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FINAL EXAMINATION

COURSE NAME : ENGLISH 1
COURSE CODE : ENL1012
EXAMINATION : DECEMBER 2022
DURATION : 2 HOURS

INSTRUCTION TO CANDIDATES

1. This examination paper consists of **TWO (2)** sections SECTION A (30 Marks)
: SECTION B (50 Marks)
2. Candidates are not allowed to bring any materials to examination room except with the permission from the invigilator.
3. Please check to make sure that this examination pack consists of:
 - i. The Question Paper
 - ii. An Answering Booklet

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO

*This examination paper consists of **16** printed pages including front page*

SECTION A

PART 1

This part consists of **SIX (6)** questions.

Find the **same** meaning for the word in bold below.

1. Today, there are still people who die of **starvation**.
 - A illness
 - B hunger
 - C fatigue
 - D disease

(1 mark)

Find the **opposite** meaning of the word in bold below.

2. They always quarrel over **trifling** matters.
 - A futile
 - B trading
 - C domestic
 - D important

(1 mark)

Identify and correct the spelling errors in the following text.

3. The polar Arctic scenery is always changing because see water moving under the ice, making it crack and split.
4. A world stamp collector does not concentrate on any particular countri or any particular theme.
5. Reading can develop your language, vocabelary, and all round comprehension skills.
6. Good communication skills need to be learned to effectively become a good leader or manger.

No.	Errors	Corrections
3.		
4.		
5.		
6.		

(4marks)

PART 2

This part consists of **ELEVEN (11)** questions.

Choose the correct tenses based on the following sentences.

1. He has difficulty _____ people because he is very shy.

- A. meets
- B. to meet
- C. meeting
- D. to meeting

(1 mark)

2. She _____ serious on her studies.

- A. took
- B. takes
- C. taken
- D. taking

(1 mark)

3. People sometimes _____ to another country because they _____ for a better life.

- A. move – look
- B. moved – looked
- C. move – are looking
- D. moves – have looking

(2 marks)

4. She _____ a lot of money playing darts recently. So she'll _____ you to the cinema.

- A. has won – take
- B. has just won – take
- C. has winning – taking
- D. has already won – took

(2 marks)

5. Helena _____ shoes when she _____ her friend.

- A. has chosen – seen
- B. had chosen – seen
- C. had been choosing – saw
- D. had been choosing – was seeing

(2 marks)

6. Karim _____ all day and _____ fed up.

- A. had drove – look
- B. had driven – look
- C. had been drove – looked
- D. had been driving – looked

(2 marks)

(10 marks)

Identify the meaning of words in bold and circle the correct answers.

7. When a person does something well, we should **compliment** them for it.

- A. gossip
- B. praise
- C. criticise
- D. grumble

(1 mark)

8. You have got polka dots and stripes on your cloth. It's an interesting **design**.

- A. label
- B. outfit
- C. brand
- D. pattern

(1 mark)

9. I heard that BTS might make a surprise **debut** at the opening ceremony on Sunday.

- A. payment
- B. indication
- C. appearance
- D. appreciation

(1 mark)

10. Can you believe I haven't got **admission** to the Internet at home?

- A. accept
- B. except
- C. access
- D. excess

(1 mark)

11. Identify the error of tenses in the following sentences and rewrite the sentence without the mistake

a) This string of pearls were lying on the floor.

(2 marks)

b) Did you added flour, pour in the milk and then add the eggs?

(2 marks)

c) She works at the fast food restaurant after school when she was 15.

(2 marks)

d) Bacteria accumulates on the lens and causes infection in the eye.

(2 marks)

e) Diana informs her mother about her exam results as soon as possible.

(2 marks)

[30 marks]

SECTION B

Answer ALL questions in Answering Booklet.

PART 1

This part consists of **TWELVE (12)** questions.

Read the following passage and answer the questions that follow.

