

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.

Earth Hour

In thousands of towns, and cities, millions of people, organisations, corporations and governments have come together to create awareness about the need to fight climate change. Turning the lights off for one hour symbolises that we work hand in hand to protect our environment.

1. From the extract above, participating in the Earth Hour means

- A creating awareness about climate change.
- B switching off the light for exactly one hour.
- C joining efforts to protect the environment.

HEALTH AND WELLNESS EVENT

-RUN. WALK. DANCE. EAT. RIDE-

Join us on 5 July and 6 August!

RM5.00 admission fee **except** for kids
below 6 years old!

2 From the advertisement, it can be said that

- A the event includes dancing activity.
- B the event will be held for one month.
- C kids below 6 years cannot join the event.

Bulimia nervosa is an eating disorder usually characterized by periods of binging or excessive overeating. People with bulimia have a fear of gaining weight; however, that does not mean all people with bulimia are underweight. Some people with bulimia are overweight or obese, and may attempt to use purging to manage their weight or to prevent additional weight gain. Bulimia nervosa is a serious mental illness that requires intensive treatment. Getting help for bulimia gives you the best chance in overcoming this eating disorder.

3. From the passage above, we can conclude that people with bulimia are

- A eager to gain weight.
- B obese due to excessive overeating.
- C anxious and stressed about weight gain.

Every morning, you wake up and brush your teeth. However, while brushing your teeth, you should turn off the tap. Only turn the tap back on once it is time to rinse. You should also turn off the tap while washing your hands. First, wet your hands, then turn off the tap while you scrub your hands. Then, turn it back on when you are ready to rinse. It is also very important to fix leaky faucets. This can help to save a lot of water.

4. Which title best summarises the above text?

- A How to save water
- B Steps to fix leaky water
- C Ways to brush your teeth

Electronic Cigarettes Are Just as Addictive as Cigarettes

Both e-cigarettes and regular cigarettes contain nicotine, which research suggests may be as addictive as heroin and cocaine. Many e-cigarette users get even more nicotine than they would from a tobacco product—you can buy **extra-strength** cartridges, which contain a high dosage of nicotine, or you can increase the e-cigarette's voltage to get a greater hit of the substance.

5. The phrase '**extra-strength cartridges**' in the text means that

- A the cartridges are solid.
- B the cartridges have strong casings.
- C the cartridges have higher concentration of nicotine.

Make an effort to ensure you are getting enough vitamin C on a daily basis. For prevention, try drinking a cup of this tea daily.

- Soak two cups of rose hips in eight cups of water overnight.
- Strain, then heat the liquid in your microwave for two minutes and drink as a tea.
- Add a teaspoon of honey (optional).

It is great for colds, sore throats and the flu.

6. Which of the following steps is not necessary in preparing the tea?

- A Soaking rose hips overnight.
- B Adding some honey to the liquid.
- C Straining the rose hip liquid about two minutes.

PAHANG: People living in *potential areas* are advised to look for signs of impending landslides such as new cracks on the ground or pavements, leaning telephone poles and trees cracking.

7. The phrase '*potential areas*' in the news extract refers to places where

- A landslide will take place.
- B landslide might take place.
- C landslide have taken place.



When eating high-carbohydrate food, have a salad too and make sure the dressing contains vinegar. Yes, vinegar! A study has shown that, with just 1 and a half of tablespoons of it can lower the blood sugar by 42%. Try it and see the difference. Don't forget your vinegar!

8. The fact above tries to

- A persuade you buy its vinegar.
- B give you a better salad secret recipe.
- C suggest a healthier option to lower the blood sugar.

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**.

How (0) many of us pay attention to two important aspects of our beauty -health and fitness? Take a good look (9) you and you will find people, young and old, who are overweight and unhealthy. Thus, it is definitely not (10) _____ that Malaysia has been ranked the most overweight country among Asian countries.

You are responsible for (11) _____ after your own health. Controlling your food intake (12) the best way of preventing weight gain. You should eat more foods containing protein and (13) _____ fatty foods like ice cream, sweets and creamy biscuits.

If you want to diet, follow a sensible weight loss programme. Dieting can be dangerous (14) _____ one's health, especially if the issue of losing weight is more psychological than physical. In this case, it is better to (15) _____ counselling sessions and tackle the underlying issues before starting the programme.

Regular exercise is also vital for weight loss. Exercise increases metabolic rate (16) in turn burns calories and helps one to lose weight. This is in sharp contrast to dieting. When one is on a diet, one eats less. Therefore, there are fewer calories to burn. The metabolic rate is (17) _____ and this slows down weight loss. Exercise can also help skin health. It stimulates blood flow and helps delay the skin's ageing. Other benefits of exercise include building and maintaining strong muscles and bones, improving brain function and protecting memory and thinking skills. Since exercise increases heart rate, more blood and oxygen are sent to the brain. This helps in the production of hormones which (18) _____ the growth of new brain cells.

Adapted from: *Praktis Topikal SPM-English CEFR – Ilmu Bakti*

