PART 1

Questions 1 to 8

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

Dear Editor,

Technology helps us to become more efficient thus we can save time and energy. People of different races and from various cultural backgrounds can communicate with each other via the internet. There are also other benefits but definitely the use of smart phones has brought in some negative impacts.

Nowadays, we see young and old people glued to the screens of their phones most of the times. Everyone in the society should realise that addiction to smart phones can affect the social relationship among families and friends.

WORRIED PARENT

1 What was the writer concerned about?

A The negative impact of technology.

B People use the internet to communicate all the time.

C The harmful effects in the use of smart phones.

SKYDIVING

Feel the exhilaration and excitement during this adrenaline rush act and feel like a bird, soaring in the sky. It can be a great challenge, easier said than done. Mr. Perry, a professional skydiver and instructor has the tips if you think you are up to the challenge!

2 People venture into skydiving

A as it can make them fly in the sky like a bird.

B to gain some thrilling experience.

C when they get good advice from a professional.

LIVEWORKSHEETS

Creativity and innovation are commonly heard during motivational courses or in brainstorming sessions in meetings of an organisation. The two words have different definitions. Creativity means to come out or produce new ideas and innovation refers to the application of an idea. The two criteria are often linked to the success of a person or company. Hence, the need to think creatively and be innovative if one aims to soar high in any field.

3 Being creative and innovative

A can greatly benefit a company.

B means hardly working to succeed.

C is important in motivational courses.

Acheh, Indonesia – An earthquake off Indonesia's northern Aceh province has killed at least 97 people and hundreds have been injured. In a statement released by a military official, it is estimated that the number of casualties will continue to rise as some of the residents are still likely trapped under the rubble of collapsed buildings. Thousands of people, including soldiers, have been deployed for the search and rescue operation.

4 The newspaper has reported that

A the earthquake has not caused much damage.

B there is a possibility of more victims and fatalities.

C all casualties have been rescued.

LIVEWORKSHEETS

100% organic – tea leaves form Sri Lanka
Individually wrapped in foil to keep the freshness



No preservatives
3 flavours - ginger, mint, fruity
Now you can increase your metabolism with BANG tea
Available in 50 or 80 sachets/box

5 The advertisement will greatly tempt people who

A enjoy tea without any flavour.

B support local products.

C want to lose weight.

Track My Steps Monitor will be able to help you reach the daily recommended 10,000 steps per day. You get to know the total number of steps you walk in a day to enable you to attain your fitness goal. It counts the number of steps, calories burnt, speed and distance as accurately as possible. Walk at the park or just walk around the house while doing the house chores. Walking helps you to maintain good health but you must walk more if you wish to lose weight!

6 The "Track My Steps" monitor can

A detect your active movements.

B count calories of food you eat.

C only be used outdoors.

LIVEWORKSHEETS

Buying a new PC, laptop or tablet? Choosing to buy is confusing and a lot harder than it should be. Every major brand has multiple product lines with overlapping prices and features. Each is described using jargon that many of us do not understand. What is important is having a handy buying guide that will give you that basic background information and to read reviews of the models you are interested in. Be wise and think carefully to enable you to make a smart purchase.

7 Based on the given text, when buying a new computer, it is necessary to

A buy one which is of a good brand.

B find out the meaning of all computer jargon.

C know some basic knowledge and others' opinion.

"Congkak" is a traditional game played by two people sitting opposite one another. It is a game with simple rules which needs one to be skillful and swift in movement. This Malay cultural heritage is quite unique as we can find some beautiful craftwork designed for the game boards that looked like the shape of a boat. If we do not have the board, we can just make use of small bowls as containers for the seeds.

8 The traditional game

A can also be bought as a souvenir.

B requires no competency.

C is for two or more players.

LIVEWORKSHEETS

PART 2
Questions 9 to 18

Read the text below and choose the **best** *word for each space. For each question, mark the correct letter* **A, B, C** *or* **D** *on your answer sheet.*

Anger



Anger is a normal human emotion that tells us when something might be wrong. For example, we may be angry (**0**) **__when__** we are treated unfairly or when we are under stress. However, it is important for us to learn to deal (**9**) _____ anger.

The belief that it is healthy to let off steam and release anger no longer (**10**) _____. Studies have shown that discharged anger can (**11**) _____ health risk. This (**12**) _____ why people with a hostile personality trait seem to have more health problems. People who are chronically angry are twice as likely (**13**) _____ heart attacks than those who are more laid-back. In another study, characteristically angry women are (**14**)_____ to be four times as likely to have high cholesterol levels and be overweight than calmer one. They tend to get more depressed, smoke more (**15**) _____ argue more.

It is important therefore to manage this anger. There are certain skills that help us (**16**)_____ this anger. First, we must understand why we are angry. We must identify the feeling behind the anger. Is it irritation? Is it fear? Or is it because we are threatened? Next, we must learn to recognise the tell-tale signs that show we are starting to (**17**) _____ our temper. Our heartbeat increases or our breathing speeds up or we may clench our fists. Then, we must learn to cool down. There are ways to do this. We can consciously breathe in and out or slowly count to ten or more. This allows logic to (**18**)_____ with our emotions. It may prevent us from saying something that we may regret later.

LIVEWORKSHEETS

0	**A** how	**B** what	**C** when	**D** where
9	**A** at	**B** with	**C** over	**D** against
10	**A** holds up	**B** holds on	**C** holds to	**D** holds off
11	**A** affect	**B** cause	**C** reason	**D** effect
12	**A** explain	**B** explains	**C** explained	**D** to explain
13	**A** have	**B** to have	**C** having	**D** to be having
14	**A** find	**B** finds	**C** found	**D** finding
15	**A** so	**B** or	**C** and	**D** but
16	**A** regulate	**B** control	**C** switch	**D** change
17	**A** lose	**B** free	**C** loose	**D** freed
18	**A** catch at	**B** catch on	**C** catch up	**D** catch ou

LIVEWORKSHEETS

LIVEWORKSHEETS