

READING AND USE OF ENGLISH

Part 1

Questions 1 to 8

Read the text carefully in each question. Choose the best answer **A, B, or C**.

ATTENTION PLEASE!

This is a special announcement. We regret to inform you that due to the flash flood in Nilai, the south bound ETS services have been suspended until further notice.

1. From the notice, we know that

- A the ETS services causes the flash flood.
- B the ETS services is temporarily on hold.
- C the ETS services will resume next week.

If you don't sleep for 7 or 8 hours a night, the risk of developing diabetes rises 37 to 88%. To sleep better, go dark. Even a small amount of light during bedtime slows melatonin production, the hormone that makes you sleepy.

-Dr. Yapin Derrick



2. From the advice, we know that

- A Melatonin production develops diabetes.
- B You should have enough sleep to produce melatonin.
- C Sleep in the dark helps to produce melatonin faster.

Tropical forest destruction has always been the main cause, but now it appears that hunting is just as serious a threat in some areas, even where the habitat is still intact. In many places, primates are quite literally being eaten to extinction.

3. Which of the following statement is true?

- A People hunt animals in destructed forest.
- B There are demands for having primates as cuisine.
- C Forest destruction is no longer a threat to animal extinction.

5 benefit of composting

- Reduces greenhouse gas emission
- Reduces landfill waste, and improves waste management
- Soil with compost is more nutritious and holds water better
- Soil with compost reduces erosion, decreasing the risk of landslides
- Soil with compost needs less watering, fertilizing and pesticides

4. Which statement is not true based on the text?

- A Waste management is better through composting.
- B Composted soil helps to lower the risk of landslide.
- C There is no need for watering when using composted soil.

Dear Editor,

The other day I went to a waterfall for a picnic but I was rather shocked. The forest area where the waterfall is located had lost its charm because of illegal logging. The forest had lost a lot of its tree. It was very hot there. I was surprised to find the surrounding was littered with rubbish as well while there were many bins allocated.

Frustrated Man

5. What is the purpose of the letter?

- A To share his picnic experience at the waterfall.
- B To condemn the local authority for the situation.
- C To express his disappointment with the condition at the waterfall.

WHY NOT...?

- ✓ Bring your own reusable plastic bags when you go shopping
- ✓ Always opt out for eco-friendly packaging when choosing product
- ✓ When eating at restaurants, bring your own reusable straw.
- ✓ Bring your own water bottle instead of purchasing bottled water regularly

6. The tips given are meant to

- A make your life easier.
- B reduce the use of plastic in daily lives.
- C save money by reusing household items.



Potatoes make your blood sugar level rise and over the years they are likely to make you gain weight. However, while nuts may be high in fat, snacking on a handful of nuts like pistachios and almond instead of potato chips can help you lose weight. Nuts helps to lower sugar level.

7. Which statement is true about the information above?

- A Potato chips helps to gain ideal weight.
- B Moderate intake of nuts helps to be slimmer.
- C Blood sugar lever can be reduced by consuming potatoes.

AccuWeather Kuala Lumpur, Kuala Lumpur 31° c					
TUE 3/16		34° /24°	Brief afternoon showers	71% →	
WED 3/17		33° /25°	Clouds and sun	25% →	
THU 3/18		33° /25°	Partly sunny	25% →	
FRI 3/19		33° /24°	Some rain and a thunderstorm	56% →	

8. Which activity is impossible based on the forecast?

- A Kayaking activity on Friday 10 a.m.
- B Attending a garden wedding on Tuesday at 5p.m.
- C Brisk walking around the lake on Thursday at 8.30 a.m.

Part 2

Questions 9-18

Read the text below and choose the **best** word for each space. For each question, circle the correct letter A, B, C and D.

Our focus in World Environment Day is to (0) encourage society to do their part for a greener and cleaner environment. The Earth (9) _____ the threat of climate change and all countries will suffer (10) _____ the negative effects. We do, however, have the opportunity to change course to save the environment. Governments will have to (11) _____ talks and together act quickly to save the environment. The world also needs to focus on its sources (12) _____ renewable energy. (13) _____ will not only create jobs but also help tackle global warming. If we invest in the green economy, we can turn today's crisis (14) _____ tomorrow's progress. Our planet needs more than just action (15) _____ by the governments and many corporations. It needs commitment from each of us. When billions of people join forces for a common purpose, we can make (16) _____ difference. On this World Environment Day, I (17) _____ all people to take steps towards making the planet greener and cleaner. You can start by (18) _____ off the lights, recycling, taking public transport, planting a tree and even cleaning your local park.

