

**SECTION A***[15 marks]**[Time suggested : 25 minutes]*

**Question 1 to 8** are based on the given stimuli. Study the information carefully and choose the **best answer**.

***Dine and Win***  
***RM 15,000***

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[www.facebook.com/palacehouse](http://www.facebook.com/palacehouse)

1. What is the **main** purpose of the advertisement?
- A To announce the address of the website
  - B To inform the public about the competition
  - C To encourage diners to enter the competition
  - D To urge the winners to claim their prize money

**For the love of a Masai**

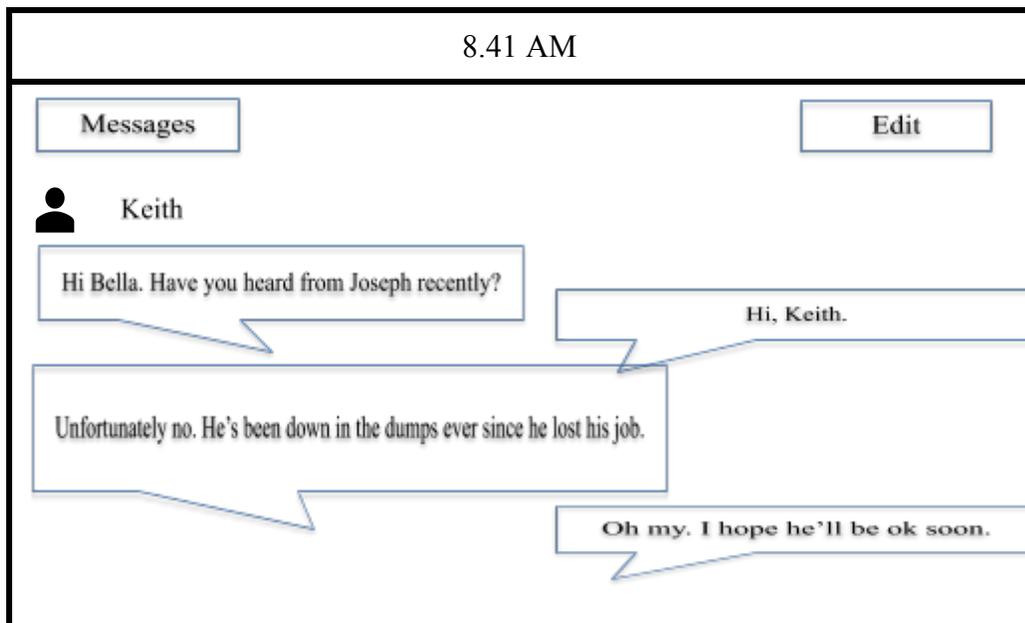
Paris, Tues – A 34-year-old French woman left her children and country yesterday to follow her new husband, a young Masai warrior, who had been exiled to his native Kenya by French immigration officials.

Sophie Axel broke down in tears as she said farewell to her children, aged 3, 12 and 14 at Charles de Gaulle Airport. They will stay with their father Adam Jules, whom she divorced to marry the young Kenyan. Axel met her husband, Dean Lukukunya, in 2011 while on holiday in Kenya - AFP

2. Why did Axel leave her children ?
- A Her former husband, Adam, had divorced her
  - B She was going on a holiday to Kenya
  - C She did not like to live in France
  - D Her new husband was deported to his homeland

Sleepwalking is an uncommon and potentially dangerous sleep disorder. It is an extreme form of REM disorder, and these people act out their dreams or even go on real adventures at night. One good example is Hailee Badwin, who is a nurse by profession, but in her dreams she is an artist. She could 'sleepdraw' gorgeous portraits, of which she has no recollection afterwards.

