



Catholic Junior College
JC2 Preliminary Examination
Higher 1

GENERAL PAPER

8807/01

Paper 1

22 August 2019

1 hour 30 minutes

READ THESE INSTRUCTIONS FIRST

Write your name and class on all the work you hand in.
Write in dark blue or black pen on both sides of the paper.
Do not use staples, paper clips, glue or correction fluid.

Answer **one** question.
Note that up to **20** marks out of **50** will be awarded for your use of language.

At the end of the examination, fasten all your work securely together.
All questions in this paper carry equal marks.



Answer **one** question.

Answers should be between 500 and 800 words in length.

- 1 Can one be optimistic given the bleak realities of today's world?
- 2 How far is it true that people today will believe anything the media presents?
- 3 'It is a mistake for education in this technological age to ignore the Arts.' To what extent do you agree with this comment?
- 4 'Sport and politics should always be kept separate.' Comment.
- 5 Assess the view that attempts to reduce inequality in your society can never be effective.
- 6 'Artificial intelligence enhances our lives.' To what extent do you agree with this view?
- 7 How far do you agree that religion is a unifying force today?
- 8 Do young people in your society have what it takes to ensure that the nation remains successful?
- 9 In a world dominated by superpowers, can small countries play a significant role on the global stage?
- 10 Evaluate the claim that the artist's only responsibility is to his art.
- 11 To what extent would you agree that city life today is exciting and vibrant?
- 12 'Freedom is not about doing whatever you want, but is about doing what is right.' Discuss.

END OF PAPER



Passage 1. *Stan Rogers highlights the problems of the modern diet.*

- 1 For most people across the world, life is getting better but diets are getting worse. This is the bittersweet dilemma of eating in our times. Our free and comfortable lifestyles are undermined by the fact that our food is killing us, not through lack of it but through its abundance – a hollow kind of abundance.
- 2 At no point in history have edible items been so easy to obtain. Yet, where humans used to live in fear of disease, now the leading cause of mortality worldwide is diet. Most of our problems with eating stem 5 from the fact that we have not yet adapted to the new realities of plenty, either biologically or psychologically.
- 3 “Everything in moderation” doesn’t quite cut it in a world where the “everything” for sale in the average supermarket has become so sugary and so immoderate. This is paradoxical and sad, because good food – good in every sense, from flavour to nutrition – used to be the test by which we judged the quality 10 of life. A good life without good food should be a logical impossibility.
- 4 As things stand, our culture is far too critical of the individuals who eat junk food and not critical enough of the corporations who profit from selling them. A survey of more than 300 international policymakers found that 90% of them still believed that personal motivation – or, willpower – was a very strong cause 15 of obesity. This is absurd. It makes no sense to presume that there has been a sudden collapse in willpower across all ages and ethnic groups. What has changed most is not our collective willpower but the marketing and availability of energy-dense, nutrient-poor foods. Some of these changes are happening so rapidly it is almost impossible to keep track. Sales of fast food grew by 30% worldwide from 2011 to 2016 and sales of packaged food grew by 25%.
- 5 Almost every country in the world has also experienced radical changes to its patterns of eating over 20 the past five, 10 and 50 years. For a long time, nutritionists have held up the “Mediterranean diet” as a healthy model for people in all countries to follow. But recent reports from the World Health Organisation suggest that even in Spain, Italy and Crete, most children no longer eat anything like a “Mediterranean diet” rich in olive oil and fish and tomatoes. These Mediterranean children are, as of 2017, among the 25 most overweight in Europe. In every continent, there has been a common set of changes from savoury foods to sweet ones, from meals to snacks, dinners cooked at home to meals eaten out, or takeaways.
- 6 The nutrient content of our meals is one thing that has radically changed; the psychology of eating is another. We are often told in a slightly hectoring way that we should make “better” or “smarter” food choices, yet the way we eat now is the product of vast impersonal forces that none of us asked for. The choices we make about food are largely predetermined by what are available and by the limitations of 30 our busy lives. Many people use food as a coping mechanism to deal with feelings such as stress, boredom, anxiety, or even to prolong feelings of joy. While this may help in the short term, eating to soothe and ease our feelings often leads to regret and guilt, and can even increase the negative feelings. We are not actually coping with the problem causing the stress. Furthermore, our self-image 35 may suffer as we gain weight.
- 7 It is becoming abundantly clear that the way most of us currently eat is not sustainable – either for the planet or for human health. Thankfully, various countries have made some headway through the provision of information and working through schools. In 2014, Ecuador passed a mandatory traffic light labeling policy for packaged foods, while voluntary labeling schemes are used in countries such as 40 Denmark and Sweden. Peru, Uruguay, and Costa Rica have all banned “junk food” in public schools since 2012, and the UK released new school food standards in 2014, limiting fried foods and desserts, and emphasising water, whole grains, fruits and vegetables.
- 8 One can only hope that more countries around the world will take action to create environments in which it is easier to feed ourselves in a manner that is both healthy and joyous.

Adapted from <https://www.theguardian.com/books/2019/mar/16/snack-attacks-the-toxic-truth-about-the-way-we-eat>



Passage 2. Bee Wilson argues that clean eating is a flawed solution to the problems of the modern diet.

- 1 At its simplest, clean eating is about ingesting nothing but “whole” or “unprocessed” foods. Some versions of clean eating have been vegan, while others espouse various meats and something mysteriously called “bone broth” (stock, to you and me). At first, clean eating sounded modest and even homespun: rather than counting calories, you would eat as many nutritious home-cooked substances as possible. 5
- 2 But it quickly became clear that “clean eating” was more than a diet; it was a belief system, which propagated the idea that the way most people eat is not simply fattening, but impure. Once the concept of cleanliness had entered the realm of eating, it was only a matter of time before the basic idea spread contagiously across Instagram, where fans of #eatclean could share their artfully photographed green juices and rainbow salad bowls. Among the affluent classes who already ate a healthier-than-average diet, the Instagram goddesses created a new model of dietary perfection to aim for. For the rest of the population, however, it simply placed the ideal of healthy food ever further out of reach. 10
- 3 However much the concept of clean eating has been logically refuted and publicly reviled, the thing itself shows few signs of dying. Even if you have never knowingly tried to “eat clean”, it is impossible to avoid the trend altogether, because it changed the foods available to all of us, and the way they are spoken of. Why has clean eating proved so difficult to kill off? The interesting question is not whether clean eating is nonsense, but why so many intelligent people decided to put their faith in it. 15
- 4 Clean eating is perhaps best seen as a dysfunctional response to a still more dysfunctional food supply: a dream of purity in a toxic world. To walk into a modern western supermarket is to be assailed by aisle upon aisle of salty, oily snacks and sugary cereals, of cheap, sweetened drinks and meat from animals kept in inhumane conditions. Affluence and multinational food companies replaced the hunger of earlier generations with an unwholesome banquet of sweet drinks and convenience foods that teach us from a young age to crave more of the same. Wherever this pattern of eating travelled, it brought with it dramatic rises in ill health, from allergies to cancer. 20
- 5 When mainstream diets start to sicken people, it is unsurprising that many of us should seek other ways of eating to keep ourselves safe from harm. Our collective anxiety around diet was exacerbated by a general impression that mainstream scientific advice on diet – inflated by newspaper headlines – could not be trusted. First these so-called experts tell us to avoid fat, then sugar, and all the while people get less and less healthy. What will these “experts” say next, and why should we believe them? 25
- 6 Into this atmosphere of anxiety and confusion stepped a series of gurus offering messages of wonderful simplicity and reassurance: eat this way and I will make you fresh and healthy again. However, this way of thinking is especially dangerous because it obscures the message that, in fact, small changes in diet can have a large beneficial impact. If you think you cannot be healthy unless you eat nothing but vegetables, you might miss the fact that there are substantial benefits from raising your fruit-and-veg intake from zero portions a day to just two. 30
- 7 Among its many other offences, clean eating is a series of claims about food that are all or nothing – which only serves to underline the fact that most people, as usual, are stuck with nothing. 35

Adapted from <https://www.theguardian.com/lifeandstyle/2017/aug/11/why-we-fell-for-clean-eating>

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CATHOLIC JUNIOR COLLEGE
JC2 Preliminary Examination 2019
General Certificate of Education Advanced Level
Higher 1

CANDIDATE
NAME

CLASS

GENERAL PAPER

Paper 2

8807/02

22 August 2019
1 hour 30 minutes

Candidates answer on the Question Paper.

READ THESE INSTRUCTIONS FIRST

Write your name and class on all the work you hand in.
Write in dark blue or black pen on both sides of the paper.
Do not use paper clips, glue or correction fluid and tape.

Answer **all** questions.
Note that up to **15** marks out of **50** will be awarded for your use of language.

The number of marks is given in brackets [] at the end of each question or part question.
At the end of the examination, fasten all your work securely together.

For Examiner's Use	
Content	/35
Language	/15
Total	/50



Read the passage and then answer **all** the questions. Note that up to fifteen marks will be given for the quality and accuracy of your use of English throughout this Paper. For Examiner's Use

NOTE: When a question asks for an answer IN YOUR OWN WORDS AS FAR AS POSSIBLE and you select the appropriate material from the passage for your answer, you must still use your own words to express it. Little credit can be given to answers which only copy words and phrases from the passage.

From Passage 1

1 According to the writer, what is the 'bittersweet dilemma of eating in our times' (lines 1-2)?
.....
..... [1]

2 What does the author mean by 'a hollow kind of abundance' (line 3)?
.....
.....
.....
..... [2]

3 In Paragraph 4, why does the author think that the survey results are 'absurd' (line 15)? **Use your own words as far as possible.**
.....
.....
.....
..... [2]

4 What does the word 'even' in Paragraph 5 (lines 23-24) suggest?
.....
.....
.....
..... [2]



5 In Paragraph 6, why does the author use inverted commas for the words 'better' and 'smarter' (line 28)? For Examiner's Use

.....
.....
.....
..... [2]

6 In Paragraph 7, how does the author make his point about attempts at tackling unhealthy eating?

.....
..... [1]

7 In Paragraph 8, why does the author begin the last sentence with 'One can only hope' (line 43)?

.....
.....
.....
..... [2]

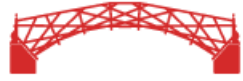
From Passage 2

8 In Paragraph 1, why does the author use the word 'mysteriously' (line 3)?

.....
..... [1]

9 According to the author in Paragraph 2, why was it apparent that clean eating was 'more than a diet' (line 6)? **Use your own words as far as possible.**

.....
.....
.....
..... [2]



Dr.Kenny Education



2019 JC2 Preliminary Examination
Paper 1 Suggested Answer Scheme

1. Can one be optimistic given the bleak realities of today's world?
RELEVANT CONCEPTS <ul style="list-style-type: none">• Optimism vs pessimism• Fear and change• Reality vs perception
REQUIREMENTS TO PASS: <ol style="list-style-type: none">1. Value Term Requirements<ul style="list-style-type: none">• The term 'can' expresses skepticism about whether it is possible for this optimistic outlook to endure and invites us to assess how optimism might be sustained• The term 'given' signals to us the condition that threatens this optimistic outlook - that is, the 'bleak realities of today'- providing the basis of why there might be such skepticism about being optimistic• To pass, students have to make reference to the context of 'today's world'. The context of 'today's world' situates this discussion in the context of our current times and world.2. Clarification of key words<ul style="list-style-type: none">• 'one' - An average individual in today's world. While arguments must consider various global contexts, it should eventually explain how and why an individual is directly affected by these contexts.• 'Bleak realities' - 'Bleak' has an extremely negative connotation, indicating that the realities of today are perceived with a certain hopelessness and helplessness. Arguments should negotiate whether this sense of deep despair is indeed justified.• 'Optimistic' - Hopeful, having a positive outlook on life. Having the stance that the realities of the world are not perceived to be as bad as they seem.
Possible stands: <ul style="list-style-type: none">• No, it is impossible to be optimistic given the bleak realities of today's world.• Yes, we can be optimistic / have some optimism in spite of the bleak realities of today's world.
Characteristics of Good Scripts: <ol style="list-style-type: none">1) Would be able to address the assumptions in the question<ol style="list-style-type: none">a) The question assumes that there is something wrong or problematic about the state of our world today, to the extent that it might have implications on the average individual's psychological and emotional outlook2) Stronger scripts will consistently demonstrate how the context drives their arguments and will be able to evaluate whether the context of today justifies us being optimistic.
POSSIBLE AREAS FOR DISCUSSION Reasons for Pessimism (-) Problems are systemic in nature and complex to address, every stakeholder in the solution equation tends to be flawed: <ul style="list-style-type: none">• <u>Governments</u> tend to be short-sighted or have their own political agendas such that some issues take a backseat to other priorities• <u>Non-governmental organisations</u> tend to have limited resources such that their ability to intervene or provide assistance/ to mitigate the issues is limited



- Businesses and corporations are primarily profit-driven and not incentivised to protect humanity from some of the problems that we face today, in fact their goals might sometimes even contribute to the worsening of the problem

(-) Global problems have gone past the tipping point and there is little that can be done to resolve the issue (e.g. climate change, violence and conflict that have worsened/ have not abated)

(-) Society is becoming increasingly divisive and polarised. We are as a human race becoming more self-interested, choosing to be insular and unkind in our approaches. Certain recent geopolitical developments have led to rising nationalism and the prevalence of social media has resulted in echo chambers and tribalism which worsen these fault lines.

