

TARGET

PBD

MODUL PENTAKSIRAN BILIK DARJAH

TEACHER'S
EDITION

FORM 5
KSSM

ENGLISH



To assist
Classroom
Assessment (PBD)



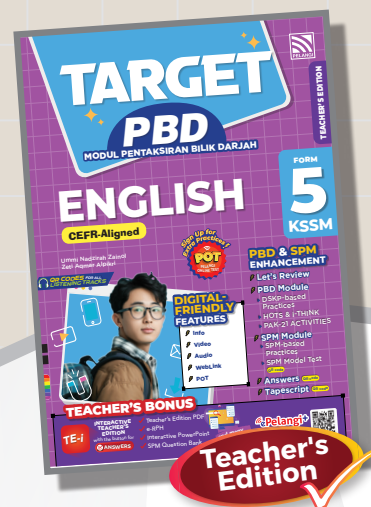
To evaluate
Formative and
Summative
Assessment



To support
Digital-friendly
Pembelajaran dan
Pemudahcaraan
(PdPc)



To boost student's
Performance
Level



Teacher's
Edition

FREE PACKAGE FOR TEACHERS

TEACHER'S EDITION

PRINTED VERSION

PBD & SPM ENHANCEMENT

- ⚡ Notes
- ⚡ PBD Module
- ⚡ DSKP-based Practices
- ⚡ SPM-based Module
- ⚡ SPM Model Test
- ⚡ Answers
- ⚡ Digital Material

TEACHER'S DIGITAL RESOURCES



Varieties of digital
contents are specifically
prepared to support
PdPC for teachers on
ePelangi+

TE-i



EXTRA!
PdPc
SUPPORTING
MATERIALS



Student's
Edition

TEACHER'S EDITION (Printed Version)

A

Contents

Contents include cross references of digital resources in the book.

CONTENTS	
Rekod Pentaksiran Murid	iii – vi
Module	
UNIT 1 It's Personal!	1
UNIT 2 Life's Great Mysteries	7
UNIT 3 The World of Sport	14
Let's Review 1	20
UNIT 4 Shopping Therapy	21
UNIT 5 The Environment	27
UNIT 6 Crime	34
Let's Review 2	42
UNIT 7 The Media	43
UNIT 8 A Hard Day's Work	60
UNIT 9 Getting Away	57
Let's Review 3	64
UNIT 10 Where on Earth?	64
UNIT 11 High-Tech World	72
UNIT 12 Happy to Help!	78
Let's Review 4	86
Module	
SPM-BASED MODULE	
Reading	88 – 96
Part 1 – Short Texts (MCQs)	140 – 143
Part 2 – Multiple-Choice Cloze	97 – 102
Part 3 – Longer Texts	103 – 114
Part 4 – Gapped Texts	115 – 121
Part 5 – Matching & Information Transfer	122 – 132
Writing	
Part 1 – Short Communicative Message	133 – 139
Part 2 – Guided Essays	140 – 143
Part 3 – Extended Writing	144 – 158
Listening	159 – 162
ANSWERS	
SPM MODEL TEST	
TAPESCRIPT	

B

Rekod Pentaksiran Murid

Table to record students' achievement based on the Performance Level obtained.

REKOD PENTAKSIRAN MURID									
ENGLISH Form 5									
Name:		Form:		Theme: People & Culture		Teacher's Signature & Date			
Content Standards	Learning Standards	Pages	SoW	Week	Date				
UNIT 1: IT'S PERSONAL!									
1.1.3 Recognise independently attitudes or opinions in extended texts on a wide range of familiar topics and some unfamiliar topics									
2.1.2 Ask about and explain advantages and disadvantages of ideas, plans, arrangements									
2.1.2 Understand specific details and information in extended texts on a wide range of familiar topics and some unfamiliar topics									
4.2.3 Produce a plan or draft and modify this appropriately independently									
Reading (3.1)	3.1.2	1, 2							
Grammar (LA)	Subject-verb agreement, verb tenses, relative pronouns, relative adverbs, relative clauses								
Listening (Vocab)	1.1.3	4, 5							
Speaking (Vocab)	2.1.2	5							
Writing	4.2.3	5, 6							
Performance Level Unit 1: PL.1 PL.2 PL.3 PL.4 PL.5 PL.6									
UNIT 2: LIFE'S GREAT MYSTERIES									
1.1.2 Understand independently specific information and details in extended texts on a wide range of familiar topics									
2.1.1 Keep interaction going in discussion level exchanges by paraphrasing and rephrasing appropriately									
3.1.5 Recognise independently the attitude or opinion of the writer in extended texts on a wide range of familiar topics									
4.2.4 Express and respond to real or imagined opinions and feelings									
Reading	1.1.5	7, 8							
Grammar (LA)	Past Simple, Past Continuous	9, 10							
Listening (Vocab)	1.1.2	10							
Speaking (Vocab)	2.1.1	11							
Writing	4.1.4	12, 13							
Performance Level Unit 2: PL.1 PL.2 PL.3 PL.4 PL.5 PL.6									
UNIT 3: THE WORLD OF SPORT									
1.1.3 Recognise independently attitudes or opinions in extended texts on a wide range of familiar topics and some unfamiliar topics									
2.1.1 Explain information on familiar topics from diagrams, charts, tables, graphs or other visuals									
2.1.3 Explain and justify plans and ambitions									
3.1.5 Read a variety of suitable print and digital texts to investigate and analyse global issues									
3.1.4 Use independently a range of familiar print and digital resources and some unfamiliar resources to check meaning and extend understanding									
4.2.4 Express and respond to real or imagined opinions and feelings									
4.2.3 Produce a plan or draft and modify this appropriately independently									
Reading	3.2.1, 3.1.4	14, 15							
Grammar (LA)	Present perfect simple, continuous & past simple	16							
Listening (Vocab)	1.1.3	17							
Speaking (Vocab)	2.1.1	18							
Writing	4.1.4, 4.2.3	19							
Performance Level Unit 3: PL.1 PL.2 PL.3 PL.4 PL.5 PL.6									

C

PBD Module

- Based on Learning Standard (LS) and Textbook.
- Textbook page references are provided for easy cross-reference.
- Digital Resources like Audio, Video & Info are provided in QR codes.

