

Part 1

Questions 1 to 8 are based on the given stimuli.

Study the information carefully and choose the **best** answer **A**, **B** or **C**.
For each question, mark your answer on the answer sheet.

bookings.com

Kuala Lumpur Check-in Date — Check-out Date
17 DEC - 18 DEC 2 adults · 0 children · 1 room

Prestige Hotel Kuala Lumpur

This hotel offers accommodations in the city centre, just a 5-minute walk to KL Tower and Petronas Twin Towers. Featuring classic Malay decor, the luxurious rooms at Prestige Hotel Kuala Lumpur are equipped with a huge flat-screen TV, a mini-bar and tea / coffee making facilities.

RM250
including free breakfast & late check out up to 4pm

- 1 From the website above, we learned that Ms. Amylia Qaisara would prefer this hotel due to these reasons, **except** :
- A Each room is well-equipped with a huge refrigerator.
 - B Its proximity to some popular buildings in Kuala Lumpur.
 - C Guests would be able to check out beyond normal check out time.

How do you cope with jet lag when flying to far-flung destinations? The Australian airline Qantas has looked into this question with the help of scientists. You've tried everything: Melatonin pills, getting as much sleep as possible during the flight or adapting to the destination's time before departure. But there's nothing you can do, and every time you take a long-haul flight, you just can't seem to get the fatigue caused by jet lag under control. Against all odds, the solution could lie in the in-flight food. Indeed, to better cope with the transition from one time zone to another, two surprising foods may be of assistance – chili and chocolate.

Adapted from The Star

- 2 According to the extract, what is the best way to cope with jet lag after a long flight?
- A Adapting to the destination's time.
- B Eating chocolates or spicy food on board.
- C Sleeping as much as possible during the flight.
-  **LIVEWORKSHEET**