Reasons for Less pessimism/ Some Optimism

(+) Although the problems that are faced within society appear to be impossible to resolve, governments, non-governmental organisations, groups within society have come up with initiatives/steps to address or mitigate these problems which give us reason to be less pessimistic. The lack of perfect actors should not paralyse us into inaction as there are always ways to make a difference.

(+) We can trust in the ingenuity and creativity of mankind to come up with solutions to address the various issues that plague our world today. Society has advanced and progressed over time as a result of our commitment to better our lives, making use of technology and tools to improve our well-being. As such, we can have a lot to hope for.

(+) In spite of apparent divisiveness, we are also at a point in human history when we have access to and enjoyment of the greatest diversity and collaborations.

Global issues that can be raised as examples in the discussion

- **Divisions within society**

We live in an increasingly fractured world (socio-economic inequalities/ racial and religious divides) which has come under further pressure from populist rhetoric and rising nationalist agendas which serve to further widen the fissures within societies.

- **Emerging Technologies / Disruptions**

There is a lot of concern about the direction of technology and its impacts on our society. Increasing fear that the Fourth Industrial Revolution will lead to a further hollowing out of the jobs that can only be performed by humans which could result in widespread displacement as a result of AI and other emerging technologies.

- **Environmental Issues**

There is a perception that we are living through the worst-case scenario with greenhouse-gas emissions leaping back up in 2018 accelerating like a "speeding freight train". With the increase in global temperatures come the increased risk of drought and increased intensity of storms and there is a fear that we face a direct existential threat from climate change.

- **Violence and Conflict**

Violence is the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, that either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment or deprivation. Violence cuts short the lives of millions of people across the world each year, and damages the lives of millions more and is not limited by geography, race, age or income. Massacres, forced displacement of populations and political violence, are often some of the main causes of mortality.



<p>2. How far is it true that people today will believe anything the media presents?</p>
<p>RELEVANT CONCEPTS</p> <ul style="list-style-type: none">• Power/authority and control/influence• Reality/truth vs perception/distortion• Value laden vs value free• Rational vs emotional
<p>REQUIREMENTS TO PASS</p> <p>1. Value term requirements</p> <ul style="list-style-type: none">• 'will' and 'anything': the question suggests that everything in the media is believable and that this is an inevitable conclusion. The absolute nature of the question opens it up to challenge on the basis of alternatives/exceptions. <p>2. Clarification of key words</p> <ul style="list-style-type: none">• 'believe [anything]': clear criteria for evaluation should be set - have blind faith, be unquestioning/undoubting, accept at face value, be fully reliant on, consider trustworthy• 'people': public perception of the media is the focus of the question; different groups of people and their perception of the media should be discussed (e.g. young people, people with different political affiliations, academics)• 'the media presents': this can refer to the factual reporting or commentary, or even reality TV programmes, YouTube videos, in sum, any information or knowledge disseminated through different platforms, including traditional media and new media. Limiting the discussion to social media would be too narrow a scope - forms of media that can be discussed include:<ul style="list-style-type: none">○ Traditional media: print (magazines, newspapers; should not solely focus on books, and does not include brochures/pamphlets) and other forms (television, radio)○ New media: digital, computerized, or networked information and communication technologies including the Internet and social media, where anyone can be both a producer and consumer of content disseminated around the world• 'today': current global forces and trends should be the context in which the arguments are situated; these global forces and trends should be used to account for the current perception people have of the trust that can be placed in the media
<p>Possible stands:</p> <p>People believe everything the media presents. People do not believe anything the media presents. People mostly believe what the media presents. People seldom believe what the media presents.</p>
<p>Characteristics of Good Scripts</p> <ol style="list-style-type: none">1. Discuss a range of types of media2. Reasons are contextualised to specific and relevant global forces and trends that influence public perception of the media and its trustworthiness
<p>POSSIBLE AREAS FOR DISCUSSION</p> <p>People are more likely to believe what the media presents <i>today</i></p> <ol style="list-style-type: none">1. With increasing personalization of content on social media, what people see in the media often conforms to their existing worldview, so confirmation bias makes it more likely that people will simply accept the information as true instead of challenging or questioning it.<ul style="list-style-type: none">• As new media is a platform for socializing and interacting, algorithms are used to expose users to content from friends, family and groups that they like or support. This creates filter bubbles that narrow down information and perspectives to what people already accept as true or valid.

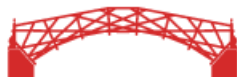


2. With ***the scourge of fake news raising widespread fears of the dangers of misinformation***, people see traditional media as an ally they can rely on a source for factual reports in their search for truth.
 - As immense reportorial and editorial effort is expended by traditional news outlets to ensure that what their readers or viewers see is factual, they are a more convenient means for readers or viewers to access credible information, as compared to the tedious fact-checking and cross-referencing they would otherwise have to do.
3. The ***digital age necessitates an evolution in the critical literacy skills*** people possess, and ***in the absence of such skills***, people are more likely to have blind faith in the information the media offers them, allowing the media to act with impunity and entrenching the culture of shoddy journalism that people unthinkingly accept at face value.
 - Apart from the basic skills of being able to differentiate between fact and opinion, and understand how language can be used to influence readers, critical literacy in the digital age requires additional skills and knowledge, including an awareness of how and why information is created, disseminated and consumed in the digital environment.
 - Exploiting the absence of such skills and knowledge, the media may be used in this post-truth world to appeal to emotions instead via catchy click-bait headlines and direct 'hard-sell' personal appeals, making it more difficult for the public to logically process and reject the information as misleading or deceptive.

People are less likely to believe what the media presents today

1. With the politicization of the media, the public's wariness of the media follows from its ***increasing distrust of the government or politicians***, making it more likely that the public will scrutinize the information the media offers instead of blindly accepting it as truth.
 - The classification of the media according to ideological lines in the United States is nothing new, but with President Trump's efforts to depose mainstream media in favour of the media he likes, his supporters and critics alike have reason to question whether media outlets are beholden to the Trump administration or its political opponents, making them suspicious of prejudiced reporting or commentary and discouraging blind faith in the media's reliability.
2. People see the media as aiding and abetting the spread of fake news, and with ***widespread fears that fake news could be weaponized*** to undermine democracy, divide society, and damage reputations, people are more likely to be suspicious of reports in the media instead of accepting them at face value.
 - The 2017 Edelman Trust Barometer found that concern over fake news caused the mainstream media to lose credibility as an authoritative source of information, and people actively chose to ignore and exclude it from their media diet, much less rely on what it presents as true and factual.





<p>3. 'It is a mistake for education in this technological age to ignore the Arts.' To what extent do you agree with this comment?</p>
<p>RELEVANT CONCEPTS</p> <ul style="list-style-type: none">• Continuity vs Change• Utilitarianism/Pragmatism and idealism• Individual vs society• Culture and values
<p>REQUIREMENTS TO PASS :</p> <p>1. Value Term Requirements</p> <ul style="list-style-type: none">• The absolute terms 'mistake' (misguided/ wrong) and 'ignore' (disregard/ pay no attention to) have to be addressed and students are expected to challenge this claim and evaluate the extent to which the comment is valid.• Students should expound on the various functions of the Arts both as an end in itself (art for art's sake) and consider how the Arts is or is not as important as the Sciences for the individual, a society and its economy• Students should evaluate the reasons that support their stand with regard to the statement and point out the positive and negative consequences of ignoring the Arts.• To pass, students should show some awareness of the context of the technological age when discussing the value of the Arts. <p>2. Clarification of Key Words</p> <ul style="list-style-type: none">• Education - The process of facilitating learning & the acquisition of knowledge, skills, values & beliefs. This should encompass all areas of education within the society in question - namely, the plans, initiatives and educational policies implemented within a country, especially its formal education system - the subjects that are being taught, the programmes held, as well as the way citizens view what education means to them.• The Arts - Establish the parameters that encompass the various branches of creative activity, such as the Humanities (especially Literature and History), language arts, dance, drama, music, visual arts, design and new media. These are subjects that are taught at all levels in an education system.• Age of Technology - A culture in which technology has affected everything in which case, the emphasis in education would be on STEM subjects (Science, Technology, Engineering, Math) which focus explicitly on scientific concepts and skills.
<p>Possible stands:</p> <ul style="list-style-type: none">• It is wrong to ignore the Arts which are as important as the Sciences and Technology in education.• It is wrong to ignore the Arts which continue to have some value but in the current context where the Sciences and technology are key to our progress, the focus must still remain on/ more emphasis must still be placed on science and technology.• In the current context where the Sciences and Technology are key to our progress, the Arts contribute little to the real world and Arts in education can be disregarded (this is difficult to defend).
<p>Characteristics of Good Scripts:</p> <p>1) Would be able to address assumptions in the question</p> <ul style="list-style-type: none">• The question assumes that in a modern world that focuses on technology, education systems focus on the sciences and math and so ignore the Arts. The statement implies that the Arts can be useful and is an important contributor to society even in an age where technology is perceived as key to society/progress



2) Good scripts might expound on the Arts as inherently leaning towards aestheticism (art for art's sake) and to flesh out the various benefits that the Arts can bring to the individual and its society rather than utility.

3) Better scripts would be able to contextualise the argument in terms of STEAM and how the arts should be part of the curriculum in schools and courses in institutions of higher learning.

POSSIBLE AREAS FOR DISCUSSION

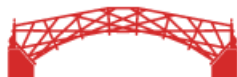
An emphasis on the Arts in education is justified due to the immense benefit a student/society can derive from the development of an Arts education

- The Arts are a fundamentally important part of culture being time honoured ways of learning, knowing and expressing and should be included in every child's education. An education focusing only on the Science, Technology, Engineering and Mathematics (STEM) without the Arts would lead to an impoverished society.
- The Arts are an integral part of a well-rounded education, contributing to the overall development of a student, and should not be sacrificed in the development of STEM in education.
- People increasingly recognise the need to integrate the Arts and the Sciences for greater innovation and economic prosperity. There is a growing awareness that the arts are critical to innovation which stimulate economic growth Eg. The STEM to STEAM initiative (Championed in Rhode Island School of Design) which recognises the importance of visual learning and creative thinking

An emphasis on the Arts in education may not be justified due to the lack of viability against the dominantly pragmatic mindset that governs society

- In a world where science and technology are ubiquitous and play a key role in developing solutions to solve real world problems, it is impractical for students to spend time on the Arts which contribute little to advancing society.
- To succeed, we need to be an innovative and knowledge-based society and so students need the requisite skills and scientific literacy (i.e. to recognise scientific language/ asking how good is the evidence or how valid is the underlying science when science is funded by taxpayers) to participate in this society so as not to be left behind.
- It is not economically viable to specialise in the Arts, especially in societies that do not fully support the Arts and so there is limited support from government and society with limited job opportunities in these areas





4. 'Sport and politics should always be kept separate.' Comment.
<p>RELEVANT CONCEPTS</p> <ul style="list-style-type: none"> • Power/authority and control/influence • Value laden vs value free • Empowerment vs disempowerment • Drive for progress • National identity and pride
<p>REQUIREMENTS TO PASS</p> <p>1. Value Term Requirements</p> <ul style="list-style-type: none"> • 'always': renders the statement in quotation marks an absolute statement which opens itself to challenge based on its exceptions. • 'should': give reasons to justify the recommendation <ul style="list-style-type: none"> ○ criteria for evaluation: obligation/duty, desirability, correctness ○ consider the consequences/benefits/disadvantages of the recommended action, and its alternatives, in order to present a strong case in support of, or militating against, the recommendation in the question <p>2. Clarification of Key Words</p> <ul style="list-style-type: none"> • 'be kept separate': this presents the recommended course of action that is controversial; candidates need to identify the extreme/absolute/problematic nature of this recommendation to demonstrate understanding of the controversy and take a stand on it. • 'sport': can discuss professional sport at the national and global level, or amateur/recreational sport, as long as there is room to discuss how the government and politicians can impinge on these areas/types of sport • 'politics': the discussion must relate to the activities of government and politicians, and/or the citizens' awareness of and participation in such matters
<p>Possible Stands:</p> <p>Sport and politics should never be kept separate. Sport and politics should always be kept separate. Sport and politics should mostly be kept separate. Sport and politics should seldom be kept separate.</p>
<p>Characteristics of Good Scripts</p> <ol style="list-style-type: none"> 1. Address the assumption in the question e.g. while sport and politics mix, it is possible to compartmentalize sport and politics so that they do not encroach into the other's territory 2. Wide scope of argumentation, demonstrating knowledge of the functions and impacts of sport from the perspective of different groups in society
<p>POSSIBLE AREAS FOR DISCUSSION</p> <p>They should not be kept separate</p> <ol style="list-style-type: none"> 1. It is necessary for the government to use international sporting events as a vehicle to enhance the prestige and profile of the host nation on the global stage. <ul style="list-style-type: none"> • Countries such as China and Singapore use the hosting of international sporting events at the highest level to show off their spending and organisational power. • Hence, political backing is required through the allocation of ministers to front and lend credibility to a country's campaign to host events of such a nature and scale, and for million-dollar budgets to be passed to build the necessary infrastructure. 2. Sport is a highly effective means the government can use to excite patriotic passions, uniting the nation amidst divisions and fault lines that threaten to rend society apart. <ul style="list-style-type: none"> • Following the tragic events of September 11, 2001, elected officials urged people to get back to everyday life. In New York City, the epicenter of the attacks, America's pastime, baseball, made a comeback with the city's beloved New York Yankees baseball team



