

Read and Understand Summative Assessment 3

Read the text below and answer the questions that follow.

Choose **no more than five words and/ or a number** from the text for each answer.

Benefits of Exercise

2 You sleep better

A 16-week programme of walking, cycling or treadmill training for 40 minutes four times a week, together with tips on sleep hygiene, in Chicago, helped break the sleepless cycle of people above 55, who were suffering from chronic insomnia.

4 Your bones are stronger

When Finnish researchers put 149 women aged 70 to 78 through an all-round exercise programme, combining balance, agility, jumping and weight-bearing work, they found their bones became stronger, protecting them against osteoporosis.

6 You live longer

An active lifestyle after the age of 50 can add four and a half years to your life, according to the Framingham Heart Study (FHS), which has been following the health of 5 209 residents of Framingham, Massachusetts, since 1948.



1 You keep away muscle loss

In 2010, a Japanese study on exercise among older people found that walking 7 000 to 8 000 steps a day helped to preserve muscle mass in a group of 175 people aged 65 to 84.

3 Your confidence is boosted

Exercise makes you feel better about yourself. This motivates you to carry on, according to a research on older people carried out at Stanford University, California.

5 You are calmer

In 2011, Canadian scientists found a chemical link between exercise and mood. In a study of men aged 57 to 70, an hour on the treadmill made them more relaxed.



7 You keep your brain sharp

Many researchers say that being physically active can help preserve mental function. Just half an hour's brisk walking daily could slow mental decay by five to seven years. It also slows down the onset of Alzheimer's disease.

1 Canadian scientists found a chemical link _____
_____ in their study.

2 Who are the main people targeted in the text?

3 The elderly live longer if they practise _____

4 _____ is slowed down through physical activity like brisk walking.

5 According to a Japanese study among 175 people, exercise can _____

6 After undergoing an all-round exercise programme, 149 women in Finland found _____

7 A research conducted in Chicago showed that brisk walking, cycling or treadmill training for about 40 minutes four times a week helped _____

8 A research carried out at Stanford University reveals that regular exercise _____

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

Meaning	Word
9 the beginning of something unpleasant	
10 difficult to cure	

Read the text below and complete the following graphic organiser with **no more than three words and/ or a number** from the text for each answer.

Bones

Every single person has a skeleton made up of many bones. These bones give your body structure, let you move in many ways, protect your internal organs, and many more.

Bones are a very important part of the human body. When you were a baby, you had tiny hands, tiny feet and tiny everything! Slowly, as you grew older, everything became a bit bigger, including your bones. A baby's body has approximately 300 bones at birth. During childhood, as the baby is growing, her cartilage grows and is slowly replaced by bone, with help from calcium. Between 13 to 18 years of age, our softer bones fuse into the bigger ones, so by the time we are an adult, our bone count drops to 206. After this happens, there can be no more growth — the bones are as big as they will ever be. All of these bones make up a skeleton that is both very strong and very light.

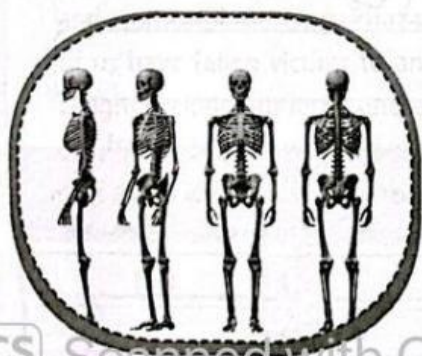
There are four different types of bones in our body — the long bones of the limbs where they work as levers to permit movement, short bones of the hands (wrists) and feet (ankles), flat bones of the skull, shoulder blades and breast bone, and irregular bones of the kneecaps and spinal column.

The human body needs the support of the skeleton. It provides mobility for the body through its attachments to muscles, tendons and ligaments. The skeleton also protects many of the vital organs of the body such as lungs and the reproductive system.

However, bone mass can be depleted with age. We require calcium for the growth and repair of bones throughout life, especially after the age of 30 to 35 when bone density starts to decrease.

There are two ways to preserve bone health. One of them is to meet the daily requirement for calcium by taking food rich in calcium. Make sure you drink a lot of milk and eat dairy products like low-fat cheese or frozen yogurt. They all contain calcium which helps bones harden and become strong. Besides taking care of your diet, regular weight-bearing exercise is good for strengthening your bones.

Take these steps to be good to your bones, and they will treat you right!





HUMAN BONES

Number of bones at birth:

1 _____

Number of bones in adulthood:

2 _____

Functions:

- Supports human body

3 _____

4 _____

Bone types:

- Long bones
- Short bones

5 _____

6 _____

How to maintain bone health:

7 _____

8 _____

Read the guidelines in a magazine below and answer the questions that follow.
Choose **no more than five words and/ or a number** from the guidelines for each answer.



Gift-Giving Etiquette: A Brief Guide



We always give gifts to our parents, friends, siblings, relatives and teachers. We give gifts on special occasions like Christmas Day, Chinese New Year, birthdays, birth of newborns, Mother's Day, Teachers' Day and many others. Gifts are symbols and carry energy from the giver to the recipient, affecting both.

GUIDELINES in giving gifts

- ☒ When giving cash, you should always give in odd amounts, \$5, \$11, \$51, \$101, etc.
- ☒ Offer gifts in pairs. An even number symbolises good luck and a good ending.
- ☒ When giving a gift of a wallet, purse, money box or anything that is meant to hold money, you should put money in it, so the person will have good luck.
- ☒ When you return a gift from a guest, the gift you give him in future must be of greater value than his.
- ☒ Chocolates and fruits are a good luck gift. They represent that you wish the recipient to have a sweet life, so they symbolise good fortune.

TABOOS associated with gifts

- ☒ **HANDKERCHIEFS.** Never give a handkerchief for it connotes parting with a person forever, or symbolically this is for wiping away tears.
- ☒ **UMBRELLAS.** It would mean a break-up or a broken marriage.
- ☒ **CLOCKS.** Never give a clock for 'clock' sounding like the word for 'death' in Mandarin. When you give the clock, you remind the recipient they have less time to live.
- ☒ **SHARP OBJECTS.** It symbolises breaking a relationship. Also, it is believed that giving sharp objects will bring the recipient danger and bad luck.
- ☒ **JASMINES, PLUM BLOSSOMS, MARIGOLDS, LOTUSES.** For jasmines mean business losses, plum blossoms mean bad luck, marigolds mean funerals, and lotuses are used to worship Buddha image.

PAK21

Pelibatan Ibu Bapa

- Talk to the elders or parents in your family.
- Ask them about the taboos and superstitions that they believe in.

- 1 Gifts are often given on _____.
- 2 It is advisable to offer gifts in pairs because it _____.
- 3 Marigolds hold a strong tie to the idea of _____.
- 4 If you want your close friends to remain a couple forever, which gift mustn't you give them?

- 5 It is considered inauspicious to _____ as it symbolises death.
- 6 When you receive a gift from a friend, you must return one which is _____.
- 7 It is advisable not to give a handkerchief to your friends because it _____.
- 8 In giving gifts, there are several guidelines to adhere to. This is because there are many _____.

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

Meaning	Word
9 brothers and sisters	
10 leaving	