

NAMA:

KELAS:



MAJLIS PENGETUA SEKOLAH MALAYSIA (MPSM)
NEGERI PERAK

MODUL INTERVENSI
MENENGAH ATAS 2026

SET 1

BAHASA INGGERIS

KERTAS 1
1 JAM 30 MINIT

JANGAN BUKA MODUL INI SEHINGGA DIBERITAHU

ARAHAN:

1. Tuliskan nama penuh dan kelas anda pada ruangan yang disediakan.
2. Kertas peperiksaan ini mengandungi 5 bahagian: *Part 1, Part 2, Part 3, Part 4* dan *Part 5*.
3. Sila jawab **semua** soalan.
4. Tuliskan jawapan di dalam **helaian jawapan** yang disediakan.

SECTION	MARKS
PART 1	/08
PART 2	/10
PART 3	/08
PART 4	/06
PART 5	/08
TOTAL	/40

Modul ini mengandungi 15 halaman bercetak

SULIT
[LIHAT HALAMAN SEBELAH]

PART 1
[8 marks]

Questions 1 to 8

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.

Notice: Temporary Closure of Perak Tengah District Library

Please be informed that the district library in Seri Iskandar is temporarily closed due to flood damage. Books, furniture, and electrical systems have been affected, making the building dangerous for visitors. Repair and cleaning work will begin immediately, while reopening depends on safety inspections. All borrowing services are suspended until further notice. We apologise for the trouble and appreciate your understanding. Updates will be shared through official channels once the library is safe to reopen. Thank you for your patience.

1. From the notice, we know that the library
- A. has stopped operations due to water damage.
 - B. remains open, but borrowing services are unavailable.
 - C. is temporarily closed because the building is being expanded.

Memo: Arts Task

Dear students,

You are required to complete an art task for this term. Please create a poster based on the theme 'Nature and Life'. The deadline for submission is 15th September 2026, and you must hand it in during class time in order to get a perfect score. Late submissions will not be accepted. Not submitting the assignment on time will result in failing the task. If you have any questions, please ask before the due date. Thank you for your cooperation.

Madam Lee

2. If a student does not turn in the task by 15th September, the student will
- A. be asked to redo the assignment.
 - B. automatically fail the assignment.
 - C. not receive full marks for the task.

LABUBU MADNESS

The Labubu craze has become very popular among toy collectors around the world. Labubu is a cute but slightly mischievous character created by artist Kasing Lung. The character is produced and sold by the company POP MART, which helped make it widely famous through blind box sales. The founder of POP MART, Wang Ning, played an important role in expanding the brand globally. Many people enjoy collecting Labubu figures because of their unique design and surprise element. The trend continues to grow quickly among young fans and collectors.

3. According to the text, POP MART
- A. created the Labubu toys.
 - B. was owned by Kasing Lung.
 - C. helped make Labubu famous.

THE MATILDA CAKE

I had recently tried the famous Matilda cake, and it was an unforgettable dessert. The cake looked rich and moist, with thick layers of chocolate and creamy frosting. Each bite was soft, sweet, and full of deep cocoa flavour. It was not too sugary, which made it enjoyable to eat. The portion was large, so it was perfect for sharing. Overall, this cake is a must try for chocolate lovers who want a special treat at any time of the day. Seeing the cake reminds me of a movie scene I watched during my childhood.



4. Based on the review, the Matilda cake is
- A. for the rich ones.
 - B. not overly sweet.
 - C. inspired by a movie.

INTERNATIONAL CULTURAL FESTIVAL 2026

Join us for an exciting celebration of cultures from around the world at the International Cultural Festival 2026! Enjoy traditional music, dance performances, and delicious food from different countries. The event will take place on 20th June 2026 at the Community Hall in Ipoh from 8.00 a.m. to 10.00 p.m. only. Everyone is welcome, including families and students. There will also be cultural exhibitions, games, and lucky draws. Do not miss this chance to learn and experience global traditions. Entrance is free for all visitors. Bring your friends and celebrate diversity together in one amazing day.

5. From the advertisement, we know that
- A. students can only come during the daytime.
 - B. the festival will be held for more than 12 hours.
 - C. there will be only exhibitions, dance and lucky draws.

