~~ Things which look good can harm us. Obtaining enough nutrients such as calcium and zinc ~~is~~ is extremely important for our growth. Therefore, we should carefully choose what kinds of foods we are having each day.

Last but not least, Mingming should also pay attention to his mental health. Mental health issues become more and more popular among high school students nowadays. Mingming

Extra space if required.

Write the question number(s) if applicable.

QUESTION
NUMBER

2 should avoid being overwhelmed by his schoolwork. He could reduce his stress through various ways positively. I suggest Mingming to listen to music or hang out with his friends when he has time. We should rise awareness towards mental health problems. It's crucial to stay healthy both physically and psychologically.

Mingming's ^(father) ~~parents~~ gives useful advice in the email, which I believe will help him improve his living habits. As his father acknowledges at the end of the email, 'it's important to get good marks at school, but having a healthy body is more important.' Mingming should follow the suggestions given both above and in the email, to achieve changes in his life and become more healthy.

Annotated **Outstanding Scholarship** Exemplar

<i>Subject</i>	Chinese	<i>Standard</i>	93005	<i>Total score</i>	21
<i>Q</i>	<i>Grade score</i>	<i>Annotation</i>			
1	7	This answer displays a high-level confidence in written Chinese with an excellent flow of ideas. The arguments are well-balanced with adequate evidence from the conversation in the recording and own experience. In the essay, some quotes from classical proverbs and Canons contribute to the effectiveness of the argument. However, the conclusion of the essay is slightly weak which reduces the general performance of the essay.			
2	7	This response presents a well-structured and convincing argument which indicates a comprehensive understanding of the text. Evidence is drawn from the text, as well as from relevant personal experiences, and is integrated well into the argument. The argument flows well and sustains its persuasiveness throughout. For a higher score, the candidate could have more independent reflection and insight of the given resource.			
3	7	The candidate uses a wide range of classical expression in the presentation which results in a stylish argument. The response is highly relevant to the written stimulus and personal experience. The manner of communication is extremely natural, fluent, and flexible. However, idiomatic expressions are excessively used which has a negative impact on the general performance of the debate.			

<i>Confirmation of check</i>	<i>Y / N</i>
This exemplar has been checked for similarities with current online exemplars.	Y/N