



Based on the notes, complete the text below with the correct information.

There are seven beautiful bridges in Putrajaya. One of the bridges is the Seri Wawasan Bridge.

In English, it means the _____ (1). It has a unique design that reflects

_____ (2) in a modern way. The bridge was inspired by _____ (3).

A schooner is a type of sailing ship with two or more masts, which are posts that support the sails.

It is 240 metres long and made mainly of _____ (4). It has a two-way, three-lane

carriageway and _____ (5). This impressive bridge is admired for its architectural

wonder. Perhaps, when you visit Putrajaya, you can take your time to admire its beauty.

[10 marks]

Study the notes below and use the information to complete the text.

brisk walk

- 20 to 30 minutes each day
- faster heartbeat

other ways to exercise:

- jogging
- swimming
- playing outdoor sports
- dancing

benefits of exercising regularly:

- keep fit
- make muscles and bones strong
- maintain the heart in good condition

other benefits:

- keep muscles from becoming loose
- joints will not become stiff
- improve blood circulation and digestion

Based on the notes, complete the text below with the correct information.

A simple way to exercise is walking. Take a _____ (1) for about 20 to 30 minutes each day. It will make your heart beats faster for a short while. Apart from walking, other ways to exercise are jogging, swimming, _____ (2) or even dancing. Exercising regularly will keep you fit, make your _____ (3) and maintain your heart in good condition. Your muscles need to be exercised regularly to keep them from _____ (4). Your joints will not _____ (5) if you exercise regularly. Your blood circulation and digestion also will improve when you have a well-exercised, healthy body.

Answer

1.....

2.....

3.....

4.....

5.....