Attention all guests,

This is an emergency announcement from Grand Blue Hotel. For your safety, please leave the building immediately using the nearest exit. Do not use the elevators. Follow the emergency signs and instructions from hotel employees. Move calmly to the meeting point outside the hotel. If you need assistance, inform a staff member at once. This action is being carried out as a safety measure, and we ask for your full cooperation. Thank you for staying calm and helping ensure everyone's safety.

6. Upon hearing the emergency announcement, guests should
- A. offer assistance when needed.
 - B. use the lifts and stairs while leaving the building.
 - C. follow staffs' instructions and exit the building calmly.

Teacher	: Class, we need to decide where to go to for our annual trip. Any suggestions?
Sarah	: I think we should go to the beach. It is relaxing and fun for everyone.
Amir	: I disagree. A museum would be better because we can learn about history and culture.
Mei Ling	: I prefer a theme park. It has exciting rides and activities for all of us.
Teacher	: Good ideas. Please also think about safety, cost, and educational value.
Sarah	: Then, let's vote to choose the best option.
Teacher	: That is a fair decision.

7. Based on the conversation, what is the teacher's role in the discussion?
- A. The teacher suggests they only go to educational places.
 - B. The teacher decides the destination after hearing the students' input.
 - C. The teacher guides students to consider important factors before deciding.

SELANGOR- A local stationery shop was broken into last night in Shah Alam. The incident happened around 2.15 a.m. when the owner was not present. According to the police, the suspect forced the back door open and stole cash, notebooks and several electronic items. Nearby residents reported hearing unusual noises but did not see the suspect clearly. Officers are now checking CCTV footage from nearby buildings. The shop owner said the loss was significant and hopes the thief will be caught soon. Police have asked anyone with information to come forward immediately.

8. From the newspaper report, we know that
- A. the police used the shop's back door.
 - B. the robbery happened at quarter past two.
 - C. the shopkeeper asked for the public's help.



SERTAI TELEGRAM @exercise_students

SULIT
[LIHAT HALAMAN SEBELAH]

PART 2
[10 marks]

Questions 9 to 18

Read the text below and choose the **best** the best answer **A, B, C or D** to fill in each blank. For each question, mark your answer on the answer sheet.

PEGAGA

Pegaga (scientific name *Centella Asiatica*), also known (0) as gotu kola or pennywort, is a low-growing herbal plant that spreads along the ground. It has been (9) _____ since ancient times, particularly in traditional medicine systems in India, China, and Madagascar. The World Health Organization recognises pegaga as a (10) _____ medicinal plant that should be preserved and planted. In Malaysia, it is widely used in traditional remedies, although it is also usually (11) _____ as a vegetable, especially as *ulam* among the Malay community.

Pegaga is (12) _____ by its thin, long stems and rounded green leaves, which have a smooth surface and unique vein patterns. There are three main varieties: *pegaga salad*, *pegaga kerinting* (also known as *nyonya*), and *pegaga biasa* (or *pegaga ubi*). Among (13) _____ mentioned, *pegaga ubi* is the most frequently grown for commercial purposes (14) _____ to its ability to grow easily.

This plant grows well in a wide range of environments. While some (15) _____ prefer partial shade, others can tolerate direct sunlight. Pegaga is rather tough and can grow in less favourable conditions, including on stone surfaces. In natural settings, it is typically found in areas such as swamps, along riverbanks, near ponds, and in paddy fields.

All parts of the pegaga plant—including its leaves, stems, and roots—are used. In traditional medicine, it is believed to help various health conditions, (16) _____ bronchitis, asthma, digestive problems, and kidney-related issues. It is also linked with lowering blood pressure and improving overall well-being.

In Malaysia, pegaga is consumed in (17) _____ forms, such as fresh food, drinks, or medicinal preparations. It is also applied to treat wounds, (18) _____ fever, and manage minor health problems. Additionally, it is traditionally believed to support recovery and promote a young appearance.

