

Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 23 to 30.

Hygiene has played a vital role in human civilization throughout history. Ancient civilizations, such as the Egyptians, Greeks, and Romans, were among the first to recognize the importance of cleanliness for health. They practiced bathing and used natural oils to maintain personal hygiene. The Romans even built **elaborate** public bathhouses, which became social centers for relaxation and sanitation. These early efforts showed an understanding that hygiene was linked to overall well-being.

During the Middle Ages, however, attitudes towards hygiene changed significantly. The spread of diseases like the Black Death led people to believe that bathing could make **them** more vulnerable to infections. As a result, frequent bathing became rare, and cleanliness was not prioritized. Many people relied on strong perfumes to cover body odor, while poor waste management in cities created **unsanitary** conditions. This lack of hygiene contributed to widespread illness and high mortality rates.

The 19th century marked a turning point in the understanding of hygiene with the rise of scientific discoveries. Pioneers like Louis Pasteur and Joseph Lister demonstrated the link between germs and diseases, leading to improved medical practices and public health measures. **The introduction of handwashing and sterilization in hospitals greatly reduced infection rates.** Public awareness campaigns and government regulations began to promote better hygiene in everyday life.

Today, hygiene remains a crucial aspect of public health and daily routines. Advancements in technology have made access to clean water and sanitation facilities more widespread. People now understand the importance of practices like handwashing, brushing teeth, and proper waste disposal. The history of hygiene reflects humanity's ongoing efforts to protect health and prevent disease, proving its significance across time.

Question 23: Which of the following is NOT mentioned as an ancient civilization that practiced hygiene?

- A. Egyptians B. Greeks C. Indians D. Romans

Question 24: The word **elaborate** in paragraph 1 is OPPOSITE in meaning to _____.

- A. complex B. sophisticated C. modern D. simple

Question 25: The word **them** in paragraph 2 refers to _____.

- A. infections B. people C. diseases D. perfumes

Question 26: The word **unsanitary** in paragraph 2 could be best replaced by _____.

- A. unhealthy B. unsuitable C. unusual D. unlikely

Question 27: Which of the following best paraphrases the underlined sentence in paragraph 3?

- A. Promoting handwashing and sterilization in hospitals gradually decreased infection rates.
B. Imposing a ban on handwashing and sterilization in hospitals dramatically increased infection rates.
C. Discouraging the use of handwashing and sterilization in hospitals slightly increased infection rates.
D. Implementing handwashing and sterilization in hospitals significantly lowered infection rates.

Question 28: Which of the following is TRUE according to the passage?

- A. People in the Middle Ages believed bathing caused infections.
B. Louis Pasteur and Joseph Lister linked germs to diseases.
C. Hygiene in ancient times was mainly about using perfumes.
D. The 19th century brought no changes to hygiene practices.

Question 29: In which paragraph does the writer mention a causal relationship that resulted in a decline in personal care habits?

- A. Paragraph 1 B. Paragraph 2 C. Paragraph 3 D. Paragraph 4

Question 30: In which paragraph does the writer living conditions have become more common in recent times? emphasize how improved

- A. Paragraph 1 B. Paragraph 2 C. Paragraph 3 D. Paragraph 4

Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 31 to 40.

[I] Stress has become a significant problem for many students in today's educational environment. [II] Many students feel stressed because of heavy workloads, tough exams, and the high expectations set by parents and teachers. [III] This stress can impact both their mental and physical health, making it challenging to concentrate and perform well academically. [IV]

One of the primary causes of stress at school is the intense pressure to succeed. Students are frequently expected to **excel in** all subjects, participate in extracurricular activities, and complete assignments on time. The fear that **they** might fail or not meet expectations can lead to self-doubt and anxiety. Moreover, the competition for top grades and college admissions has increased, adding even more pressure. This kind of stress can cause students to feel overwhelmed, especially when they struggle to balance their studies with other aspects of their lives.

Another contributing factor to school stress is social pressure. Many students face challenges such as bullying, peer pressure, or the need to fit in with their classmates.

These social issues can make school a stressful place, causing students to feel isolated or excluded. Additionally, the widespread use of social media has created new sources of stress, as students often

compare their lives to the seemingly perfect lives of others online. This comparison can lead to feelings of **inadequacy** and low self-esteem, further increasing their stress levels.

There are several effective ways to help students manage stress at school. **Providing access to mental health resources, such as counseling services, can offer students a safe space to express their concerns.** Schools can also organize stress management workshops that teach relaxation techniques, such as deep breathing and meditation. Encouraging students to practice good time management and get enough sleep can improve their ability to handle stress. Finally, support from teachers and parents, who emphasize the importance of effort over perfection, can make a significant difference in reducing stress.

Question 31: Where in paragraph 1 does the following sentence best fit?

School is meant to be a place for growth and learning, yet it often becomes a major source of anxiety.

- A. [I] B. [II] C. [III] D. [IV]

Question 32: The phrase **excel in** in paragraph 2 could be best replaced by _____.

- A. control B. struggle C. manage D. master

Question 33: The word **they** in paragraph 2 refers to ?

- A. subjects B. activities C. students D. assignments

Question 34: According to paragraph 3, which of the following is NOT mentioned as a cause of social stress at school?

- A. peer pressure B. bullying
C. romantic relationships D. social media comparisons

Question 35: Which of the following best summarises paragraph 3?

- A. Social challenges, including peer dynamics and online exposure, heighten student stress.
B. Peer conflicts and the desire to fit in are the primary sources of school-related anxiety.
C. The main cause of stress for students is dealing with pressure from classmates.
D. Social factors like bullying, peer pressure, and digital comparisons intensify stress at school.

Question 36: The word **inadequacy** in paragraph 3 is OPPOSITE in meaning to _____.

- A. confidence B. abundance C. shortage D. shortcoming

Question 37: Which of the following is TRUE according to the passage?

- A. Students often experience stress solely from high parental expectations.
B. Balancing schoolwork and personal life can be a major source of stress.
C. The primary solution to school stress is reducing academic requirements.
D. Most students find social media helpful for managing school-related stress.

Question 38: Which of the following best paraphrases the underlined sentence in paragraph 4?

- A. Giving students access to mental health resources like counseling services provides them with a secure space to share their worries.
B. Not until students have access to mental health resources like counseling services are they able to completely eliminate their stress.
C. Offering students mental health resources, such as therapy, ensures they never experience stress again.
D. Allowing students to access mental health resources like counseling services guarantees that they will overcome all their stress.

Question 39: Which of the following can be inferred from the passage?

- A. Teachers often overlook the importance of supporting students in managing their stress.
B. The majority of student stress comes from unrealistic expectations set by schools.
C. Focusing only on relaxation techniques is the best way to reduce student stress.
D. Students are likely to feel less stressed when effort is valued over achieving perfect results.

Question 40: Which of the following best summarises the passage?

- A. Academic challenges and social expectations cause significant stress, urging schools to offer time management and mental health support.
B. High academic pressure and intense competition create stress for students, highlighting the need for effective stress management programs.
C. Academic demands and social issues both contribute to student stress, with solutions like counseling, time management, and supportive guidance suggested.
D. Social pressures, including peer influences and digital comparisons, escalate stress levels among students, leading schools to prioritize relaxation techniques and meditation practices.