3. From the article, a person who sleepwalks
- A is potentially dangerous
  - B is not adventurous during the day
  - C is most likely to get creative while sleepwalking
  - D could do something in his sleep and forgets about it



4. From the conversation above, how has Joseph been feeling?
- A He feels very lonely
  - B He feels miserable
  - C He feels happy
  - D He feels angry

[Lihat halaman sebelah]

The plan was to hike north, adjacent to the transmission line route, on a narrow strip of green nestled between Kota Saujana and Saujana Putra. Somehow the mention of the high-tension cables does not conjure up images of lush greenery but I couldn't be more wrong. From the moment we got onto the trail, my eyes were greeted by a hill carpeted in a million shades of green. Picking my way along the barely discernible path, I was distracted by the knee-high grass. Each step seemed to take my foot forever to touch the ground because of the layers of dense vegetation.

5. From the expression, 'I couldn't be more wrong', what made the narrator change her expectations of the trail?

- A Knee-high grass that hampered climbing
- B Layers of dense vegetation round the cable
- C High-tension cables
- D The multi-green-coloured carpet of grass on the hill

- For training & professional use
- Made of synthetic or real leather
- Perfectly hand-stitched
- Can be printed in your choice of colours and display your logo
- Discounts based on volume of order

Visit [www.dhaliwalsports.com](http://www.dhaliwalsports.com) to view the full range

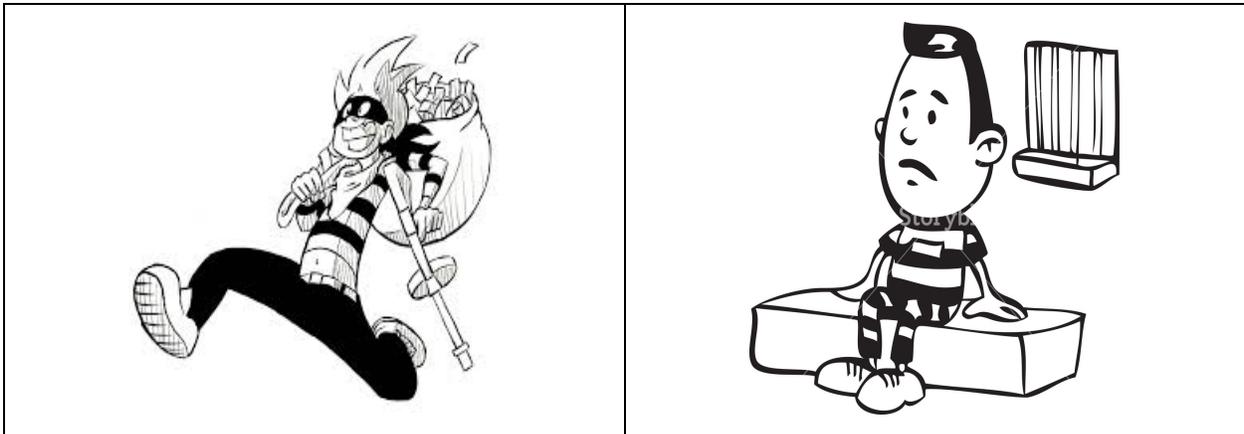


6. The advertisement states that the soccer balls

- A. Come in a limited range of colours
- B. Are made only of authentic leather
- C. Can be used for practice and professional matches
- D. Are available at a discount whatever the size of the order

Girl fighting for her life after knife  
attack

7. From the headline above, we can conclude that
- A a girl is being attacked with a knife
  - B a girl has to defend herself with a knife
  - C a girl has to fight someone armed with a knife
  - D a girl is struggling to survive a knife attack on her



NOW

LATER

8. From the comic strip above, the message being conveyed is
- A. boys will be boys
  - B. crime does not pay
  - C. pride comes before a fall
  - D. a leopard cannot change its spots.

*[Lihat halaman sebelah]*

**Question 9 to 15** are based on the following passage. Choose the **best** answer to fill in each blank.

Cyberbullying is \_\_\_\_**9**\_\_\_\_ that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can \_\_\_\_**10**\_\_\_\_ through SMS, text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. \_\_\_\_**11**\_\_\_\_ cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include \_\_\_\_**12**\_\_\_\_ of personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behaviour.