- reaching the 2001 World Series, with people turning up in droves for Game 3 of the World Series just 49 days after the terror attacks and a few miles from Ground Zero.
- The government threw its weight behind this new development, with then-President George W. Bush throwing the ceremonial first pitch in a bulletproof vest at this iconic game, where anxiety and gloom momentarily gave way to the defiant display of national solidarity seen in the collective refusal to allow daily life to be interrupted, and in people around the country pulling for the New York team's symbolic victory.
3. Allowing sport and politics to mix is an important way to compel an examination of privilege that is so often blind to the injustice faced by those who have been disadvantaged by sport perpetuating prejudice and discrimination.
- Chilling parallels between racism in segregated 1930s America and in Nazi Germany were observed during the 1936 Berlin Olympics, which prompted criticism by American journalists of how black athletes were treated at home and abroad.
 - Although these Olympic Games were envisaged as a showcase for supposed Aryan superiority, some black American athletes ironically commented that they felt more welcome in Berlin than at home. This was unsurprising given that even Jesse Owens, who won four gold medals and smashed several records, was snubbed by the then-President, Franklin D. Roosevelt, and even had to attend a reception held in his honour via a freight elevator as being black prevented him from entering through the main doors.
 - These Olympic Games were a critical opportunity to reflect on white privilege in America, with media coverage on how all the black Olympians came from northern universities that served mostly white students, revealing the inferiority of training equipment and facilities at traditionally black colleges in the 1930s.

They should be kept separate

1. Politicising sport by using it as a platform for protest detracts from the simple pleasures that sport can offer.
2. Politicising sport is bad for the business of sport as it repels viewers, slashing cable network subscriptions and attendance at sporting events, which in turn affects the bottom line of sporting teams and their training of talented athletes.
3. Politics and sport are powerfully evocative and come together in a potent mix that could heighten conflict and divisions in society.





5. Assess the view that attempts to reduce inequality in your society can never be effective.

RELEVANT CONCEPTS

- Equality vs Equity
- Idealism vs Realism
- Meritocracy
- Individual vs Society

REQUIREMENTS TO PASS

1. Key words

- **'Attempts'**: Specific national policies and strategies must be identified and evaluated with regard to their degree of effectiveness (ideally past, present and future)
- **'Can never be'** : Absolute question. It means that there are no exceptions.
 - Students will first need to prove that there are no situations where attempts to reduce inequality are effective
 - For balance, students will need to prove that **there are indeed exceptions**, whereby attempts to reduce inequality have been / somewhat effective

2. Clarification of Key Words

- **'Attempts'**: on-going efforts, strategies, policies primarily by the government In Singapore, though the student may discuss secondary efforts by NGOs and other grassroots organisations
 - Irrelevant essays: no reference to structural, systemic inequalities (and the attempts/policies to address them), instead, only focuses on emotions/attitudes/beliefs (prejudice & discrimination)
- **'Inequality'**: measured according to equality of rights/status/opportunities/representation in the following areas
 - Income
 - Social class
 - Political power
 - Gender
 - Disability
 - Race
 - Age
 - Inequality refers to **difference, not deprivation**
- **'Reduce'**: to bring down to an acceptable level (either socially or politically)
 - Income: Gini coefficient can be one possible criterion
 - Social class: Greater proportion of the middle class in relation to the upper and lower classes in society. (Ref to Prof Tommy Koh's description of how Singapore has changed from an olive-shaped distribution of income to one that is now pear-shaped)
 - Gender / Disability / Race / Age: Opportunities, pay, privilege
- **'Effective'**:
 - Real and sustained progress in mitigating the problem (long-term)
 - Addresses the root cause of the problem
 - Degree / scale of the strategy / policy's impact
 - Success of the strategy / policy



Possible Stands:

- National policies and strategies to reduce inequality **have been effective and will continue to be effective**
- National policies and strategies have been effective so far in reducing inequality but **may be less effective in the future**
- National policies and strategies **can be effective in reducing only some types of inequality**
- Attempts to reduce the various forms of inequality **may be effective but limited in terms of sustained success as new factors arise**, making the battle an uphill task (a continuing challenge).

Characteristics of Good Scripts:

1. Would be able to address the assumptions in the question
 - That the issues of inequality are persistent and likely to be systemic
 - The fault lines be they class / gender / age will always exist.
2. Good scripts will be able to address several types of inequality (2-3)
3. Good scripts will be able to recognise that some forms of inequality can be more effectively reduced than others
4. Good scripts will be able to identify a range of national policies and strategies to reduce different types of inequality
5. Good scripts will be able to identify specific indicators that assess whether inequality is reduced effectively and the actors / stakeholders / groups (private / public) that implement measures to reduce inequality

POSSIBLE AREAS FOR DISCUSSION

National policies and strategies to reduce socio- economic inequality: degree of effectiveness

- Create a society of opportunities for all at every stage of life
- Provide multiple pathways for social mobility
- Greater focus now on strengthening support for Singaporeans from lower income and disadvantaged backgrounds
- Singapore has been successful in reducing income inequality through economic development, job creation, income growth, affordable quality healthcare for all, the public housing programme with generous subsidies to promote home ownership, investments in education and our people of all ages and backgrounds
- Supporting data of effectiveness of these policies:
 1. In 1980 nearly 45% of P1 cohort dropped out of sec school. Today it is less than 1%.
 2. In 1965 only 10% made it to post-secondary education. Today it is more than 90%.
 3. Home ownership: 60% in 1980, 90% today.
- Conditions that will enable effectiveness of policies to reduce socio-economic inequality and political inequality: economic freedom (free enterprise), meritocracy, corruption-free institutions (no cronyism, nepotism)
- Inequality is acceptable as long as it is due to difference in ability, not difference of opportunity. Hence , the ramping up of investment in pre-school and early childhood education that is of high quality and affordable. Massive increase in subsidies for undergraduates this year. 55,000 will benefit. The cost of medical undergrad studies has been reduced from \$25000 to \$5000 annually for students from lower income families.

Obstacles in reducing socio-economic inequality further in the future:

- As the economy prospers, the number of wealthy individuals will go up.



- As the economy re-structures, the changes in technology, automation and AI will cause a greater divide between higher-skilled and lower-skilled workers
- Harder to **further** reduce inequalities arising from discrimination according to age, race, gender and disability due to the difficulty in changing mindsets/attitudes/beliefs

Attempts to address inequality may be effective only in the short term and do not really address the root cause

- Laws / policies in place to address different forms of inequalities e.g employment laws regarding the re-employment of people over the legal retirement age BUT private companies may prefer to employ younger workers instead
- The government uses the education system to address the social class inequality by providing more aid in terms of early intervention. But social class inequality may persist as those who have succeeded earlier pass on their advantages (wealth, connection and so on) to their descendants.
- The issues with inequality may be addressed for the time being but new factors like changing norms (cultural, social or political) may tap into latent fault lines of gender, race and so on.

Attempts to address inequality may be effective when it comes to rectifying the physical barriers, in terms of the design of infrastructures, but the changing of mindsets is far more challenging.

- Regulations / changes made to the design of public infrastructures like overhead bridges, traffic crossings, access to public areas have addressed some of the existing concerns over access or usage by groups like the elderly or the physically disabled.
- But the changing of mindsets through education would take a far longer time.

6. 'Artificial intelligence enhances our lives.' To what extent do you agree with this view?

RELEVANT CONCEPTS

- Ideal vs Reality
- Hope vs Fear
- Benefit vs Harm

REQUIREMENTS TO PASS

1. Value Term Requirements

- **Absolute question**
 - Students must explain why AI enhances lives
 - For balance, students will need to challenge this absolute view by acknowledging situations whereby AI may be detrimental to some aspects of people's lives

2. Clarification of key words

- **'Artificial Intelligence'**: AI is where computer programmes **can learn** through solving problems and be able to **apply the new information** in a new context, simulating human intelligence.
Types of AI:
Strong AI: the development of a machine's intellectual capability till it is functionally equal to a human's.
Weak AI: the development of a machine's intellectual capability for a specific task.
- **'Enhances our lives'**: **improves / increases the quality** of our lives
 - Safer
 - More convenient
 - More efficient
 - Better deployment of resources



- Maximisation of talent, ability, enjoyment

Possible Stands:

- AI **does enhance** our lives in many ways **but we need to be aware** of its **impact on** several **segments** of society / the **opportunity cost** / the **unintended consequences**.
- AI **may seem like it enhances** our lives but in **actual fact, can be a danger to humanity** in the long run. AI causes a worsening/ severe deterioration in the quality of life.

Characteristics of Good Scripts:

1. Should be able to address the assumption in the question
- AI is touted as a **great help** to make lives better / easier / more secure
- Students need to recognise that corporations and governments are **investing heavily** in AI, and its **increasing prevalence** in many aspects of our lives.
2. Good scripts would recognise the **inevitable spread** of AI and acknowledge the need to regulate it to some extent, be it how it is used or how people can be protected from its more intrusive elements
3. Identify weak AI and distinguish it from strong AI, which is more likely to pose a threat to our lives

POSSIBLE AREAS FOR DISCUSSION

Artificial Intelligence enhances our lives:

- 1) AI may make us feel / be safer (personal and national) :
 - Identity recognition software can enhance security for sensitive information;
 - Vast databases give the police and armed forces greater capabilities in monitoring suspicious activities
- 2) AI may free us to do more creative / value added / higher order work:
 - AI can be taught to take over monotonous / dangerous work.
- 3) AI may help us make better use of our resources:
 - AI can optimise the allocation of resources be it energy or time in contexts like the smart home or smart city. Having more free time enables individuals to use it more productively, eg engage in more creative tasks, spend more time on hobbies, hence enhancing quality of life.
- 4) AI may give us better control of our lives
 - AI may help us track our lifestyle choices (like diet, exercise...), make recommendations, and allow us to take the necessary actions to lead healthier / more meaningful lives.

Artificial Intelligence (especially for strong AI) SEEMINGLY ENHANCES but is more of a threat to / has detrimental effects on society:

- 1) AI could be a danger to humanity if it progresses unabated / has loose legal regulation and therefore worsens quality of life -
 - With the potential to mimic human intelligence, AI could become a threat to mankind IF governments or corporations do not control the speed of development and the areas where AI is deployed.
- 2) AI could hasten the loss of privacy
 - Using data from various sources, AI could potentially go beyond recognising individuals and even predict our future behavior.
- 3) Ethical issues of using AI (e.g perpetuation of bias)
 - AI may execute decision making that is not really fair and just, that it exhibits some form of bias. This could be problematic when AI is used in areas like law enforcement or human resource management.



7. How far do you agree that religion is a unifying force today?

RELEVANT CONCEPTS

- Ideal vs reality
- Self-interest vs greater good
- Unity vs division

REQUIREMENTS TO PASS

1. Value term requirements / Question Type

- Absolute term 'is': Students must assess the absolute claim that religion brings people together and evaluate the extent to which this is true.
- Students must contextualise arguments to the context of today's world to assess the extent to which religion unites or divides

2. Clarification of key words

- **'Religion'** - a **system** of faith and worship.
 - Students need to recognise that religion goes beyond the self and deals with a community.
 - Discuss major religions of the world with the most influential being Christianity, Hinduism, Islam, Judaism and Buddhism.
- **'Unifying force'** - causes people to rally around a collective identity, even for people who may not have much in common.
 - Students can discuss unification at different levels e.g. society, nation, world
 - People can be unified against another group, resulting in conflict, obvious instances being conflict between different religious groups, or conflict within religious groups upholding conservative values, on the one hand, and groups espousing liberal values, on the other
- **'Today'** - Students need to contextualise their arguments to the current realities of today and refer to current examples/situations; unpack the context of today
 - Many hot-button issues in our world today have some sort of ideological root in religious beliefs
 - Globalisation as a competing force of unity, there are plural societies in our world today and the "global citizen" identity can be quite strong
 - Nationalism as a competing force of unity
 - Religion has received a bad reputation, especially when there are an increasing number of "religion-related" terrorist acts reported on the media

Possible Stands:

- Agree, religion seems to be a unifying force in the world today, precisely because it transcends the traditional ways of categorising people (i.e. race, language).
- Disagree, religion is a source of division today, especially when used as a political tool.
- (Conditional Stance) Although religion can unite people in terms of the values of peace and harmony that most religions espouse, because of the fundamental differences in beliefs when used for purposes other than religion, or when different interpretations of the same religion arise, religion has the power to divide as well.

