

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.
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.

HOW TO KEEP MYSELF HEALTHY DURING THE COVID-19 PANDEMIC