

PART 2
[20 MARKS]

You should spend about 35 minutes on this part.

Your teacher has asked you to write about how **you will keep yourself healthy during the COVID-19 pandemic**. . In about **120 words**, write your essay. You may use the notes below.



Task: Rewrite the paragraphs into their correct order.

Second, I make sure I eat good food or healthy food. I eat lots of vegetables and fruits, and drink plenty of water. Eating good food also means I avoid salty or fast-food. It is also best to stay away from eating too much of sugary food like cakes and ice-creams.	HOW TO KEEP MYSELF HEALTHY DURING THE COVID-19 PANDEMIC
Lastly, I make sure I follow the SOPs or the guidelines set by the government. If I ever go out, I make sure I wear a mask. I also avoid physical contact with the people I meet and distance myself from the others.	
Third, since we are under MCO or Movement Control Order, I do not go out. I just stay at home, and so spending quality time with our family members is a good thing too. When we spend time doing things we like with our family, we feel happy. I believe that being happy is one way to prevent stress.	
Therefore, it is important for us to take care of our health during this pandemic. For me, I have a few ways that I practise in order to stay fit. First of all, I take care of my personal hygiene. Taking care of my body is important to avoid getting the disease. For example, I make sure I shower twice a day and wash my hands with soap and water.	
In conclusion, I feel it is important for us to take care of each other and be responsible for our health and also the people around us. I hope all of us, especially Malaysia will be free of the pandemic Covid-19.	
Covid-19 is a disease that has become a pandemic. It is a pandemic because it is infecting people all over the world. People who get this disease will have mild to moderate illness, but some may need medical attention from the doctors.	