LISTENING SKILL

Textbook page 26-28

1.1.3.3 Recognise independently attitudes or opinions in extended texts on a wide range of familiar topics and some unfamiliar topics

A Listen to the following conversation between a mother, Linda, and her daughter, Emily, about their family traditions. Then, answer the questions that follow.

1. What does Linda want to talk to Emily about?

A Their family vacation plans.

B Going out for dinner together.

C Starting a new family tradition.

2. What does Linda propose as their new tradition?

A Cooking together.

B Going shopping together.

C Having a weekly movie night.

3. How does Emily feel about the new tradition?

A She's not interested.

B She thinks it's a great idea.

C She believes it's the worst idea.

4. When do they decide to start the new tradition?

A This Saturday

B Next Monday

C This weekend.

B You will hear five short extracts in which people are talking about the benefits of doing chores at home. For questions 1 to 5, choose from the list (A to G) what each speaker says. Use the letters only once. There are two extra letters which you do not need to use.

You will hear the recording twice. Answer all the questions.

A Doing chores at home helps maintain a clean and organised living environment.

B Sharing chores around the house helps family members work together and feel like a team.

C A lot of chores teach you important life skills.

D Doing chores contributes to a sense of ownership and pride in one's home and surroundings.

E People learn to value the work that goes into maintaining a household.

F Doing chores on a regular basis also builds discipline and responsibility.

G Sharing chores also encourages family members to respect and care for each other.

1. A

2. D

3. E

4. C




5. F

QR CODE

USER GUIDE

- 1 Questions are classified into 6 Performance Levels (PL). Higher Order Thinking Skills (HOTS) questions are incorporated.
- 2 Questions are set based on 4 basic skills i.e Listening, Speaking, Reading and Writing with Grammar and Language Arts.
- 3 Questions are created based on the DSKP to assist teachers to carry out PBD.
- 4 Space to record students' Performance Level at the end of each page.

E Extra Materials on QR code
Table to record students' achievement based on the Performance Level obtained

-  **1 WebLink** – Provides additional insights on certain topics
-  **2 Video** – Presents supplementary information in video format
-  **3 Tutorial Video** – Deliver concise lessons on certain topics.

1 SPM-based Practices – based on each part of the assessment are provided to familiarise students with real SPM format

- 2 SPM Model Test** – QR code is included on Contents page

READING

PART 1

Short Texts (MCQs)

TIPS AND TECHNIQUES

- ➊ Read the questions carefully and understand them well. The questions are at different levels of difficulty. Some are more difficult than others.
- ➋ Read the whole text or just search in the paragraph directly.
- ➌ Find the keywords that answer the question. Pay attention to the small print and details.
- ➍ Choose the correct option and explain it.
- ➎ Discover the wrong answers.
- ➏ Answer the question you know first.
- ➐ Make up detailed notes.
- ➑ Remember the words you learn in class.
- ➒ Pay attention also to words such as not, sometimes, always, never and enough.

MODEL QUESTION AND ANSWER

Part 1 (Questions 1 to 8)

Question 1

Read the text carefully.

Naild,

Just telling you how nice I will be to the store with your sister to grab some groceries. Dad is shopping in the hardware. So next he wants him on his truck and the night shift tomorrow. Keep one eye on your brother to ensure he stays out of trouble. If you're bringing, there are sandwiches in the fridge (I'll leave home today).

Mum

Based on the message, why does Mum tell Naild not to wake up his father?

Ⓐ His father is not working.
 Ⓑ His father is late for work.
 Ⓒ His father has to work at night.
 Ⓓ His father is sick.


Comments and Answer:

The answer is C. Mum mentions Dad's night shift job, indicating that waking him would disrupt his sleep before work.

SPM MODEL TEST

PAPER 1
READING
 1 HOUR 30 MINUTES

PART 1



Questions 1 to 8

Read the text carefully in your notebook. Choose the best answer A to C.

It's generally well known for people to get used to the time zone they live in, though they are high in adaptability. In maritime history, several books have been written about sailors who spent their lives at sea, passing time with games or by watching the stars. However, today's sailors have a high potassium content, which can lead to high blood pressure. This hypertension and heart problems are caused by the lack of potassium in the diet of commercial seafarers. Also, because sailors are exposed to radiation, like any other professions, this is part of a balanced diet.

1. Based on the next section, which statement is correct?

A) Radiation is the only source of calcium for most sailors.
 B) A balanced diet contains more potassium.
 C) Sailors should be warned every day.