Characteristics of Good Scripts

- 1) Should be able to discuss the assumption in the question
 - Religion has the power (to unite or divide people), and it goes beyond mere belief in something transcendental/ beyond the material world
- 2) Good scripts show an appreciation for the role of religion as a unifying force, especially in today's pluralistic world.



- 3) Good scripts would extend their focus beyond conflicts between religions and the conflict religions bring to others (believers and non-believers) and refer to divisions within religions (based on differing interpretations/ liberal vs conservative)

POSSIBLE AREAS FOR DISCUSSION

Religion is a unifying force:

1. Religion could even be a unifying force precisely because of the religious plurality that we experience today, **religion unites by functioning as a moral compass as well as a peacemaker for society.**
 - a. For example, inter-faith dialogues that are held, inter-religious organisations that are founded etc.
 - b. In February 2017, a Catholic nun Sister Lucy Kurien, founder of Maher NGO, founded the *Interfaith Association for Service to Humanity and Nature* in Pune, India. She defines interfaith spirituality as, "We respect and love all religions. We never put down anyone's religion, or uphold one religion to the exclusion of others. What we want is to believe and respect interfaith religion, inclusive of all faith traditions. In our community spiritual practices, we invoke our prayers to the Divine, rather than invoking any particular name or form of God to the exclusion of others."
 - c. *Especially In times of societal conflict and tension*, religious leaders and institutions are often called upon to help out as they are deemed to be highly respected and influential in the community. In the face of potentially volatile racial and religious tension and discrimination in Singapore following a string of extremist bombings in the region, many inter-faith dialogues have been set up to promote better communication, understanding and respect amongst the nation's major religions. This sought to ensure that the local community would not be vulnerable to false teachings/ prejudices, or liable to instigate violent retaliations against any group. The dialogue also sought to find common ground between the religions, thus uniting rather than dividing the nation's citizens during an otherwise volatile time.
2. Especially in our world where heterogeneity seems to be the norm within national boundaries, religion is a **unifying force that can be as powerful as nationalism** today.
3. Religion has shown to be able to **unite** rather than divide people **during times of crisis**, by providing a **common denominator called faith** through which strangers can reach out and relate to one another.
 - a. For example, in the aftermath of the 2019 Easter Bombings in Sri Lanka, Colombo, Muslims and Catholics came together to condemn the act of terror that was linked to the Islamic State group. Such an attack on religious places precisely during these religious festivals such as Easter are perpetrated to create a divide between people of various faiths and communities. However, the leaders of both the Catholic and Islamic communities have expressed their closeness with Christians everywhere, sharing their sorrows and pains, and have issued a joint statement vehemently condemning the Easter Sunday suicide bomb attacks in Sri Lanka. They also plan to send an inter-faith delegation as a gesture of their condolence and solidarity with the victims. It was reported that some mosques even offered their space to the Catholics (and on top of that, they promised to protect the Catholics during their mass by forming a human barricade) so that they could celebrate their Holy Mass in peace. This example shows how such a crisis can unite communities and pull the nation together as one as all shared in the immense grief and shock following the tragedy.

Religion is a source of division:

1. Religion as a great adhesive force becomes a force of discord, disunity and conflict **when used to pursue a political agenda or used as a political ideology**. Religion has also been a cause of conflict when used by a group or section of society or a state for internal hegemony or foreign conquests and expansion (religion exploited for political ends).
2. Even when communities seem to be religiously homogeneous, **different interpretations** of the faith, taking the shape of sects and schools of thought, **intolerance of others within the same religion arise**.



- a. In Indonesia, which was once lauded as a beacon of "tolerant" Islam is now a battlefield for religiously charged politicking.
 - b. The increasing persecution of minorities and rise in terrorist attacks are characterised as reflective of an increasing radicalism that may eventually go the way of the Caliphate.
 - c. Conflict between the Shia and the Sunni sects of Islam
3. **There are many hot button issues across the world**, and often **religion creates schisms** not only between groups of people but within groups of people who identify with the same religion.
- a. For example, abortion, reproductive rights, gay rights, the death penalty, **all of which have ideological roots in religious beliefs** that are either archaic or have been cherry-picked to support specific points of view → Resulting in schisms even between people of the same religions (conservatives vs liberals)
 - b. Jesuits are known to be "liberal" in their Catholic teaching, and the recent spate of events (gender politics - educational institutions) in the USA highlights how even within Catholicism there can be division. A Catholic high-school run by the Jesuits (Brebeuf Jesuit Preparatory School) refused to terminate a member of staff who publicly declared to be in a same-sex marriage. The Archdiocese of Indianapolis has removed the "Catholic" title from their college name because they were not compliant with the Catholic Church.
4. Today's **religious extremists** - who have waged war and suicide bomb attacks on innocents, all **in the name of religion** and their twisted mission to 'avenge' or 'bring glory to God's name' - have caused division.
- a. Examples include the recent Sri Lankan Easter Bombings.





<p>8. Do the young people in your society have what it takes to ensure that the nation remains successful?</p>
<p>RELEVANT CONCEPTS</p> <ul style="list-style-type: none">• Self-Interest v. The Greater Good• Duty/Obligation v. Freedom• Education v. Experience• Progress v. Status Quo/Tradition
<p>REQUIREMENTS TO PASS</p> <p>1. Value Term Requirements</p> <ul style="list-style-type: none">• 'Have what it takes' - students must acknowledge the doubt and skepticism embedded in the question about the skills, qualities and disposition of young people in present day Singapore <p>2. Clarification of key words</p> <ul style="list-style-type: none">• 'Young People' - students need to focus on young people (UN defines youth as persons aged 15-24. It also accepts member states' definition as 18-30. Singapore's National Youth Council considers youth as those between 15 and 35 years old.) and identify the different traits of young people in Singapore that can contribute/hinder a nation's success<ul style="list-style-type: none">○ Sheltered, spoiled○ Highly educated○ Competitive○ Highly affluent• 'Remains' - continues to be<ul style="list-style-type: none">○ Students must contextualise arguments to current ways in which Singapore is known for being successful.• 'Successful' - economically vibrant and thriving, politically stable with good international and bilateral relations i.e. a good reputation economically and politically, built upon sound moral and ethics, has garnered international acclaim in areas like science and educational standards, quality of life/standard of living
<p>Possible stands:</p> <ul style="list-style-type: none">• Yes, the young have what it takes, given that they are highly competitive and used to hard work.• No, the young do not really have what it takes because they have grown up in a fairly sheltered environment so they lack the grit, strategy and resilience in order to ensure that Singapore remains competitive in a world that is even more volatile than before.• A majority of the young have what it takes, but the future is uncertain.
<p>Characteristics of Good Scripts</p> <ol style="list-style-type: none">1) Would be able to address the assumption in the question<ul style="list-style-type: none">• The success of a country cannot be derived from the current generation of leaders and workers.• The question assumes that the country is already successful.2) Good scripts might argue that the definition of success in Singapore can and should change in the future and based on such a definition, the young have what it takes to ensure success.
<p>POSSIBLE AREAS FOR DISCUSSION</p> <p>Yes, the young have what it takes</p> <ol style="list-style-type: none">1. Young people possess far more knowledge about issues because they are more highly educated and information today is more readily available. Therefore, they are well-equipped intellectually to predict challenges and suggest solutions that ensure the nation overcomes them to retain its current successes.2. Young people today are more exposed to global issues and strongly influenced by international trends resulting in greater drive for and belief in values such as equality and freedom. As such,



their confidence and strength of belief allow them to have the courage to ensure that Singapore continues to be built and grounded on enduring values such as inclusivity and graciousness.

No, the young do not really have what it takes:

1. The young in Singapore merely possess theoretical knowledge and not the physical experience of hardship. As such, they lack the resilience and tenacity to overcome real challenges that will ensure that Singapore remains successful.
2. The young in Singapore are used to success and organised solutions to problems that are conceptualised by the government which might actually prevent them from being able to emotionally and mentally cope with problems or unexpected crises in the country. Thus, their sense of entitlement and the privilege of having been raised in a structured, organised forward-planning environment might prevent them from possessing the requisite flexibility, adaptability and innovativeness that help them to ensure that Singapore remains economically and politically vibrant.
3. Although the young in Singapore may be more interconnected, they are unfortunately, more apathetic and lack initiative. As such, they may not actively plan ahead and create the positive changes needed in order to maintain Singapore's current economic and social standing.





<p>9. In a world dominated by superpowers, can small countries play a significant role on the global stage?</p>
<p>RELEVANT CONCEPTS</p> <ul style="list-style-type: none"> • Sovereignty • Balance of power • Competition vs cooperation • Hard power vs soft power
<p>REQUIREMENTS TO PASS</p> <p>1. Value Term Requirements</p> <ul style="list-style-type: none"> • The question word can requires students to address the contexts in which it is possible for small countries to play a significant role on the global stage. • Students would need to unpack the condition 'world dominated by superpowers' and allow those conditions to drive the arguments they are making. <p>2. Clarification of Key Words</p> <ul style="list-style-type: none"> • 'Superpowers' - A superpower is a state with a dominant position characterized by its extensive ability to exert political influence or project power on a global scale. Such extremely powerful nations are capable of influencing international events, and the acts and policies of less powerful nations. This is done through the combined-means of (1) <u>military</u>, (2) <u>economic</u>, (3) <u>technological might</u>, and <u>cultural strength, diplomatic and soft power influence</u>. A country must fulfil most of the 'criteria' to qualify as a superpower. <ul style="list-style-type: none"> ◦ Eg. USA, China, Russia, Germany • 'Dominated' - suggests that power (and control) is involved; these superpowers call the shots • 'Small countries' <ul style="list-style-type: none"> ◦ Several indicators can be used to assess if a country is small, mainly, size of territory, size of population, GDP. (Eg. Luxembourg, Qatar, Singapore, Greenland, Hong Kong, Bahrain, Bahamas, Colombia, Cyprus, Fiji, Estonia, Guyana, Iceland, Macao, Lichtenstein, Monaco, Montenegro, Qatar, Samoa, Slovenia, Tonga, Trinidad and Tobago, Swaziland, Lebanon, Luxembourg, Kuwait, Jamaica, Kosovo, Latvia) ◦ However, students should recognise that these cutoffs are completely arbitrary. A small country could be one with large geographical size but it does not have influence. • 'Significant role' - criteria for assessing the impact they have on global affairs (not just politics). <ul style="list-style-type: none"> ◦ Degree / scale of impact (level of influence) ◦ Long term impact ◦ Importance/value • 'Global stage' - world level
<p>Possible Stands:</p> <ul style="list-style-type: none"> • Some small states may/do have a significant role to play on the global stage precisely because of their small size, they are able to reduce power asymmetry between states, decrease the transaction costs of diplomacy, and impose constraints on large states. • No, small states do not have a significant role to play on the global stage, especially in today's world dominated by superpowers.
<p>Characteristics of Good Scripts:</p> <ol style="list-style-type: none"> 1. Good scripts are also able to unpack the meaning of small states well and go beyond the traditional idea of territorial and population size as the main criterion for classifying a state as "small". 2. Better scripts might argue that conventional wisdom about power (small states, while not completely powerless, are unlikely to achieve much of significance when faced by great power opposition) rests on resource-based and compulsory understandings of power; and that small states/countries can also have other sources of power:



- a. Derivative power: (coined by Michael Handel) states rely upon the relationship with a great power.
 - b. Collective power: involves building coalitions of supportive states, often through institutions.
 - c. Particular-intrinsic power: states rely on the assets of the small state trying to do the influencing. Small states specialize in the bases and means of these types of power, which may have unconventional compulsory, institutional, structural, and productive aspects.
3. Better scripts will recognise that despite their unique vulnerabilities (small states have different needs, adopt different foreign policies, and have a harder time achieving favourable foreign policy outcomes than large states), they use it to their advantage, and small states have some clout in international politics/ influence global affairs.

