

No. Angka Giliran :

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

No. Kad Pengenalan :

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--



PEPERIKSAAN AKHIR TAHUN 2024

BAHASA INGGERIS

TINGKATAN 4

1119/1

Kertas 1

1 Jam 30 Minit

Satu jam tiga puluh minit

JANGAN BUKA KERTAS SOALAN INI SEHINGGA DIBERITAHU

Instructions

1. Write your **identification number** and **index number** in the space provided.
2. This question paper consists of five parts: **Part 1, Part 2, Part 3, Part 4, and Part 5.**
3. Answer **all** sections in this question paper.
4. Questions in Section A have **four** options. Answer each question by blackening the correct space on answer sheets provided.
5. Your answer must be written in the answer sheets provided. If spaces in the sheets are insufficient, please request for additional answer sheets from the invigilator.

For Examiner's Use

Part	Total	Marks
1	8	
2	10	
3	8	
4	6	
5	8	
TOTAL	40	


Kertas soalan ini mengandungi 16 halaman bercetak

PART 1
[8 marks]

Question 1 to 8

Read the text carefully in each question. Choose the **best** answer **A**, **B** or **C**. For each question, mark your answer on the answer sheet.

MISSING



- Silver-grey Siamese cat with blue eyes
- Very friendly and loving
- No collar
- Responds to the name Lucky

RM 800 will be rewarded if found and returned!

Please call Yazid at 012 2290341

1. What does this notice say about the cat?
- ☒ A. Lucky is missing
 - ☐ B. Yazid is very friendly and loving
 - ☐ C. You will receive a reward if you call Yazid

Baby primate, Vena, shyly turned her head away from a milk bottle as two vets tried to feed her. The latest Bornean orangutan rescued in Indonesia after being kept as a pet. Villagers on the Indonesian part of jungle-clad Borneo Island often keep the critically endangered apes as pets even though *it* is illegal.

Vena is now being cared for at a centre run by NGO International Animal Rescue (IAR) whose staff ensure she has enough food and stays clean.

(Source: www.thesundaily.my)

2. The word *it* in the extract refers to
- A. rescuing wild animals from danger
 - ☒ B. the practice of keeping wild animals
 - C. the act of feeding the orangutan with a milk bottle



Nina

45 minutes • Kuala Lumpur

I've been offered a scholarship to study at Paris-Sorbonne University, Paris. Will be leaving in a month's time. Wish me luck, everyone!

Like Comment Share

26 people like this



Rehan Great news, Nina!

35 minutes ago • Like • Reply



Aida Congrats, Nina! That's great news. Make sure you buy a few winter clothes because winter would be starting soon.

15 minutes ago • Like • Reply

3. From the social media post, we can conclude that
- A. Rehan is Nina's classmate
 - ☒ B. Aida is concerned about Nina
 - C. Nina is boasting about her scholarship

Charity Cycling Programme

The Sports Focus Company will be holding a Charity Cycling Programme at 6:00 a.m. on 27 August. All cyclists from the private sectors, government agencies and schools are encouraged to participate.

This event is held to motivate people to lead a healthier lifestyle and to promote good neighbourliness among the residents of Shah Alam. We hope that this sport, which is already known to most people, will be a stepping stone for them to exercise.

Log on to www.charitycycling.com.my to participate.

4. We can conclude that the programme is held to
- A. encourage closer community ties
 - B. unite people from various sectors
 - C. promote cycling as a new form of exercise

