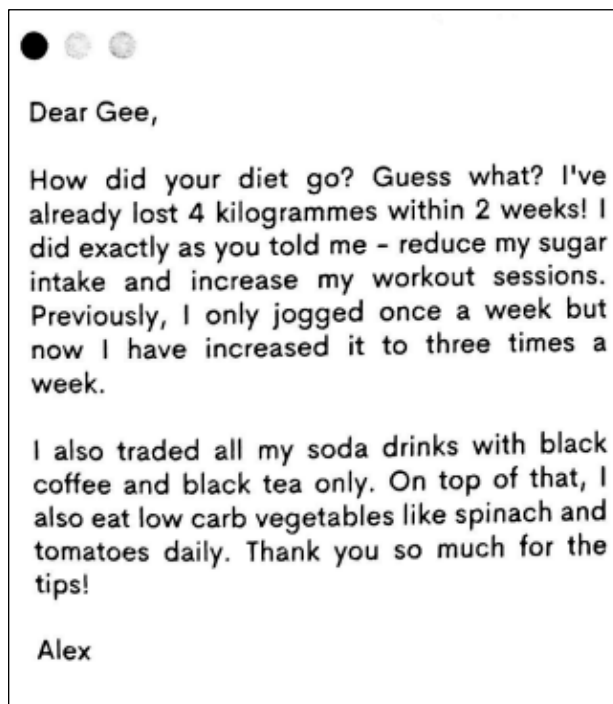


Part 1

Questions 1 to 8

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.



1. From the message, we can say that Alex
 - A. has been listening to Gee's advice.
 - B. is going easy with his exercise
 - C. is overly critical of his diet regimen

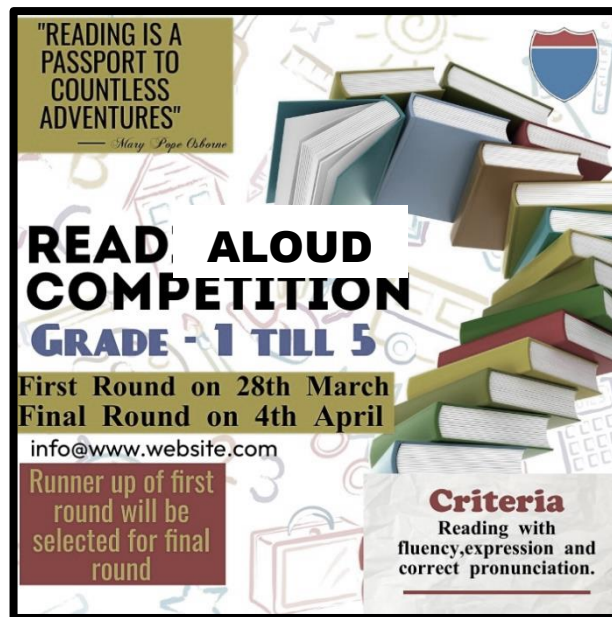
It is with a heavy heart that I share the news of the closing of our family business, Fabio Market. After 81 years of operation, we have made the difficult decision to close our doors.

Our last day of business will be on April 28th, 2024.

While we are saddened by the closure of Fabio Market we are grateful for the memories, relationships, and experiences we have gained throughout the years.

Thank you to everyone who has been a part of our journey.

2. From the notice we know that
 - A. Fabio Market will be in business for 81 more years
 - B. the customers will be saddened by the closing of Fabio Market
 - C. people can still shop at Fabio Market on April 28th, 2024.



3. The poster tells us that in order to win the competition one must
- A. have a passport to travel abroad
 - B. know how to deliver the text effectively
 - C. read the text at a rapid pace

TEENS HELPING TEENS

By: Aileen Tan

Last year, I went on a strict diet. I lost seven kilograms in a month. My parents took me to the hospital. The doctors told me that I had to eat a lot more as I needed to recover after losing so much weight recently.