POSSIBLE AREAS FOR DISCUSSION

Yes, small countries can play a significant role:

1. Successful small countries that have **gained international respect, including that of superpowers, have influence** because the world is **willing to listen to them**.
 - a. Singapore, although not a G20 member, has been invited to participate in the G20 Summits and its related processes in 2010 to 2011 and from 2013 to 2019.
 - b. Taking Singapore as an example, the Ministry of Foreign Affairs administers a multimillion-dollar programme to assist other developing countries called the Singapore Cooperation Programme. Singapore does not give money to other countries because of the risk that it will be diverted. However, Singapore has been extremely generous in sharing our experience, knowledge or expertise. To date, Singapore has trained more than 100,000 officials from over 75 countries. On the global stage, at the United Nations, Singapore took the initiative to establish the Forum of Small States, consisting of 107 small countries. Singapore also took the initiative to establish the Global Governance Group, consisting of 30 small and medium economies. Our leadership of the two groups has contributed to our diplomatic power.
2. In a world dominated by superpowers, small countries with advanced economies can serve as **a good barometer of the health and functioning of the global economic system**. They are acutely exposed to the global economy, so global dynamics - often shaped and influenced by superpowers - show up cleanly and quickly in these countries.
3. In today's context where superpowers have the loudest voice, an increasing number of small countries are able to **collaborate with other small countries to amplify their voice**.
 - a. This is best exemplified by the formation of blocs and coalitions. Through strategic alliances, the world is more likely to take the views of small countries seriously because of the greater credibility they attain by joining regional bodies.
 - b. For example, Denmark's participation in the European Union (EU) allowed Denmark to take the lead in peace-building and tackling issues of the existing political and bureaucratic institutions' incompetency in dealing with post-conflict building. Denmark, a country that is highly reputed for its efficient public safety and security, now enjoys a certain legitimacy related to peace-building.
4. Although relative to the superpowers, small countries are deemed to have little to no influence in world affairs, small countries that **have or are working on developing their comparative advantage and their niche** can play a significant role in the world today, as this gives them a larger sphere of influence and hence a greater voice in world affairs.
 - a. For example, Ivory Coast has a niche in producing cocoa beans and many large economies are highly dependant on Ivory Coast for their cocoa beans. This allows Ivory Coast to establish market power and control the demand and supply of the beans.
 - b. Another example that illustrates how small nations also have the ability to build up their military capacity, enabling them to rise in times of crisis in other countries, is the Republic of Singapore Armed Forces (RSAF). The RSAF has a strong military capacity and has played a pivotal role in rescue efforts during calamities such as the Nepal earthquake. Therefore, it is conclusive that a country's size is not proportional to the influence it can have on the world because so long as a country has an abundance of resources, like a



- strong labour and military capabilities, it will be able to play a significant world on the global stage.
- c. It may seem at first blush that small countries seem to have little to no influence on the global stage relative to superpowers. However, if the small country has worked hard to develop a niche that affords them a larger sphere of influence (and a niche that makes them respected on the world stage), it allows them to have a greater voice in world affairs.

No, small countries cannot play a significant role:

1. Small states do not have the clout to effect or create any change on the global arena because they **lack the military might** to reinforce decisions, and are dwarfed by large states.
2. In our current economy, small states cannot compare to large nations. Large states have stronger **labour forces** and military strength, which leads to stronger and **wealthier economies** which gives them the voice and the clout to dominate.
3. The **overpowering voices** of some superpowers completely silence out those of the small countries. This renders any international agreement as futile because large economies will always have an inherent greed to have their concerns addressed and met, rendering small economies insignificant.
 - a. An on-going example would be the South China Sea disputes.
 - b. China has been claiming areas that are deemed to be the Philippines' territory, as China has claimed that areas within the 'nine-dash line' belong to her. The United Nations Conventions on law off the Sea (UNCLOS), which sets regulations on the areas of seas which a country can claim, is practically pointless in this case because China's aggression blatantly violates the UNCLOS, and the Philippines has no say in what should be done because of China's abilities to threaten the Philippines using her military prowess. Therefore, small countries still cannot have their voices heard if large countries continue to pursue their self-interests without giving small countries a say.

10. Evaluate the claim that the artist's only responsibility is to his art.

RELEVANT CONCEPTS

- Aestheticism - Art for Art's Sake
- Beauty vs Utility
- The Individual vs Society

REQUIREMENTS TO PASS

1. Value Term Requirements

- **'Only'** - an absolute word that must be challenged
- **'Responsibility'**: possible conflict between the intrinsic value of art and the role that artists have as members of a society

2. Clarification of Key Words

- **'His art'**
 - The creation of a work of art that is the self-expression of the individual artist.
 - The arts comprise the visual, literary and performing arts, and even popular music.
- **'Responsibility'**
 - A duty to something. In this case can the artist focus only on creating artworks/be true to his own voice without taking into account the social/ethical impact of his works on society.
 - Being held accountable. Should an artist be aware of his/her role as a social commentator, social critic etc.

Possible Stands:

- The sole aim of an artist is self-expression through his creations. Art does not have to serve any social purpose. True art is divorced from any didactic, moral or utilitarian function.



- While the artist's main aim is self-expression, he also has a responsibility to society as a social commentator. He should bear in mind the impact that his art work may have on society. Morality and social criticism have always been necessary ingredients in all the arts.

Characteristics of Good Scripts:

- Comparative evaluation of Art for Art's Sake (private role) and Art for Life's Sake (public role)
- Issues regarding the violation of censorship laws on decency and offensiveness by artists eg nudity and offensive behaviour in dramatic performances, offensive language in pop songs.
- A wide range of examples of art works from a range of art forms. These examples should include art works that have a moral or social theme eg Guernica by Pablo Picasso, war poems by Wilfred Owen, plays by William Shakespeare, "Helena" by Marco Evaristti, religious art.

POSSIBLE AREAS FOR DISCUSSION

Responsibility of the artist is to his art:

1. Art for Art's sake - Art sits outside a frame of responsibility such that Art might be seen as amoral. As such the artists' primary, if not only responsibility would be to aesthetics, focusing on self-expression, working towards original artistic creations, revolutionising his ways of creating, thinking or perceiving. The artist should seek only to create the best art that he can and not be concerned about the consequences of creating art with a particular content. His creativity should not be limited by a fear of any potential backlash to his art.

Responsibility to society:

1. The artist has a duty to society to promote 'the fine and the noble' and ensure that his art not only does not have a negative impact on society, but even better society in some way. Artists work to illuminate issues that they feel strongly about so as to stimulate debate and possibly changes in various perceptions/attitudes or beliefs within society by creating new understandings or empathy through his artwork.
2. An artist needs to be responsible for his actions and the impact that his art might make on others, and with that in mind, the artist needs to be socially responsible when practicing his art. Art being an evocative medium has the power to incite and inflame emotions. Although an artist does not control the impact of his art, nevertheless the artist should insofar as it is possible, not to create art that is inflammatory.
3. Artists create a sense of community. Some local artists donate art works for auctions that benefit local causes and charities / support communities by teaching their art and craft, setting examples for young people who might be considering a career in the arts.

Responsibility to both his art and to society

Artists owe their audience the truth.

Truth to materials: following the natural flow of whatever they are working with, allowing it to inspire the form and meaning of their work.

Truth to themselves: putting their passion into the work without editing it or trying to make it conform to other people's expectations.

Intellectual truth: artists convey their ideas without dumbing them down, making them less complex so they will be more easily understood or even censoring their views. They are responsible to their audience by giving them **the most authentic experience that can be created.**



11. To what extent would you agree that city life today is exciting and vibrant?

RELEVANT CONCEPTS

- Urbanisation
- Lifestyle
- Diversity vs homogeneity/monotony
- Change

REQUIREMENTS TO PASS

1. Value Term Requirements

- Identification of the **qualities of an exciting and vibrant city life today**
- Specific examples of some cities besides Singapore
- Some balance in the essay - recognition that not all cities are exciting and vibrant, assessing the extent of agreement with the question

2. Clarification of Key Words

- **City:** an extensive human settlement with a large population living fairly close to one another and has a sophisticated system of transport, communication, sanitation and housing. Buildings occupy between 70 and 80 % of every city.
- **Exciting:** stimulating, exhilarating, electrifying, full of action
- **Vibrant:** full of energy and life in a way that is exciting and attractive, very lively, dynamic

Possible Stands:

- While many contemporary cities are considered to be exciting and vibrant, there are also some cities that are deemed to be boring.
- Cities can be evaluated for their exciting and vibrant life on a sliding scale, though in general urban living is usually considered to be exciting and vibrant as opposed to life in the country or the suburbs.
- There are people who find city life today to be boring as many contemporary cities may be deemed to have similar lifestyles and architectural design. These people are likely to prefer to live in the countryside or outside cities.

Characteristics of Good Scripts:

- Cities can be evaluated for their exciting and vibrant life on a sliding scale
- Specific examples of a range of cities besides Singapore
- A comparison between an exciting city and a boring city.
- A comparison of cities in the past and in the present, how cities have evolved.

POSSIBLE AREAS FOR DISCUSSION

- **Diversity of urban population:**
 - ❖ Cities have grown bigger and more diverse since the 20th century because of migration and ease of travel compared to the past
 - ❖ **The diversity of major metropolitan areas allows urbanites to broaden their spectrum of personal and professional relationships.** Urbanites have many opportunities for learning about other cultures and discovering shared interests with someone from a different background. A social lifestyle in an urban area will expand their horizons and make interactions more meaningful.
- **Wide range of choices for things to do in cities:**
 - ❖ **a wide array of entertainment options for any day or night of the week.** Visit a museum to take in a well-known art collection or learn more about a subject that



interests you. Experience a special date night with a play at the theater. Or find tickets to your favorite band and see a live concert at the local music hall or bar.

- ❖ **Cities give residents myriad fine dining and shopping options.** Cities like Chicago, London and Paris have served as cultural melting pots for decades, bringing together different types of people and expanding ethnic restaurant options.
- ❖ **Varied sites and landmarks, distinctive city skyline** that contribute to the variety of urban living eg Sydney's Sydney Harbour, Hong Kong's Victoria Bay, Singapore's skyline in the CBD with the iconic MBS, Shanghai's the Bund.

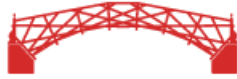
- **Novelty: Not one day is ever the same in the city**

- **Stimulating atmosphere:** Fast pace of life, the crowded streets, the traffic, stimulating places, streets full of people and activities all contribute to the buzz of city life.

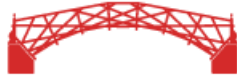
- **Vibrance of city lights:** Walking down the streets at night, the lights become more than what they are. As you look up the sparkle of office lights makes the city feel more crowded and exhilarating. Hong Kong, New York and Tokyo are famous for their neon lights, colourful billboards and advertisements in Causeway Bay, Times Square and Harajuku respectively.

- **Reasons why some cities may be boring:**

- ❖ Unfriendly environment because there are too many people too engrossed in their own lives
- ❖ Boring cities lack charm, character or show-stopping attractions compared to other cities. For example, Canberra, Australia's capital city, suffers in comparison to its more famous East Coast neighbors, lacking Sydney's spectacular natural beauty and Melbourne's cutting-edge cultural scene. Canberra is a quiet, pleasant place with several interesting museums, but its somewhat remote inland location, lack of walkability, and subdued nightlife make it feel rather bland.
- ❖ **Cities considered too clean and tidy may be viewed as sterile e.g. Zurich in Switzerland and Singapore (ranked 31st among a list of 32 cities in a survey of exciting cities).**
- ❖ Cities that have been revived ironically have been accused of being monotonous instead of being diverse. Gentrification of decaying parts of cities has been identified as creating a monotonous urban design that leads to cities appearing to be bland and boring. For example, roads are widened and straightened, old buildings are demolished leaving little variation between different parts of the city. Old cities that are exciting keep their old centres that become quaint and picturesque eg the Latin Quarter in Paris, Chinatown and Little India in Singapore, Mongkok, Cat Street in Hong Kong, the former French Concession in Shanghai.