Public Listening Problems

1. Listen to the recording and choose the correct answer.

2. Listen to the recording and choose the correct answer.

3. Listen to the recording and choose the correct answer.

4. Listen to the recording and choose the correct answer.

5. Listen to the recording and choose the correct answer.

6. Listen to the recording and choose the correct answer.

7. Listen to the recording and choose the correct answer.

8. Listen to the recording and choose the correct answer.

9. Listen to the recording and choose the correct answer.

10. Listen to the recording and choose the correct answer.

11. Listen to the recording and choose the correct answer.

12. Listen to the recording and choose the correct answer.

13. Listen to the recording and choose the correct answer.

14. Listen to the recording and choose the correct answer.

15. Listen to the recording and choose the correct answer.

16. Listen to the recording and choose the correct answer.

17. Listen to the recording and choose the correct answer.

18. Listen to the recording and choose the correct answer.

19. Listen to the recording and choose the correct answer.

20. Listen to the recording and choose the correct answer.

A. ...
 B. ...
 C. ...

2. Based on the pie chart above, we can say that

A) the least number of people have to study at night.
 B) majority of each people to study in day.
 C) most people prefer to study in study by night.

3. Problem : Hey how are you?
 Answer : I'm doing good. I've been back a long time.
 Question : How long?
 Answer : Well, four long years. I've spent most of my content number four years. I've been back for four years.
 Question : How long?
 Answer : I see, I do remember him. I think he is the one who helped me with my engineering back last year.
 Question : How long?
 Answer : Well, I think I was in Boston. I was with Good for him.
 Question : How long?
 Answer : Well, I think I was in Boston. I was with Good for him.
 Question : How long?
 Answer : Well, I think I was in Boston. I was with Good for him.

4. Problem : Hey how are you?
 Answer : I'm doing good. I've been back a long time.
 Question : How long?
 Answer : Well, four long years. I've spent most of my content number four years. I've been back for four years.
 Question : How long?
 Answer : I see, I do remember him. I think he is the one who helped me with my engineering back last year.
 Question : How long?
 Answer : Well, I think I was in Boston. I was with Good for him.
 Question : How long?
 Answer : Well, I think I was in Boston. I was with Good for him.

5. Problem : Hey how are you?
 Answer : I'm doing good. I've been back a long time.
 Question : How long?
 Answer : Well, four long years. I've spent most of my content number four years. I've been back for four years.
 Question : How long?
 Answer : I see, I do remember him. I think he is the one who helped me with my engineering back last year.
 Question : How long?
 Answer : Well, I think I was in Boston. I was with Good for him.
 Question : How long?
 Answer : Well, I think I was in Boston. I was with Good for him.

6. Problem : Hey how are you?
 Answer : I'm doing good. I've been back a long time.
 Question : How long?
 Answer : Well, four long years. I've spent most of my content number four years. I've been back for four years.
 Question : How long?
 Answer : I see, I do remember him. I think he is the one who helped me with my engineering back last year.
 Question : How long?
 Answer : Well, I think I was in Boston. I was with Good for him.
 Question : How long?
 Answer : Well, I think I was in Boston. I was with Good for him.

7. Problem : Hey how are you?
 Answer : I'm doing good. I've been back a long time.
 Question : How long?
 Answer : Well, four long years. I've spent most of my content number four years. I've been back for four years.
 Question : How long?
 Answer : I see, I do remember him. I think he is the one who helped me with my engineering back last year.
 Question : How long?
 Answer : Well, I think I was in Boston. I was with Good for him.
 Question : How long?
 Answer : Well, I think I was in Boston. I was with Good for him.

8. Problem : Hey how are you?
 Answer : I'm doing good. I've been back a long time.
 Question : How long?
 Answer : Well, four long years. I've spent most of my content number four years. I've been back for four years.
 Question : How long?
 Answer : I see, I do remember him. I think he is the one who helped me with my engineering back last year.
 Question : How long?
 Answer : Well, I think I was in Boston. I was with Good for him.
 Question : How long?
 Answer : Well, I think I was in Boston. I was with Good for him.

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Page 1 of 1

Grammar Notes

Provide supplementary grammar materials to facilitate students' comprehension of particular grammatical concepts.

English Form 5 Unit 1

GRAMMAR (LANGUAGE AWARENESS)

Write in the blank with the appropriate form of the verbs (present perfect simple, present perfect continuous, or past simple).

- Janet (play) has been playing tennis since he was nine years old.
- Amber and Fred (train) have been training really hard for the upcoming marathon.
- The team (win) won the football championship last year.
- Chris (run) has run three marathons so far this year.
- The coach (teach) has been teaching us some new techniques for the competition next month.
- All of them (practice) have been practising throwing the ball for the past hour.
- He (not participate) has not participated in any sports events since he injured his knee.
- My father (watch) watched the football game on TV yesterday.
- How long (you play) have you been playing badminton with that bat?
- She (complete) completed her training two weeks ago.

The sentences contain errors in tense usage. Identify the errors and write correct sentences.

- She plays tennis for her school team since last year.
She has played tennis for her school team since last year.
- We are training for the marathon for two months now.
We have been training for the marathon for two months now.
- The coach teaches them some of their matches this year.
The coach has been teaching them some of their matches this year.
- They had never tried mountain climbing before they went on holiday to the Korea.
They had never tried mountain climbing before they went on holiday to the Korea.
- We are playing badminton together for two hours.
We have been playing badminton together for two hours.

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Audio Tracks (Listening)

Tracks are provided in **QR code** for Listening skill practices in each Unit.