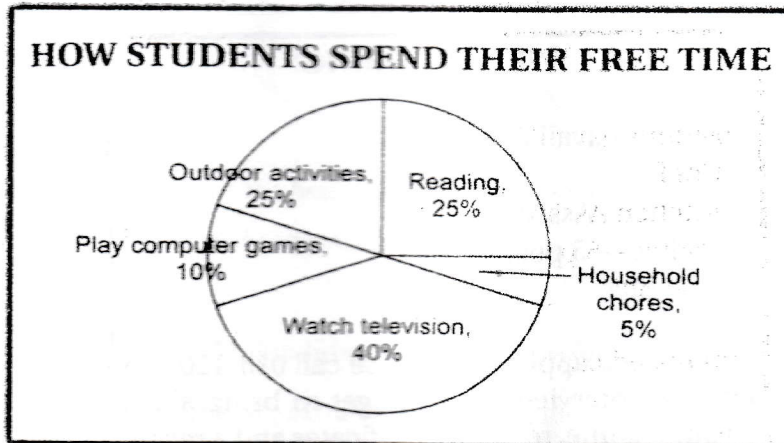
BREAKFAST OMELETTE

2 eggs
2 tbsp milk
30g butter

1 tomato
60g mushrooms
Salt and pepper

1. Beat the eggs and add in the milk. Beat together in a bowl. Add salt and pepper to taste.
2. Chop the mushrooms and tomato.
3. Heat a pan, add in the butter. Put in the mushrooms and tomato. Sauté for 2 minutes.
4. Pour in the eggs. Let it cook for a while. Flip it over till all is cooked.
5. Turn off heat. Slide the omelette onto a plate. Serve.

5. From the recipe, we can say that this breakfast omelette is
- A. an Indian cuisine
 - B. a Chinese cuisine
 - C. a Western cuisine



6. The pie chart tells us that
- A. most of the students love to spend their free time playing computer games
 - B. students spend more of their free time reading than enjoying outdoor activities
 - ☒ C. fewer students enjoy doing chores than watching television during their free time

KUALA SELANGOR: The Health Ministry has directed district health officials to monitor schools, where the Influenza A virus outbreak has been detected. The Health Ministry said that influenza infection detected in several schools is under control and no school closure has been made so far.

In the meantime, the Education Minister said to date, only two classes at SJKC Li Hwa, Butterworth Penang had been closed after five pupils were diagnosed with Influenza A.

Influenza is an infection with flu symptoms such as fever, sore throat, cough, headache, muscle and joint pain and fatigue. The virus can lead to severe infections in high-risks groups such as children, the elderly, pregnant woman and those with chronic illness.

7. What does the news report say about the influenza outbreak?
- A. Two schools in Penang had been closed due to the outbreak
 - B. Several schools in Selangor had been closed to contain the disease
 - ☒ C. Children, the elderly and pregnant women are more susceptible to the infection

WE ARE HIRING!

Positions available:

- Chef
- Kitchen Assistant
- Waiter – 5 positions
- Cashier

Interested applicants, please call 018-1202xxx for an interview. Don't forget to bring along your resume, relevant certificates and a recent photograph.

Experienced candidates will be given priority.
Attractive remuneration awaits.

8. From this notice, we can assume that this is a
- A. retail business
 - ☒ B. restaurant business
 - C. manufacturing business

PART 2

[10 marks]

Question 9 to 18

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

Maintaining a Healthy Lifestyle

Coping with school, compulsory extra-curricular activities, piles of homework and tuition make us (0) students in Malaysia lead hectic lives. We often resort to Skip (9) meals or burning the midnight oil because it seems there is never enough time to do everything. This (10) is extremely unhealthy because there will be serious repercussions when we are older (11). It is therefore important to maintain a healthy lifestyle.

What every teenager should practice (12) to be healthy is to take regular and balanced meals. We must have a balanced meal that has all three food groups at least twice a day. These meals should (13) include carbohydrates, fruit and vegetables and some meat. It is also important to remember to drink plenty of water and refrain from (14) eating snacks and soft drinks between meals.

Secondly, we should always get enough sleep. Most of us needs (15) about seven to eight hours of sleep. Sleep is necessary to regain the energy we have used. So, skip watching television and (16) sleep! Moreover, regular exercise is required to have a healthy lifestyle. We can build our stamina and strength by exercising. A short 20-minute session every day is enough. We can easily walk briskly (17) with our friends as we go to school. Lastly, we must keep away (18) from unhealthy habits such as smoking, indulging in drugs or studying too much in order to maintain a healthy lifestyle.