Many states have laws requiring schools to respond to bullying, but do not include \_\_\_\_**13**\_\_\_\_ under these laws or specify the role of schools to respond to bullying outside of school. Schools may take action either as required by law, with local or school policies that \_\_\_\_**14**\_\_\_\_ them to discipline or take other action.

There are two sources of federally collected data on youth bullying: The 2017 School Crime Supplement indicates that, among students aged between 12 to 18 who reported being bullied at school during the school year, 15% \_\_\_\_**15**\_\_\_\_ bullied online or by text. The 2017 Youth Risk Behaviour Surveillance System indicates that an estimated 14.9% of high school students were electronically bullied in the 12 months prior to the survey.

*Adapted from: stopbullying.gov*

9.    A    bully  
      B    bullying  
      C    bullies  
      D    bullied
10.   A    occur  
      B    occurred  
      C    occurs  
      D    occurring

11. A therefore  
B on the other hand  
C furthermore  
D however
12. A share  
B sharing  
C shares  
D shared
13. A cyberbully  
B cyberbullying  
C cyberbullies  
D cyberbullied
14. A allow  
B allows  
C allowing  
D allowance
15. A was  
B is  
C were  
D are

*[Lihat halaman sebelah]*

## SECTION B

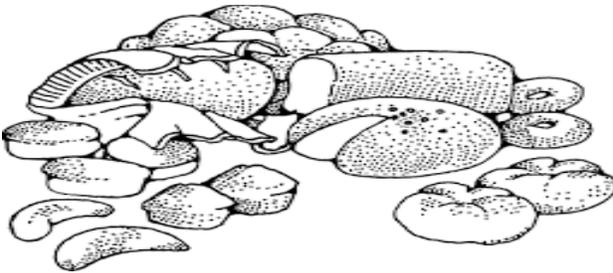
[10 marks]

[Time suggested : 25 minutes]

## Question 16 to 25

Read the article below and answer the questions that follow.

**GOOD CARBOHYDRATE, BAD CARBOHYDRATE : 4 MYTHS DEBUNKED !**

	<p><b>To lose or maintain weight, should you avoid carbohydrates at all cost, or just certain ones?</b></p> <p>Our dietitians reveal the facts behind common carbohydrates myths :</p>
<p><b>Myth No. 1 : Carbohydrates make you gain weight</b></p> <p>People often say that carbohydrates are fattening, but complex carbohydrates, like whole grains, are not. Even though eating carbohydrates raise your blood glucose and prompts your body to release insulin, it is the type and quantity of the carbohydrates you eat - not carbohydrates themselves - that cause weight gain.</p> <p>Avoid refined carbohydrates like chips, crackers and pretzel.</p>	<p><b>Myth No.2. : Only white foods contain carbohydrates</b></p> <p>There seems to be a lot of confusion about which foods contain carbohydrates. People often think only rice, bread, pasta, potatoes, sweets and sugary drinks are carbohydrates. There are actually a long complete list of high-carbohydrate foods which include :</p> <ul style="list-style-type: none"> <li>● Sweet potatoes</li> <li>● Corn</li> <li>● Peas</li> <li>● Oats, quinoa and whole wheat</li> <li>● Yogurt and milk</li> <li>● Fruits</li> </ul>
<p><b>Myth No. 3 : All white foods should be avoided</b></p> <p>It is true that white foods like processed grains and sweets are higher on the glycemic index, quickly raise blood sugar and cause inflammation. But other carbohydrate-rich foods which are considered white can be essential to good health.</p> <p>For example, potatoes are great sources of potassium, fibre and Vitamin C. Cauliflower, beans and apples are also nutrient- rich white food.</p>	<p><b>Myth No. 4 : Fruits are bad because they are high in carbohydrates</b></p> <p>People often say that fruits have too much sugar in them. The truth is that fruits are dense in nutrients. They boast fructose, fibre, vitamins, minerals and phytonutrients.</p> <p>Fresh or frozen fruits are recommended over fruit juice. Fruit juice is more concentrated in fructose but lacks fibre</p>

**Question 16 to 19**

Using the information from the article , match the statements below with the myth related to it.