Now, I know what I did was unhealthy, and I'm determined to live a better lifestyle. My parents are encouraging me to eat more protein and carbohydrates. I've also been watching cooking tutorials on how to prepare my own healthy meals. If I can do it, you can do it too!

4. The purpose of this article is
- A. to explain the difficulties of a strict diet.
 - B. to motivate teenagers to follow a balanced diet
 - C. to encourage teenagers to consume more protein and carbohydrates.

To: aliyah77@gmail.com

Subject: Road trip

Hi! I'm currently writing this from the back of a van. I thought it would be boring to be stuck in a vehicle with my two younger brothers for hours, but I'm actually having a blast right now. The only annoying thing is sometimes they argue about whose turn it is to use the tablet. Thank goodness my dad is always a pro at solving the issue.

5. Based on the email, which of the following is true?
- A. It is uncomfortable for the writer to spend long hours in a vehicle.
 - B. The writer's siblings often quarrel about the tablet.
 - C. The writer's father is good at breaking up arguments.



Mike Babulic
@MikeBabulic

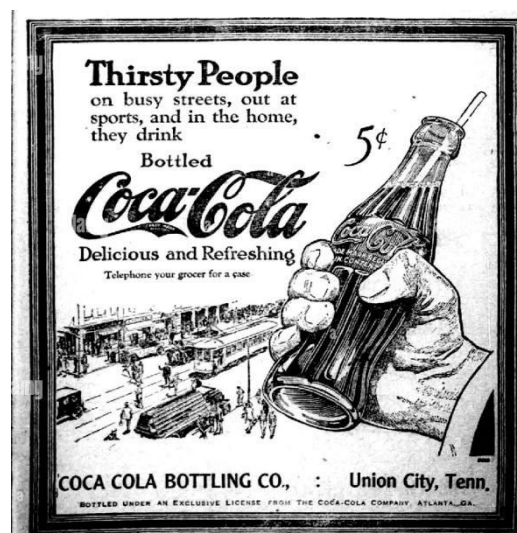
 Follow

The day before a big presentation to senior management, the best boss I ever had told me, "Dress like them. If you look like them, they'll think you're one of them and they'll listen to what you have to say"

6. Based on the above social media post, who does the word "they" in the phrase "**they**'ll think you're one of them" refer to?
- A. The people who will be Mike's boss
 - B. The people who are going to interview Mike
 - C. The people who are of higher position than Mike

Petaling Jaya: The breakthrough in scientific research has rejuvenated Malaysia's veteran researchers Alvin Chan Zhe Liang and Lim Zhe Hong. Their innovative technology has propelled them into the finals of the Thailand Tech Innovation Challenge after outperforming young Indonesian innovators Leo Sinaga and Dennis Suprianto at the Impact Innovation Center in Bangkok yesterday. Alvin and Zhe Hong, ranked 18th globally in technological innovation, are set to compete against Taiwan's Li Yao and Wang Feng in the final round today.

7. Which of the following statement is true?
- A. Alvin Chan Zhe Liang and Lim Zhe Hong have secured themselves to at least win the second place in the competition
 - B. Alvin Chan Zhe Liang and Lim Zhe Hong have won the final round of the competition
 - C. Alvin Chan Zhe Liang and Lim Zhe Hong have defeated Taiwan at the Impact Innovation Centre in Bangkok



8. Based on the advertisement, it can be implied that
- A. The drink is everyone's favourite
 - B. There are many thirsty people who are busy
 - C. People must drink "Coca Cola" straight from the bottle.

Part 2

Questions 9 to 18 are based on the following passage.

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

Malaysia's Microplastics Problem

Malaysia is **(0)**_____ the highest among 100 countries for consuming microplastics, which are plastics pieces smaller than 5 mm. So, how did we get here?

The rest of the world is also using and producing as much plastic - or even more - than we **(9)**_____. Last year, China was the country that **(10)**_____ the highest amount of plastic waste not Malaysia. In fact, Malaysia was not even among the top 10 countries using the **(11)**_____ plastics per capita.