0. A. we ☒ B. us C. our D. my
9. ☒ A. skip B. skips C. skipping D. skipped
10. A. That B. Those ~~C. This~~ D. These
11. A. old B. olds ~~C. older~~ D. oldest
12. A. live B. focus C. learn ~~D. practise~~
13. A. could B. can C. would ~~D. should~~
14. A. by ~~B. from~~ C. through D. to
15. A. need ~~B. needs~~ C. needed D. needing
16. A. or B. for ~~C. and~~ D. but
17. A. quickly B. slowly ~~C. briskly~~ D. steadily
18. A. put away ~~B. keep away~~ C. move away D. drive away

PART 3

[8 marks]

Question 19 to 26

You are going to read an article about dietary supplements. Choose the best answer A, B, C, or D. For each question, mark your answer on the answer sheet.

Today's active adults may find that their on-the-go lifestyles sometimes cause them to miss out on important nutrients. Work, sports, children and leisure activities can have an effect on meal preparations and eating habits. Therefore, the average diet today leaves a lot to be desired.

Research finds our meals lacking in a number of essential nutrients, including calcium, potassium, magnesium, and vitamins A, C and D. The need for additional food supplements has practically become a necessity. The average person now eats very few helpings of fruits and vegetables. Processed food removes the natural nutrients and replaces them with artificial supplements. The air we breathe contains increasingly more oxidizing pollutants.

That is why a variety of food supplements are in the market to help us get the nutritional support to do our work well. These supplements can be obtained in pharmacies, health stores and supermarkets. To be healthy, we must make sure we have a **foundational nutrition**. We must give the body what it needs. The body does its best with whatever food we feed it. Dietary supplements are products taken by mouth that contain dietary ingredients intended to supplement the diet. The dietary ingredients in these products may include vitamins, minerals, herbs or other botanicals, amino acids and substances such as enzymes, organ tissues and metabolites. Dietary supplements can also be extracts or concentrates and may be found in many forms such as tablets, capsules, soft gels, liquids or powders.

It is important to take supplements from several different producers. It is not good to rely on any one brand. You want to have a variety of nutritional products so that you are getting wholefood sources from three or four different manufacturers on a daily basis. This is the best way to be sure that you are getting a full complement of fruits, vegetables, mushrooms and other food sources that can provide peak nutrition for you. Consumers benefit from a food supplement industry that ranks amongst the most sophisticated in the

20. In paragraph 2, why does the writer say food supplements have become a necessity?
- A. People are eating too much processed food
 - ☒ B. People are not eating enough vegetables
 - C. The air is polluted
 - D. All of the reasons above
21. What is meant by **foundational nutrition**?
- A. It means basic nourishment
 - ☒ B. It means original nourishment
 - C. It means primary nourishment
 - D. It means elementary nourishment
22. From paragraph 3, what is the definition of food supplements?
- A. Food supplements are the extracts or concentrates
 - ☒ B. Food supplements are capsules, gels, tablets, liquids and powders
 - C. Food supplements are made up of enzymes, organ tissues and metabolites
 - D. Food supplements are vitamins, minerals, enzymes, amino acids and substances.
23. Why does the writer say it is better to take supplements from several different producers?
- A. This is to ensure consumers support all the companies involved
 - B. This allows consumers to get holistic nutrition and superfood supplements
 - ☒ C. Consumers can try different manufacturers and then choose one that is the best for them
 - D. Consumers will get supplements sourced from a range of fruits, vegetables, mushrooms and the like.
24. With reference to paragraph 5, what is lacking in supplements?
- A. Supplements do not provide healthy nutrients
 - B. Supplements are limited to calcium, vitamins and folic acid
 - C. Supplements cannot provide the same nutrients as a plate of food
 - ☒ D. Supplements do not have the same food combination as a plate of food

world. In the world of holistic nutrition, we take whole food from nature that is grown organically. If we do not, then we take super food supplements. They are dried, ground into powder and then shaped into pills or tablets. Super foods that are popular in the market include spirulina, garlic, blue-green algae and wheatgrass.

