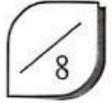


**Practice 2**

Read the text carefully in each question. Choose the best answer A, B or C.
For each question, mark the correct answer A, B or C on your answer sheet.

Protein is an essential nutrient which is important to the body. Children need protein to grow up healthily. A deficiency in protein can have a bad effect to the growth of their bodies. Protein can be found in both plant and animal-based food which can be easily available in our country.

- Some protein that can be derived from plants and animals are
 - milk, fish and legumes.
 - soy drinks, nuts and grains.
 - meat, carrots and tomatoes.

According to a health expert, snoring can lead to sleep apnoea which causes the snorer to stop breathing for up to ten seconds at a time during sleep. Apnoea can lead to high blood pressure and early death.

- What are the effects of snoring?
 - Sleeplessness
 - Health problems
 - Being overweight



Want to escape the hustle and bustle of the city? Too much work? Come and visit our resort by the sea. Have a relaxing time, enjoying yourselves on the white, sandy beach!

- The resort promises you
 - that you will enjoy the sandy beach.
 - that you cannot escape the city.
 - a relaxing and enjoyable vacation by the sea.

Q : Dear Doctor,

I am a 15-year-old boy. I would like to know how I can lead a healthy lifestyle. My parents and teachers are not the people I can ask because I think they also have not much knowledge about this matter.

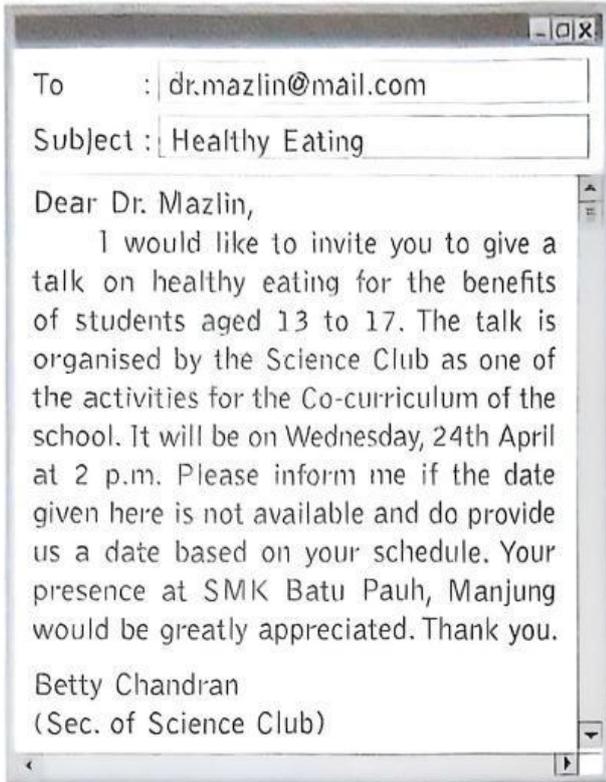
- A : There are many tips that you should do in order to lead a healthy lifestyle. Basically, it lies on practising the following 5 steps. The food you eat every day should be balanced and you must also exercise. You can jog, cycle or swim at least three times a week. It is good to sleep for 6-8 hours at night and you have to avoid having too much stress. The most important step is to avoid taking toxic substances such as cigarettes, drugs or alcohol.

- To be healthy, a person has to
 - study a lot of important things.
 - avoid doing many things.
 - carry out good habits continuously.

How Often Should You Get a General Health Check-up?

In the past, a person is advised to get an annual medical check-up if you do not have any health problems. However, there is a current opinion that you should do a periodical assessment of every five years if you are in the age range of 18 – 39. It is necessary for those aged 40 to have medical examinations done every one to three years thereafter.

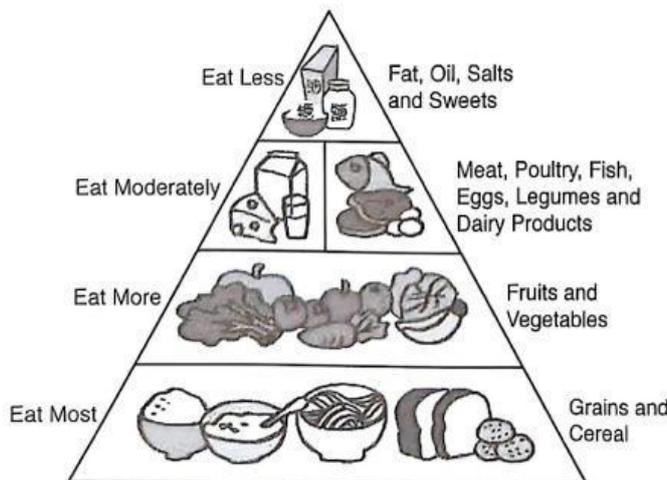
- A 45-year old man should go for a medical check up
 - annually.
 - every one to three years.
 - three times in a year.



6. The students in SMK Batu Pauh will get an opportunity to
- A be present at a talk about good and bad food to eat.
 - B listen to Dr. Mazlin's speech on her career as a doctor.
 - C be a member of the Science Club.



7. The campaign is to encourage the public to
- A count their steps.
 - B lead an active life.
 - C walk around themselves.



8. The food pyramid guides people
- A to take only vegetables and fruits.
 - B who want to cook their own food.
 - C in eating a balanced diet.