



I-KALAM KECEMERLANGAN SPM SABK 2025

SET 1

SIJIL PELAJARAN MALAYSIA 2025

BAHASA INGERIS

1119/1

KERTAS 1

1 jam tiga puluh minit

JANGAN BUKA KERTAS SOALAN INI SEHINGGA DIBERITAHU

1. Kertas ini mengandungi lima bahagian yang terdiri daripada 40 soalan: ***Bahagian 1, Bahagian 2, Bahagian 3, Bahagian 4 dan Bahagian 5.***
2. Jawab semua soalan. Baca arahan bagi setiap bahagian dan soalan dengan teliti.
3. Tulis jawapan anda pada kertas jawapan yang disediakan.

Kertas peperiksaan ini mengandungi 19 halaman bercetak

Part 1

Questions 1 to 8 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 A, B or C on your answer sheet.

Customer Review – TechWorld Online Store

I bought a wireless headset that was supposed to have noise-cancelling and a 12-hour battery. It arrived late, and the box was a bit damaged. The headset works, but the battery only lasts about 7 hours, and the noise-cancelling isn't very strong.

I told customer service, but they said it depends on how the product is used. I'm keeping it, but I don't think I will buy from this store again.

★ ★ ☆ ☆ ☆ (2 out of 5 stars)

1. What is the main reason the customer gave a low rating?
 - A. The product features were not as good as advertised.
 - B. The customer wanted a free gift but didn't get one.
 - C. The headset stopped working after a few days.



EvaPro 3000 Smart Washing Machine

- 10kg capacity – ideal for large families
- Eco-Wash technology: Saves up to 40% water and electricity
- Wi-Fi enabled: Control and monitor wash cycles via mobile app
 - Silent Spin feature: Ultra-quiet operation, even at night
 - Child Lock and Auto-Shutdown for enhanced safety

For best performance, avoid overloading and ensure proper drainage connection.

5-year warranty included

2. Which of the following statements is **true** about the EvaPro 3000?
- A. You can only use it during the day due to noise.
 - B. It allows users to control it remotely through a smartphone.
 - C. The machine will continue running even if the water overflows.

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Moringa: Nature's Green Medicine

Once considered a traditional remedy, *Moringa oleifera* has recently gained popularity in modern wellness circles. Rich in antioxidants, vitamins, and minerals, the plant is said to help reduce inflammation, lower blood sugar levels, and improve digestion. While moringa leaves are often consumed in powdered form, excessive intake may lead to side effects such as nausea or interference with certain medications.

Despite its health benefits, experts advise users to consult a medical professional before adding moringa supplements to their daily routine, especially those with chronic conditions.

3. Why is it necessary to seek medical advice before using moringa supplements?
- A. Because moringa is not recommended for any health condition.
 - B. Because moringa, although beneficial, might interact negatively in some cases.
 - C. Because moringa causes severe health problems in most people.

Chart: Participation in Cultural Activities by Age Group in Malaysia (2024)

(Survey of 1,000 individuals)

Cultural Activity	Teens (13–19)	Young Adults (20–35)	Adults (36–55)	Seniors (56+)
Attending Traditional Festivals	20%	35%	30%	15%
Visiting Museums	10%	15%	40%	35%
Watching Local Theatre	5%	10%	30%	55%
Participating in Cultural Workshops	65%	40%	0%	0%

4. Based on the data, which of the following best explains how cultural interests vary across age groups?
- A. Older participants are more likely to engage in modern cultural activities.
 - B. Young adults show the least interest in cultural experiences overall.
 - C. Participation in hands-on cultural experiences declines with age.



Rani

012-3232441

24 April

011-5656881 Zara

I can't believe Mira dropped out of the competition last minute!

012-3232441 Rani

I know! She was doing so well. I guess the pressure got to her.

011-5656881 Zara

Yeah, but she should've just bit the bullet and finished it.

012-3232441 Rani

True. No one said it would be easy.

5. What does Zara mean when she says "*bit the bullet*"?
- A. Mira should have taken some time off to relax.
 - B. Mira should have gathered courage and gone through with it.
 - C. Mira should have asked someone else to take her place.

WEEKEND PIZZA

Buy 1 Regular Pizza, Get 1 FREE
(Fri–Sun only)
Available for dine-in & takeaway.
T&Cs apply.

