



Hoërskool Johan Jurgens

Gauteng East District

English Home Language

Grade 11

Task 4: Language in Context

February/March 2026

EXAMINER:

MS S SHAW

MARKS: 70

MODERATOR:

MS C BOURBON

TIME: 2 Hours

THIS PAPER CONSISTS OF 10 PAGES

INSTRUCTIONS AND INFORMATION

1. This question paper consists of THREE sections:
SECTION A: Comprehension (30)
SECTION B: Summary (10)
SECTION C: Language structures and conventions (30)
2. Read ALL the instructions carefully.
3. Answer ALL the questions.
4. Start EACH section on a NEW page.
5. Rule off after each section.
6. Number the answers correctly according to the numbering system used in this question paper.
7. Leave a line after each answer.
8. Pay special attention to spelling and sentence construction.
9. Suggested time allocation:
SECTION A: 50 minutes
SECTION B: 30 minutes
SECTION C: 40 minutes
10. Write neatly and legibly.

SECTION A: COMPREHENSION

QUESTION 1: READING FOR MEANING AND UNDERSTANDING

Read TEXT A and TEXT B below and answer the questions set.

TEXT A

IS YOUR SALTY SPORTS DRINK BAD FOR YOUR HEALTH?

1. High-sodium electrolyte drinks are having a moment. Many of the newer brands tend to have three to six times more sodium per serving than some of the standard brands that have been around a while. **1**
2. Energy drinks are a convenient way to replace sodium lost via sweat during hard workouts (when your sweat rate is higher than usual) or long runs (when your sweat volume is higher than usual, as you are running for longer periods). The combination of a liquid that contains sodium and a taste that is not too sweet, encourages more drinking, which leads to rehydration. **5**
3. During hotter months, I have noticed a clear pattern of feeling like I was back to normal, physically and mentally, when I used one of these products soon after running, compared to when I didn't. **10**
4. This is good for performance but what about the large amounts of sodium? The Food and Drug Administration (FDA) recommends limiting sodium amounts to less than 2300 mg per day (about the amount found in one teaspoon of salt.) The reason for this is that diets that are high in sodium are associated with a risk of developing high blood pressure, strokes and heart disease. **15**
5. So, are runners who regularly use these drinks risking their health? Fans of health drinks agree on three things: **20**
 - you need to replace sodium for optimum performance
 - you don't need special supplements to meet your sodium needs
 - you want to avoid getting hypertension (high blood pressure) because it can lead to heart disease and other problems.
6. A sports dietician and advisory board member gives her advice. "Choose a whole-food approach before going to supplements." "If you can't meet your needs through food, **then** go to a supplement." **25**
7. Everyone agrees that high blood pressure is bad. But are modern diets to blame? The high amounts of carbohydrates create problems with insulin in the body. This is what leads to high blood pressure and the associated diseases. People used to use salt to preserve food (in the days before people owned fridges and freezers) and as a result humans consume a third of the salt they used to. The Japanese typically have a diet high in salt content, yet they have a longer lifespan. **30**

8.	What should a runner do? Most people can meet their needs by following their taste for sodium. If, after a long run you are craving salty foods, eat them. At the other extreme, if you feel thirsty, you may have too much salt. Drink more water and things will balance out.	35
	[Extracted from an article from Runner's World, by Scott Douglas, 16 January 2026]	40

GLOSSARY:

***electrolyte** – minerals in blood and body fluids that carry an electric charge vital for keeping the body functioning*

***optimum** – a condition, degree or amount, that produces the best possible result*

QUESTIONS: TEXT A

- 1.1 Text A uses a rhetorical question in the title. What is its function? (2)
- 1.2 Looking again at the title, what do you think, this article is about? (2)
- 1.3 **Refer to paragraph 1.** (2)
Discuss the concern regarding the content of these drinks?
- 1.4 **Refer to paragraph 2.** (2)
How do these drinks work? **Explain, in your OWN words.**
- 1.5 **Refer to paragraph 3.** (2)
Is the article written from personal experience. Give a reason for your answer.
- 1.6 **Refer to paragraph 4.** (2)
State the risks associated with these drinks and the effects on the body?
- 1.7 **Refer to paragraph 5.** (3)
Mention three things that fans of health drinks can agree upon.
- 1.8 **Refer to paragraph 6.** (1)
Explain the advice of dieticians?
- 1.9 **Refer to paragraph 7.** (2)
What is the real culprit/cause of high blood pressure? **Explain, in your OWN words.**
- 1.10 **Refer to paragraph 7.** (2)
Certain modern inventions, such as the refrigerator and freezer, have changed the way we store food. Comment on the effect this has on salt/sodium consumption? Give reasons for your answer.
- 1.11 Which population group seems to disprove/counteract this theory and (2)

why?

1.12 Refer to paragraph 8. (2)

What advice would you give to a runner, post-race?

TEXT B



TEXT READS: 'STAY AHEAD OF THE GAME.'

REFER TO TEXT B

1.13 What does Text B illustrate? Why have the advertisers included an image of Usain Bolt (known as the world's fastest man)? (2)

QUESTION: TEXT A AND TEXT B

1.14 Do the contents of paragraphs 4 and 7 in TEXT A support the visual in TEXT B? Why do you think this is? Justify your response by referring to both texts. (4)

TOTAL SECTION A: [30]

PLEASE TURN OVER FOR SECTION B

SECTION B: SUMMARY

QUESTION 2: SUMMARISING IN YOUR OWN WORDS

TEXT C discusses the importance of sleep for athletes. **Summarise the effects of lack of sleep on the human body..**

- NOTE:**
1. Your summary should include **SEVEN** points and NOT exceed **90 words**.
 2. You must write **ONE** fluent paragraph.
 3. You are **NOT** required to include a title for the summary.
 4. Indicate your word count at the end of your summary.