	<b>Misconceptions</b>	<b>Myth No.</b>
<b>16</b>	White-foods consumption will definitely be detrimental to our health.	
<b>17</b>	Apples should be put at bay as they are non-nutritious and contain high quantity of sugar.	
<b>18</b>	You will put on excessive weight regardless of the class and amount of carbohydrates you take.	
<b>19</b>	There is only a small number of white foods known.	

**Questions 20 to 25**

Alisha is writing an entry in her diary. Using the words from the article given, complete her diary entry below. Use **no less than two words** and **no more than three words** for each blank.

***Alisha's Diary Entry***

**July 4, 2019** - This is Day 8 of me on this journey of weight loss. I am still going strong. Today I make a major discovery about carbohydrates. Carbohydrates are not all bad! I have just found out that **20** \_\_\_\_\_ are not fattening. I am also relieved to know that the **21** \_\_\_\_\_ of carbohydrates cause weight gain and not the carbohydrates themselves. Some white foods can **22** \_\_\_\_\_ and cause inflammation. However, some foods considered as white are important to **23** \_\_\_\_\_. Surprisingly, potatoes are a good source of **24** \_\_\_\_\_. Another discovery is the **25** \_\_\_\_\_. I love contains high fructose but lacks fibre.

[Lihat halaman sebelah]

## SECTION C

[25 marks]

[Time suggested :50 minutes]

**Question 26-Question 26-31** are based on the following passage.

- 1 Rosli is a freelance disc jockey ( DJ ) and his job is technology-related. He also gets to use the latest and coolest gadgets in the market.
- 2 His radio is not just a radio. The sound system is connected to the Internet and to his desktop computer. Rosli also taps into his CDs which are loaded into the hard drive of his computer. No rustling through drawers for the original CDs ! 5
- 3 Technology has really changed and enhanced the way a person works, rests, and plays. For example, there are television broadcasts to mobile phones. There are also hand-held computers that connect to the Internet via Wi-Fi and within minutes we can watch a news channel, a sports channel, or a movie channel! Now, that's cool. Young children , too, are all technology-savvy. They are either busy playing Playstation, surfing the Internet, updating information in their Facebook, going on to Twitter, or watching 3D cartoons from their HD plasma television with their headphones on! However, they have sacrificed their hours of playing hide-and-seek and traditional games such as *congkak* and *wau* . 10
- 4 With technology, Rosli and his family never have to stop and ask for directions if they are taking a road trip or if they are lost. This is because the car has a Global Positioning System ( GPS ) that does the navigating or they can refer to a social traffic and navigation app – Waze. 15
- 5 Then, there is the 'smartphone' which functions more as a computer than a mobile phone. This helps Rosli a lot as it lets him email, web surf, open Word documents, and even make free long-distance calls if there's a Wi-Fi connection available. It also has a memory-card slot, so Rosli can load music into it and connect it to his wireless headphones. 20
- 6 Furthermore, Rosli's 78-year-old father is thrilled to stay in touch with friends and family around the world via e-mail by using his laptop. 25
- 7 Rosli's eldest child, Farhan, is studying to be a chef and spent four months in Italy learning about Italian cuisine. With a laptop, webcam and Internet phone, he

kept in touch with his friends and relatives.

8 Finally, technology runs Rosli's home security and surveillance system, sending an alert to his mobile device if the alarm is triggered. This system allows 30 him to log on and monitor from any location to immediately know if something was amiss.

9 Technology is fast advancing and we need to absorb these advances into our daily lives. The line between work, play, and family is blurring because technology allows us to do many things anywhere, anytime. Many resent the pressure 35 technology brings, but I can't imagine life without it.

*Adapted from : 'Digital Life' - Reader's Digest, April 2009*

26. (a) **From paragraph 1** , what does Rosli work as ?

