

Maturitätsprüfungen 2018 – Englisch schriftlich

Klassen: 4A, 4Ba, 4Bb, 4IW, 4LW, 4M, 4S, 4SW, 4Wb, 4WZ

Lehrpersonen: Jessica Dyer, Astrid Gruber Keiser, Yvonne Kaspar, Andreas Langlotz, Hansueli Müller-Rusch, Constanze Richerdt, Helen Stone, Lynn Williams Leppich, Patrizia Zanola

Prüfungsdauer: 4h

Erlaubte Hilfsmittel: Teil 1-3: keine
Teil 4: ein- oder zweisprachiges Wörterbuch

Name: _____

Total Reading Comprehension

20

Total Vocabulary

25

Total Grammar

26

Total Parts 1-3

71

Mark 1
Parts 1-3
(50%)

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Mark 2
Part 4
(50%)

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Final Mark

--

(Rounding: mark 1 & 2 = 1/4 marks; final mark = 1/2 marks)

READING COMPREHENSION TEXT

Read the text *Why we fell for clean eating* and do the tasks below (from p. 5 onwards).

WHY WE FELL FOR CLEAN EATING

Bee Wilson for The Guardian, August 2017

In the spring of 2014, Jordan Younger noticed that her hair was falling out in clumps. “Not cool” was her reaction. At the time, Younger, 23, believed herself to be eating the healthiest of all possible diets. She was a “gluten-free, sugar-free, oil-free, grain-free, legume¹-free, plant-based raw vegan”. As *The Blonde Vegan*, Younger was a “wellness” blogger in New York City, one of thousands on Instagram
5 (where she had 70,000 followers) gathering under the hashtag #eatclean. Although she had no qualifications as a nutritionist, Younger had sold more than 40,000 copies of her own \$25, five-day “cleanse” programme, a formula for an all-raw, plant-based diet majoring on green juice.

But the “clean” diet that Younger was selling as the route to health was making its creator sick. Far from being super-healthy, she was suffering from a serious eating disorder: orthorexia, an
10 obsession with consuming only foods that are pure and perfect. Younger’s **raw** vegan diet had caused her periods to stop and given her skin an orange **tinge** from all the sweet potato and carrots she consumed (the only carbohydrates she permitted herself). Eventually, she sought psychological help, and began to slowly **widen** the repertoire of foods she would allow herself to eat, starting with fish. She recognised that the problem was not her veganism, per se, but the particularly rigid and restrictive
15 diet regime she had imposed on herself.

As Younger slowly recovered from her eating disorder, she faced a new dilemma. “What would people think”, she agonised, “if they knew *The Blonde Vegan* was eating fish?” She levelled with her followers in a blogpost entitled *Why I’m Transitioning Away from Veganism*. Within hours of
20 announcing her new diet, Younger was receiving angry messages from vegans demanding money back from the cleanse programmes and T-shirts they had bought from her site (featuring slogans such as “OH KALE² YES”).

She lost followers “by the thousands” and received a daily raft of angry messages, including death threats. Some responded to her confession that she was suffering from an eating disorder by accusing her of being a “fat piece of bacon” who didn’t have the discipline to be truly “clean”.

25 For as long as people have eaten food, there have been diets and fake cures. But previously, these existed, like conspiracy theories, on the fringes of food culture. “Clean eating” was different, because it established itself as a challenge to mainstream ways of eating, and its wild popularity over the past five years has enabled it to move far beyond the fringes. Powered by social media, it has been more absolutist in its claims and more popular in its reach than any previous school of modern
30 nutrition advice.

¹ a plant that has its seeds in a pod, e.g. a green bean

² a type of cabbage

At its simplest, clean eating is about ingesting nothing but “whole” or “unprocessed” foods (whatever is meant by these deeply ambiguous terms). Some versions of clean eating have been vegan, while others accept various meats (preferably wild) and something mysteriously called “bone broth” (stock³, to you and me). At first, clean eating sounded modest and even simple: rather than counting calories, you would eat as many nutritious home-cooked substances as possible.

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.

Almost as soon as it became present everywhere, clean eating sparked a backlash. By 2015, clean eating was seen as a judgmental form of body fascism by many. “Food is not dirty”, a food writer wrote. Clean eating has been attacked by critics for starting eating disorders.

