

Part 1

Questions 1 to 3 are based on the given stimuli.

Study the information carefully and choose the best answer A, B or C. For each question, mark your answer on the answer sheet.

BE A WISE SHOPPER!

While everybody loves a good sale, sometimes we buy things unnecessarily just because they're on sale and it might not be the best decision. There's nothing wrong with a good bargain, (we're all about them!) but being a smart shopper means knowing when to hold back and when to spend. Be mindful of what you buy so that you can get things that add value to your wardrobe!

- 1 The purpose of this notice is to advise shoppers to
- A purchase many items during sales.
 - B be careful in choosing what to shop.
 - C get all the items with price reduction.

When 85-year-old Sheila couldn't find gaming apps for seniors, who may have slower reflexes and arthritic fingers, she didn't give up – she created one.

She successfully launched her first mobile game app, called *Hindan*, in 2017. The game requires users to arrange traditional dolls in a particular order. This game receives tremendous support and praises from other seniors in the country.

- 2 Which of the following is true about the app?
- A It is aimed at people with health problems.
 - B It is positively accepted by other elderlies.
 - C It is targeted at all people.

HAPPY NEW YEAR

Some people wear polka dots and prepare tables with twelve round-shaped fruits, for example grapes, oranges, melons and watermelons. They believe that this will bring prosperity as round shapes are associated with coins and wealth. At midnight, children jump as high as they can because they believe this will make them taller.

- 3 Which of the following is true about the New Year celebrations?
- A Circular objects are believed to bring plenty of money and good fortune.
 - B Children believe that they will increase in height if they jump all night.
 - C People might want to add banana and pineapple to their shopping list.

REASONS TO TRY TAI CHI

- **It is good for both body and mind**
Called 'meditation in motion' as it involves slow focus on breathing and what your body is doing in that moment.
- **It is easy on the body**
Suitable for all ages and levels of fitness. It is low impact so there is minimal risk of damage to your joints.
- **It could prevent falls**
Practising tai chi might reduce the risks in older people as there is emphasis on balance and strengthening muscles for good stability.



- 4 From the extract, we know that
- A Tai chi reduces pressures on joints.
 - B Tai chi benefits only senior citizens.
 - C Tai chi emphasises joint flexibility.

Planning a holiday in a foreign country?

Here are some tips to minimise foreign exchange expenses:

- i **Use No Foreign Transaction Fee Cards:** Look for credit and debit cards that don't charge foreign transaction fees. These fees can add up quickly when making purchases abroad.
- ii **Inform Your Bank:** Update your bank about your travel plans to avoid any potential issues when using your cards abroad.
- iii **ATM Withdrawals:** Do larger withdrawals to reduce the number of transactions and extra fees.

- 5 The passage advises travellers to
- A plan their expenses.
 - B limit their spending.
 - C use bank cards only.

  **Happy travelling!**  

Here are some myths related to food and health:

- 1 **Must not eat plant-based foods only** – Even when you only eat plant-based food, you can have enough protein. It is even better than eating animal-based protein as it does not have a high level of saturated fats and cholesterol which is dangerous for the heart.
- 2 **Eggs are bad for your health** – Research has shown that the cholesterol from eggs does not have a significant effect on blood cholesterol.

Remember to include enough protein in your diet!

- 6 From the extract, we know that
- A cholesterol in eggs has a major effect on human health.
 - B you must eat both types of protein to get the sufficient amount.
 - C beans, chickpeas and lentils can provide adequate protein.

Spot became a hero after leading his 13-year-old companion to a man who got stuck in a drain. The contractor was working when he fell. Unable to free himself, he cried for help and was answered by the dog's loud barks.

When the teen came to investigate, she quickly made her call to the emergency services. Finally, the man was successfully freed and taken to the hospital with only a minor head injury.

- 7 Which of the following is the **most** suitable headline for the extract?
- A Pet Helps Human
 - B Dog Saves The Day
 - C Spot Rescues Teenager

TV Host: How did you get inspired to start 'Break the Divide' programme?

Abhay: I'm very interested to know what other teenagers all over the world love doing during their free time. My friends and I have always wanted to reach out to other teenagers.

TV Host: Then, what is your future plan for the programme?

Abhay: We are developing an app so that it will be easier for global teenagers to exchange opinions and news with each other.

TV Host: Well, all the best!

- 8 What is the aim of the 'Break the Divide' programme?
- A Sharing ideas with adults
 - B Creating an app for teenagers
 - C Learning about teenagers' hobbies