0. A. if B. of **C. as** D. in
9. A. value B. valued C. values D. valueless
10. A. trivial B. respected C. average D. significant
11. A. absorbed B. finished C. consumed D. preserved
12. A. identify B. identified C. identifies D. identifying
13. A. this B. that C. these D. those
14. A. because B. since C. due D. for
15. A. varies B. varied C. variety D. varieties
16. A. moreover B. including C. hence D. since
17. A. many B. more C. much D. most
18. A. lose B. reduce C. shrink D. decline

PART 3
[8 marks]

Questions 19 to 26

You are going to read a story about Rahman, a Malaysian Malim Gunung. Read the passage carefully and choose the best answer A, B, C or D. For each question, mark your answer on the answer sheet.

The morning air at the foot of the mountain was cool and fresh. A thin mist covered the trees, and the soft sound of birds filled the quiet forest. A group of hikers stood nervously, checking their bags and tying their shoelaces. Some of them looked excited, while others seemed unsure. In front of them stood Rahman, a Malim Gunung, or mountain guide. He smiled calmly, as if the mountain was his old friend.

Rahman had been guiding people up mountains in Malaysia for more than ten years. He knew every trail, every turn, and every hidden danger. To him, the forest was not just a place of beauty, but also a place that demanded respect. Before the hike began, he gathered the group and gave a short briefing. He reminded them to stay together, drink enough water, and never leave the trail.

As they started their journey, Rahman walked at the front. His steps were steady and confident, showing his experience. The hikers followed closely behind, trying to match his pace. Along the way, he pointed out useful plants and warned them about slippery rocks and tree roots. His voice was gentle but firm, making everyone feel safe and guided.

After an hour, the trail became steeper and more challenging. The ground was wet, and the path was narrow in some parts. Some hikers began to feel tired, and their breathing became heavier. One young woman almost slipped on a wet rock, but Rahman quickly held her arm and helped her regain balance. "Take it slow," he advised kindly. "The mountain is not a race."

During a short rest, Rahman shared stories about his past climbs. He spoke about sudden heavy rain, thick fog that blocked his view, and even wild animals he had seen from a distance. His stories were not meant to frighten them, but to teach them the importance of being prepared and alert. The hikers listened carefully, gaining new respect for his knowledge and courage.

As they climbed higher, the air grew cooler and the view became more beautiful. The group could see layers of green hills stretching far into the distance. The sunlight slowly broke through the trees, creating a warm and peaceful feeling. Some hikers took photos, while others simply stood in silence, enjoying the moment. Rahman watched them quietly, feeling proud to share this experience with them.

Halfway through the journey, one of the hikers complained about muscle cramps. Rahman quickly checked his condition and gave him advice on stretching and resting. He also shared some extra water and snacks from his bag. It was clear that Rahman was not only a guide but also a caretaker who always put the safety of others first.

Finally, after several hours of climbing, they reached the peak. The sky was clear, and the sunlight shone brightly on their faces. The hikers cheered and congratulated each other. Some of them even felt emotional because it was their first time reaching a mountain peak. Many of them thanked Rahman for guiding them safely. Without him, they knew the journey would have been much harder.

Before going down, Rahman reminded them to take all their rubbish back with them. "We must protect the mountain," he said seriously. "It gives us so much, so we must take care of it." His words were simple, but they carried deep meaning and stayed in their minds.

As they made their way down, the hikers felt more confident and stronger than before. They had not only reached the top, but also learned valuable lessons about patience, teamwork, and respect for nature. Rahman walked with them, still calm and watchful, making sure everyone stayed safe until the end.

That day, the hikers realised that a Malim Gunung is more than just a guide. He is a protector, a teacher, and a silent hero of the mountains. Through his knowledge, patience and care, he helps others experience the beauty of nature safely. Long after the journey ends, his lessons remain in their hearts, reminding them of the strength and wisdom of a true Malim Gunung.

19. Why did Rahman give instructions to the hikers before they started their journey?
 - A. He had been doing this for many years.
 - B. He wanted the hikers to remember the important details clearly.
 - C. He hoped the hikers would move efficiently and complete the hike on time.
 - D. He wanted to ensure the group remained safe and avoid any possible dangers.