English Form 5 Unit 1

LISTENING SKILL

Listen to the following statements about being an athlete. Decide if each statement is true (T) or false (F). (3:33-3:40)

- A dedicated athlete should be self-disciplined and make sacrifices. **T**
- Skipping a training session once in a while is acceptable for stress relief. **F**
- In order to succeed, athletes need to put no constant effort. **F**
- Sometimes family and friends can be distractions to an athlete. **T**
- Mental preparation and confidence make a big difference in competitions. **T**

You will hear a speaker, Aimee Farhan, talk about his routine as an athlete. For questions 1 to 6, circle the correct answers (A, B, or C). You will hear the recording twice. Answer all the questions.

- What time does Aimee wake up in the morning? **A**
A 6 a.m.
B 7 a.m.
C 7 p.m.
- What does Aimee do after his morning stretching exercises? **B**
A Eat breakfast
B Goes for a run
C Goes back to sleep
- What does Aimee do at night? **B**
A Watching TV
B Hanging out with friends
C Doing homework and revision
- What is Aimee's main source of motivation and inspiration? **C**
A Family
B Friends
C Coaches
- What type of diet does Aimee follow primarily? **B**
A High in sugar and fat
B Lots of snacks and fast food
C Rich in carbohydrates and proteins
- What is needed for an athlete to reach full potential? **C**
A Discipline
B Motivation

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Let's Review

Provides variety of questions for practices so as to improve student's skills in answering questions.

LET'S REVIEW I

Underline the correct words to complete the sentences.

- The background (setting, scene) did an excellent job of making every shot during the game.
- It was her turn to begin (begin, check) the kitchen floor after dinner.
- The movie (action, mystery) movie scared everyone senseless and left heart you long after it ends.
- They worked together to solve the incident, clear (mystery) of the missing clothes.
- Every Saturday, the whole family helps with chores (housework, laundry) around the house.
- The old mansion was rumored to be haunted (haunted, frightening) by spirits.
- The ghost (satan, angel) told him to come earlier for his training.
- Failure was central about making (success, collection, spirit) of his new school.

Complete the sentences using the correct form of the verbs.

- My grandparents arrived (arrive) at the airport, where my family was waiting (wait) for them.
- I read (read) the book that you recommended (recommend) last week.
- He was (was) there a day when he (he) worked (work) hard every night.
- I was (was) not (not) a movie last night either. He (he) was (was) not (not) there either.
- She has been working (work) here for four years, which impress (impress) (impress) her very experienced.
- The child was playing (play) in the garden, which belong (belong) (belong) to my neighbour.
- When they arrived (arrive) at the station, they found (find) (find) that the bus had already left (leave) (leave).
- While we were waiting (wait) for my father, it started (start) (start) to rain.

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Answers

Complete answers in **QR code** is included on Contents page.

ANSWERS UNIT 1

READING

- B
- C
- F
- A
- conflicts
- interactions
- meal
- understanding

GRAMMAR (LANGUAGE AWARENESS)

A

- reduce
- criticism
- is taking
- later
- falls
- is looking
- am going
- born
- seems
- are looking

B

- who
- whose
- which
- where
- that
- why

LISTENING

A

1. C 2. C 3. B 4. A
1. A 2. D 3. E 4. C 5. F

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POT (Pelangi Online Test)

Online grammar and vocabulary practices are provided in the form of objective questions. POT icon is available on the UASA-based Module divider page, along with Enrolment Key.

POT ENGLISH FORM 5

Enrolment Key: <https://for.potenglish.com/5v-POT5>

Check out Pot English Online Test (POT) for extra practice!

Enrolment key: Pot52160

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TEACHER'S DIGITAL RESOURCES



On the **ePelangi+** platform, teachers who adopted the Target PBD KSSM series are given one year exclusive access to TE-i and Extra PdPc Teaching Aid:

1 What is TE-i ?

TE-i is the digital version and online interactive TARGET PBD Teacher's Edition. This version will optimise technology use in teaching, maximise PdPc benefits and encourage a fun and enjoyable atmosphere in the classroom.



USER GUIDE

Sample Page TE-i

English Form 5 Unit 1

1. Who has sent you the email? Maria

2. What is the reason for the email?
Asking for advice

3. What do you have to write about?
Giving advice on how to make friends and talk to them

4. What is the relationship between you and Maria?
Friends

5. Is this a formal or informal email?
Informal

8. Read the email again. Then, write a reply to Maria in about 80 words. **LE 4.2.3**

Plan

Paragraph 1:

- Respond to Maria's question.
- Say how you feel about her situation.

Paragraph 2:

- State at least 2 ways on how to make friends

Paragraph 3:

- State the topics you always talk about with your friends
- State 1 way to keep the conversation going

Paragraph 4:

- State your hope

Write Link

For an example of email writing, log on to <https://learning.kem.sdn.gov.my/eng/learning/4-writing/eng/learn-email-writer>

INFO

To: maria@mail.com

Subject: Help is Here!

Hi Maria,

I'm glad to hear you're doing well! I'm sorry school has been tough. Here are a few tips to make friends.

Start by smiling and starting conversations—it can make a big difference. Also, joining clubs that match your interests is a great way to meet people.

When talking to others, ask about their school, hobbies, and daily life, and listen actively to show interest.

I hope this helps. If you need more advice, feel free to ask!

Take care,
Farah

Performance Level/ Unit 1 PL.1 PL.2 PL.3 PL.4 PL.5 PL.6

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ANSWERS

Click QR code to access the materials such as Video, Tutorial Videos, Audio Tracks, Listening and SPM Model Test

Choose page display (single/double page) through **Setting**.