There is no doubt that we need a variety of nutrients ranging from carbohydrates, protein, fat, vitamins, minerals and water each day to stay healthy. This includes calcium and vitamin D to protect our bones, folic acid to produce and maintain new cells and vitamin A to preserve a healthy immune system and vision. Yet the source of these nutrients is important. Usually, it is best to try to get these nutrients from food as opposed to health supplements. Fruits, vegetables, fish and other healthy foods contain nutrients and other substances not found in a pill. We cannot get the same synergistic effect from a supplement.

Taking certain dietary supplements in higher-than-recommended doses may even interfere with nutrient absorption or cause side effects. While most of the supplements are safe for consumption as long as we follow the instructions and dosage, we should not take them as we like. Getting our nutrients straight from a pill sounds easy, but supplements do not necessarily deliver on the promise of better health. Some can even be dangerous, especially when taken in larger-than-recommended amounts. Taking them excessively can be harmful. For instance, an overdose of vitamin C can cause diarrhea. Another example is amino acid supplements which are widely used by athletes who believe that having more of these basic building blocks available enables skeletal muscles to get stronger and have better endurance without the added calories. However, an excess of amino acid supplements tends to cause an imbalance of the amino acids already present in the body. Consequently, they cause fever, skin rash, muscle and joint pain.

(Adapted from 'Dietary Supplements' <https://www.cfsan.fda.gov/dms/ds-oview.html>)

- 19 In paragraph 1, adults don't pay attention to food preparation because
- A. their jobs are demanding
 - ☒ B. they are involved in many activities
 - C. they have to look after children and home
 - D. they spend too much time on sporting and activities

25. Why is taking higher-than-recommended doses of supplements dangerous?
- A. It is very harmful
 - B. It may cause death
 - C. It may cause side effects
 - ☒ D. It may cause body aches and joint pain
26. The writer highlights
- A. who should take supplements
 - ☒ B. what supplements are made of
 - C. the variety of supplements that are available in the market
 - D. that vitamins, minerals and nutrients from food are still the best when compared to taking supplements

PART 4

[6 marks]

Questions 27 to 32 are based on an article about maintaining students' mental well-being.

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.

For each question, mark your answer on the answer sheet.

Taking Care of Your Mental Well-being during Your Preparation for Exams

Our mental health can suffer if we simply focus on academic performance during the intensive SPM revision period without practising self-care. When students face challenges, they often experience tremendous anxiety and self-doubt. As a result, maintaining good mental health habits boosts our overall productivity. Here are a few suggestions to help you enhance your mental well-being.

Studying late into the night to keep up with the workload is often unavoidable during the SPM revision period. Some students resort to drinking enormous amounts of coffee to stay awake. While moderate caffeine consumption can help to combat fatigue, large amounts of caffeine can cause anxiety, insomnia, fast heart rate, and digestive problems. 27

When you are anxious, you may feel compelled to consume sweet, high-calorie foods because they provide temporary relief, but an increasing reliance on sugar has been related to depression. 28 Salmon, dark chocolate, kimchi, sauerkraut, berries, and bananas are all excellent sources of happiness.

It is very common to feel overwhelmed by your revision workload, so it is critical to plan ahead and set manageable goals. 29 This will ensure that you get something out of every session and will help you stay motivated.

Studying in the right environment can boost your productivity and allow you to focus on the revision process rather than the outcome. Some people like to study alone in a quiet environment, so going to the library is the ideal option. Others may prefer somewhere with some background noise and snacks, in which case a cafe with Wi-Fi is preferable. 30 .