The problem is that we import plastics as part of our recycling **(12)**_____. We are the fifth largest importer of plastic waste globally, at around 403453 tonnes last year.

We also do not **(13)**_____ large amount of plastic waste like other high income countries, however, those countries are better at recycling and processing it safely. We are still **(14)**_____ our recycling infrastructure. We still dispose of our waste at landfill and into the surrounding seas. It is inevitable that microplastics end up being **(15)**_____ by marine life. Malaysia is the top country consuming microplastics because more than 50 percent of this was from fish consumption. Researchers say that one major **(16)**_____ of aquatic microplastics is mismanaged plastic waste runoffs from landfills or open dumping.

Researchers has also urged the government to carry out water treatment and **(17)**_____ solid waste management practices to face such challenges.

Overhauling waste management **(18)**_____ mindsets will take time. Until things improve, the best thing to do is to recycle more and use less plastic.

Adapted from TheStar 10 August 2024

0	A rank	B ranks	☒ C ranked	D ranking
9	A is	B are	C was	D were
10	A produced	B made	C generated	D created
11	A top	B highest	C best	D most
12	A business	B enterprise	C industry	D process
13	A churn out	B roll out	C take out	D turn out
14	A maintaining	B developing	C sustaining	D creating
15	A swallowed	B absorbed	C ingested	D digested
16	A source	B root	C inception	D origin
17	A successful	B productive	C effective	D efficient
18	A and	B but	C because	D or

Part 3

You are going to read an extract from a story. For questions **19 to 26**, choose the correct answer (**A, B, C or D**) and mark the correct letter A, B, C or D on your answer sheet.

The Effects of Olympic	
1	The Olympic Games are one of the most significant sporting events in the world, bringing together athletes from all corners of the globe to compete in a wide range of sports. Hosting the Olympics is a well-known honour that can deeply affect the host country. These effects can be both positive and negative, influencing the economy, international image, and social dynamics of the country.
2	One of the most striking impacts of hosting the Olympic Games is on the economy. Preparing for the Olympics often involves massive development investments, including sports venues, transportation networks, and accommodations. This can boost the construction industry and create jobs, therefore stimulating the local economy. For example, the 2012 London Olympics generated thousands of jobs and revitalized the East London area, which was previously underdeveloped. The increase of tourists during the Games also contributes to the economy, as visitors spend money on hotels, restaurants, and local attractions.
3	However, the economic benefits of hosting the Olympics are not always guaranteed. The cost of hosting the Games can be enormous, often above the initial budget. Countries may find themselves burdened with debt long after the Games have ended. For instance, the 2004 Athens Olympics left Greece with a significant financial loss, contributing to the country's later economic troubles. The long-term benefits of the venue development for the Games are also uncertain, as some venues may become underused or abandoned, leading to wasted resources.
4	In addition to economic effects, the Olympic Games can significantly impact a country's overall development. The need to accommodate thousands of athletes, officials, and tourists can lead to the development of new transportation systems, accommodations, and sports facilities. These improvements can benefit the host country long after the Olympics have ended. The 1964 Tokyo Olympics, for example, led to the modernization of Tokyo's transportation system, including the introduction of the Shinkansen bullet train, which remains a vital part of Japan's public transport today.
5	However, these developments can also have negative consequences. The pressure to complete projects on time can lead to cost overruns, and the rapid pace of construction can result in poor-quality work. In some cases, communities are unhoused to make way for Olympic venues, leading to unfair treatment and loss of homes. For example, in preparation for the 1988 Seoul Olympics, thousands of residents were forcibly evicted from their homes to make way for new developments.



