



PEMERINTAH PROVINSI KALIMANTAN SELATAN  
DINAS PENDIDIKAN DAN KEBUDAYAAN

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KELAS

: X

MATA PELAJARAN

: BAHASA INGGRIS

**ASESSMEN SUMATIF SEMESTER GANJIL**

**Choose the best answer !**

The text for number 1 to 6 !

Cristiano Ronaldo has very strong determination. He used to train very hard since his childhood. He knew that a footballer requires good stamina because a football match requires a player to run at least 10 kilometers in a single match. Sometimes, he even trained himself continuously from morning until evening. He also challenged himself by playing along with older players.

He becomes so skillful and confident that his opponents cannot figure out how to stop Ronaldo from making a goal. Normal football players will use their single leg of their dominant side body, i.e. players of right-handed or left-handed use their respective legs to score goals but Ronaldo can easily use both of his legs efficiently to make goals. In addition to that, he can use his head to score as well.

He is also one of the fastest football players in football history. Ronaldo can run very fast, he can run with a speed of 33,6 kilometers per hour. That is why he is also known as a rocket man. This helps Ronaldo to do his best. Ronaldo to do his famous free-kick. Ronaldo's free-kick speed is approximately 130 kilometers per hour..

While jumping, Ronaldo's G-force is five times higher than that of a cheetah. He can jump up to 78 cm in the air; this jumping height is much more compared to any basketball player. All of these have helped him achieve his success. In his young age, he has won many trophies and broken records including winning the prestigious FIFA Ballon d'Or award five times and created a world record by scoring the most goals in international football in September 2021. Currently his net worth is around \$500 million and this makes him one of the richest athletes.

1. What makes Cristiano Ronaldo different from most other football players?
  - A. He only uses his right leg to score goals.
  - B. He can use both legs and his head to score goals.
  - C. He never trains with older players.
  - D. He doesn't like to train for long hours.
  - E. He can't use both legs and his head to score goals.
2. How fast can Cristiano Ronaldo run?
  - A. 13.0 kilometers per hour

- B. 33.6 kilometers per hour
- C. 78 kilometers per hour
- D. 10 kilometers per hour
- E. 130 kilometers per hour

3. What is the approximate speed of Ronaldo's free kick?

- A. 33.6 kilometers per hour
- B. 78 kilometers per hour
- C. 130 kilometers per hour
- D. 500 kilometers per hour
- E. 500 kilometer per hour

Which is the statement is true or false !

No	statements	True	false
4.	Ronaldo used to train from morning until evening when he was young.		
5.	Ronaldo can only score using his right leg.		
6.	Ronaldo's jumping height is higher than most basketball players.		

Text for number 7 to 12 !

### The Paralympic Heroes

Leani Oktila Ratri achieved a historic Para badminton double at Tokyo 2020 and came close to making it three gold medals in the three competition she played in. she was 20 years old when the motorcycle accident happened, her left leg ended up seven centimeters shorter than the other and stopped playing the game she loves. An aspiring badminton player before that day, Ratri Oktila thought her career was over, but encouraged by her family and inspired by watching other Paralympians she picked up the racket again.

7. What sport does Leani Oktila Ratri play?

- A. Tennis
- B. Football
- C. Badminton
- D. Basketball
- E. Volley ball

**8. What happened to Leani Oktila Ratri when she was 20 years old?**

- A. She joined the Paralympics for the first time.
- B. She won three gold medals.
- C. She had a motorcycle accident.
- D. She moved to Tokyo.
- E. She had a car accident.

**9. What inspired Leani to start playing badminton again?**

- A. Her friends at school
- B. Watching other Paralympians and her family's encouragement
- C. Her coach's advice
- D. Winning a national competition
- E. Watching other Paralympians and her manager

Which is the statement is true or false !

No	Statements	True	False
10.	Leani Oktila Ratri won three gold medals at Tokyo 2020		
11.	Her left leg became shorter after the accident.		
12.	Leani stopped playing badminton forever after the accident.		

Text for number 13 to 20 !

#### **My experience in the digital innovation contest**

Last semester, I participated in a digital innovation contest held by the city government to promote creative solution for modern life problems. The theme of the contest was "Smart solution for Smart Living," and it encouraged students to think critically about how technology can improve daily life.

Together with my two classmates, I worked on an idea for a mobile app called "Safewalk," designed to help people, especially students and workers, feel safer when walking home at night. The app real-time location tracking, lets users share theirs live location with trusted contacts, and even local authorities if something suspicious happens. We believed this innovation could make modern urban life safer.

Preparing for the contest was intense. We spent many late nights doing research, designing the user interface, and creating a short presentation video. Sometimes we disagreed on the details, but we always found a way to solve the problem together. Our teacher also supported us by giving helpful feedback on our idea.

On the day of the contest, we presented our project in front of a panel of judges, which included tech experts and governments officials. I was nervous, but we delivered our ideas clearly and confidently.

In the end, we got third place ! We didn't expect it, but it felt amazing. I learned a lot from this experience, not just about technology, but also about teamwork, communication, and believing in our ideas. It was one of the most valuable experiences of my school life.

