PRACTICE 2

Read the text carefully in each question. Choose the best answer, A, B or C.

Hi Thomas,

We are sorry to inform you that the book you ordered is currently out of stock. Would you like to wait for the stock to arrive or choose another book of the same genre? Maybe you can drop by our store to check out other books that are available.

Tania

1 This message is to
- A invite Thomas to the book store.
- B remind Thomas about the book that he had ordered.
- C apologise to Thomas and offer other solutions with regards to the book.

NOTICE

It has been raining cats and dogs for the past few days. Residents in flood-prone areas must be prepared to evacuate, if necessary. Pack your essentials and stack valuable things as high as possible. If you notice flood water rising, please move to higher grounds or call the fire station.

2 The above notice serves as
- A a warning to inform people that floods will occur soon.
- B a reminder to people to be familiar with higher grounds.
- C a reminder to make sure the residents are ready to move if floods were to happen.

To: jessica@htmail.com
From: tanny@htmail.com
Subject: Not Feeling Well

Hi Jessica,

I would like to inform you that I won't be able to go to school tomorrow because I am currently running a high fever. Could you please inform Miss Puspa, our class teacher? I will give her my medical certificate the following day.

Thank you.

Regards,
Tanny

3 Tanny writes the email to
- A tell Jessica to inform Miss Puspa that she is not feeling well.
- B get a medical certificate from Jessica.
- C remind Jessica to meet Miss Puspa.

Karen,

Can you please help me pack some food? I would like to go straight to the gym after work. If you are busy, could you please ask Mum to do it for me? Thank you.

Jim

4 In other words, what is Jim telling Karen?
- A Jim is going to the gym so he is asking his mother to pack him some food.
- B Karen is going to pack some food for him because he is going to the gym.
- C Jim is asking Karen to pack him some food and if she can't, Karen should ask their mother.

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Date: 13 November 2020
Time: 2.00 p.m.
Our classroom will be used as the examination room. Therefore, our class party will now be in the sewing room.

Please do not be late.

5 What has changed about the class party?
- A The time
- B The date
- C The venue

The price of a roasted chicken here is reasonable. If we were to buy the chicken and roast it ourselves, it would come to between RM20 and RM22 per plate. At Sammy's Grill, we can get a whole roasted chicken for RM21.

6 How much do you think the restaurant is selling the roasted chicken for?
- A RM20
- B RM21
- C RM22

Trip to Mount Kinabalu

Application forms will be made available at the school office commencing 2nd of April.

7 What is the meaning of the above notice?
- A The application forms are printed in the school office.
- B The application forms should be handed in on the 2nd of April.
- C The application forms can be obtained from the school office beginning 2nd of April.

Dear Farah,

Since no one is coming for the 3 o'clock class, we need to postpone our lesson to a later date.

Shawn

8 Shawn is telling Farah that
- A he is sorry for cancelling the class.
- B she needs to attend the class at 3 p.m.
- C her class will be conducted on another day.

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PRACTICE 2

Read the text below and correct the underlined errors.
For each question, write the correct word in the space provided.

Eating Right

Eating right should be our daily concern. Knowing what is good **(0)** yet bad for us isn't always clear and **(9)** are sometimes made overly complicated with the easy access to unhealthy foods in the market. Here are some **(10)** way to learn to eat right. Learn which foods are good and which foods are bad. Sugary foods like chocolates and candies are obviously unhealthy **(11)** which eaten constantly and in great quantities. Sometimes you can consider them a **(12)** treats. As each country is different, **(13)** refers to the relevant food pyramid for serving suggestions, types and portions. The more processed **(14)** a item is, the unhealthier it is likely to be. Additional flavour or colouring can be **(15)** harm to your health. If nutrients have to be added to your food to make it edible, then be suspicious. The intake of fast food should be reduced. They **(16)** contained too many calories and very little nutrients. Try to provide home-cooked meals for your family, rather than eating out all the time.

Adapted from: *http://www.wikihow.com/Eat-Right*

[8 marks]

Example:

0	and

No	Write your answer
9	
10	
11	
12	
13	
14	
15	
16	

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PRACTICE 2

Read the text below and answer questions 17 to 24.