Keeping Body Fit

- 1 You can achieve a fitter body and improve your overall health by resetting your mindset being open to changes, despite pandemic. One of the best things that you can do right now is to invest more focus and effort to be at your healthiest, so you can live longer for your loved ones. Here are some of my learnings and personal experience that I share with my clients. 5

- 2 An early morning ritual prepares me mentally and emotionally for a long day that starts as early as 6:30 am. This morning habit includes self-assessment, planning, work preparation (fitness programmes), morning chores, self-care, and online shopping This is what I call the “me” time and it gets me motivated for the day. 10

- 3 You can avoid distractions and start your day right by creating your own early “me time” in the comfort of your own house. However, you do need to consider your sleeping time which is very important for productivity and health. Discipline is key to success. Avoid late-night television watching and keep your phone away from you right before sleeping. 15

- 4 Next, I believe that the environment plays a major role in one's well-Being. I used to exercise in the gym for weight training and cardio and run outdoors occasionally. Now, I have my own exercise/ workplace in the bedroom. It is really important to have an exercise space at home where you can place at least an exercise mat so you can consistently do your fitness routine. 20

- 5 The food environment plays a huge impact on weight management. I always stock up on healthy foods and snacks like nuts and seeds, oats, quinoa, butter, seafood, egg, chicken and lean meat. You can always order healthy

foods which are readily available. Keep unhealthy foods out of sight. Avoid buying junk foods and sweets 25

6 Another tip is paying more attention to food and its preparation to avoid impulse buying of high-calorie foods online. Breakfast like eggs and toast with snacks such as chia pudding, fruits, or green smoothie provides good nutrition for the greater part of the day. Lunch can comprise mixed quinoa and brown rice, veggies and protein right after work. Desserts can be healthy nuts 30 and fruits, sugar-free banana bread and energy balls.

7 Assess your weekly food intake and prepare a weekly healthy menu for the whole family. You can always check for quick and healthy recipes of your favorite foods online. Steam, boil, broil, sauté your main meals. Avoid deep-fried, saucy and salty viands. Fill your stomach with simple and quick 35 green dishes Like vegetable wraps, salad, baked mixed veggies, and blanched leafy vegetables. Drink enough water and avoid liquid calories from alcohol, flavoured drinks and sodas.

8 Aside from formal workouts, you can monitor your physical activities. Wear a gadget to complete at least 10,000 – 15, 000 steps for the whole day. 40` By just moving around and working out with my clients inside a 45-sqm unit on Zoom, it is possible to complete your desired steps even at home. In fact, I have Several clients who can complete more than 8,000 steps every day inside their house using their cardio machines, joining Zoom classes, and walking around the house. Keep or increase your exercise motivation by investing in a good 45 fitness wearable that can track your calories burned, heart rate, number of steps and even sleep quality.

9 Keep an exercise journal so that you can start or keep a well-balanced weekly exercise routine consisting of 20 to 60 minutes daily of cardiovascular exercises, such as dancing, circuit training with light weights, 50 indoor cycling, treadmill or outdoor walking /running or swimming. In addition, two to four times a week of resistance training using bodyweight or equipment-based strength exercises and flexibility and core training would be a great idea.

- 10 Keeping healthy and fit will certainly go a long way to keep you having motivation and energy to enjoy yourself during the gruelling days of lockdown. 55

(Adapted from *The Jakarta Post*, 23 August 2021)

1. According to the author, what can an individual able to do even though social movement was restricted during the pandemic?

- A. make an effort to exercise online under fitness coaches
- B. invest in a good strategy to improve your health and life
- C. still go about study to focus on exercise and even mental challenges
- D. remain open to other innovative options that can help one achieve body fitness and general health

(1 mark)

2. Which one does the word "me" time mentioned by the author comprising of?

- A. saying in the kitchen doing chores, bathing and working-out, going out for grocery shopping
- B. waking up at 6:30 a.m., disciplining herself, working, making-up her face and getting breakfast
- C. evaluating her image, preparing the meals and making sure that the morning chores work out well
- D. examining herself, making plans, preparing exercise moves, doing chores, self-care and online shopping

(1 mark)

3. How do people exercise before the restricted movement period?

- A. Privately booking a slot at the gymnasium in the city
- B. Having an exclusive place to put an exercise mat in her home
- C. Going out to get groceries, buying cooked food and doing household chores
- D. An occasional jog and doing periodic weight training and cardio exercises at the gym

(1 mark)

4. In paragraph 5, what does the author claim about nutritious food and balanced diet?

- A. They are prerequisites for controlling undesired obesity
- B. They can be bought online and consumed while still warm
- C. They prevent people from getting diabetes, becoming depressed and obese
- D. They mean eating less of pastries and cookies but more of fruits and vegetables

(1 mark)

5. Which one is the advantage when one can maintain 10,000 to 15,000 steps of movement per day and 20 to 60 minutes of daily exercises?