\_\_\_\_\_ [1 mark]

(b) **From paragraph 2** , where are Rosli's CDs loaded ?

\_\_\_\_\_ [1 mark]

27. (a) **From paragraph 3** , name **two** activities that the children have given up due to technology ?

( i ) \_\_\_\_\_ [1 mark]

( ii ) \_\_\_\_\_ [1 mark]

(b) Which **word** has the same meaning as ' knowledge' ?

\_\_\_\_\_ [1 mark]

28. **From paragraph 4** , what kind of technologies help Rosli in navigation ?

( i ) \_\_\_\_\_ [1 mark]

( ii ) \_\_\_\_\_ [1 mark]

29. **From paragraph 7** , how did Rosli’s son keep in touch with friends and family ?  
 \_\_\_\_\_ [1 mark]

30. In your own words, describe what will you do if your life is without technology ?  
 Give a reason for your answer.  
 Action : \_\_\_\_\_ [1 mark]

Reason : \_\_\_\_\_ [1 mark]

31. Based on the passage, write a **summary** on :

How technology can enhance human life in the areas of:

- Entertainment,
- Information,
- Communication and
- Security

Credit will be given for use of own words but care must be taken not to change the original meaning.

Your summary must:

- be in continuous writing (not note form)
- use material from **line 6 to line 32**
- not be longer than **130 words, including the 10 words** given below.

Begin your summary as follows :

*Technology has really changed and enhanced our lives by making.....*

[15 marks]

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**SECTION D**

[20 marks]

[Time suggested :35 minutes]

32. Read the poem below and answer the questions that follow.

***The Living Photograph***

*My small grandmother is tall there,  
straight back, white broderie anglaise shirt,  
pleated skirt, flat shoes, grey bun,  
A kind, old smile round her eyes.  
Her big hand holds mine,  
white hand in black hand.  
Her sharp blue eyes look her own death in the eye.*

*It was true after all, that look.  
My tall grandmother became small.  
Her back round and hunched  
Her soup forgot to boil.  
She went to the awful place grandmothers go  
Somewhere unknown, unthinkable.*

*But there she is still,  
In the photo with me at three,  
The crinkled smile is still living, breathing.*

***Jackie Kay***

(a.) List down **one** item that the persona's grandmother was wearing in the photo?

\_\_\_\_\_ [1 mark]

(b.) What does the attire imply when describing her grandmother's personality?

\_\_\_\_\_ [1 mark]

(c.) What does the phrase '*look her own death in the eye*' mean?

\_\_\_\_\_ [1 mark]

(d.) Some children send their parents to nursing homes as they get older. Do you agree with their action? Give a reason to support your response.

\_\_\_\_\_  
\_\_\_\_\_ [2 mark]

[5 marks]

*[Lihat halaman sebelah]*







**FOR SECTION A**

Blaken only **ONE** space for each question. If you wish to change your answer, erase the blackened mark that you have made. Then blacken the space for the new answer.

**EXAMPLE:**

	<b>A</b>		<b>B</b>				<b>D</b>		
<b>1</b>	A	B	C	D	<b>9</b>	A	B	C	D
<b>2</b>	A	B	C	D	<b>10</b>	A	B	C	D
<b>3</b>	A	B	C	D	<b>11</b>	A	B	C	D
<b>4</b>	A	B	C	D	<b>12</b>	A	B	C	D
<b>5</b>	A	B	C	D	<b>13</b>	A	B	C	D
<b>6</b>	A	B	C	D	<b>14</b>	A	B	C	D
<b>7</b>	A	B	C	D	<b>15</b>	A	B	C	D
<b>8</b>	A	B	C	D					

<i>For examiner's use only</i>		
<b>Section</b>	<b>Marks</b>	
<b>A</b>	<b>15</b>	
<b>B</b>	<b>10</b>	
<b>C</b>	<b>25</b>	
<b>D</b>	<b>20</b>	
<b>Total</b>	<b>70</b>	