13. Which of the following statements best describe what the group was during the development stage of their project ? there is more than one correct answer. Click on every correct answers.

- They chose a project that could help people feel safer at night.
- They created a short video to explain how the app works
- They delivered their ideas right in front of the judges
- They designed the interface of their mobile application
- They discussed a suitable topic for their project.

14. The writer shows responsibility and commitment in several ways. What statement best reflects these qualities ?

- a. The writer presented their project in front of the judges confidently
- b. The writer was surprised when the group won third place in the contest
- c. The writer worked in a group with three classmate who supported the idea
- d. The writer got a bit nervous during the presentation in front of the judges
- e. The writer spend days preparing with friends, balancing schoolwork and project to happen.

**Based on the text, decide whether each-statement in the table is likely or unlikely to happen.**

**Click likely to happen or unlikely to happen for every statement!**

No	statement	Likely to happen	Unlikely to happen
15.	The writer will join another technology-related competition		

16.	The writer will ask his/her friends to do most the work in future group projects.		
17.	The writer will do a similar project based on the safewalk app idea.		

**According to the writer's experience, determine whether the event is relevant or not clearly relevant to students' everyday life. Click relevant or not clearly relevant for every activity!**

No	activity	relevant	Not clearly relevant
18.	Balancing schoolwork while preparing for a competition		
19.	Presenting a digital project to governments officials and tech judges		
20.	Working together with classmate to solve a real world problem		

**Decide if the statements are true or false according to the activities can maintain your mental health.**

No.	<b>The following activities can maintain your mental health</b>	True	False
21.	Do activities that you enjoy		
22.	Drink water when you wake up		
23.	Move everyday		
24.	Tell yourself to focus on the world around you		

Text for number 25 to 30 !

#### **Simple Tips for Healthy Eating**

All of us know about the benefits of eating healthier. Proper nutrition help us prevent cancer, heart disease, and other serious ailments. It allows us to lose weight and keep the pounds off. Eating healthier also helps to enhance our mood substantially and increases our changes of living longer and enjoying wellbeing while we are alive. I wanted to simplify the rules for eating

healthier and make it simple for those who are interested in improving the way they eat. So what are these tips ?

1. Eat real food, not processed food

It is best to eat foods in their natural state. Forget foods that are processed in a factory. Some examples of processed foods are convenience snack ( potato chips, baked crisps, etc. ), white bread ( bread is not supposed to be white in color ), cereals, canned vegetables, canned meats, canned fruit, granola bars, candy bars, white sugar, bleached flour, beef jerky, soda, sports drinks, margarine ( it is hydrogenated in a factory ), packaged cookies, frozen dinners, processed meats like hot dogs, canned soups, fruit juices, ketchup, etc. processed foods have been greatly modified and contain a lot of ingredients that do not exist in the food naturally.

2. Eat a variety of different foods

Each type of food ingredients that exists in nature has its nutrition makeup. When we eat different types of foods, we are more likely to get all the nutrients we need in order to be healthy.

3. Cook more than eating out

One of the best ways to eat healthier is to cook your own food. Besides saving a lot of money, you will also be able to control what goes into your food. You will not be using chemicals and other unhealthy additives.

4. Stop eating before you are full

Instead of eating until you are completely full, stop eating before you feel completely sated. It is OK ( and healthy ) to stop eating while you still have some room in your stomach. And do not forget, it takes a while for your stomach to send the message to your brain that you are full and have had enough to eat.

5. Eat at the dining table, not in your car or at your desk

Always try to eat at a proper dining table. Never eat in your car or at your desk. When you make a point to sit down at a table and focus on your meal, you will be less likely to eat unconsciously. And food that is served to you through a window is almost never healthy. Following this rule also reduces the chances of eating when you are bored.

6. Drink water and forget everything else

Water is the healthiest drink on the planet, period. Sodas, energy, and flavored drinks are the most unhealthy and they should be avoided at all costs. If you want to have a flavored drink, make lemonade using fresh lemons, or drink tea, or water flavored with fresh fruit and vegetables.

So there you have it : you can eat much healthier simply by following the 6 tips listed above.

25. According to the text, which of the following is an example of processed food?

A. Fresh vegetables

- B. Whole grain rice
- C. Fresh fruit juice
- D. Potato chips
- E. Boiled eggs

26. Why should we cook more than eating out?

- A. Because eating out is cheaper
- B. Because cooking at home takes less time
- C. Because we can control ingredients and avoid unhealthy additives
- D. Because eating out is not enjoyable
- E. Because cooking at home makes food tastier

27. What happens if we stop eating before we are full?

- A. We will feel hungry all the time
- B. It helps maintain healthy eating habits
- C. It causes malnutrition
- D. It increases our appetite
- E. It makes us lose interest in food

Which is the statement is true or false !

No.	statements	True	False
28.	Eating a variety of foods helps us get all necessary nutrients.		
29.	. The writer suggests eating in the car when we are busy.		
30.	Cooking at home allows us to save money and eat healthier.		