Supported tools provided:

- Pen
- Sticky Note
- Unit Converter
- Ruler
- Calculator
- Bookmark

Click **ANSWERS** button to show or hide answers during PdPc.

2 EXTRA! PdPc SUPPORTING MATERIALS

The following teaching and learning materials can be downloaded on **ePelangi+** platform.

Teaching Materials

- e-RPH (Microsoft Word)
- Teacher's Edition pdf
- Interactive PowerPoint
- PAK-21
- Civic Literacy

Learning Materials

- Extra Practices
- Question Bank
- Grammar Notes
- Listening

Can be downloaded

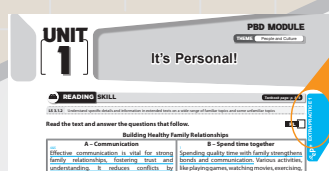


Extra PdPc supporting materials are tagged on pages in Teacher's Edition with the **eP+** icon.

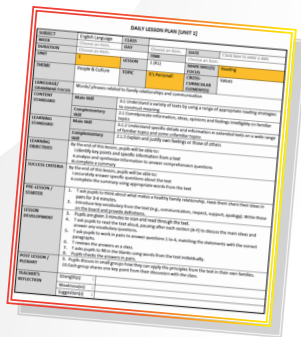
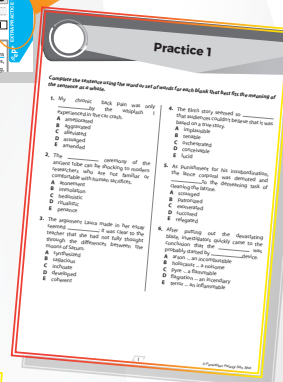
EXAMPLE OF PAGES IN TEACHER'S EDITION WITH BONUS PdPc MATERIALS



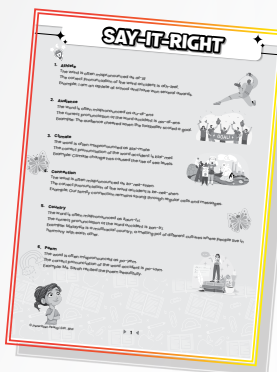
- **Notes**
Concise grammar and extra notes presented in colourful graphics



- **Extra Practices**
Reinforcement exercise based on units

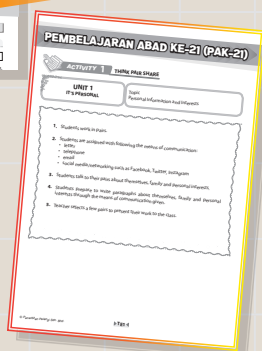


- **eRPH (downloadable & editable)**
Suggested activities for teachers to plan daily PdPc sessions in line with the PBD Module activities of this book

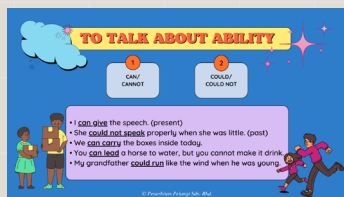
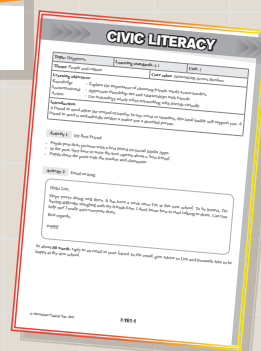


- **Say-It-Right**
A guide on common English words that are often mispronounced.

➤ **PAK-21 Activities**
activities and project based learning in imparting good values to students

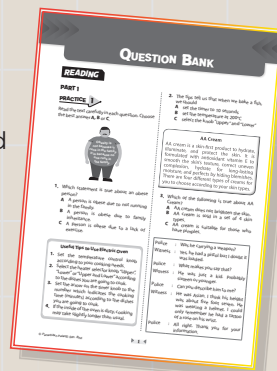


➤ **Civic Literacy**
that develop creativity, critical thinking, team work and communication skills



➤ **Interactive PowerPoint**
PPT slides are available to complement and reinforce related topics

➤ **Question Bank**
Extra SPM-based practices



How do I access ePelangi+ materials?

STEP 1

ACCOUNT REGISTRATION

For new ePelangi+ users, scan the QR code below or visit plus.pelangibooks.com to create a new account.

Check the registered email and click the link given to activate your account.



STEP 2

ENROLMENT

Log in to the ePelangi+ account. Search for book titles at Secondary [Full Access].

Enter Enrolment Key to enrol.

Please contact Pelangi Representative to get Enrolment Key.

STEP 3

ACCESS DIGITAL RESOURCE

Click the material to download or play.

*Pelangi representative contact list is provided on page TE-8

CONTACT PELANGI REPRESENTATIVE

SERVICES & SUPPORT

AREA	CONTACT NUMBER
Northern Region	012-4983343
Perlis / Kedah	012-4853343
Penang	012-4923343
Perak	012-5230133 / 019-6543257
Central Region	012-3293433
	012-7800533
	012-7072733
	012-3297633
	019-3482987
Southern Region & East Coast	012-7998933
Negeri Sembilan / Melaka	010-2432623
Johor	012-7028933
Pahang / Terengganu	012-9853933
Kelantan	012-9863933
East Malaysia	012-8889433
Kuching / Sarikei	012-8839633
Sibu / Bintulu / Miri	012-8052733
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CONTENTS