20. In paragraph 3, what does Rahman's behaviour during the hike suggest about his role?
 - A. He chose to lead from the front to show confidence.
 - B. He was very aware of the potential risks along the trail.
 - C. He felt relaxed when guiding the group throughout the journey.
 - D. He had strong knowledge of poisonous plants and the mountain route.

21. What should a guide do when hikers struggle on a slippery trail?
 - A. Allow each hiker to manage the situation on their own.
 - B. Provide assistance and encourage a slower, but careful pace.
 - C. Increase the walking speed so the group can finish the climb sooner.
 - D. Motivate the hikers to continue moving to maintain the planned schedule.

22. Why did Rahman share his past experiences during the hike?
- A. To remind the hikers to stay cautious and ready for unexpected situations.
 - B. To show that the mountain can be full of unpredictable surprises.
 - C. To entertain the hikers and make the journey feel less tiring.
 - D. To encourage the hikers to be brave and adventurous.
23. In paragraph 6, what does the sentence '*Rahman watched them quietly, feeling proud to share this experience with them*' suggest?
- A. He felt pleased that the hikers could enjoy the same hiking experience as he did.
 - B. He felt confident seeing the hikers appreciate the journey he guided.
 - C. He was happy that they were close to reaching their destination.
 - D. He was satisfied that the hikers were creating fond memories.
24. Rahman's way of handling the hiker's muscle cramps shows that he
- A. encouraged the hikers to solve their own problems during the journey.
 - B. viewed his responsibility seriously in showing the route to the group.
 - C. focused on individual needs and completing the hike on time.
 - D. ensured the well-being of hikers beyond simple guidance.
25. From paragraph 10, what can be concluded about the impact of the expedition on the hikers?
- A. They gained both confidence and important values from the experience.
 - B. They became more independent and no longer needed guidance.
 - C. They realised the importance of having a knowledgeable guide.
 - D. They improved their physical and emotional strength.
26. Which statement is **not** true about the contribution of a Malim Gunung?
- A. A Malim Gunung is mainly needed by inexperienced hikers who do not know the route well.
 - B. A Malim Gunung has a lasting impact by shaping the safety and mindset of hikers.
 - C. A Malim Gunung learns a meaningful lesson by helping hikers during the journey.
 - D. A Malim Gunung plays a vital role to ensure the group reaches the destination.

PART 4

[6 marks]

Questions 27 to 32

You are going to read an article about a famous Malaysian personality, Khairul Aming. Six sentences have been removed from the article. Choose from the sentences **A to H** the one which fits each gap (27 to 32). There are two extra sentences which you do not need to use.

KHAIRUL AMING

Khairul Aming is a well-known young entrepreneur in Malaysia, famous for turning his passion for cooking into a successful digital brand. Born as Khairul Amin Kamarulzaman on 25 September 1992 in Kelantan, he grew up in a modest environment that shaped his disciplined and hardworking attitude.

Khairul Aming continued his higher education in engineering, graduating with a degree in Industrial Engineering from Universiti Vanderbilt in the United States. (27) ☐ However, he soon realized his true interest was in content creation and the food business, leading him to take a risk and follow his passion full-time.

He first gained public attention through social media, especially during the month of Ramadan, when he began sharing short, entertaining cooking videos. (28) ☐ Unlike many creators, Khairul Aming focuses on being simple and continuous, building strong viewer trust. His videos went viral on Instagram and TikTok, gaining millions of views and followers.

One of his key achievements is turning content into commerce. In 2021, he launched 'Sambal Nyet', a traditional Malaysian-inspired ready-to-eat product that sold out within minutes. (29) ☐ Beyond Sambal Nyet, he expanded his business with 'Dendeng Nyet', further strengthening his position in the food industry. His brand became known for its quality and smart marketing. (30) ☐

His achievements go beyond business success. He is respected for his willingness to share business knowledge, often showing behind-the-scenes factory operations, including challenges and improvements. (31) ☐ Another key achievement is him being a role model in Malaysia's digital economy. He has received various awards for his contributions to content creation and business managing skills. (32) ☐

In summary, Khairul Aming's journey shows creativity, discipline, and strategic thinking. From engineering graduate to successful entrepreneur and influencer, he proves that success comes from combining passion with innovation. His achievements highlight adaptability, consistency, and community engagement, especially with the launch of his restaurant, 'Rembayung'.

