

**PART 1**  
[20 marks]

*You should spend about 20 minutes in this part.*

Read the message from your friend, Wilson.

Hi Allan,  
Hope you're good! Exams are coming soon. Got a dilemma: should I study alone or join a group? What's your go-to method for studying smart? Need your expert advice!  
Thanks a ton!  
Wilson

In about **70 words**, write a message to Wilson to give him suggestions to his question.

To	wilson10@email.com
From	allan@email.com
Subject	Solo or group study?

Dear Wilson,

Hi there! I'm doing [redacted], thanks. Totally get the exam stress. Personally, I mix it up, solo for [redacted] topics, and group study for [redacted]. It keeps things interesting! Find what suits you best, mate. Don't [redacted] to ask if you need more tips. Good luck with your studies!

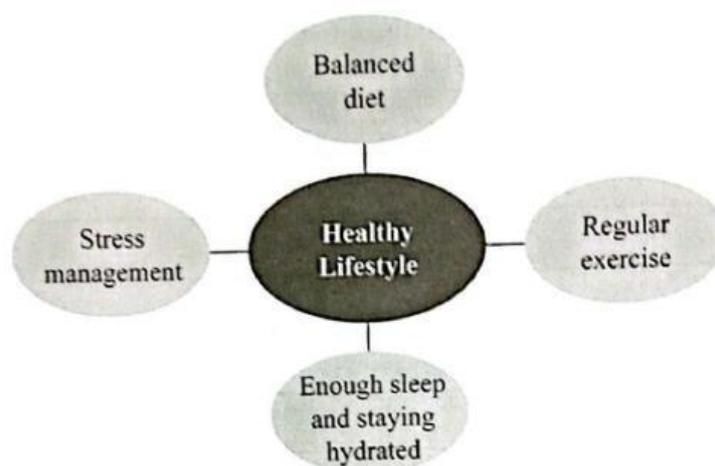
Cheers,  
Allan

discussions      focused      hesitate      well

[20 marks]

**PART 2****[20 marks]***You should spend about 40 minutes in this part.*

In your English class, you have been assigned to do an essay about ways to have a healthy lifestyle. In about **100 words**, write an essay to describe some of the ways to have a healthy lifestyle. You **must** use the notes below to help you.



Write your essay.

balanced

enough

exercise

hydrated

stress

**Ways to have a healthy lifestyle**

Living a healthy lifestyle is crucial for our well-being.

Firstly, maintaining a  diet is essential. Consuming a variety of fruits, vegetables, lean protein, and whole grains provides the body with the necessary nutrients. Secondly, regularly  plays a vital role in staying healthy. engaging in activities like walking, jogging, or cycling helps keep the body active and improves overall fitness.

Additionally, getting  sleep is crucial for physical and mental health. Aim for 7 to 9 hours of quality sleep each night to support your body's recovery. Moreover, staying  by drinking plenty of water is a simple yet effective way to promote good health. Lastly, managing  through relaxation techniques such as deep breathing or meditation contributes to a healthier lifestyle.

By incorporating these habits, one can achieve a well-rounded approach to health and well-being.