Rekod Pentaksiran Murid

iii – vi

▶▶▶ PBD MODULE

UNIT 1 It's Personal! 1



UNIT 2 Life's Great Mysteries 7

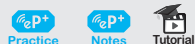


UNIT 3 The World of Sport 14

Let's Review 120



UNIT 4 Shopping Therapy 21



UNIT 5 The Environment 27



UNIT 6 Crime 34

Let's Review 242



UNIT 7 The Media 43



UNIT 8 A Hard Day's Work 60



UNIT 9 Getting Away 57

Let's Review 364



UNIT 10 Where on Earth? 64

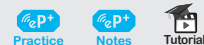


UNIT 11 High-Tech World 72



UNIT 12 Happy to Help! 79

Let's Review 486



▶▶▶ SPM-BASED MODULE

Reading

- ▷ Part 1 – Short Texts (MCQs) 88 – 96
- ▷ Part 2 – Multiple-Choice Cloze 97 – 102
- ▷ Part 3 – Longer Texts 103 – 114
- ▷ Part 4 – Gapped Texts 115 – 121
- ▷ Part 5 – Matching & Information Transfer 122 – 132

Writing

- ▷ Part 1 – Short Communicative Message 133 – 139
- ▷ Part 2 – Guided Essays 140 – 143
- ▷ Part 3 – Extended Writing 144 – 158

Listening

159 – 162

▶▶▶ ANSWERS

<https://qr.pelangibooks.com/?u=TargetPBDEngF5Ans>



▶▶▶ SPM MODEL TEST

<https://qr.pelangibooks.com/?u=TargetPBDEngF5Test>



▶▶▶ TAPESCRIPT

<https://qr.pelangibooks.com/?u=TargetPBDEngF5Tapescript>



REKOD PENTAKSIRAN MURID

ENGLISH

Form 5

Name: _____

Form: _____

UNIT 1: IT'S PERSONAL! Theme: People & Culture

Content Standards	Learning Standards	Pages	SoW	Week	Date	Teacher's Signature & Date
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- 1.1.3 Recognise independently attitudes or opinions in extended texts on a wide range of familiar topics and some unfamiliar topics
 2.1.2 Ask about and explain advantages and disadvantages of ideas, plans, arrangements
 3.1.2 Understand specific details and information in extended texts on a wide range of familiar topics and some unfamiliar topics
 4.2.3 Produce a plan or draft and modify this appropriately independently

Reading (3.1)	3.1.2	1, 2				
Grammar (LA)	Subject-verb agreement, verb tense, relative pronouns, relative adverbs, relative clauses					
Listening	1.1.3	4, 5				
Speaking	2.1.2	5				
Writing	4.2.3	5, 6				

Performance Level Unit 1 PL 1 ☐ PL 2 ☐ PL 3 ☐ PL 4 ☐ PL 5 ☐ PL 6 ☐

UNIT 2: LIFE'S GREAT MYSTERIES Theme: People & Culture

Content Standards	Learning Standards	Pages	SoW	Week	Date	Teacher's Signature & Date
-------------------	--------------------	-------	-----	------	------	----------------------------

- 1.1.2 Understand independently specific information and details in extended texts on a wide range of familiar topics
 2.3.1 Keep interaction going in discourse level exchanges by paraphrasing and rephrasing appropriately
 3.1.5 Recognise independently the attitude or opinion of the writer in extended texts on a wide range of familiar topics
 4.1.4 Express and respond to real or imagined opinions and feelings

Reading	3.1.5	7, 8				
Grammar (LA)	Past Simple, Past Continuous	9, 10				
Listening	1.1.2	10				
Speaking	2.3.1	11				
Writing	4.1.4	12, 13				

Performance Level Unit 2 PL 1 ☐ PL 2 ☐ PL 3 ☐ PL 4 ☐ PL 5 ☐ PL 6 ☐

UNIT 3: THE WORLD OF SPORT Theme: People & Culture

Content Standards	Learning Standards	Pages	SoW	Week	Date	Teacher's Signature & Date
-------------------	--------------------	-------	-----	------	------	----------------------------

- 1.1.3 Recognise independently attitudes or opinions in extended texts on a wide range of familiar topics and some unfamiliar topics
 2.1.1 Explain information on familiar topics from diagrams, charts, tables, graphs or other visuals
 2.1.3 Explain and justify plans and ambitions
 3.2.1 Read a variety of suitable print and digital texts to investigate and analyse global issues
 3.1.4 Use independently a range of familiar print and digital resources and some unfamiliar resources to check meaning and extend understanding
 4.1.4 Express and respond to real or imagined opinions and feelings
 4.2.3 Produce a plan or draft and modify this appropriately independently

Reading	3.2.1, 3.1.4	14, 15				
Grammar (LA)	Present perfect simple, continuous & past simple	16				
Listening	1.1.3	17				
Speaking	2.3.1	18				
Writing	4.1.4, 4.2.3	19				