CALL US
03-



6. What is the main purpose of this advertisement?
- A. To encourage customers to buy pizza during the weekend.
 - B. To inform customers about new pizza flavours.
 - C. To explain how regular pizzas are made.

WARNING NOTICE!



HIGH VOLTAGE AREA – AUTHORISED PERSONNEL ONLY

This area contains live electrical equipment.

- ✓ Only trained workers with permission can enter.
- ✓ Wear safety gloves and shoes.
- ✓ Tell the control room if there is a problem.
- ✗ Do NOT touch any equipment without following safety steps.

Breaking these rules can cause serious injury.

7. What should a trained technician do before touching any equipment in this area?
- A. Go in quickly and fix the problem without telling anyone.
 - B. Wear safety gear and inform the control room about the problem.
 - C. Let a friend come in to help with the equipment.

Local Community Steps Up to Help Flood Victims

KUALA LUMPUR – Dozens of volunteers from various neighbourhoods gathered at the city hall yesterday to organise donations for flood victims in the east coast. Items such as food, clothes, blankets and hygiene kits were collected and packed for delivery.

“We were overwhelmed by the support,” said project coordinator Mdm Noraini. “It’s heartwarming to see how the community came together so quickly to help those in need.”

Authorities have urged the public to continue donating as many victims are still in temporary shelters and in need of assistance.

8. What does the extract mainly show?
- A. Volunteers were forced to donate essential items.
 - B. City hall provided shelter to the flood victims.
 - C. The public responded quickly to support flood victims.

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Part 2

Questions 9 to 18 are based on the following passage.

Read the text carefully 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.

ENVIRONMENTAL HEALTH AND HUMAN WELL-BEING

The intersection of environmental quality and human health has (0) **become** a growing global concern. Exposure to toxic substances and environmental degradation can (9) _____ public well-being and strain healthcare systems. Airborne pollutants, contaminated water, and excessive noise are among the many factors that (10) _____ human health over time.

In recent years, researchers have (11) _____ a strong correlation between ecological decline and chronic illnesses. For example, prolonged exposure to particulate matter in urban areas can (12) _____ respiratory diseases and cardiovascular complications.

Efforts to mitigate environmental hazards must be (13) _____ and sustainable. This involves stricter enforcement of environmental regulations, investment in green infrastructure, and public (14) _____ campaigns that raise awareness of ecological health risks.

One significant approach is environmental stewardship, where individuals and communities actively (15) _____ their impact on nature. This includes adopting cleaner energy, reducing waste, and supporting biodiversity conservation.

In the context of public health, prevention is far more (16) _____ than treatment. Proactive environmental strategies can reduce disease burdens and (17) _____ a more resilient society. Ultimately, a clean and balanced environment is not just an aesthetic goal, but a fundamental (18) _____ for human survival and flourishing.

0. A became **B become** C becomes D becoming
9. A enhance B compromise C support D empower
10. A deteriorate B affect C maintain D dominate
11. A diagnosed B established C triggered D reversed
12. A diminish B relieve C aggravate D regulate
13. A reactive B coordinated C delayed D optional
14. A persuasion B exploration C education D medication
15. A disregard B monitor C eliminate D accelerate
16. A efficient B challenging C beneficial D cost-effective
17. A fortify B resist C transform D observe
18. A ingredient B condition C structure D requirement

Part 3

Questions 19 to 26 are based on the following passage.

Read the passage carefully and choose the best answer A, B, C or D.

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

Anxiety is a common human emotion. It's when you feel worried, nervous, or uneasy, usually about something that might happen. Consider it your body's natural warning system, designed to alert you to potential hazards. A moderate amount of anxiety can be a beneficial aspect – it might make you study very hard for an exam or prepare thoroughly for a speech. However, when such feelings overwhelm you and disrupt your normal daily routines, it could be a sign of an anxiety disorder. This is more serious than just feeling worried sometimes.

For many people, anxiety often originates from certain situations. These could include stressful work tasks, like a big project, or social engagements, such as encountering new acquaintances. Furthermore, financial difficulties or health concerns can also trigger anxiety. Anxiety can *manifest in various forms*. It might be a sudden burst of intense fear commonly called a panic attack, or it could be a constant, low-level worry, which is called generalized anxiety. People might also feel very nervous in social situations (social anxiety) or have strong fears about specific things (phobias). The signs of anxiety can be both physical and mental. Physical signs include a fast heartbeat, feeling short of breath, restlessness, or sweating. Mental symptoms include not being able to concentrate, feeling worried all the time, or a sense of dread. Knowing these signs is the first step toward effective anxiety management, which can otherwise make daily life quite hard.