Others have pointed out that, as a method of healthy eating, it is founded on bad science. In June, the American Heart Association suggested that the coconut oil beloved as a cure-all by clean eaters actually had “no known offsetting favourable effects”, and that consuming it could result in higher LDL cholesterol⁴.

As the negative press for clean eating has intensified over the past year, many of the early goddesses of #eatclean have tried to **rebrand** – declaring they no longer use the word “clean” to describe the recipes that have sold them millions of books.

But however much the concept of clean eating has been logically proven as false and publicly criticised, the thing itself shows few signs of dying. Step into the cookbook section of any bookshop and you will see how many recipe writers continue to promise us inner purity and outer beauty. Even if you have never knowingly tried to “eat clean”, it’s impossible to avoid the trend altogether, because it changed the foods available to all of us, and the way they are spoken of. Avocados now outsell oranges in the UK.

Why has clean eating proved so difficult to kill off? Clean eating was identified as part of a post-truth culture, whose adherents are unaffected by, or even hostile to, facts and experts, and many intelligent people decided to put their faith in it.

Over the past 50 years, mainstream healthcare in the west has been inexplicably blind to the role that diet plays in preventing and relieving ill health. When it started, #eatclean spoke to growing numbers of people who felt that their existing way of eating was causing them problems, from weight gain to headaches to stress, and that conventional medicine could not help. In the absence of nutrition guidance from doctors, it was a natural step for individuals to start experimenting with cutting out this food or that.

From 2009 to 2014, the number of Americans who actively avoided gluten, despite not suffering from coeliac disease⁵, more than tripled. It also became fashionable to drink all sorts of non-dairy milks, ranging from oat milk to almond milk. I have lactose-intolerant and vegan friends who say that

³ Bouillon

⁴ low-density lipo protein, considered the “bad” cholesterol

⁵ being allergic to wheat products

#eatclean has made it far easier for them to buy ingredients that they once had to go to specialist health-food stores to find. What isn't so easy now is to find reliable information on special diets in the sea of half-truths and nonsense.

70 In Britain another important development in this direction was that in 2012, the market for "wellness" cookbooks in the UK suddenly changed, starting with the surprise success of *Honestly Healthy* by Natasha Corrett and Vicki Edgson, which sold around 80,000 copies. The publisher Louise Haines recalls that the previous big trend in British food publishing had been baking, but the baking boom "died overnight, virtually, and a number of sugar-free books came through".

75 There was something paradoxical about the way these books were marketed. What they were selling pretended to be an alternative to a **shamefully** commercial food industry. "If it's got a barcode or a 'promise', don't buy it," wrote Amelia Freer, a personal assistant to the Prince of Wales. Yet clean eating is itself a wildly profitable commercial enterprise, promoted using photogenic young bloggers on a multi-billion-dollar tech platform. Literary agent Zoe Ross tells me that around 2015 she began to notice that "the market was thoroughly searching Instagram for copycat acts – specifically very pretty,
80 very young girls pushing curated food⁶ and lifestyle".

After years on the margins, health-based cooking was finally getting a mass audience. In 2016, 18 out the 20 top sellers in Amazon UK's food and drink book category had a focus on healthy eating and dieting. But why, Gilles Yeo, a geneticist from Cambridge, asks, do these authors not simply say "I am publishing a very good vegetarian cookbook" and stop there, instead of making larger claims about
85 the power of vegetables to beautify or **prevent** disease? "The poison comes from the fact that they are wrapping the whole thing up in pseudoscience," Yeo says. "If you base something on falsehoods, it empowers people to take extreme actions, and this is where the harm begins."

You can't find a new faith system with the words "I am publishing a very good vegetarian cookbook". For this, you need something stronger. You need the assurance of make-believe,
90 whispered sweetly. Grind this cauliflower into tiny pieces and you can make a special kind of no-carb⁷ rice! Avoid all sugar and your skin will shimmer! Among other things, clean eating confirms how **vulnerable** and lost millions of us feel about diet – which really means how lost we feel about our own bodies. We are so disoriented that we will put our faith in any master who promises us that we, too, can become pure and good.