Performance Level Unit 3 PL 1 ☐ PL 2 ☐ PL 3 ☐ PL 4 ☐ PL 5 ☐ PL 6 ☐

UNIT 4: SHOPPING THERAPY			Theme: Consumerism & Financial Awareness				
Content Standards	Learning Standards	Pages	SoW	Week	Date	Teacher's Signature & Date	
1.1.1 Understand independently the main ideas in extended texts on a wide range of familiar topics and some unfamiliar topics							
2.1.2 Ask about and explain advantages and disadvantages of ideas, plans, arrangements							
3.1.6 Recognise with little or no support typical features at word, sentence and text levels of a wide range of genres							
4.2.3 Produce a plan or draft and modify this appropriately independently							
Reading	3.1.6	21, 22					
Grammar (LA)	Vocabulary, Past perfect tense	23					
Listening	1.1.1	24					
Speaking	2.1.2	25					
Writing	4.2.3	26					
Performance Level Unit 4 PL 1 <input type="checkbox"/> PL 2 <input type="checkbox"/> PL 3 <input type="checkbox"/> PL 4 <input type="checkbox"/> PL 5 <input type="checkbox"/> PL 6 <input type="checkbox"/>							
UNIT 5: THE ENVIRONMENT			Theme: Health & Environment				
Content Standards	Learning Standards	Pages	SoW	Week	Date	Teacher's Signature & Date	
1.1.2 Understand independently specific information and details in extended texts on a wide range of familiar topics and some unfamiliar topics							
1.1.3 Recognise with little or no support typical features at word, sentence and text levels of a range of spoken genres							
2.3.1 Keep interaction going in discourse level exchanges by paraphrasing and rephrasing appropriately							
3.1.3 Guess the meaning of unfamiliar words from clues provided by other words and by context on a wide range of familiar topics and some unfamiliar topics							
4.1.2 Explain advantages and disadvantages of (i) ideas (ii) plans or (iii) arrangements							
4.1.5 Organise, sequence and develop ideas within a text of several paragraphs on familiar topics and some unfamiliar topics							
Reading	3.1.2, 3.1.5	27, 28					
Grammar (LA)	Future simple, Future perfect simple, Future perfect continuous	29					
Listening	1.1.2, 1.3.1	30					
Speaking	2.3.1	31					
Writing	4.1.2, 4.1.5	32, 33					
Performance Level Unit 5 PL 1 <input type="checkbox"/> PL 2 <input type="checkbox"/> PL 3 <input type="checkbox"/> PL 4 <input type="checkbox"/> PL 5 <input type="checkbox"/> PL 6 <input type="checkbox"/>							
UNIT 6: CRIME			Theme: People & Culture				
Content Standards	Learning Standards	Pages	SoW	Week	Date	Teacher's Signature & Date	
1.2.1 Guess the meaning of unfamiliar words from clues provided by other words and by context on a wide range of familiar topics.							
2.1.1 Explain information on familiar topics from diagrams, charts, tables, graphs or other visuals							
2.1.2 Ask about and explain advantages and disadvantages of ideas							
2.1.4 Explain and justify the point of view of classmates or others							
3.1.2 Understand the main points in extended texts on a wide range of familiar topics and some unfamiliar topics							
3.1.5 Independently the attitude or opinion of the writer in extended texts on a wide range of familiar topics and some unfamiliar topics							
4.1.4 Express and respond to real or imagined opinions and feelings							
Reading	3.1.1, 3.1.5	34, 35					
Grammar (LA)	Modal Verbs	35, 36					
Listening	1.2.1	37, 38					
Speaking	2.1.1 , 2.1.2, 2.1.4	38, 39					
Writing	4.1.4	39, 40, 41					
Performance Level Unit 6 PL 1 <input type="checkbox"/> PL 2 <input type="checkbox"/> PL 3 <input type="checkbox"/> PL 4 <input type="checkbox"/> PL 5 <input type="checkbox"/> PL 6 <input type="checkbox"/>							

It's Personal!



READING SKILL

Textbook page: p. 8, 9

LS 3.1.2 Understand specific details and information in extended texts on a wide range of familiar topics and some unfamiliar topics

Read the text and answer the questions that follow.

PL

Building Healthy Family Relationships

A – Communication

4&5

Effective communication is vital for strong family relationships, fostering trust and understanding. It reduces conflicts by promoting positive communication. Open conversation lets people say how they feel without worrying about being judged. Effective conversation helps families work out their differences more quickly and peacefully. When family members share freely, they build trust and a desire to work together.

B – Spend time together

1

Spending quality time with family strengthens bonds and communication. Various activities, like playing games, watching movies, exercising, and cooking together, foster closeness. Turn off devices and focus on each other. Individual chats and family time enhance relationships. Regular family activities, like sports or game nights, help create lasting memories. While shared responsibilities, like meal preparation, promote teamwork and togetherness during everyday routines.

C – Appreciate differences

Respect and accept that everyone in the family is different. Instead of setting unrealistic goals, encourage each member to use their own skills to make a positive contribution. Recognise and build on these abilities to create a supportive space. For example, acknowledging and rewarding a teen for helping a younger brother builds responsibility and a caring spirit within the family.

D – Respect

Respect is what makes family relationships strong, which leads to stability and harmony. It means listening carefully, not taking things personally, and being honest when you talk to someone. Promoting polite interactions sets a positive example for children, which changes how they behave. Families can create a helpful space for healthy relationships and personal growth by learning to value each other's points of view and talk to each other with respect.

E – Apologise

7

When you make a mistake, quickly apologise to those you care about to mend relationships. Avoid making excuses or trying to minimise the consequences of the mistake; instead, apologise sincerely. Admit you did something wrong, say you're sorry, and take steps to make things right. Sincere apologies soothe family members and show dedication to addressing difficulties quickly, building trust and understanding.

F – Be supportive

Support is very important for keeping relationships with family members healthy. Offering support or a listening ear makes relationships stronger. When you support your family in their goals, you build equal respect. Avoid criticism and nitpicking to maintain harmony. Genuine support nurtures relationships, ensuring mutual appreciation and understanding.