- | | | | |
|------------------|------------------|--------------------|--------------|
| 0. A encouraging | B encourages | C encourage | D encouraged |
| 9. A faces | B faced | C face | D facing |
| 10. A regardless | B as a result of | C despite | D instead of |
| 11. A hold | B holding | C held | D holds |
| 12. A at | B in | C of | D on |
| 13. A how | B this | C there | D what |
| 14. A in | B from | C through | D into |
| 15. A takes | B took | C taking | D taken |
| 16. A heavy | B deep | C real | D specific |
| 17. A wish | B hope | C urge | D dream |
| 18. A switch | B switching | C switches | D switched |

Part 3**Question 19-26**

*You are going to read an extract from a short story. Answer the questions follow. For questions 1 to 6, choose the correct answer (A, @ B, C or D) and circle the correct letter **A, B, C and D**.*

Gunung Tahan at 2,187m is the highest mountain in the Peninsular Malaysia and local trekkers dream of conquering it and I have a similar dream but with a difference. I wanted to scale the mountain with my 15-year-old son.

As a nature enthusiast myself, I wanted to use this opportunity not only to nurture greater interest in our country's rich biodiversity but also to build a stronger bond with my son, and so we set out on this adventure of a lifetime. The five-day-four-night trip to Gunung Tahan in Pahang required an 88km journey from base camp in the park headquarters at Taman Negara Merapoh, Pahang. We took the night train from Johor Bahru. It was another 10 hours before we reached Merapoh through the Gua Musang railway station.

Day one: It rained heavily, making the river crossing very challenging. Leeches had a field day. We had at least a dozen leech bites between us. As this was 'tiger territory' with one of Malaysia's highest concentration of tigers, we were cautious but there were no traces of wildlife except footprints and elephant dung. Hornbills flying low were a sight to behold, especially the large Rhinoceros hornbills made loud noises. Arif was overwhelmed by the liveliness of the rainforest.

Camp Kor, the first camp site, had one of the cleanest rivers around. All through the five days journey, we drank water straight from the stream. The water tasted so good! On the first day, we were so tired that we slept for 14 hours to compensate for the lack of sleep on the train. Day two: Arif had a difficulty to climb the mountain as the ground was steep and very ragged at certain patches due to erosion and the uprooted trees. A heavy four-hour downpour wiped out our tent. We relocated to a new site, drenching wet and shivering with cold. But, Arif, so fascinated by the beauty of nature, was driven by a strong desire to make it to the peak safely. Day three: We woke up to the sounds of barbets and cicadas and knew that it would be our most challenging day. Another seven or eight hours of hiking and we would reach the peak. The trek was tricky as the muddy paths and thorns hampered progress. The previous night's rain created

cascades along the paths and movement was difficult. Arif was almost overcome by exhaustion. Thankfully, he held on and after a short rest and a warm drink, she recovered. We reached the peak at almost 7 p.m. and camped at Bukit Botak which had an elevation of 1,945 metres. We had a perfect night's sleep interrupted only by the wind.

Day four: It was a beautiful morning. Clear blue skies greeted us. The view was **scenic** though the haze was apparent. Arif was still in a surprise wondering if he had really conquered Gunung Tahan. We looked beyond the peak and felt on top of the world. The air was so fresh and invigorating though chilly at times. If only we could have such quality air, even in the lowlands, every day. Then, it was time to go back to our campsite. The trek down to Camp Kor was exciting as we trekked guided by the light from our torch. It was 8.30 p.m. when we reached the campsite.

Day five: We boarded the train from Gua Musang to Johor Bahru. I reflected on our adventure. It was a holiday as well as a learning session where I managed to instil the love of nature in my son and heightened his appreciation of the environment.