6	The Olympic Games also affect the host country's international image. Successfully hosting the Olympics can improve a country's reputation on the global stage, showcasing its ability to organize and manage a major international event. This can lead to increased tourism and foreign investment in the years following the Games. For example, the 2008 Beijing Olympics were seen as a symbol of China's rising standing as a global power, helping to improve the country's image abroad.
7	On the other hand, the Olympics can also bring attention to the host country. Issues such as environmental damage, human rights violations, and shady dealings can overshadow the positive aspects of the Games. The 2016 Rio de Janeiro Olympics, for example, were marred by reports of political instability, economic difficulties, and concerns about the Zika virus, which led to a decrease in international visitors and tarnished Brazil's image.
8	Socially, the Olympics can bring a sense of pride and harmony to the host country, as citizens come together to support their athletes and celebrate their culture on the world stage. This can strengthen national identity and foster a sense of community. However, the Games can also exacerbate social divisions, particularly if the benefits of hosting are not evenly distributed. The unfair treatment of communities, as mentioned earlier, can lead to social tensions and protests.
9	In conclusion, the Olympic Games have a wide range of effects on the host country, influencing its economy, overall development, international image, and social dynamics. While the Games can bring significant benefits, they also come with risks and challenges. It is essential for countries to carefully consider these factors when deciding to host the Olympics and to plan effectively to increase the positive impacts while reducing the negative ones.

19. In paragraph 2, where did the Olympics in 2012 create thousands of jobs and revive a previously underdeveloped area?
 - a) Seoul
 - b) Athens
 - c) East London
 - d) Rio de Janeiro

20. In paragraph 3, how did the 2004 Athens Olympics negatively affect Greece?
 - a) It led to a loss in tourism
 - b) It caused a cultural decline
 - c) It resulted in a population decrease
 - d) It led the country into debt

21. In paragraph 5, which word conveys the meaning of *'to legally force someone to leave the house they are living in'*?
- a) lead
 - b) evicted
 - c) homes
 - d) overruns
22. In paragraph 6, how can the success of hosting the Olympics improve a country's international image?
- a) By reducing crime rates
 - b) By promoting local cuisines
 - c) By increasing the local population
 - d) By demonstrating its capacity to plan a significant international event
23. In paragraph 7, which of the following causes the negative view that Brazil received at the 2016 Rio de Janeiro Olympics?
- a) Economic hardships, political unrest, and health issues
 - b) Environmental damage and human rights violation
 - c) Rise in local art thefts and shady dealings
 - d) Decline in sports tourist
24. How can the Olympics cause social tensions within the host country?
- a) Because they reduce international trade
 - b) Because they may lead to discrimination
 - c) Because they increase the cost of transportation
 - d) Because they limit cultural exchanges
25. Why might some Olympic venues become underused or abandoned after the Games?
- a) They are built in remote areas
 - b) They are not popular among locals
 - c) They are too expensive to maintain
 - d) They are transformed into museums
26. What should countries carefully consider before deciding to host the Olympic Games?
- a) The impact on local culture and tradition
 - b) The influence on weather patterns and seasons
 - c) The citizens' support and the country's economy
 - d) The potential consequences on the nation's general situation

PART 4

Questions 27 – 32

You are going to read an article about *the effects of smartphones on students*. Six sentences have been removed from the article. Choose from 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.

Mark your answers on *the separate answer sheet*

EFFECTS OF SMARTPHONES

As with all technology, mobile phones can have their pros and cons, depending on how they are used. At their best, they can be useful tools for staying in touch, finding out new information and coordinating social activities. At worst, they can negatively affect concentration, communication and sleep. 27. ☐ These potential negative consequences are especially important to consider for teenagers.

A study on science of distraction found that each time an office worker was distracted by a text message or email, it took them up to an average of 25 minutes to gain focus on the original task at hand. That's what makes students doing their homework with their mobile phone nearby so problematic. 28. ☐ In truth, it takes up a lot of time, energy, effort and focus to switch between two tasks.