95 It's increasingly clear that clean eating, for all its good intentions, can cause real harm, both to truth and to human beings. Renee McGregor, a medical dietician, says, "every single client with an eating disorder who walks into my clinic doors is either following or wants to follow a 'clean' way of eating".

100 Clearly, not everyone who bought a clean-eating book has developed an eating disorder. But a movement whose premise is that normal food is unhealthy has now **muddied the waters** of "healthy eating" for everyone else, by planting the idea that a good diet is one founded on absolutes.

⁶ food produced with loving care

⁷ carbohydrates

105 But the real question is how to fight this kind of diet absolutism without bouncing back to a mindless celebration of the modern food environment that is demonstrably making so many people sick. In 2016, more than 600 children in the UK were registered as living with type 2 diabetes; before 2002, there were no reported cases of children suffering from the **condition**, whose causes are diet-related.

Our food system is in desperate need of reform. There's a danger that, in fighting the nonsense of clean eating, we end up looking like apologists for a commercial food supply that is failing in its basic task of nourishing us.

110 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. Behind the shiny covers of the clean-eating books, there is a harsh form of economic exclusion that says that someone who can't afford wheatgrass⁸ or spirulina⁹ can never be truly "well".

115 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 can't be healthy unless you eat nothing but vegetables, you might miss the fact that (as a recent overview of the evidence by epidemiologists showed) there are substantial benefits from raising your fruit-and-veg intake from zero portions a day to just two.

120 Among its many other offences, "clean eating" was a series of claims about food that were all or nothing – which only serves to underline the fact that most people, as usual, are stuck with nothing.

Words: 1867

Adapted from:

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

⁸ a food prepared from the freshly sprouted leaves of the wheat plant
⁹ a type of algae

TASKS AND ANSWERS

Part One: Reading Comprehension

1. Fill the square with R (right) or W (wrong) and justify your answer by copying the text passage (including the line reference).

a) Jordan Younger's hair started falling out because she was eating unhealthy food.

b) There doesn't seem to be a strategy yet how to deal with the two extremes: clean food and modern (processed) food.

c) Conventional western healthcare has closely examined the role of diets and their connection to people's ill health.

d) Cookbooks that are currently sold in Britain usually refer to scientific results when advising people to develop a more balanced relationship to food.

e) In the UK, even children have recently been diagnosed with serious illness due to their eating habits.

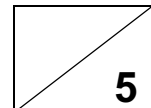
Total

5

2. **Mark** the best answer A), B) or C). There's only one correct answer.

- a) Clean eating is:
A) eating food that is not toxic B) eating a heavily plant-based diet C) orthorexia
- b) The suggestion "Grind this cauliflower into tiny pieces and you can make a special kind of no-carb rice!" is:
A) an example of clean eating B) a promise in a good vegetarian cookbook C) a sarcastic allusion made by the author
- c) Younger got death threats because:
A) her hair fell out B) she forced people to follow a rigid and restrictive diet C) she had to abandon being a vegan
- d) Only rich people:
A) can afford to eat clean B) can become even more perfect when adhering to the movement C) should raise their fruit and vegetable intake
- e) Clean eating is not going to disappear soon because:
A) the food industry profits greatly from it B) it has already become prominent in what we can buy and how we speak about food C) its long-term effect will prove that it is very healthy

Total



3. Answer the questions in full sentences and in your own words. You can score 3 extra points for good language use.

- a) Name two reasons why "clean eating" has become so successful? (1p)

- b) Why does "clean eating" sell better than a vegetarian cookbook? (1p)

- c) What are the advantages of the clean eating movement for lactose-intolerant or vegan people? (1p)

- d) Clean eating was supposed to be the counter movement to a commercial food industry but has become a profitable enterprise as well. How? Explain the development in 2-3 sentences. (2p)

- e) Give two reasons for why clean eating can be considered part of a post-truth culture. (2p)

Points for language

3

Total

10

Total Reading Comprehension

20

Part Two: Vocabulary

1. These words have been taken from the text *Why we fell for clean eating*. Give a contextual synonym or explain the meaning of the word in your own words.

a) tinge (l. 11):

b) to widen (l. 13):

c) to rebrand (l. 46):

d) muddied the waters (l. 100):

e) condition (l. 105):

Total

5

2. Give a contextual antonym of the following words as they appear in the text *Why we fell for clean eating*.

a) raw (l. 10):

b) shamefully (l. 75):

c) prevent (l. 85):

d) vulnerable (l. 92):

e) obscures (l. 115):

Total

5

3. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. Prefixes and suffixes are allowed.