TEXT C

SLEEP AS A NECESSARY TRAINING TOOL

1. At the 2004 World Indoor Championships in Budapest, poor sleep almost cost one competitor a medal. She barely qualified for her event.
2. The athlete, Shayne Culpepper, states “I was jet lagged. I usually get eight hours of sleep, but only got three hours.” “I felt that I was running all out, but my time wasn’t close to my personal best.”
3. “Sleep is a necessity, not a luxury, especially for athletes”, states James B Maas, a professor of psychology at Cornell University.
4. In fact, when it comes to recovery, sleep is every bit as important as what you eat or drink. Lack of sleep interferes with the metabolism of glucose, which your muscles depend on for recovery.
5. Sleep plays an important role in restoring the body, particularly after exercise. Lack of sleep can compromise the immune system, which is vulnerable during training.
6. Recent findings link lack of sleep to weight gain. Leptin, a hormone that regulates the appetite isn’t produced in adequate quantities when a person gets less than six hours of rest.
7. A sleep-deprived person can run the same distance or lift the same weight, but the mental effects have consequences. Moodiness, anxiety and irritability are all effects of lack of sleep.

TOTAL : SECTION B: [10]

SECTION C: LANGUAGE STRUCTURES AND CONVENTIONS

QUESTION 3: ANALYSING ADVERTISING

Study the advertisement (TEXT D) below and answer the set questions.

TEXT D



3 Stripes, Checkmate.
"Where classic style conquers every move."

First designed in the 1950s to help footballers train on icy pitches, the Adidas Samba quickly transcended the sport to become a global style icon.

With its sleek silhouette, signature three stripes, and gum rubber sole, the Samba blends athletic performance with effortless streetwear.

adidas

TEXT READS : "3 STRIPES, CHECKMATE." "WHERE CLASSIC STYLE CONQUERS EVERY MOVE."

- 3.1 Explain which product is being marketed or sold in the picture. (1)
- 3.2 The advertisers have used clever language (verbal techniques) to manipulate the reader. What language is used and why? (2)
- 3.3 Comment on the visual techniques used in this advertisement. (2)
- 3.4 Is the logo in the picture familiar to you? If so, why? (2)
- 3.5 What is the target market/demographic for this product? (2)
- 3.6 Do you think that this advertisement is effective? State your reason. (1)

[10]

QUESTION 4: UNDERSTANDING OTHER ASPECTS OF THE MEDIA

Study TEXT E and answer the set questions.

TEXT E



“My bank account appreciates me buying a cheap pair of running shoes. My feet, back and legs don't.”

TEXT READS : “MY BANK ACCOUNT APPRECIATES ME BUYING A CHEAP PAIR OF RUNNING SHOES. MY FEET, BACK AND LEGS DON'T.”

- 4.1 Account for the actions of the girl sitting on the sofa. (2)
- 4.2 What is the message behind this cartoon? (2)

Study TEXT F and answer the set questions.

TEXT F



TEXT READS : “JUST TELL IT TO ME STRAIGHT, DOC. CAN I STILL RUN THIS WEEKEND?”

- 4.3 Identify the setting for this cartoon. (1)
- 4.4 What has happened to the man in the bed? What does this indicate? (2)
- 4.5 What is a stereotype? (1)
- 4.6 Evaluate the stereotype in this cartoon and comment on its effect on the humour, as a whole. (2)

[10]

QUESTION 5: USING LANGUAGE CORRECTLY

Read **TEXT G**, which contains some deliberate errors, and answer the set questions.

TEXT G

DEATHS DUE TO TRIATHLON?		
1.	Researchers in Minnesota compiled data from a thirty-year period comprising well over five million participants in <u>triathlons</u> . During that time period, there were 135 race-related sudden deaths.	1
2.	The average age of the victims was 47 years old; 115 (85%) were male, while 20 (15%) were female. Of the 135 deaths and cardiac arrests, two-thirds happened during the swim, 16 percent during the bike, and only 11% during the run segments, while six percent occurred during post-race recovery.	5
3.	Most of the deaths that occurred on the bike <u>segment</u> of races, were related to dramatic injuries sustained in bicycle-vehicle collisions or in collisions with fixed objects like guard rails. Of the deaths and cardiac arrests, almost half occurred in sprint distance races, 20% in Olympic-distance races, and 17% in half or full Ironman triathlons.	10
4.	Of the 68 participants whose previous race experience was known, 26 were competing in their first triathlon. So based on this study, we see a few important trends. Older athletes have a higher risk than younger athletes—especially those participating in shorter-distance races and those who are new to the sport. This makes a lot of sense as these athletes may not yet have the best <u>filness</u> , and short races are associated with the highest levels of exertion. Men are more likely to die in triathlon deaths for reasons that are unclear. The swim remains the most dangerous leg in a triathlon to the point that running in a triathlon has a far lower rate of unexpected cardiac deaths than running-only events.	15 20

QUESTIONS: TEXT G

- 5.1 **Refer to paragraph 1.** (2)
Identify the punctuation used in lines 1 and 3. What is the function of this symbol?
- 5.2 **Refer to paragraph 1.** (2)
Provide a complete definition for the underlined word. (*Note the mark allocation in providing your answer.*)
- 5.3 Comment on the use of punctuation in line 3. What is the effect? (1)
- 5.4 **Refer to paragraph 3.** (1)
Provide a synonym for the underlined word.
- 5.5 **Refer to paragraph 3.** (2)
Line 10 contains a malapropism. Indicate and correct the error.
- 5.6 **Refer to paragraph 4.** (2)
The underlined part of speech contains an error. Name the part of speech and indicate the correct spelling.

(10)

TOTAL SECTION C: [30]

GRAND TOTAL: 70