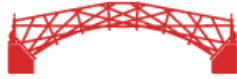
<p>12. 'Freedom is not about doing whatever you want, but is about doing what is right.' Discuss.</p>
<p>RELEVANT CONCEPTS</p> <ul style="list-style-type: none">• Freedom of choice of speech and expression, of action• Human rights• The individual vs society• Democracy vs authoritarianism• Idealism vs utilitarianism
<p>REQUIREMENTS TO PASS</p> <p>1. Value Term Requirements</p> <ul style="list-style-type: none">• Evaluation of the absolute word 'not'; awareness of the false dichotomy (freedom can consist of doing both)• Comparative analysis of freedom of action and speech vs moral/ethical obligations and responsibilities• Evaluation of conflict between individual freedom and the obligation to consider the greater good <p>2. Clarification of Key words</p> <ul style="list-style-type: none">• 'Freedom': no restrictions placed on individuals in what they say or do• 'Doing whatever you want': acting purely based on individual interest, desire• 'Doing what is right': actions that follow ethical principles and benefit society or other individuals
<p>Possible Stands:</p> <ul style="list-style-type: none">• Freedom means freedom to do something rather than freedom from interference. Hence freedom should be our ability to choose to do what is right, for the greater good.• We should be free to do what we want regarding our own lives as long as our actions do not harm anyone else even if the action is not considered morally right e.g. homosexuality as a private personal choice even though it is often still taboo in many societies. The government should not interfere and legislate in private matters.• You either have freedom or you do not. There is no middle ground. Freedom is the absence of restriction. Good/Evil are not descriptors of the concept of freedom. They are subjective interpretations of the results of freedom. Currently no one is really free, what we call freedom is merely pseudo freedom.
<p>Characteristics of Good Scripts:</p> <ul style="list-style-type: none">• Extensive comparative analysis of freedom of action and speech vs moral/ethical obligations and responsibilities• Extensive evaluation of conflict between individual freedom and the obligation to consider the greater good• Discussion of dilemmas individuals face when they want to exercise their freedoms• Address the assumption that ethical principles are a necessary condition to consider when individuals exercise their freedom.• Address the assumption of a democratic framework• Cite current examples from a range of countries
<p>POSSIBLE AREAS FOR DISCUSSION</p> <ul style="list-style-type: none">• Conflict between the desires, needs and beliefs of an individual and the needs of society: selfishness (doing what we want) vs selflessness (doing what is right). Freedom is not about doing whatever we want. This would result in anarchy. Freedom stands for



something greater than just the right to act however I choose—it also stands for securing to everyone an equal opportunity for life, liberty, and the pursuit of happiness. We are expected as moral agents to give up freedoms for the sake of morality, which is what you might call "free to do what is good". Freedom comes with responsibility ie we must not infringe on the rights of others/harm others when we are exercising our freedom of choice of action.

- **Freedom is not about doing whatever is right because any restriction placed on the individual deprives him of true freedom.** Absolute vs relative freedom: **absolute freedom (absence of restriction) vs relative freedom (rights do not exist in a vacuum and must be exercised considering the interests of others in society)**
- **The relationship between freedom and responsibility:** The individual has the freedom to act, but it is his/her responsibility to act correctly. Freedom without responsibility is dangerous.
- **The rule of law:** Freedom entails the necessity for self-restraint in choice of action or restraint by a system of governance and the law.
- **Cultural and geopolitical factors:** Varying degrees of freedom of choice of action and speech in different cultures and societies; different ideological frameworks





2019 CJC General Paper Preliminary Examinations Paper 2 Answer Scheme

From Passage 1

1. According to the writer, what is the "bittersweet dilemma of eating in our times" (lines1-2)? [1]

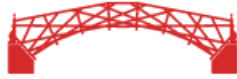
From the Passage	Suggested Paraphrase
For most people across the world, life is getting better but diets are getting worse .	<p>The dilemma is that for the global majority,</p> <p>a) our living standards are improving, b) but the food we eat is becoming poorer in quality/ our eating habits are becoming poorer</p> <p><i>Answer should include both the 'bitter' and 'sweet' aspects of the dilemma. 'This' in 'this is the bittersweet dilemma' refers to the previous sentence. 'better' needs to be paraphrased Acceptable lift: 'life' and 'diets'</i></p> <p><i>BOD: 'consumption habits are degrading' DNA: 'deproving' for 'getting worse'</i></p>

2. What does the author mean by 'a hollow kind of abundance' (lines 3-4)? [2]

From the Passage	Suggested Paraphrase
Our free and comfortable lifestyles are undermined by the fact that our food is killing us...through... a hollow kind of abundance .	<p>He means having</p> <p>a) an exceedingly/a very large quantity of food b) which is actually meaningless.</p> <p><i>Answer should be about the illusion of abundance being good vs. actually meaningless. Award 1 point per mark. DNA: benefit vs harm, 'shallow meaning' for (b) Accept: 'rich supply' and 'great amount' for (a)</i></p>

3. In paragraph 4, why does the author think that the survey results are "absurd" (line 16)? Use your own words as far as possible. [2]

From the Passage	Suggested Paraphrase
... still believed that personal motivation – or, willpower – was a very strong cause of obesity. This is absurd. It makes no sense to presume that there has been a sudden collapse in willpower across all ages and ethnic groups .	<p>The author finds the survey results were based on</p> <p>a) the foolish/illogical assumption that b) there was an abrupt/immediate/a rapid loss/destruction of individual resolve/conviction c) across every demographic.</p>



	<p>(a) only with (b) or (c) attempted = 1m (a) must be attempted for (b) or (c) to be awarded (a) + (b) + (c) = 2m</p>
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4. What does the word 'even' in Paragraph 5 (line 24) suggest? [2]

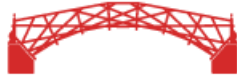
From the Passage	Inferred
<p>For a long time, nutritionists have held up the "Mediterranean diet" as a healthy model for people in all countries to follow. But recent reports from the World Health Organisation suggest that even in Spain, Italy and Crete, most children no longer eat anything like a "Mediterranean diet" rich in olive oil and fish and tomatoes. These Mediterranean children are, as of 2017, among the most overweight in Europe.</p>	<p>The word 'even' here</p> <p>a) <u>Function</u> emphasises/shows the extent/demonstrates the extent of how widespread/prevalent the epidemic of poor eating habits is, [1]</p> <p>b) <u>Context</u> that Mediterranean children, whom you expect to eat the staple healthy "Mediterranean diet" and the last people you would expect to eat unhealthily, are not spared and have succumbed to eating unhealthily. [1]</p> <p><i>Answer must capture the idea of poor eating habits being widespread, and demonstrate the understanding that 'even' is an intensifier. Point (a) must be attempted for (b) to be awarded.</i></p>

5. In Paragraph 6, why does the author use inverted commas for the words "better" and "smarter"? (line 30) [2]

From the Passage	Inferred
<p>We are often told in a slightly hectoring way that we should make "better" or "smarter" food choices, yet the way we eat now is the product of vast impersonal forces that none of us asked for. The choices we make about food are largely predetermined by what are available and by the limitations of our busy lives.</p>	<p>He does so</p> <p>a) <u>Function</u> to convey his disagreement with the idea that</p> <p>b) <u>Context</u> we can actually make decisions about what we eat, when it is beyond our control.</p> <p><i>DNA: 'mock' for (a) as it is too strong. BOD for (a): 'doubt' Answer must capture lack of choice for (b).</i></p>

6. In paragraph 7, how does the author make his point about attempts at tackling unhealthy eating? [1]

From the Passage	Inferred
<p>Thankfully, various countries have made some headway through the provision of information and working through schools. In 2014,</p>	<p>The author lists the efforts of various countries at addressing this problem.</p>



<p>Ecuador passed a mandatory traffic light labeling policy for packaged foods, while voluntary labeling schemes are used in countries such as Denmark and Sweden. Peru, Uruguay, and Costa Rica have all banned “junk food” in public schools since 2012, and the UK released new school food standards in 2014, limiting fried foods and desserts, and emphasizing water, whole grains, fruits and vegetables.</p>	<p><i>DNA: answers that merely list or paraphrase the descriptions of examples, 'thankfully' or the author's word choice</i> <i>Accept: 'evidence', 'examples', but it must be plural</i></p>
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7. In paragraph 8, why does the author begin the last sentence with "One can only hope" (line 45)? [2]

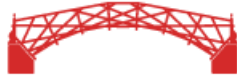
From the Passage	Inferred
<p>One can only hope that more countries around the world will take action to create environments in which it is easier to feed ourselves in a manner that is both healthy and joyous.</p>	<p>a) <u>Function</u> The author is not confident that/ wants to express his pessimism at the unlikely scenario that</p> <p>OR</p> <p>The author believes that it is unlikely that [1]</p> <p>b) <u>Context</u> many authorities around the world will implement/bother to implement policies/initiatives to encourage healthy eating. [1]</p> <p><i>For (a), accept 'sceptical' but DNA the stronger word choice 'cynical', 'nearly impossible', 'long way to go'</i> <i>For (b), accept 'willing to/will tackle' but DNA 'will act on' for lifting</i></p>

From Passage 2

8. From Paragraph 1:

Why does the author use the word 'mysteriously' in line 3? [1]

From the Passage	Inferred
<p>Some versions of clean eating have been vegan, while others espouse various meats and something mysteriously called “bone broth” (stock, to you and me).</p>	<p>a) <u>Function</u> She is disapproving/critical of the</p> <p>AND</p> <p>b) <u>Context</u> esoteric / unusual names/ labels associated with clean eating.</p> <p>OR</p>



	<p>a) <u>Function</u> She finds it dubious/ridiculous that</p> <p>OR</p> <p>She is mocking those who call it 'bone broth' as</p> <p>AND</p> <p>b) <u>Context</u> these names make the foods sound healthier than they actually are.</p>
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9. From Paragraph 2:

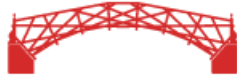
According to the author, why was it apparent that clean eating was 'more than a diet' (line 6)? Use your own words as far as possible. [2]

From the Passage	Suggested Paraphrase
Clean eating was a belief system	(a) Clean eating was an ideology/ a set of principles/ values
which propagated the idea	(b) which spread/ promulgated/ promoted the notion/ concept <i>DNA: belief for idea</i> <i>Accept 'disseminated'</i>
that the way most people eat is not simply fattening ,	(c) that most people's diets are not merely high in calories/ likely to make them overweight , <i>DNA: make them fat (lifted) /unhealthy (too vague)</i>
but impure.	(d) but tainted/ polluted/ unclean/ the wrong way to eat <i>Award for any paraphrase that suggests that current ideologies of eating are under attack</i> <i>DNA: detrimental/ to health [pt. (c)]</i> <i>Any 2 points for 1 mark</i>

10. From Paragraph 2:

What contrasts does the author make in lines 10-13 about those who eat healthily and those who do not? Use your own words as far as possible. [2]

From the Passage	Suggested Paraphrase



<p>Among the affluent classes who already ate a healthier-than-average diet, the Instagram goddesses created a new model of dietary perfection to aim for. For the rest of the population, however, it simply placed the ideal of healthy food ever further out of reach.</p>	<p>(a) Concept: Financial accessibility of healthy eating</p> <p>Those who can afford to eat more healthy diets are more well-off and belong to an upper class that is not accessible by the majority of the people. [1]</p> <p><i>Answer must capture affordability, not just the amount of wealth people have.</i></p>
	<p>(b) Concept: Use of social media to create and popularise ideals about healthy eating</p> <p>Those who eat healthy food have the ability to create/define and popularise the ideals of healthy eating, but those who are not eating healthily/ not wealthy/ not social media influencers are incapable of creating such ideals.</p> <p><i>DNA answers about people sharing what they eat.</i></p>
	<p>(c) Concept: Attainability of the ideals</p> <p>Those who eat healthy food can aspire towards achieving the ideals of healthy eating. But these ideals are increasingly unattainable for the masses.</p> <p><i>Answer must mention ideals.</i> <i>Any 2 points for 2 marks.</i></p>

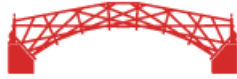
Students are required to pair the points based on concept/area of comparison.

11. Using material from Paragraphs 3 to 5 only, summarise what the author has to say about the reasons behind the popularity of clean eating. [8]

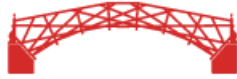
Write your summary in no more than 120 words, not counting the opening words which are printed below. Use your own words as far as possible.

Clean eating.....