From: June Ling	Date: 10 March 2020
To: Mariam	Time: 9 p.m.
Subject: Changes in Broga Town	

Hi Mariam,

How are you? We visited grandpa yesterday. He lives in the very small town of Broga. I'm amazed at the changes that have taken place in this town. It has been two years ago since I set my foot here. The Nottingham University is still there but there are now several student hostels across the road. The last time I was here, the land was full of rubber trees.

Further down the road from the university, the undulating land covered with bushes and trees has now been turned into a new housing estate called Taman Hijauan. There are rows of double-storey terraced houses. The houses look nice and on every roof, there is a solar heater. Furthermore, the estate has been landscaped beautifully with flowers and trees.

In contrast, the houses in Broga town look small and old. These houses are in need of a fresh coat of paint. The small compounds too need a general cleaning up. The old shops on both sides of the main road are still there but I see a new supermarket and a clinic at the end of the road. There also appears to be more cars on the road.

Broga town is changing! Mariam, you must join me the next time to see it for youself. Take care.

Regards,
June

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Questions 17 to 24

Complete the following table.
Choose **no more than three words and/or number** *from the text for each answer.*
For each question, write your answer in the space provided.

Visiting Grandpa

Location	**17** _____
Last visit	**18** _____
Land opposite the university	Previously: **19** _____ Now: **20** _____
Name of new housing estate	**21** _____
Type of houses	**22** _____
Special feature of houses	**23** _____
New additions in town	**24** _____

[8 marks]

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PRACTICE 2

Read the text below and answer questions 25 to 34.

Do you drink enough water each day? If not, your overall health may be taking a toll. There are several benefits of drinking water which I will be sharing with you.

First of all, it helps improve physical performance. During physical activity, your body uses up a lot of water. So, staying hydrated before, during and after exercise helps to protect your body from harm, and helps you perform better. Proper hydration can reduce fatigue, improve endurance, lower your maximum heart rate and more. It can also help you to be less sore after exercise.

Besides that, drinking water helps you to lose weight. Studies show that people who are on diet lose more weight when they also increase their water intake. In one study, people on weight loss diet who drank 500 ml of water before each of their three daily meals for 12 weeks lost 4.6 more pounds on average than people who did not drink the additional water.

Furthermore, it can boost your mood. People who drink more water tend to have better moods. One study found that when people who regularly drank less than 1.2 litres of water per day increased their intake to 2.5 litres per day, the participants experienced significantly less confusion, bewilderment, fatigue and sleepiness. On the other hand, those who regularly drank two to four litres of water per day who were then restricted to one litre per day, the reduced water intake led to negative effects on mood, including decreased contentedness, calmness and positive emotions.

Most importantly, drinking enough water helps prevent headaches. Water deprivation is a very common cause of headache. In most cases, rehydrating can provide relief from a headache. For some people, dehydration can also trigger a migraine, so be sure to keep your water intake regular if you are prone to getting migraines or headaches.

I hope this article will motivate you to drink more water as there is literally no disadvantages of drinking water.

Adapted from: *https://universityhealthnews.com/daily/nutrition/why-is-drinking-water-important-6-reasons-to-stay-hydrated/*

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Questions 25 to 32

Answer the questions below.
Choose **no more than five words and/or a number** *from the text for each answer.*
For each question, write your answer in the space provided.

25 By drinking adequate water, your body will feel _____ exercise.
[1 *mark*]

26 According to studies, people who are dieting will _____ when they drink more water.
[1 *mark*]

27 Drinking water can _____ as those who drink more water tend to have better mood.
[1 *mark*]

28 People who increase their intake of water to _____ experience significantly better moods in general.
[1 *mark*]

29 When we do not have enough water in our body, the very first sign of that is _____

_____.
[1 *mark*]

30 When you have a headache, before popping in painkillers, try _____ as it can relief you from headaches.
[1 *mark*]

31 For those who are prone to migraines and headaches, _____

_____.
[1 *mark*]

32 Is there any downside of drinking water according to the passage?

_____
[1 *mark*]

Questions 33 and 34

Complete the table below with **a word** *from the text.*
For each question, write your answer in the space provided.

Meaning	Word
33 tiredness	
34 avoid	

[1 *mark*]

[1 *mark*]

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