

PART 1

You should spend about 15 minutes in this part.

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.

Jeanne: Hey Sarah. Are you okay?

Sarah: Not really. When I asked George whether he knew who had taken the files from my desk, he started *beating around the bush* and refused to give me a direct answer.

1. “*Beating around the bush*” means

- A Sarah is impatient.
- B Sarah and George are close friends.
- C George wasn’t giving Sarah the right response.

Learning and the creation of long-term memories are aided by sleep. Insufficient sleep, especially insufficient high-quality sleep, might impair one's ability to concentrate and think coherently. Most humans require 7 to 8 hours of sleep per night to maintain optimal health. Less sleep than that, which is common, can eventually result in a wide range of health issues. These can include mood changes and sadness, as well as forgetfulness and a decreased ability to fend off infections.



2. Which is not the effect of having insufficient sleep?

- A Moodiness
- B Forgetfulness
- C Wrinkled skin

- Make sure it has ADA seal.
- Look for specific ingredients.
- Avoid harsh additives and sweeteners.
- Choose the right flavour.

3. The tips above are mainly about

- A tips to buy toothpaste.
- B tips to buy toothbrush.
- C tips to brush your teeth.

STANDARD PRECAUTIONS

- 1. Hand Hygiene
- 2. Use Personal Protective Equipment (PPE)



4. Where do you probably see the signs above?

- A Mall
- B School
- C Hospital

PUBLIC NOTICE RESIDENTS

Phone lines are down due to yesterday's severe weather. We are working with our phone provider to get the phones up and running.

We apologise for any inconvenience this may cause.

5. The above notice tells us about

- the yesterday's weather.
- the disruption of phone lines.
- the inconvenient service of the phone providers.

Over 137,000 drug users were identified in the past year; youths and teenagers accounted for 65% of the total. The usage of synthetic drugs is thought to be higher than that of organic substances, based on the pattern of illegal substance abuse over the previous five years. One of the main causes of teens and young people becoming involved in the drug epidemic is thought to be having too much spare time on their hands without doing anything productive.

6. From the extract above, we know that

- most of the drug users are youths and teenagers.
- the only factor of the drug abuse is having too much free time.
- it is believed that more organic substances are used than synthetic medications.

Unripe bananas contain resistant starch, a kind of fibre that is considered a prebiotic. Prebiotics manage to elude digestion and wind up in your large intestine, where they are consumed by probiotics, the good bacteria that live in your digestive system. Furthermore, ripe and unripe bananas both contain pectin, a fibre that may help soften stools and avoid constipation. Pectin may even help prevent colon cancer, according to certain studies conducted in test tubes; however, further human studies are required to fully understand this potential benefit.

7. From the above extract, we know that

- banana consists of only prebiotics.
- both ripe and unripe banana prevent constipation.
- people prefer ripe banana more than unripe ones.

NOTICE: MEETING POSTPONED

This meeting has been postponed and will be rescheduled. Please expect to receive a new flyer with updated details once a new date and venue have been confirmed. We apologise for any inconvenience.

Mr Ryan

8. The notice above is to tell about the

- new flyers.
- rescheduled meeting.
- date and venue of the meeting.