Pt	From the Passage	Suggested Paraphrase
Paragraph 3		
A	clean eating shows few signs of dying	Clean eating is unlikely to wane/ lose prominence/ is likely to persist <i>Answer must capture a sense of likelihood or unlikelihood.</i>
B	impossible to avoid the trend	It would be very difficult not to follow/ go along with the fad <i>Accept: 'ignore'</i>



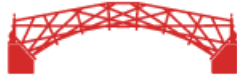
C1	because it changed the foods available to all of us	as it transformed the foods that we have access to <i>DNA: 'differed'</i>
C2	and the way they are spoken of	and the manner in which people discuss food <i>Answer must capture the act of speaking about these foods. Accept: 'described', 'mentioned' DNA: 'public perception/attitude/impressions'</i>
D	so many intelligent people decided to put their faith in it	Numerous smart/ clever people chose to believe in it . <i>Answer <u>must</u> contain the quantitative phrase 'so many', especially since it is intensified ('so'). 'So many' is an acceptable lift. DNA: 'intellectuals', 'academics' (too specific in circling out a specific group in society)</i>
Paragraph 4		
E	dysfunctional response to a still more dysfunctional food supply	answer/solution/reaction to a flawed/broken food supply
F	dream of purity in a toxic world	fantasy/delusion/illusion/imagination of cleanliness in a harmful/noxious/pernicious/lethal environment
G	assailed by aisle upon aisle of unhealthy food	overwhelmed/confronted with rows of unhealthy food <i>Accept: 'inundated by'</i>
Paragraph 5		
H	When mainstream diets start to sicken people	When common/dominant/average food/meals begin to afflict/nauseate/disgust/repulse people/ make them fall ill <i>Accept: 'standard daily food intake' DNA: 'infect' as a paraphrase for 'sickens'.</i>
I1	It is unsurprising that	It is to be expected/expected that <i>Award this point only if H is attempted.</i>
I2	many of us should seek other ways	we look for/explore/find/follow/discover/pursue alternatives
I3	to keep ourselves safe from harm	To protect/secure ourselves from danger/risks <i>DNA: 'to remain healthy', 'to prevent infections' Accept: 'to prevent illnesses'</i>



J1	Our collective anxiety around diet	Our shared/mutual apprehension/misgivings/ concerns/mistrust/disquiet/nervousness/jitters about what we eat/our meals
J2	was exacerbated by	was aggravated/provoked/intensified/heightened/ inflamed/ made worse by
J3	the impression that mainstream scientific advice on diet	empirical/objective/experimental guidance/help/ instruction/recommendation/proposal/instruction on our meals/what we eat
J4	inflated by newspaper headlines	sensationalized/magnified/overblown/exaggerated by media titles/captions <i>Answer must capture the deliberate placement of the 'scientific advice', because headlines serve a specific function</i>
J5	could not be trusted	that is deceitful/dishonest/unreliable/false/dubious <i>Answer must capture the issue with the credibility of the source. Accept: 'could not be believed' DNA: 'stopped believing in them' (focuses on the reaction of the people, rather than the issue with the source)</i>
K1	First... What will these "experts" say next,	Experts make a series of claims about diet
K2	these so-called experts tell us to avoid fat, then sugar, and all the while people get less and less healthy.	that may keep changing/ be confusing/ not be helpful
K3	and why should we believe them?	and therefore the public's distrust will persist/ there is no point in trusting them <i>The author implies that the experts will continue to make these claims (as in K1)</i>

No. of points = **20**

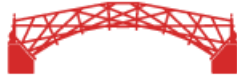
Points	1-2	3-4	5	6-7	8-9	10-11	12-13	14 or more
Marks	1	2	3	4	5	6	7	8



12. Stan Rogers highlights the problems of the modern diet and some solutions to combat them, while Bee Wilson offers a critical view of a particular solution to these problems. How far do you agree with the views expressed in both passages? Support your answer with reference to your own experience and that of your society. [10]

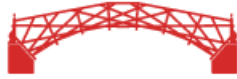
Passage 1: The problems of the modern diet and some solutions to combat them			
Para	Main Claim	Largely Agree (Contextual alignment)	Largely Disagree (Contextual misalignment or logical flaw -- over-generalisation/ sweeping statement, flawed assumption, bias)
2	<p>(Today,) the leading cause of mortality worldwide is diet.</p> <p>At no point in history have edible items been so easy to obtain.</p> <p>Most of our problems with eating stem from the fact that we have not yet adapted to the new realities of plenty, either biologically or psychologically.</p>	<p>[EV] It is true that many Singaporeans may have succumbed to the ready availability of an abundance of edible food items, due to the convenience that they offer. Singaporeans' preference for convenience over nutritional value in their dietary habits, exacerbated by a lack of physical exercise, is a cause for concern.</p> <p>[EX] According to the National Nutrition Survey 2018, Singaporeans' high sugar and salt intake needs to be addressed. Singaporeans' total sugar intake has increased to 60g in 2018, from 59g in 2010, contributing to about 10 per cent of total energy intake.</p> <p>Singaporeans are consuming less sugar from drinks, but more from food, for example, confectionery and desserts. Nonetheless, pre-packaged sugar-sweetened drinks remain the single largest source of sugar in the diet, and more needs to be done to reduce sugar consumption from this source.</p>	<p>[EV] This claim may not be true in the context of Singapore, as the leading cause of death in Singapore is cancer, which results not only from unhealthy diets but from numerous other factors as well, including genetics, stress and environmental factors. Compared with diet, these other factors could play a bigger role in Singaporeans dying from cancer.</p> <p>[EX] Based on 2017 figures by the Ministry of Health, 29% of total deaths in Singapore were attributed to cancer, as opposed to 18.5% attributed to heart disease.</p> <p>[EV] The writer's attribution of mortality to unhealthy eating seems rather simplistic, as he has not considered the other factors that contribute to mortality.</p> <p>[EV] In addition, it is not true that Singaporeans have not been able to adapt, mentally or physically, to the ready and abundant supply of food. Singaporeans are pragmatic and want to live well. They have become more health-conscious in recent years, possibly due to the effectiveness of various campaigns by the</p>





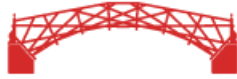
		<p>In addition, Singaporeans are consuming too much salt, with 90 per cent exceeding the recommended amount of 5g per day. The average daily salt intake was 9g in 2018.</p> <p>The survey also noted that palates have shifted towards richer, sweeter and saltier foods, [EV] which suggests that Singaporeans are still adjusting to the realities of plenty. [EV] The ready availability and plentiful supply of desserts, sweetened drinks and inexpensive snacks that are high in salt, is likely to have contributed to this trend.</p>	<p>Health Promotion Board to encourage Singaporeans to eat more healthily and exercise more regularly. Singaporeans have shown the ability to adapt, by ensuring that the nutritional value of their diets has improved, without compromising taste.</p> <p>[EX] According to the National Nutrition Survey 2018, Singaporeans' dietary habits have shown improvement over an eight-year period:</p> <p>Singaporeans are consuming fewer calories, with the average daily energy intake dropping five per cent from 2,600kcal in 2010 to 2,470kcal in 2018, although this is still higher than in 2004. The Singaporean diet has also shifted towards one that is lower in carbohydrates. The overall diet composition is in line with international guidelines.</p> <p>Singaporeans are also consuming better-quality carbohydrates, with a shift from refined to unrefined carbohydrates. Between 2010 and 2018, the proportion of unrefined carbohydrates as a proportion of total carbohydrates went up by three percentage points, from 14% to 17%. This was largely the result of increased consumption of wholegrain, as well as fruit and vegetables. This shift is corroborated by market trends, where sales of wholegrain rice and bread, as well as fruit and vegetables have been on the rise. While the shift to</p>
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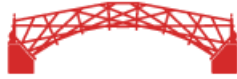


			<p>unrefined carbohydrates is encouraging, there is room for further improvement.</p> <p>Similarly, the dietary quality of fats in the Singaporean diet has improved, with unsaturated fat displacing saturated fat. In fact, saturated fat as a proportion of total fat decreased by two percentage points in 2018 when compared to 2010, from 38% to 36%.</p> <p>The survey noted that on the whole, Singaporeans are eating less and diet quality has improved.</p>
3	<p>"Everything in moderation" doesn't quite cut it in a world where the "everything" for sale in the average supermarket has become so sugary and so immoderate.</p>	<ul style="list-style-type: none"> • Literally speaking, Singapore's supermarkets do reflect the author's critique considerably with the widespread use of sugar from candy and sauces to coffee and tea, and excessive in frozen or ready-to-eat meals. • Even many of the seemingly 'healthier' foods are guilty (think high-calorie bliss balls made of dates, honey, nuts, <i>and</i> coconut oil, and vegan, gluten-free 'sinful' chocolate cake). • Perhaps due to our tastes, high stress levels of working in one of the world's richest economies, and deceptive advertising by 'clean eating' companies • But it largely has to do with our culture too, where our sauce and marination-heavy foods serve a crucial social and economic function of bonding 	<ul style="list-style-type: none"> • Thankfully, moderate eating in Singapore is possible. The Singapore government is cautious of the likelihood that if left on its own, the supermarket business here can be dominated by existing sweet-foods giants such as Nestle and Unilever. • In fact, intervention started in the 1990s with the Healthier Choice Symbol for healthier foods in the supermarket. • It also came in the form of restraining hawker centres in their use of sugar and other tasty ingredients that become unhealthy when overeaten, such as salt and oil. • Perhaps this is because of our great need for a healthy workforce where people is our largest viable resource, • and also because of the increasingly sedentary lifestyles that we started adopting, as we grew in wealth as a first-world country.



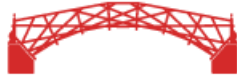


		<p>friends and families together and inviting tourists to this 'food paradise'.</p> <ul style="list-style-type: none"> As much as this is undesirable, the truth is that eating moderately is generally difficult in Singapore. 	<ul style="list-style-type: none"> MOH and HPB's recent War on Diabetes, the second leading cause of ill health in Singapore, shows our faithful commitment to this, and also shows how moderate eating is possible, because we have the government's use of its resources and authority to intervene.
4	<p>Our culture is far too critical of the individuals who eat junk food and not critical enough of the corporations who profit from selling them.</p> <p>Rephrase: We should be more disapproving of the businesses that profit from selling junk food, rather than of those who consume junk food, which is the norm.</p>	<p>[EV] The practice of fat-shaming, or commenting on others' dietary preferences, is gaining ground among Singaporeans. However, not much discussion or questions have been raised about the effect that sales and marketing campaigns of major F&B companies have on the eating habits of Singaporeans.</p> <p>[EV] Most Singaporeans, as end-consumers, may not be cognisant of the sales and marketing strategies and tactics adopted by companies to increase the sales of their products, healthy and unhealthy. The average consumer is drawn by the hype and perceived benefits/pleasure obtained from consuming the food and do not consider how these strategies are cultivating their eating habits and choices.</p> <p>[EX] Despite the health advisories put out by the Health Promotion Board, the attractiveness of unhealthy food options like bubble tea stores and deep fried food shows no signs of abating among Singaporeans. New outlets by fried chicken chain, Jollibee; new</p>	<p>[EV] The need to be more aware of the kind of food we eat and how much we consume of that has become increasingly important for health-conscious Singaporeans. Rather than take jabs at people who indulge in junk food, Singaporeans are more likely to be aware of the sales and marketing tactics adopted by companies to drive sales.</p> <p>[EX] Singapore's obesity rate in 2012 was one of the highest in the region with one out of five persons being obese. As a result, 14 of the biggest food and drinks companies operating in Singapore pledged to only advertise to children under 12 years of age products that "meet agreed nutritional criteria based on accepted scientific evidence or applicable national and international dietary guidelines" in October 2012. The companies – among them Coca-Cola, chocolate makers Ferrero and Mars, General Mills, Kellogg's, McDonald's, Nestlé and Unilever – also committed not to promote their products in primary schools unless requested to by, or agreed with, the schools for educational purposes or to "promote active, healthy living".</p>

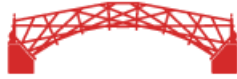


		<p>brown sugar bubble tea joints and promotional menu items by Old Chang Kee and McDonalds draw in the crowds on a daily basis. In 2018, fast food outlets recorded an increase of 10.8% in sales over the previous year.</p>	<p>https://www.ft.com/content/64391ed6-20d2-11e2-9720-00144feabdc0</p>
6	<p>We are often told in a slightly hectoring way that we should make "better" or "smarter" food choices, yet the way we eat now is the product of vast impersonal forces that none of us asked for.</p>	<p>In PM Lee's recent rally speech, we have been advised to eat more healthily and drink less sugary drinks, to combat rising diabetes rates in Singapore. However, this is easier said than done, especially with the rise of a few enticing but unhealthy options lying in our midst. One of them, it has to be said, are the food apps - such as Grab Food, Food Panda and Deliveroo - which not only offer the much needed convenience we crave for (our busy work life demands it) but also mostly offer unhealthy food (and it does not help that these usually are the ones that come discounted too, which entices us even more). Let us not forget the many Kopitiam found in every district and mall, which offer affordable but oily and sugary foods for the average, thrifty Singaporean trying to save up so as to live in this high-cost country. Granted, although we do have healthy segments in supermarkets such as Cold Storage, and healthier food options like Salad Stop and A Poke Theory, more thrifty Singaporeans are mostly deterred from visiting these aisles and shops</p>	<p>Though Singapore is a haven and food paradise, known for having a myriad of foods that come from many different cultures, some of which are unhealthy to say the least - think char kway teow and laksa - Singaporeans generally are strong-willed and very careful not to overstep the boundary of eating 'comfort foods', or at least not too much them. And this is due to a few reasons. Firstly, we have a government (PAP) who actively promotes not only healthy eating (think PM Lee's recent rally speech warning against our rising diabetes rates) but also actively reaches out to Kopitiam owners and stalls to sell healthier options that offer more vegetables and less salt (we see labels of these sort in all stalls); we are after all rather obedient citizens, living under an arguably paternalistic government, so it is within our nature to comply. Secondly, there has also been a rising trend to be healthy (rising yoga and spin classes are testament to that) and this ideal has permeated into much of our eating psyche as well as the food chains in Singapore - we have countless fruit stores, shops like Salad Stop and A Poke Theory, that offer that healthier</p>