The fear of missing out (Fomo) is very common in teenagers. It is characterised by the need to know what everyone is doing and worrying that they are having more fun than you. 29. These students are more likely to experience lower overall quality in their mood, have increased anxiety and are more likely to check their phones and social media during lessons or study time.

Using mobile phones too much in the evening can lead to going to bed later, getting less overall sleep, and lower quality sleep. 30. ☐ However, the bright backlight on a mobile phone can trick your brain into thinking it's still day, stopping the release of melatonin. This means being on your phone late at night still keeps your brain awake and alert at the exact time you want to be feeling relaxed and sleepy.

Procrastination is extremely common in students. 31. ☐ Mobile phones might not turn students into procrastinators, but they can certainly act as a vehicle for their procrastination.

Being overdependent on a mobile phone can be bad for a person's psychological health. 32. A study on young people and mobile phones found that 60% reported that they felt very agitated when they could not access their phone.

Source: The Guardian. (2017, February 21)

- | | |
|---|--|
| A Researchers have found that the mere presence of a mobile phone may be sufficiently distracting to damage attention. | E Mobile phones can affect the quality of face-to-face communication even if you don't consciously know it. |
| B Mobile phones can be a dangerous vehicle for those with high Fomo. | F It is a myth that most people can multitask. |
| C The common answers tend to involve their phone, texting, social media, games and shopping. | G The sleep hormone, melatonin, typically gets released at around 9 p.m. at night. |
| D Excessive use of mobile phones has been associated with anxiety, irritation, frustration and impatience. | H Mobile phones could also increase the fear of missing out, procrastination and stress. |

Part 5

Questions 33 to 40

We interviewed six teenagers about their views on shopping. Read the text and answer the questions that follow.

TEENS ON SHOPPING	
A – Suen Yean, 16 years old	Window shopping is my favourite pastime. It's like therapy for me even though I don't buy anything. For me, it is a way to de-stress after working hard. I find pleasure in just looking at beautiful things on display.
B – Xander, 14 years old	In my opinion, shopping is a waste of time. Firstly, going to the mall and finding a parking spot is a hassle. Then, we spend hours browsing and waiting in line to make payment. Yes, we may end up buying something useful, but not before investing too much of our precious time. I think time can be better spent doing outdoor activities.
C – Miao Min, 17 years old	I am an advocate of online shopping. I can shop anytime in the comforts of my own home and make purchases at the click of a button. Without a doubt, there is a wider variety of goods online. Most importantly, online shopping is not geographically limiting as I can visit international stores at my convenience. For a seamless shopping experience, I read the online reviews before making purchases.
D – Shukri, 17 years old	I'm a shopaholic! I like to feel, touch and try something before buying. I want to be assured of the quality of the product. Take shoes and clothes, for example. I will not buy these without first trying them on. I also prefer to closely examine things before I buy them.
E – Parvathy, 15 years old	I get to spend time with people I love when I go shopping. I like to invite my mother and sister to shop with me. We share thoughts and advice while shopping. In other words, shopping bonds us! Spending time with them brings me joy and reminds me that we mean a lot to each other.
F – Sugu, 15 years old	This may sound strange but I feel alienated from shopping. To me, shopping is a chore. My parents get everything that I need for me, and yes, I do mean everything. I make do with what they provide me with, and I never complain.

Questions 33 to 36

Which paragraph (A-F) describes the thoughts of the teenagers?

Statements	Paragraph
33 My family helps me avoid impulse buying	_____
34 Given a choice, I would choose hiking over shopping.	_____
35 Nothing beats physical shopping experience.	_____
36 Shopping is similar to doing housework.	_____

Questions 37 to 40

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

Shopping Trends

- For a hassle-free shopping (37) _____, many prefer to shop online.
- Even those who used to feel (38) _____ from online shopping have made effort to learn to shop online.
- People who enjoy shopping view it as a (39) _____ to relieve stress rather than a chore.
- Even an (40) _____ of online shopping agrees that online shopping has its pitfalls.