Luckily, there are several ways in which people can learn to control and reduce their anxiety. Straightforward yet effective methods can offer quick relief and contribute to sustained well-being over time. For instance, deep breathing exercise is a very powerful method. They can calm down your nervous system, which helps your body to relax. Try inhaling slowly, holding your breath for a few seconds, and then exhaling slowly. Practicing this a few times can make a big difference.

Engaging in consistent physical activity is another way to deal with anxiety. Moving your body, such as brisk walking, running, or swimming, is known to improve your mood. Exercise stimulates your body to produce mood-elevating hormones that put you in a good mood and lowers your stress-inducing hormones. Activities like yoga or tai chi can also contribute significantly to your relaxation and help you feel more balanced.

Mindfulness is also very beneficial. This involves focusing on the present moment without judging it. When you practice mindfulness, you learn to pay attention to what is happening right now, which can stop anxious thoughts from taking over your mind. You can try mindful eating, where you consciously focus on the flavour and texture of your food or even simply observing your steps when you walk.

Talking to someone you trust, like a good friend or family member, is very important too. Sharing your feelings can offer emotional support and give you a fresh way of looking at

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your problems. It helps you feel less alone. Other things you can do to help yourself include maintaining a nutritious diet, ensuring enough sleep each night, and limiting drinks like coffee or alcohol, which can make anxiety worse. Establishing modest, achievable objectives and using a notebook to jot down your ideas can also be effective. These methods together can offer immediate relief and build long-term emotional strength.

Nevertheless, it's important to acknowledge that doing things on your own might not always be sufficient, especially if your anxiety feels too big to handle or stops you from getting on with things in your day-to-day life. If your anxiety persists even after you try different self-help methods, or if it is interfering severely with your quality of life – like work, friendships, or everyday tasks – then getting help from a doctor or a therapist is a very important step.

Medical practitioners and psychotherapists have specialized expertise in understanding anxiety disorders. They can diagnose the specific anxiety you have and give you a personal treatment plan to help you. This often includes different types of therapy. Cognitive Behavioural Therapy (CBT), for instance, helps you learn to change negative thoughts and behaviours. Exposure Therapy can help with strong fears by slowly and safely helping you face what you are afraid of. In certain situations, a doctor may prescribe medication. These medicines are usually used along with therapy and are given very carefully.

It's crucial to remember that anxiety is a condition that can be treated. Reaching out for help is not a sign of weakness; it shows great strength because you are acting for your own well-being. With appropriate tools and guidance from professionals, it is truly possible to get back control over your anxiety. You can lead a full, happy, and meaningful life. Therefore, do not hesitate to seek the support you need.

- 19 What does the passage say is a positive aspect of anxiety?
- A It helps you avoid all dangerous situations.
 - B It can motivate you to prepare well for important tasks.
 - C It always means you have an anxiety disorder.
 - D It makes you feel worried all the time.
- 20 In paragraph 2, what does it mean if anxiety "*manifests in various forms*"?
- A It always starts in the same way.
 - B It appears in different types or ways.
 - C It quickly goes away by itself.
 - D It only happens to certain people.
- 21 According to the passage, how does physical exercise help improve your mood?
- A It calms your nervous system directly.
 - B It helps your body make good-mood hormones.
 - C It teaches you to focus on the present moment.
 - D It helps you talk to others about your feelings.

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- 22 Which of these is **NOT** suggested as a self-help method in the passage?
- A Eating healthy food.
 - B Limiting certain drinks like coffee.
 - C Avoiding all stressful situations completely.
 - D Talking to someone you trust.
- 23 When does the passage suggest it's important to get help from a doctor or therapist?
- A When you feel worried for the very first time.
 - B Only after trying self-help methods for many years.
 - C If your anxiety feels too big to handle or affects your daily life badly.
 - D If you want to stop taking any medication.
- 24 What does Cognitive Behavioural Therapy (CBT) mainly help you change?
- A Your body's physical reactions to fear.
 - B Unhelpful thoughts and actions.
 - C Your ability to face specific scary things.
 - D The amount of sleep you get each night.
- 25 Why does the passage say that reaching out for help for anxiety shows great strength?
- A Because it means you are giving up on self-help.
 - B Because it shows you are ready to take action for your well-being.
 - C Because only very strong people experience anxiety.
 - D Because it means you will not need help again.
- 26 What is the main message the author wants readers to understand?
- A Anxiety is a natural feeling that cannot be changed.
 - B It is a condition that can be treated, allowing for a good life.
 - C Only self-help methods are truly effective for managing anxiety.
 - D Seeking professional help is only for very severe cases.