MODERN SLAVERY AND HUMAN TRAFFICKING ON THE RISE IN UK

Demand for cheap goods, cheap labour and cheap sex has driven a steep increase in the number of victims reported to authorities.

Mark Townsend for the Observer, July 2016 (adapted)

<p>Efforts to (1) _____ modern slavery in the UK are failing, with the number of potential victims being trafficked into Britain rising by 245% over the last five years. Police and other authorities</p> <p>(2) _____ 3,266 people last year thought to have been the victims of modern slavery compared with 946 in 2011, a rise that has prompted concern among MPs and charities. Tim Farron,</p> <p>(3) _____ of the Liberal Democrats, said: "Police forces can and must do more to crack down on this (4) _____ crime. Slavery is horrible and has absolutely no place in the world. It is</p> <p>(5) _____ gut-wrenching to think about people in bondage, in Britain, being held against their will."</p>	<p>ERADICATION</p>
<p>Andrew Wallis, founder and chief (6) _____ of the anti-slavery charity <i>Unseen</i>, said the rise showed the</p> <p>(7) _____ of an underground trade driven by the exploitation of people.</p>	<p>IDENTITY</p>
<p>"What's driving it is the demand for cheap goods, cheap labour, cheap sex and there's an insatiable demand that causes questions for society as a whole. On the other hand, there's an (8) _____ supply of vulnerable people."</p>	<p>LEAD</p> <p>BARBARIAN</p>
<p>Wallis said that although the UK government passed the Modern Slavery Act in 2014, more needs to be done. Jakub Sobik, of campaign group Anti-Slavery International, agreed but believes the statistics show a greater (9) _____ among the authorities.</p>	<p>UTTER</p>
<p>Karen Bradley, minister for preventing (10) _____, exploitation and crime, said: "We are committed to tackling modern slavery – including human trafficking. Increases in the number of redirected people are a sign that our efforts are working."</p>	<p>EXECUTE</p> <p>REAL</p> <p>END</p> <p>AWARE</p> <p>USE</p>

Adapted from: <https://www.theguardian.com/law/2016/jul/10/modern-slavery-on-rise-in-uk>

Total

/

10

4. Read the text below and decide which answer (A, B, C or D) best fits each gap. Mark the right letter/word in the grid.

SCENTS ON A PLANE: WHY THE AVIATION INDUSTRY IS WAKING UP TO FRAGRANCE

Howard Slutsken for CNN, September 2017

Ever walked past the open door of a bakery, caught the scent of warm cinnamon rolls, and been (1)_____ back to your mother's kitchen?

Our sense of smell is remarkable, and can easily (2)_____ memories and emotions. Recognizing the power of our noses, businesses are starting to add a special aroma to their brands.

Airlines are capitalizing on this olfactory (3)_____, and many are beginning to utilize scents on-board.

Among others, Singapore Airlines, All Nippon Airways and Turkish Airlines use (4)_____ to enhance the passenger experience, from scented towels to an almost imperceptible [very small and therefore unable to be seen or felt], pleasing perfume in the cabin.

Soon, airline passengers may experience FIVE. FIVE isn't an acronym, but was chosen by Zodiac to represent the sense of smell -- the fifth sense, according to Brian Jorgensen, Zodiac's director of sales.

Zodiac is also a major supplier of lavatories, galleys, seats and interior components to aircraft manufacturers and airlines.

FIVE was created in (5)_____ to address what Jorgensen says was an "unfulfilled need" in the VIP aviation and business-jet market.

For airlines, Jorgensen suggests that "using scent [can] enhance the airline's fragrance and customer retention, boost on-board sales, and provide their passengers [with] a completely enhanced (6)_____ experience."

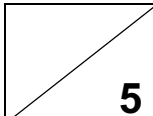
Each of Zodiac's units can hold up to four different scent cartridges which can be programmed to send allergen-free aromas (7)_____ the cabin at different times during a flight, diffusing the scent at a molecular level throughout a space of about 1,300 square feet.

