

PRACTICE 1

Read the text below and answer questions 1 to 10.

NATURAL WONDERS OF MALAYSIA

DEER CAVE

Located in Mulu National Park, this world's largest cave passage is over 2 kilometres long and 174 metres high. Two to three million bats from over 12 different species live here.

MOUNT KINABALU

This is the highest mountain in Malaysia and is part of the Kinabalu Park. It is a haven for unique and beautiful plants. Apart from conquering the mountain, you get to see oak, chestnut and laurel trees. There are also many varieties of orchids and pitcher plants around the park.

MANGROVES

These trees grow along coastlines and help prevent erosion. They can adapt to the changing mix of salt water and fresh water. Mangroves are important sanctuaries for various species of animals that live among the roots. Mangrove swamps can be found in Langkawi Island, Bako National Park and Kuching Wetlands National Park.

RAFFLESIA

This parasite flower is up to one metre in diameter but does not have any roots, leaves or stem. If that doesn't make it unique, here is another fascinating fact. It only blooms for three to five days before it rots. The best place to see the world's largest flower is in Gunung Gading National Park in Sarawak. You can also head to Taman Negara or other parks in East Malaysia to see them.

ENDANGERED TURTLES

There are seven types of turtle species in the world and amazingly, four of them are found in Malaysia. The hawksbill and the green turtle nest within Turtle Islands National Park in Sabah. These species as well as the olive ridley and the giant leatherback can be found in the waters of Peninsular Malaysia. If diving is your passion, head to Redang Island to see the green and hawksbill turtles as well as colourful corals and tropical fish.

Questions 1 to 8

Answer the questions below.

Choose no more than three words and/or a number from the text for each answer.

For each question, write your answer in the space provided.

1 The Deer Cave is located in _____ and is the world's largest cave.

[1 mark]

2 The Deer Cave is over 2 kilometres long and _____ high.

[1 mark]

3 Mount Kinabalu is home to unique and _____.

[1 mark]

4 There are many varieties of orchids and pitcher plants in _____.

[1 mark]

5 Mangroves grow along the coastline and help to _____.

[1 mark]

6 Mangroves protect _____ of animals that live among the roots.

[1 mark]

7 What flower only blooms for three to five days before it rots?

[1 mark]

8 The olive ridley and giant leatherback can be commonly found in the waters _____.

[1 mark]

Questions 9 and 10

Complete the table below with a word from the text.

For each question, write your answer in the space provided.

Meaning	Word
9 refuge	_____
10 period of flowering	_____

[1 mark]

[1 mark]

[10 marks]

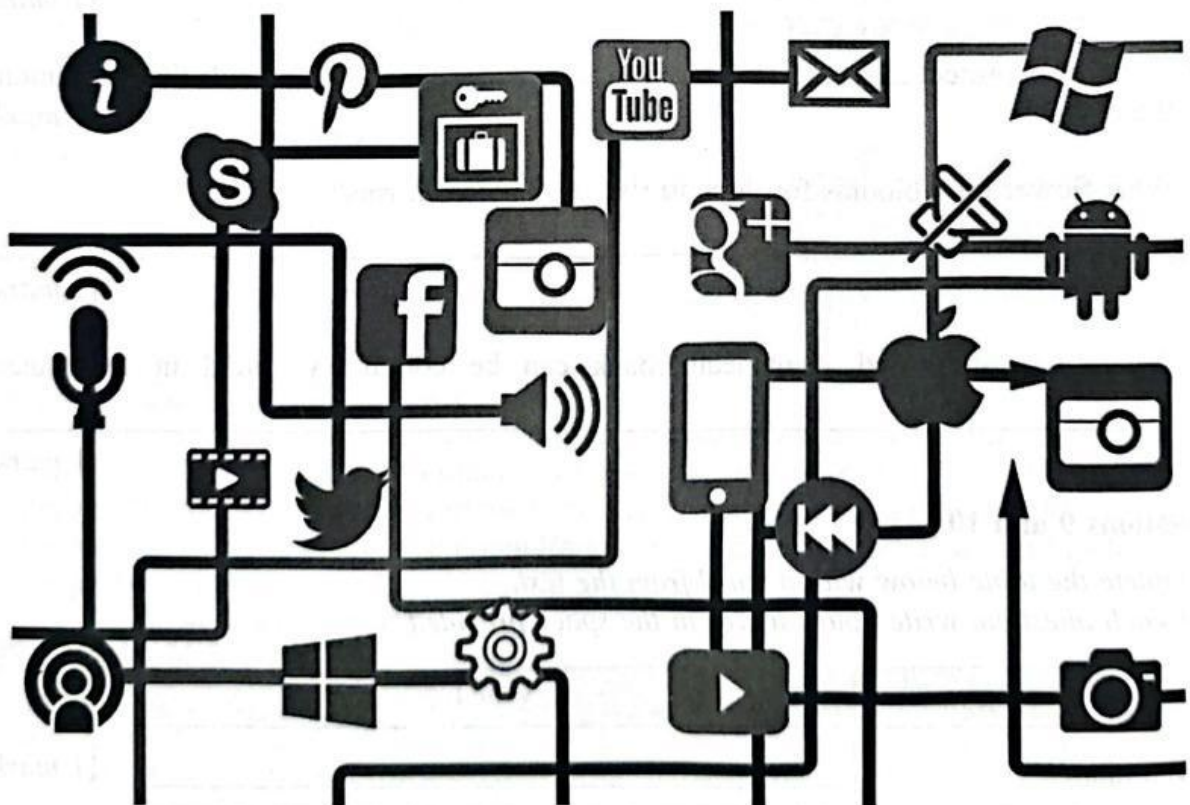
Spending too much time staying connected with friends and relatives through social media can be detrimental to our health. Often, we do not get enough sleep at night and end up feeling tired and sleepy the next morning.

Here are some things we can do to overcome this problem. First, log out from all email accounts and social networking sites before going to sleep. We will not be contacted if we are not online.

Next, turn off any electrical devices in the bedroom. If they are switched on, the glowing screens or dim lights can make it harder for us to fall asleep. Moreover, hearing the notifications coming from the devices in the middle of the night will only make matters worse.

Besides that, we must make sleep a priority. Do not answer any calls or text messages, or check emails one hour before bedtime. This should give us enough time to prepare for bed. Our body and mind need time to wind down as bedtime approaches.

Try out these steps for a more peaceful slumber. Keep in mind that a good night's sleep is what we need to boost our energy and to stay focused and alert the next day.



Questions 1 to 8

Answer the questions below.

Choose **no more than three words and/or a number** from the text for each answer.
For each question, write your answer in the space provided.

- 1 It is considered an unhealthy habit to spend too much time staying connected through _____ [1 mark]
- 2 Social networking can deprive us of sleep and make us feel _____ in the morning. [1 mark]
- 3 It is important to log out from all _____ and social networking sites before going to sleep. [1 mark]
- 4 The _____ or dim lights from electrical devices can make it harder for us to fall asleep. [1 mark]
- 5 What should we make as a priority? _____ [1 mark]
- 6 One hour before sleep, we should not answer calls, _____ or check emails. [1 mark]
- 7 Our body and mind need time to _____ as bedtime approaches. [1 mark]
- 8 A good night's sleep will help to boost our energy and allow us to stay focused and _____ the next day. [1 mark]

Questions 9 and 10

Complete the table below with a word from the text.

For each question, write your answer in the space provided.

Meaning	Word	
9 harmful	_____	[1 mark]
10 most important	_____	[1 mark]

[10 marks]