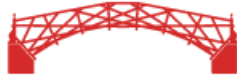


		<p>because of their priciness. Al in all, I would say that I largely agree with the author's argument as I find it largely true and applicable in Singapore.</p>	<p>alternative, cashing in on this new trend. And though these pricier but healthier options might deter some of the more thrifty Singaporean, most are well-to-do enough to afford them. Plus, there are always the cheaper but healthier Kopitiam options I mentioned before which these aforementioned people do visit. So, all in all, I would say that I largely disagree with the author's argument as I find it largely untrue and inapplicable to my society, as we have an active government that works against unhealthy eating by laying out certain choices for us to take, and a society that is wealthy and health-conscious enough to follow it.</p>
7	<p>It is becoming abundantly clear that the way most of us currently eat is not sustainable – either for the planet or for human health.</p> <p>Thankfully, some cities and countries have taken steps to combat this problem.</p>	<p>EX: Despite their lower nutritional value and higher caloric intake, fast food is a quick and convenient option for Singaporeans looking for a fuss-free meal, made even easier by the widespread availability of fast food joints.</p> <p>EX: The country's obsession with the unhealthy, high-sugar content bubble tea; HeyTea and Chicha San Chen's first stores outside of China and Taiwan were in Singapore. Despite the over-saturation of bubble tea shops, Singaporeans were willing to queue hours for this</p> <p>EX/EV: Culture of excess: over-consumption of food has led to extremely high levels of food waste (23% of all waste in Singapore),</p>	<p>EX: There is an increasing popularity of healthier food choices, as seen in the popularity of health foods such as quinoa, chia seeds, acai bowls, kale and salads... Shops offering these healthier options are often trendy and popular amongst the youth, such as Boost, Salad Stop, Haakon.</p> <p>EV: Singaporeans are very exposed to and influenced by trends overseas, especially those in the Western cultures. With the increased focus on sustainability worldwide, especially focusing on the impact of our actions on the environment, Singaporeans have jumped on the bandwagon and are also paying more attention to these matters.</p>

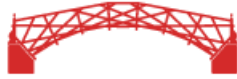


		<p>which has even prompted an NEA initiative - Year Towards Zero Waste campaign that aims to reduce food wastage locally</p> <p>EV: Although some health fads are popular in Singapore, most Singaporeans see their diet choices as a highly personal matter that is influenced more by their taste preferences rather than determined by its impact on the world. As foodies at heart, Singaporeans tend to prioritise taste above all other factors</p>	
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Passage 2: A critical view of clean eating as a solution to the modern diet			
Para	Main Claim	Largely Agree (Contextual alignment)	Largely Disagree (Contextual misalignment or logical flaw -- over-generalisation/ sweeping statement, flawed assumption, bias)
1 & 2	<p>At its simplest, clean eating is about ingesting nothing but "whole" or "unprocessed" foods. But it quickly became clear that "clean eating" was more than a diet; it was a belief system, which propagated the idea that the way most people eat is not simply fattening, but impure.</p> <p>Main idea: Clean eating became an ideology of eating pure food instead of unprocessed/wholemeal or fattening food.</p>	<p>[EV] In recent years, Singaporeans are becoming more concerned about the source of their food and whether it was free from pesticides and additives. In addition to consuming the wholegrain option if available. The increasing popularity of organic and clean food soon overshadowed the emphasis on eating a diet that consists of more wholegrains, vegetables and fruits.</p> <p>[EX] Oh my goodness!, a Singapore company that makes healthy food more readily available to</p>	<p>[EV] The Health Promotion Board (HPB) in Singapore has been instrumental in persuading and changing the eating habits of Singaporeans, especially when almost 60% of the population have one to two meals at a food court or restaurant instead of a home-cooked meal. Clean eating, promoted by HPB, was to reduce the amount of salt, saturated fats and oils in the food sold in food courts and hawker centres in Singapore.</p> <p>[EX] All eating establishments in Singapore carry a hygiene rating, indicating the food handling and preparation standards of the</p>

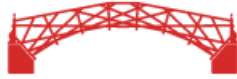


		<p>the public, has a food stall at the NTUC Food Fare in Clifford Centre selling dishes like paleo beef jerky and frozen acai tubs. NTUC Fairprice, a large supermarket chain in Singapore, now stocks more than 800 organic items in their stores, an increase from the 200 items in 1998.</p> <p>https://www.herworld.com/lifestyle/dining/eat-clean-healthy-restaurants-food-dining-singapore</p>	<p>establishment. In addition, HPB encourages all F&B companies to provide healthier meals to their customers through the Healthier Dining Programme, an initiative that promotes lower calorie meals, using whole grains and healthier cooking oil in their food preparation.</p> <p>https://www.hpb.gov.sg/healthy-living/food-beverage/healthier-dining-programme</p>
2	<p>The affluent classes who already ate a healthier-than-average diet, the Instagram goddesses created a new model of dietary perfection to aim for. For the rest of the population, however, it simply placed the ideal of healthy food ever further out of reach.</p> <p>Main idea: The rich proffered novel standards or their own interpretations of what clean eating is that proved to be too expensive for most people.</p>	<p>[EV] The wealthy in Singapore are generally more educated about the importance of a healthy diet, and have the means to eat more healthily, compared with their less affluent counterparts.</p> <p>[EX] They enjoy wholesome, home-cooked meals prepared by their domestic helpers and are less likely to eat at hawker centres or coffeeshops as frequently as the average Singaporean, for whom quick, inexpensive and often oily and salty meals are not only the more convenient option, but the only option during the work week.</p>	<p>[EV] This claim is not particularly relevant to Singapore. The affluent classes' influence on Instagram extends more to fashion (particularly luxury bags and shoes) than food (of the mainstream, unhealthy variety), let alone ideals of healthy food.</p> <p>[EX] Wealthy Instagram goddesses like Calista Cuaca, Kim Lim and Arissa Cheo have made waves on Instagram not for their ideals on healthy food, but the size and range of their glamorous wardrobes.</p> <p>[EX] Popular food bloggers like Seth Lui, Brad Lau and Leslie Tay have influenced the public's taste in good food, but not clean eating.</p> <p>[EV] The posh ideals of clean eating have not really made an impact on social media in Singapore, probably because Singaporeans are aware that clean eating does not have to be expensive.</p>
3	<p>It is impossible to avoid the trend altogether, because it changed the foods available to all of us, and the way they are spoken of... why so many</p>	<ul style="list-style-type: none"> • With our deep connectedness to the rest of the world, clean eating has had a similar effect on Singaporeans, 	<p>[can be paired with Passage A, Para 3]</p> <ul style="list-style-type: none"> • Perhaps it is a guilty blessing in disguise that Singapore has many



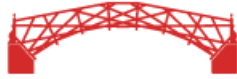
	<p>intelligent people decided to put their faith in it.</p> <p>Main idea: No way of escaping or opting out of the prevailing forces of clean eating - a movement which may have been misappropriated or perverted by the rich and intelligentsia/elite.</p>	<p>especially through the fitspo 'fitness inspiration' movement on Instagram.</p> <ul style="list-style-type: none"> • By posting advice, motivation and success stories on what to eat (or do) to lose weight or stay healthy, some of the Instagram users have gained influencer status and reaped personal gain through sponsorships and personal coaching. There is clear personal benefit in this. • However, there has to be people willing to give up their money to these fitspo influencers as well. The popularity of fitspo in Singapore shows the perennial human desire to look and feel good, and perhaps also as a way to control one's future health in a country where treatment and cures for major illnesses often exceed what the average Singapore can afford. 	<p>defenses against the onslaught of clean-eating - both institutional and ground-up.</p> <ul style="list-style-type: none"> • For a young country like Singapore, food has become a major distinctive of our national identity and serves the political function of unifying a generation increasingly sceptical of government propaganda, and the economic function of tourism. Even Crazy Rich Asians had to have an opening scene about our satay and oyster omelette at Newton Hawker Centre! • This year, our government is submitting a request for our hawker culture to be recognised as UNESCO World Heritage - this cements our vanguard against clean eating. • As for the average and richer/smarter-than-average Singaporean, food is a national pastime - not because of the healthy sort of food, but because of its taste - and that often means lots of fats, salt, and sugar. It is how we bond and explains for the persistent success of Italian coffees and desserts despite their high fat and sugar content. It also explains why our char siew rice, Hokkien mee, fried chicken, prata...remain a staple in malls and hawker centres. • For these reasons, it is difficult to see how clean eating has actually prevailed in Singapore.
4	<p>Dysfunctional response to a still more dysfunctional food supply: a dream of purity in a toxic world.</p>	<p>Even if we can say that clean eating has been taken up by some Singaporeans, as seen in the growing number</p>	<p>Even though clean eating in a country, such as Singapore, where 'toxic' foods laden with oil, lard, salt and sugars, is a difficult thing to achieve, it is</p>





	<p>Main idea: Clean eating is a flawed reaction to the kind of unwholesome and sugary foods that are pushed to us by profit-driven companies.</p>	<p>of foodstalls at Kopitiams that offer 'healthier' options - such as brown rice, less salt and more vegetables - and the rising trend of clean eating cafes such as A Poke Theory, they are in truth few and far between. This is because we are constantly tempted, in our food paradise, by 'toxic' food all around us. One need only to look at the majority of the local dishes - such as 'rojak', 'satay', 'bak cho mee' and 'nasi lemak', all of which incidentally not only contain high salt and carbohydrates content, and offer little nutrients to our diet, but are also very cheap relative to the healthier options aforementioned - to understand why the author's claim is mostly applicable to Singapore. And it is not something that can easily be removed as we have mostly grown up eating these foods, and are in fact picky about how tasty they are - often seen in the phenomenon of comparing reviews of which stall offers the tastier, 'more flavourful' local dishes, which obviously is laden with MSG. And we care very little for how unhealthy they are because the majority of us, as Minister Indranee Rajah rightly noted, are living in an era of risky inequality where we are experiencing a huge gap between the rich</p>	<p>inaccurate to exaggerate and conflate to such a dream as being dysfunctional. In fact, the persistent efforts put in by the government and people to create healthier eating lifestyles have all yielded promising results; the majority of Singaporeans have actually joined the clean eating bandwagon. There has been a growing number of foodstalls at Kopitiams that offer 'healthier' options - such as brown rice, less salt and more vegetables - and the rising trend of clean eating cafes such as A Poke Theory to see that this is far from a 'dysfunctional' idea, even though, admittedly, we have that 'dysfunctional food supply' of unhealthy options too - think the unhealthy contents in our staple and national dishes such as 'rojak', 'satay' and 'nasi lemak'. This is largely attributed to the government's efforts to ensure a nation-wide effort (starting from the Kopitiams to individual eating choices) as outlined by PM Lee in his rally speech against diabetes, to the globalised, westernised and, the informed Singaporean who always seeks ways to improve their lifestyle (thanks to our ability to tap into the Internet and learn continually of better ways of eating).</p>
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		and the not so rich - which explains why most would rather be thrifty and eat the tastier and cheaper foods found in hawkers and Kopitiam.	
5	<p>This way of thinking (messages of wonderful simplicity and reassurance) is especially dangerous because it obscures the message that, in fact, small changes in diet can have a large beneficial impact.</p> <p>Main idea: Advice given by lifestyle gurus is very misleading and prevents people from realising that all it takes to eat healthily and better is simply to adjust our current diet to include more fruits and vegetables.</p>	<p>EX: There has been a bombardment of advice on healthy living and healthy eating in Singapore society, with campaigns such as the Eat, Drink, Shop Healthy challenge that aims to change Singaporeans' eating patterns right down to the grocery shopping stage, by enticing them with rewards for making healthier choices.</p> <p>EV: The over-abundance of advice on how to live and eat healthily thereby crowds out the message that even small changes to our lifestyles can make a difference.</p> <p>EV: Moreover, while the majority of Singaporeans are not into clean eating, there is increasing glorification of veganism, as a healthier and more ethical diet.</p>	<p>EX: The Health Promotion Board is one of the main sources of advice on healthy eating (e.g. with campaigns to encourage the intake of two servings of fruit and vegetables, asking for less oily/salty/sweet options at hawker centres) in Singapore. Most of the campaigns have focused on making small changes to one's diet rather than an overhaul of how Singaporeans eat.</p> <p>EX: Healthier Choice Symbol</p> <p>EV: While a minority of Singaporeans make drastic changes to their diet for health or religious reasons, most Singaporeans have remain foodies who have not taken to clean eating. The relative success of HPB's campaigns in reaching out to the masses have instead made Singaporeans more conscious about how to make small changes in their food choices, with many indulging in healthier versions of their favourite foods.</p>

