


Practice 2


Read the text carefully in each question. Choose the best answer A, B or C.
For each question, mark the correct answer A, B or C on your answer sheet.

Protein is an essential nutrient which is important to the body. Children need protein to grow up healthily. A deficiency in protein can have a bad effect to the growth of their bodies. Protein can be found in both plant and animal-based food which can be easily available in our country.

1. Some protein that can be derived from plants and animals are
 - A milk, fish and legumes.
 - B soy drinks, nuts and grains.
 - C meat, carrots and tomatoes.

According to a health expert, snoring can lead to sleep apnoea which causes the snorer to stop breathing for up to ten seconds at a time during sleep. Apnoea can lead to high blood pressure and early death.

2. What are the effects of snoring?
 - A Sleeplessness
 - B Health problems
 - C Being overweight



Want to escape the hustle and bustle of the city? Too much work? Come and visit our resort by the sea. Have a relaxing time, enjoying yourselves on the white, sandy beach!

3. The resort promises you
 - A that you will enjoy the sandy beach.
 - B that you cannot escape the city.
 - C a relaxing and enjoyable vacation by the sea.

Q : Dear Doctor,

I am a 15-year-old boy. I would like to know how I can lead a healthy lifestyle. My parents and teachers are not the people I can ask because I think they also have not much knowledge about this matter.

- A : There are many tips that you should do in order to lead a healthy lifestyle. Basically, it lies on practising the following 5 steps. The food you eat every day should be balanced and you must also exercise. You can jog, cycle or swim at least three times a week. It is good to sleep for 6-8 hours at night and you have to avoid having too much stress. The most important step is to avoid taking toxic substances such as cigarettes, drugs or alcohol.

4. To be healthy, a person has to
 - A study a lot of important things.
 - B avoid doing many things.
 - C carry out good habits continuously.

How Often Should You Get a General Health Check-up?

In the past, a person is advised to get an annual medical check-up if you do not have any health problems. However, there is a current opinion that you should do a periodical assessment of every five years if you are in the age range of 18 – 39. It is necessary for those aged 40 to have medical examinations done every one to three years thereafter.

5. A 45-year old man should go for a medical check up
 - A annually.
 - B every one to three years.
 - C three times in a year.

To : dr.mazlin@mail.com

Subject : Healthy Eating

Dear Dr. Mazlin,

I would like to invite you to give a talk on healthy eating for the benefits of students aged 13 to 17. The talk is organised by the Science Club as one of the activities for the Co-curriculum of the school. It will be on Wednesday, 24th April at 2 p.m. Please inform me if the date given here is not available and do provide us a date based on your schedule. Your presence at SMK Batu Pauh, Manjung would be greatly appreciated. Thank you.

Betty Chandran
(Sec. of Science Club)

6. The students in SMK Batu Pauh will get an opportunity to
- A be present at a talk about good and bad food to eat.
 - B listen to Dr. Mazlin's speech on her career as a doctor.
 - C be a member of the Science Club.

Join our 10,000 steps a day Campaign

Registration fee : Free

Meeting point : Stadium Kelana, Butterworth

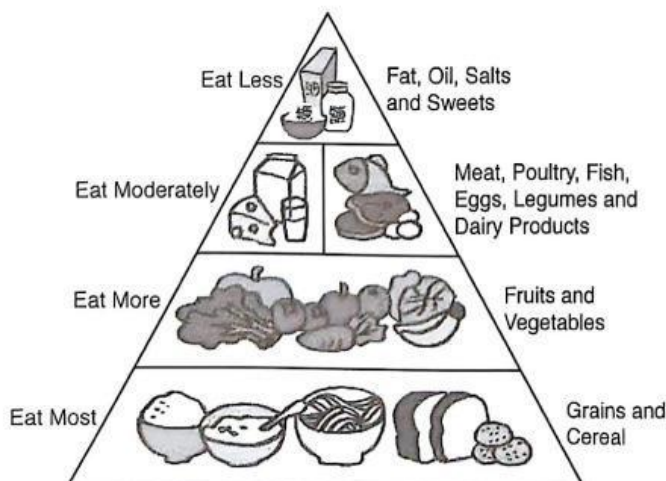
Time : 7.30 a.m.

10,000
STEPS



Let's Get Healthy

7. The campaign is to encourage the public to
- A count their steps.
 - B lead an active life.
 - C walk around themselves.



8. The food pyramid guides people
- A to take only vegetables and fruits.
 - B who want to cook their own food.
 - C in eating a balanced diet.