- A. Be less frail and agile or flexible
- B. Be motivated to go on with their daily life and put depression at bay
- C. Be resistant to a training routine of treadmill, indoor cycling and circuit training with light weights
- D. Increase the burning of calories consumed, thus encouraging healthy heart rate and even improve sleep quality

(1 mark)

6. What can a person do to achieve 10,000 to 15,000 steps during the pandemic?

- A. Participate in Zoom classes, walk around the house and train using machines
- B. Wear a good fitness gear and a tracking gadget
- C. Work with clients in a 45-sqm unit space
- D. Join a formal workout at the local gym

(1 mark)

7. List four (4) learning and personal experience that the author shared to maintain healthy

(4 marks)

8. a) Explain three (3) reasons why discipline is key to success in achieving best health.

(6 marks)

b) You are going to stay alone at home for 1 month. Decide your routine to maintain your best health by following some of the tips from the author. State three (3) fitness plan and explain your justifications with personal opinions and support them by referring to the facts in the text.

(6 marks)

State the number of paragraphs for the main ideas given.

9. Food preparation and food handling can prevent individuals from sudden purchase of high-calorie food.

Paragraph : _____

10. Keeping a journal can give everyone freedom to design their fitness routine

Paragraph : _____

11. Becoming an early riser helps your healthy mental and emotion in check.

Paragraph : _____

12. Plan your menu seven days a week can ensure a balanced meal.

Paragraph : _____

(8 marks)

PART 2

This part consists of **TWO (2)** questions.

Question 1

Read the following text. Then, answer questions (a) - (j).

Pay Yourself First

- 1 Many young graduates who have just embarked on a career ask themselves whether it is too early to start saving. How you approach financial planning in the first years of work will determine the kind of life you will have in the future. Making bad decisions will have you living pay cheque to cheque and feeling beat down and stressed 5

- 2 Sarah-Catherine Gutierrez, the author of *But First Save 10: The One Simple Money Move That Will Change Your Life*, proposes a simple approach known as "Pay Yourself First" Cash Management System – saving 10% or more of your salary for a better financial future.
This is the order you need to follow: 10

- 3 First, you should allocate 10% of your salary for retirement savings and debt repayment. With compounding interest, you will reap big returns at the time of retirement to a life of real freedom.

- 4 Then, pay your study loans or credit card debts as they hover the horizon and dampen your spirits. One way to handle debts is to list all your debts and start paying off the most expensive debt in terms of interest, for example your car loan and at the same time repaying the rest too. Once the debt is paid, you can direct money to invest. 15

- 5 When you have savings, you are less stressed and feel secure to consider larger purchases such as a house or other future emergency expenditure like car repairs, job loss or medical costs. Your emergency fund should be enough to last your living expenses for 3 to 6 months. 20

6 Ensure that you have a low fixed overhead expense which include rent, utility bills and car loans. You could reduce by cancelling club memberships and unimportant subscriptions.

25

7 So, it is after "paying yourself first" by allocating money to savings, debt repayment only then you can start spending the rest on the luxuries such as buying clothes, dining out or a new gadget without anxiety.

(Adapted from *Calibre*, October 2021 issue)

Using the information from the text, complete the following graphic organizer.

	Approach for saving
Name of the author :	1.
Title of the book :	2.
Steps for saving :	3.
	4.
	5.
	6.
Benefits of savings :	7.
	8.
Effects of poor financial management :	9.
	10.

(10 marks)

