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.

eating good food

spending quality time with family

paying attention to self hygiene

I will keep myself healthy....

avoid travelling

follow SOP

Task: Complete the essay with suitable words or phrases from the choices given.

HOW TO KEEP MYSELF HEALTHY DURING THE COVID-19 PANDEMIC

Covid-19 is an infected disease 1. _____ a virus. When people get this disease, they will have some illnesses like a fever or a cough. People with a good antibody often will survive the disease but some high-risk cases need to be 2. _____.

It is important to take care of our health during this pandemic. First, I take care of my personal hygiene. Taking care of 3. _____ 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.

Second, I make sure I eat good food or healthy food. I eat lots of vegetables and fruits, and drink plenty of 4. _____. I also do not eat fast-food, salty food or sugary food like cakes or ice-creams.

Third, since we are under MCO or Movement Control Order, I do not go out. I just 5. _____, and so spending quality time with our family members is a good thing too. Spending time with my family makes me happy. I am not stressed when I am happy.

6. _____, 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 7. _____ with the people I meet and distance myself from the others.

8. _____, 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 Malaysia will be free of the pandemic Covid-19.

caused by

hospitalised

In conclusion

my body

Next

physical contact

stay at home

water

LIVEWORKSHEETS