A	Unlike many businessmen who rely heavily on paid advertising, Khairul used his social media presence to promote his products organically, demonstrating the power of personal branding in the digital age.
B	His sharing of business experience has inspired many young Malaysians to consider business as a possible career path.
C	More importantly, he has transformed how local brands can compete in a crowded market by combining storytelling, authentic products, and excellent business management skills.
D	His content stood out because of its clean presentation, precise editing, and easy-to-follow recipes.
E	The disadvantage of his content came from its simple style, editing, and complicated instructions.
F	More importantly, he has not contributed to any new strategies for local brands to compete in highly competitive environments.
G	Drawing from his engineering background, Khairul Aming implemented efficient production processes to start and grow his business.
H	This product's success was driven not only by high demand but also by strong production efficiency.

PART 5

[8 marks]

Questions 33 to 40 are based on the following texts.

We interviewed six people about their knowledge of exercise equipment. Read the texts below and answer the questions that follow.

A. The Treadmill

I've found the treadmill to be an essential part of my fitness routine, especially when the weather makes outdoor running impossible. The ability to adjust the speed allows for a personalized workout, whether I'm aiming for a light jog or a fast run. It's an extremely effective way to improve my cardiovascular well-being over time.

B. The Stationary Bike

This stationary bike is a great choice for anyone looking for a light exercise yet effective workout. I particularly like the practical design, which prevents unnecessary pressure on my joints during longer sessions. The built-in screen provides detailed data, allowing me to review my performance and set more ambitious fitness goals each week.

C. The Rowing Machine

The rowing machine offers a unique challenge because it requires the coordination of both the upper and lower body. I've noticed a clear improvement in my posture and physical strength simultaneously since I began using it regularly. While the technique can be difficult to learn at first, the total-body benefits make it far more satisfying than traditional cardio equipment.

D. The Elliptical Trainer

I've been using the elliptical for a month now, and I'm impressed by how smooth the movement feels. It provides a challenging cardio session without the physical stress of a treadmill, which is vital for my recovery. The ability to work my upper body with the handles makes the workout feel much more balanced and efficient.

E. The Leg Press Machine

If you are looking to build serious lower-body strength, this machine is necessary. I appreciate the safety of the controlled motion, which allows me to push my limits without worrying about my balance. Since I started adding the leg press to my routine, I've noticed an increase in my power and muscle growth.

F. The Cable Machine

The variety of uses for the cable machine is incredible. I can switch from chest exercises to arm stretch exercises just by adjusting the pulley height. I prefer this over free weights because the constant pressure really helps me target specific muscles. It's definitely the most functional piece of equipment in the entire gym for advanced training.

SULIT

[LIHAT HALAMAN SEBELAH]

Question 33 to 36

Using the information given, which text (A to F) describes the statements about exercising equipment? Mark your answers on **the separate answer sheet**.

Statement		Paragraph
33.	The continuous pressure helps me concentrate on particular muscle areas.	
34.	The total-body benefits make it far more rewarding than conventional cardio machines.	
35.	It provides a challenge without hurting my joints since I am recovering from an injury.	
36.	It allows me to record my progress while working towards my fitness goals.	

Questions 37 to 40

Complete the notes below using information from the text. Choose **no more than one word** from the passage for each answer.

Different gym equipment offers various fitness benefits. Where some machines promote (37)_____ health, some other machines on the other hand provide low impact workout to strengthen the whole body and improve body (38)_____ at the same time. Apart from that, some equipment provide steady resistance which is an important factor in promoting muscle (39)_____ and improving strength. However, some people still believe it is impossible to achieve a high level of fitness without traditional equipment. Fret not. These machines apply steady (40)_____ that focuses on specific muscles throughout the entire movement. To sum up, by giving better balance and reducing the risk of injury, machines allow people of all abilities to follow their fitness goals with more speed and confidence.

SOALAN MODUL TAMAT

SULIT
[LIHAT HALAMAN SEBELAH]