(Adapted from: Praktis HEBAT SPM KSSM PELANGI)

- 19 From paragraph 1, what does the writer mean by 'I wanted to scale the mountain'?
- A He wants to measure the weight of the mountain
 - B He wants to climb the mountain
 - C He wants to see the forest at the mountain
 - D He wants to stay at the mountain
- 20 From paragraph 2, we know that the writer wanted to climb the mountain because
- A He wanted to nurture the interest in biodiversity and to create stronger bond with his son.
 - B He wanted to improve his knowledge in biodiversity and to climb with his son.
 - C He wanted to experience the biodiversity and to encourage the love of nature to his son.
 - D He wanted to see the wildlife and to make his son happy.
- 21 The following are the writer's characteristics **except**
- A Enthusiast
 - B Adventurous
 - C Generous
 - D Loving
- 22 From paragraph 3, what animal bothered them?
- A leeches
 - B tiger
 - C elephant
 - D hornbills
- 23 From paragraph 4, why do you think the river tasted good?
- A The river is not polluted with chemicals
 - B The river is from the top of the mountain
 - C The visitors clean the river
 - D The place is far from the city
- 24 From paragraph 7, the word 'scenic' best described as
- A charming
 - B lovely
 - C pretty
 - D panoramic
- 25 Why do you think Arif was surprised as they reached the mountain?

..... (1 mark)

- 26 Would you go on a journey like this with your parent? Why?

..... (1 mark)

Part 4

Questions 27-32

You are going to read an article about the Covid-19 vaccine for those who have had Covid-19. Six sentences have been removed from the story. Choose from the sentences **A to H** the one which fits each gap (27 to 32). There are two extra sentences which you do not need to use.

If You've Had COVID-19, Do You Still Need the Vaccine?

Timing is everything here. 27 The current recommendation is to wait at least 14 days after a positive test before seeking vaccination. "This recommendation is primarily to ensure that people who could still be contagious are not going to vaccination sites and potentially spreading the disease," Dr Chang says. This goes for health care workers too. That is why Dr. Degelsmith made sure he was done with his COVID-19 quarantine before getting his second vaccine dose. If, like him, you come down with COVID in between shots, it's recommended you complete the shots as scheduled, as long as you are out of isolation. If you are just recovered from COVID-19 and haven't had your first shot yet, the CDC notes it is fine. 28

"It is OK to wait 90 days after infection if desired because one will likely have immunity for that time period anyway after infection," Dr. Degelsmith says. 29 "As it appears there is some immunity, i.e. less risk of reinfections, in the first few months following natural infection, in the setting of low [vaccine] supply, people with recent infection may choose to temporarily delay vaccination," he says. He also added that there is no clear cutoff for when natural immunity wears off. 30

If you tested positive but were asymptomatic, vaccination is still important when you're cleared from quarantine. "Both asymptomatic and symptomatic persons benefit from vaccination," Dr. Middleton says. 31 "It is felt that mild or asymptomatic infections may not build up significant antibody protection to prevent recurrent infections in some people; or, the immunity after infection may not last more than several months," Dr. Degelsmith says. 32 This is because you might not have as much natural protection against reinfection from mutated forms of the virus.

Edited from: Reader's Digest- <https://www.rd.com/article/had-covid-19-still-get-vaccine/>

A	Dr. Chang agrees, but urges caution.
B	This means fewer future mutations.
C	In fact, it might even be more important to get vaccinated if you had few symptoms.
D	So it really depends on how long ago you had the virus.
E	The vaccines may also be adjusted to better match the new variants.
F	But it is not required for you to wait a few months to let others with no natural protection go first.
G	This is definitely a consideration and a possible reason not to wait to get vaccinated after you've recovered from COVID-19.
H	Therefore it's difficult to know exactly when the 'right' time is for those who have had Covid-19 to get their shot.

Part 5

Questions 33-40

Read the following article and answer the questions that follow.



March 19 marked World Sleep Day 2021, which celebrates sleep and raises awareness on how important it is for good health.

BE STRICT ABOUT BEDTIME

The researchers found that children of parents who were strict with bedtime were 59 per cent more likely to meet the sleep guidelines on a weekday, compared to children of parents who just encouraged a set bedtime.

CUT DOWN ON SCREEN TIME

A study has found that too much screen time was associated with a shorter night's sleep and taking longer daytime naps, in particular in children caught sneakily using screens when they should be sleeping.

ENCOURAGE TEENS TO EAT A HEALTHY DIET

A large-scale study published recently found that across both males and females and all age ranges, unhealthy dietary habits, including skipping breakfast, eating fast-food and consuming sweets regularly, as well as being overweight or obese were all associated with a lack of sleep.

WHAT TOO LITTLE SLEEP DOES TO YOUR BODY

COLDS	DIFFICULTY LEARNING	HEADACHES AND MIGRAINES
A study found that those who slept less than 5 hours per night were more likely to get a cold compared to those who slept 7+ hours.	Sleep deprivation interferes with our ability to remember and process new information.	Research links poor sleep quality to migraines and sleep apnea to headache.