31 ☐ E According to scientists, we should strive for 7-9 hours of sleep per night to give our bodies the rest they require and to stay in peak shape. If you are having trouble sleeping, consider reading a book 30 minutes before going to bed and avoiding using electronic gadgets. We hope these mental health tips might help support you through your learning journey and help you make the most out of your revision sessions. 32 ☐ G.

(Adapted from; <https://academy.snapask.com/>)

A	The key is to figure out what works best for you.
B	Hence, it is better refrain from consuming coffee.
C	Consequently, your academic performance will increase.
D	So, it is advisable to keep your caffeine intake at a low moderate amount.
E	There is nothing like a good night's sleep to help you increase your memory power.
F	Every time you sit down to study, try to create a goal for what you want to achieve.
G	As a result, replacing sugary treats with healthy foods will be better for you in the long run.
H	Start putting them into in practice so that you can get through this stressful period without losing your peace of mind.

PART 5

[8 marks]

Questions 33 to 40 are based on the following texts.

Read the texts carefully and answer the questions that follow.

Teenagers' Choice of Vacation**A - HAMDAN, 16 years old**

Bali is a favourite holiday destination for my family. Its white beaches are mesmerising. There are a variety of water sports available, such as banana boats, parasailing, and jet skiing. I can go swimming, or just linger and enjoy good sunbathing by the sea.

B - JOEY, 15 years old

I really like Bangkok. It is Thailand's capital city and trading centre, situated beside the Chao Phraya River. It is popular for its magnificent palaces, unique skyscrapers, museums, and markets that attract tourists worldwide. I have visited some of these places and they are really unique.

C - LISA, 17 years old

There are many fun things to see and do on Sentosa Island. It is famous for the massive Resorts World. All featured attractions are easy to get to, thanks to a free bus service that runs around the island as well as a free monorail service.

D - GNANAM, 14 years old

At an elevation of almost 1,900 m, it is the highest settlement in Malaysia. Kundasang is my choice for vacation. It is famously known as the New Zealand of Borneo for its unique mountainous geographical terrain, which is almost identical to New Zealand.

E - MARK, 16 years old

Hanoi, the capital of Vietnam, is known for its centuries-old architecture and rich cultures with Southeast Asian, Chinese, and French influences. I can experience the rich cultural diversity here. Hanoi has consistently been voted one of the world's top ten destinations by TripAdvisor.

F - BELLA, 17 years old

For me, Langkawi is a tropical paradise. Its natural beauty is alluring. It has a majestic and spectacular cultural heritage. Its pristine beaches and lush tropical forests offer endless outdoor experiences such as hiking, snorkelling, diving, parasailing, and island hopping. I can encounter more than two hundred species of birds and animals in their natural habitat among the mangroves and estuaries.

SULIT

Questions 33 to 36

Using the information given, which text (A to F) describes the following views on teenagers' choice of vacation.

Statements

Paragraph

33. This person enjoys unspoiled white beaches and nature.

F

34. This person loves the scenario in highlands.

D

35. This person likes to experience different culture.

E

36. This person adores sea adventures.

A

[4 marks]

Questions 37 to 40

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

Benefits of Travelling

Life is all about experiences. Experiences stay with us no matter where we go. Travelling is a (37) unplug experience and the best way to unplug from the pushes and pulls of daily life. It helps us forget about our problems and frustrations. During our journey, we experience life in different ways. We explore new places, (38) Cultures, traditions and ways of living that we could never experience at home. This is why travel is such a unique and individual life experience. Besides, there are many benefits of (39) travelling. We can learn new skills and gain more experience. Travelling is a good opportunity to build friendships and connections with people from all around the world. In addition, travelling will open our minds to a host of new possibilities. Travelling is a great learning (40) experience and it is up to you to apply that learning in your own life.

[4 marks]

KERTAS SOALAN TAMAT