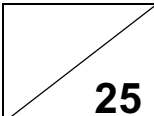
With the continual turnover of the cabin air, the fragrance dissipates (8)_____ when the unit turns off. And unlike liquid or spray fragrances, the FIVE dry-scent diffuser leaves no (9)_____ on seats or clothing.

"The experience has been designed to be very (10)_____, almost just felt in a subliminal way, below conscious level," says Jorgensen.

Adapted from: <http://edition.cnn.com/travel/article/airplane-cabin-fragrances/index.html>

- | | | | | |
|----|----------------|----------------|------------------|---------------|
| 1 | A. transported | B. laid | C. thought | D. returned |
| 2 | A. call | B. exit | C. trigger | D. release |
| 3 | A. application | B. opportunity | C. win | D. bargain |
| 4 | A. sounds | B. tastes | C. flavours | D. fragrances |
| 5 | A. order | B. contrast | C. exchange | D. spite |
| 6 | A. acoustic | B. visual | C. sensory | D. tactile |
| 7 | A. permanent | B. constant | C. among | D. throughout |
| 8 | A. quick | B. fastly | B. quickly | C. rapidment |
| 9 | A. leak | B. drop | C. mark | D. leftover |
| 10 | A. subtle | B. clever | C. sophisticated | D. elaborate |

Total  5

Total Vocabulary  25

Part Three: Grammar

1. Fill the gaps with an appropriate form of the verbs in brackets.

Stranded in a cave without food or water, Lukas Cavar (0) ___ was ___ (be) unsure whether he (1) _____ (see / ever) his family again. What was supposed to be a fun adventure turned into a hellish 58 hours for Mr. Cavar, a 19-year-old Indiana University student who (2) _____ (leave) behind during a group expedition on Sept. 17 to Sullivan Cave near Bloomington, Ind.

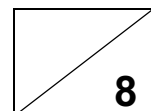
When Mr. Cavar this year joined the university's Caving Club, which organized the trip, he (3) _____ (not/ explore) a cave before. Despite (4) _____ (assign) a "buddy" as a precaution, Cavar (5) _____ (separate) from the group at a long passage with a low ceiling called the Backbreaker. When he (6) _____ (realize) that he (7) _____ (lose) the others, he made his way back to the gate at the cave's entrance but it was locked. It was only then that he became aware of the fact that he was trapped — without food or water.

The club's leaders, however, were unaware of his whereabouts. Mr. Cavar's parents (8) _____ (call) the school two days later and reported their son (9) _____ (miss), said Ryan Piurek, a university spokesman.

Help arrived late that Tuesday night. Mr. Cavar (10) _____ (sleep), curled up at the bottom of the entrance of a cave when the bright lights of rescuers (11) _____ (wake) him.

Mr. Cavar said on Saturday that he (12) _____ (sometimes / wonder) how much longer he (13) _____ (make) it if his parents (14) _____ (not/call) the school. Despite his dramatic experience he says: "Maybe I (15) _____ (go) exploring a cave again". Luckily, no other accidents (16) _____ (ever / occur) in this cave.

Total



Adapted from: <https://www.nytimes.com/2017/09/24/us/caving-indiana-university.html>

2. Rewrite the sentences using the word in CAPITALS. Do not change the word.

a) 'Does the train get in at four o'clock?' asked Pete.

WHETHER

Pete asked _____ at four o'clock.

b) Although people consider Ashley to be a star, she is always friendly towards everyone.

CONSIDERED

Despite _____, Ashley's always friendly towards everyone.

c) Sasha was probably lying about what Doug said.

MIGHT

Sasha _____ about what Doug said.

d) Unless the plans change, we'll see you on the 19th.

NO

Provided _____ the plan, we'll see you on the 19th.

e) We didn't get to meet the Minister and that was a great shame.

ONLY

If _____ to meet the Minister!

f) Why are they always making so much noise downstairs?

WISH

I _____ make so much noise downstairs!

g) If you argue about it more, we'll get to Denver later.

MORE

The _____ we'll get to Denver.

h) I was told about the website by Charlie.

WHO

It _____ me about the website.

i) Are you sorry that you invited Liam to join us on the trip?

REGRET

Do _____ Liam to join us on the trip?

k) They made me wait for over 20 minutes on the phone!

