

English Kun Mumtazin Task (10/10/2026- Friday, 10.00 – 11.00 am)

Complete the table below by finding other suitable words that can replace the given verb.

No.	Verb	Other suitable words	Meaning	Sample sentence
1	organise	1. 2.	mengadakan	Schools can organise a campaign to raise awareness among students.
2	participate in	1. 2.	menyertai	Teenagers should participate in outdoor activities during their free time.
3	prevent	1.	mengelakkan	Eating a balanced diet can prevent certain health problems.
4	improve	1.	memperbaiki	Exercising regularly can improve our physical and mental health.
5	reduce	1.	mengurangkan	We should reduce the amount of plastic waste produced every day.
6	protect	1. 2. safeguard	melindungi	Everyone has a responsibility to protect the environment.
7	manage	1. 2.	Mengurus/ mengawal	Teenagers need to manage their stress before it affects their mental health.
8	overcome	1. 2.	mengatasi	Talking to someone we trust can help us overcome our problems.
9	strengthen	1. 2.	Menguatkan/ mengeratkan	Playing team sports can strengthen the relationship between friends.
10	expand	1.	Membesarkan bulatan kawan	Social media helps us expand our circle of friends .
11	enrich	1. 2.	Mengayakan/ meningkatkan	Technology helps us to enrich our general knowledge .
12	purchase	1.	membeli	Consumers should compare prices before they purchase products online.
13	impose	1.	Mengenakan (berkaitan denda wang)	The government should impose higher fines and penalties to curb this issue.
14	enforce	1.	menguatkuasakan	The authorities should enforce stricter laws to mitigate the problem.
15	increase	1. 2.	Meningkatkan/ menyebarkan	Related campaigns must be carried out to increase awareness among society.
16	instil	1.	menyemai	Parents should instil good values in their children from a tender age.

Other words to say:

	Original word	Other expression
1.	..to take care of our mental health	
2.	..to relax my mind	
3.	We had delicious meal	
4.	..to visit this restaurant	
5.	The service is excellent	
6.	..to combat this mind-boggling issue	
7.	All parties should work hand in hand	
8.	..we can strengthen the relationship among friends.	
9.	There are a wide range of choices..	
10.	..we should spend wisely	
11.	We can help lessen the burden of our parents	
12.	Vehicles will emit harmful gases including sulphur dioxide and carbon monoxide	
13.	.. harmful gases	
14.	Consequently, it will pollute our atmosphere.	
15.	We should not share our personal information with others.	