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Part 4

Questions 27 to 32 are based on an article.

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. Mark your answers on the answer sheet.

How Technology is Stealing Our Sleep

Sleep is essential for our health, but many people today are not getting enough of it. In our modern world, technology has made life easier in many ways, yet it also brings new challenges. One of the biggest problems is how our devices can keep us awake at night.

Many people find it hard to fall asleep at night. Scientists believe this is partly because of too much screen time before bed. 27 The blue light emitted from phones and tablets reduces melatonin production in our bodies.

As a result, people stay awake longer than they should. 28 This leads to a cycle of poor sleep and tiredness during the day.

Experts say that children are especially affected by this problem. 29 Poor sleep can affect their focus, mood, and school performance.

Some parents are now setting rules to limit gadget use before bedtime. 30 These simple steps can help everyone sleep better and feel healthier.

Technology companies have also started adding features like night mode to devices. 31 However, experts warn that avoiding screens completely before bed is still the best choice.

To sum up, being aware of technology's impact on sleep is important. 32 By changing our habits, we can improve our rest and overall well-being.

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A Children often use gadgets late into the night.

E Some apps claim to improve sleep with calming sounds.

B Blue light tricks the brain into thinking it is daytime.

F This reduces blue light but does not remove it completely.

C Many people blame stress alone for their sleep issues.

G Adults also suffer but may hide their tiredness at work.

D Sleep experts suggest turning off screens an hour before bed.

H Limiting screen time can greatly benefit children's health.

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PART 5**Questions 33 to 40**

Read the description of the different healthy foods below and answer the questions that follow.

Healthy Foods You Should Know**A – BRAZIL NUTS**

Brazil nuts come from South America and are one of the healthiest nuts. They are full of protein and carbohydrates, and also give you important nutrients like vitamin B1, magnesium, and zinc.

Brazil nuts are special because they are very high in selenium, a mineral that helps protect the thyroid and acts as an antioxidant. You can eat them straight from the pack as a quick, healthy snack.

B – LENTILS

Lentils are small round seeds, often used in countries like India and Sri Lanka. They are a type of pulse and are full of fiber, magnesium, and potassium.

Although lentils usually take time to cook, sprouted lentils are ready to eat and can be packed as a healthy snack. You can also add spices like chili powder to make them tastier.

C – OATMEAL

Oatmeal has become more popular in the last 20 years. It contains soluble fiber that helps lower cholesterol and protect the heart.

Oats also have complex carbohydrates, which slow digestion and help control blood sugar. This makes it a good choice for breakfast.

D – BROCCOLI

Broccoli is a green vegetable that gives your body many nutrients such as fiber, vitamin C, calcium, and potassium. It also has a compound called sulforaphane, which may help fight cancer and reduce swelling in the body.

To keep its nutrients, broccoli should be eaten raw or lightly steamed.

E – APPLES

Apples are rich in antioxidants, which protect your body from damage. They may help reduce the risk of chronic disease and slow down the aging process. Some studies suggest apples might help you live longer!

F – KALE

Kale is a dark green leafy vegetable. It gives a lot of vitamin C and vitamin K. You can eat it cooked, steamed, or blended in a smoothie.

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Questions 33 to 36

Which paragraph (A – F) matches the descriptions below? Write your answers in the space given.

Statements	Paragraphs
33. This food may help lower cholesterol and improve heart health.	_____
34. This green vegetable may protect you against cancer and must not be overcooked.	_____
35. This healthy seed is used in Indian and Sri Lankan cooking and can be eaten sprouted.	_____
36. This fruit is high in antioxidants and may help people live longer.	_____

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.

Tips for Eating Healthy

Eating a variety of nutritious foods is important for good health. For example, Brazil nuts are rich in (37) _____, which protects the thyroid. In addition, lentils, which are a type of (38) _____, are high in fiber and help keep the digestive system healthy. Moreover, broccoli contains (39) _____, a compound that may have anticancer properties. Finally, kale can be added to a (40) _____ for an extra boost of vitamins.

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