KEPT

I _____ for over 20 minutes on the phone!

Total

/

10

3. Read the text below and think of the word which best fits each gap. Use only ONE word in each gap.

SKETCHING THE SHIPWRECKS OF BRUNEI

Kate Springer for CNN, September 2017

When it comes to odd jobs, Anuar Abdullah's might top the list. The Malaysian artist and coral conservationist has spent the past few months diving (1)_____ the coast of Brunei, sketching the skeletons of sunken ships.

Last year, Brunei-based *Poni Divers* hired Abdullah to immortalize the sultanate's eerie collection of more (2)_____ 30 shipwrecks.

From the 1942 Australian Wreck -- a Dutch steamer destroyed (3)_____ a Japanese mine -- to the 1945 American Wreck, a victim of World War II, each provides (4)_____ unique diving experience.

"Southeast Asia is really the diving capital of the world -- people fly all over the world to dive in the Philippines, Malaysia, and Indonesia," Thye Sing Wong, founder of *Poni Divers*, tells CNN. "Most people don't (5)_____ know there is diving in Brunei. But some of the world's best sites are here."

Ranging from shallow-water skeletons (6)_____ 230-foot-deep goliaths, the shipwrecks dotting Brunei's ocean floor chronicle the sultanate's maritime history.

"A lot of them are natural wrecks, with a lot of history behind them (7)_____ World War II (when the Brunei Bay was invaded by US and Japanese ships)," says Wong. "We even have a decommissioned oil rig wreck. It was sunk by a partnership between fishery departments here and Brunei Shell Petroleum (the oil company)."

The sketches, he says, help to promote Brunei (8)_____ a diving destination, and also act as maps, enabling his team to properly instruct divers on the underwater territory they face.

"(9)_____ you go to a really established dive destination, they have maps of the dive sites on the wall," says Wong.

"That way you can show the location (10)_____ you enter the water and the shipwreck and how you get back up."

That process is especially important for divers in Brunei, where the visibility -- the distance divers can see underwater -- can be reduced (11)_____ to brown water from muddy inland rivers which flow into the Brunei Bay.

(12)_____ a good day, divers can expect up to 66 feet of visibility in Brunei,

(13)_____ in the Philippines 150 feet is not unusual.

Enter Abdullah, a Malaysia sketcher and the founder of coral re-population program Ocean Quest Global, the veteran diver started sketching the wrecks earlier this year.

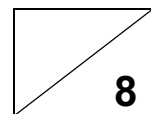
So far, he has drawn roughly six shallow underwater structures. Each work takes about two days, during which he dives, takes notes on a plastic slate, snaps underwater pictures for details, and then jots down an initial sketch.

"You can only see a small section at a time. You don't know (14)_____ you are on the front or the back, or in the middle of the wreck, because it's such a huge structure."

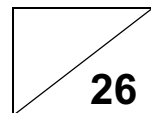
To orient (15)_____, Abdullah finds an edge and traces it (16)_____ he identifies a distinctive marker -- an anchor, a propeller or a rudder. From there, he starts with an outline and fills in the details on his subsequent dives.

Adapted from: <http://edition.cnn.com/style/article/shipwrecks-brunei-sketches/index.html>

Total



Total Grammar



Part Four: Essay

1. Choose one of the 4 topics below to write an argumentative essay (opinion or for-and-against essay) of 400 to 500 words.
2. Count the words accurately and state the number in the box at the bottom of this sheet.
3. Hand in a fair copy.

Topics:

- A) Do you agree with the message of the cartoon in figure 1 below? - Discuss.



Figure 1: Source: <https://i.redd.it/i3ewxvubtr101.jpg>

- B) Do you think the ad in figure 2 below is acceptable? - Discuss.




Figure 2: <https://pauladeasis.wordpress.com/2013/07/21/ethics-and-advertising/>

C) 'It's easier to change a person's religion than to change his or her diet.' (Margaret Mead, an American cultural anthropologist who featured frequently as an author and speaker in the mass media) - Discuss.

D) Freedom of speech - to be defended by all means? - Discuss.

Number of words:

 Attach all the sheets you have written on to the task sheet with the paper-clip and hand them in. All the sheets you have not used go onto another pile.