Question 2

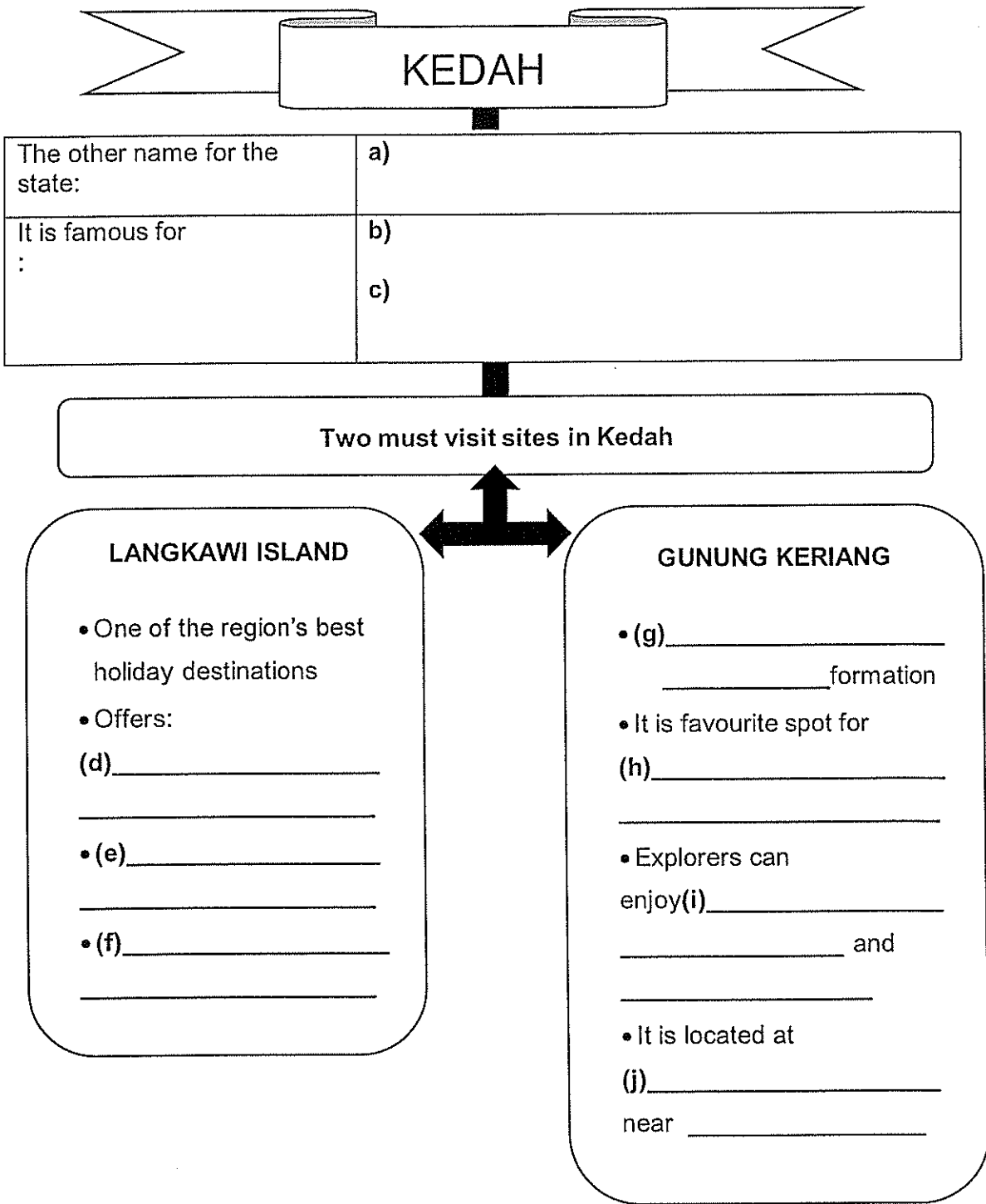
Read the following text. Then, answer questions (a) – (j)

Places of Interest in Kedah

- 1 Kedah captures visitors with beautiful views and rustic charm. The state is known as the “Ricebowl of Malaysia” for its vast expanses of rice fields. Kedah is also famous as the most ancient state in Malaysia. It lays claim to some of the most outstanding historical attractions in the region which is Bujang Valley. The state capital of Kedah is Alor Setar, a bustling town with historical values. Here are some must-visit sites if you are vacationing in Kedah. 5
- 2 First, you should visit Langkawi island. The island is a cluster of 99 glorious islands. It also boasts emerald waters, streets of white sandy beaches and natural attractions. Besides, it is famed as one of the region’s best holiday destinations, offering superb beach resorts, an international airport, scenic golf courses and well-equipped marinas. Langkawi has the distinction of being Southeast Asia’s first UNESCO Global Geopark. This magical island is definitely the best spot for holidaymakers. 10
- 3 Do not forget to explore Gunung Keriang in Alor Setar. Gunung Keriang is an elephant-shaped limestone formation. It is a favourite spot for caving, hiking and jungle trekking. Explorers can enjoy a lovely view of the rustic countryside and endless paddy plantations. This limestone hill also contains nearly 10 different types of rocks, including crystal formations. Gunung Keriang recreational Park has walking trails with concrete railings and gazebos. This nature-lover’s getaway is situated about 12 km from Alor Setar near the Paddy Museum. 15 20

(Adapted from *Tourism Malaysia brochure, Ministry of Tourism and Culture, Malaysia*)

Using the information from the text, complete the following graphic organizer.



(10 marks)

[50 marks]

END OF QUESTION PAPER