(Adapted from: <https://healthiersteps.com/8-tips-for-building-healthy-family-relationships/>)

Questions 1 to 4

Using the information given, which text (A to F) describes the following ways to build healthy family relationships? **LS** 3.1.2

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

	Statement	Paragraph
1.	Valuable time spent together makes bonds and communication stronger.	B
2.	Everybody has their own unique abilities to be appreciated.	C
3.	To keep the peace, it is preferable to avoid criticising others.	F
4.	A family should have a good conversation to build understanding.	A

Questions 5 to 8

Using words from the text, complete the summary below. Choose no more than one word for each blank.

Write your answer on the answer sheet.

Building Healthy Family Relationships

Building healthy family relationships contributes to overall happiness and well-being for all members involved. Good communication is key for strong family bonds, helping to avoid (5) conflicts and deepen understanding. In addition, family should spend quality time together, like playing games or cooking. It will strengthen the familial connections, while appreciating everyone's unique qualities creates a supportive atmosphere. Apart from that, showing respect to each other will help to build trust and harmony. Respectful (6) interactions among family members will also serve as a good example for the children. When someone makes mistakes, sincere and prompt apologies will help to (7) mend the relationships. Ignoring the problems will only worsen the relationships over time. Additionally, supporting each other through challenges will promote appreciation and mutual (8) understanding. These practices create a strong foundation for healthy family relationships, making home life happier and more fulfilling for everyone.

Life's Great Mysteries



READING SKILL

Textbook page: p. 18 – 19

LS 3.1.5 Recognise independently the attitude or opinion of the writer in extended texts on a wide range of familiar topics

A Do you know any of haunted / mysterious buildings in your country? Share them in your class. *students' own answers*

PL

B Read the article about Villa Nabila and choose the best answer.

EXTRA PRACTICE 3

Villa Nabila, perched on a hill overlooking Danga Bay, is renowned as one of Malaysia's most haunted houses. After scouring Malaysian news reports, we discovered it's reportedly owned by a Singaporean, adding to its mystique. You might wonder about the villa's ownership and its eerie state with overgrown trees and vines. According to Johor Bahru City Council, it currently belongs to a Singaporean named Lim Sue Heng.

Beyond ^{B5} local urban legends, the villa inspired a 2015 film of the same name, directed by Malaysian filmmaker Syafiq Yusof and filmed on location. The documentary explores the disappearance of 23 teenagers who ventured into the villa for a late-night exploration.

Constructed in the 1930s, rumours suggest it was initially the home of a wealthy family who named it after their daughter, Nabila. Allegedly, after the father's bankruptcy, he went mad and killed his family, sparing only Nabila.

Alternatively, legends claim ^{B2} Nabila herself was murdered and buried in the walls by a jealous maid. Over time, the villa gained notoriety ^{B3} for eerie occurrences, shadowy figures, and unexplained noises reported by daring explorers.

Apart from its myth, Villa Nabila is noted for its unique architecture blending European and Malay styles. ^{B4} Its exterior resembles a traditional Malay theatre (*rumah panggung*), elevated on stilts, while the front courtyard features Gothic-inspired pillars adorned with moss.

Inside, visitors encounter grand staircases, intricate mouldings, and spacious rooms hinting at its magnificent past. Despite its current state of decay, the mansion retains its imposing presence. Despite its grim reputation and off-limits status, Villa Nabila remains Johor's most famous haunted site. If you find yourself nearby, perhaps you'd like to marvel at its decayed beauty—from a safe distance, of course.

(Adapted from: <https://thesmartlocal.com/read/villa-nabila-jb/#:~:text=The%20building%20itself%20was%20built,leaving%20only%20his%20daughter%20alive.>)

1. Who is the present owner of Villa Nabila?
A Syafiq Yusof
B Lim Sue Heng
C Nabila
2. How did Nabila die?
A She was killed by her maid.
B She was buried in the wall.
C She was murdered by her father.
3. Which of the following is not the supernatural incidents reported by visitors to Villa Nabila?
A mysterious appearances
B strange sounds
C weird footprint
4. What cultural influences can be seen in the design of Villa Nabila's front courtyard and grand staircases?
A Malay and European
B European and Gothic
C Malay and Gothic
5. Why could watching a horror film become a treatment?
A It is built to be one of the most wanted visited places.
B It represents cultural narratives and urban legends.
C It is a film directed by a Singaporean filmmaker.

C Read about the incident below. Choose the ending that you think was most likely. How do you think you would react if you were Emma?

In the quiet of twilight, young Emma often saw Grandma Rose sitting in her favourite armchair, knitting needles clacking with a rhythmic cadence. But Grandma Rose had passed years ago. One stormy night, Emma found an old diary tucked in a dusty drawer. Its pages spoke of lost love and a broken promise hidden beneath the floorboards. As Emma read aloud,....

- A** She was surprised to hear Grandma's voice from her back.
- B** The air in the room grew heavy with a presence, and Grandma Rose's apparition appeared beside Emma.
- C** She listened to Grandma Rose's voice intertwined with her own, blending past and present in a surreal harmony.

Life's Great Mysteries



READING SKILL

Textbook page: p. 31 – 42

LS 3.2.1 Read a variety of suitable print and digital texts to investigate and analyse global issues

A Complete the sentences with the given words. LS 3.2.1 LS 3.1.4

PL

The Commonwealth Games in Crisis

The Commonwealth Games, a prestigious international sporting event, faces uncertain times ahead as fewer countries show interest in hosting the event. ^{A1} The fact that Australia's state of Victoria cancelled its plan to host the Games as well as Singapore and Malaysia chose not to bid for the 2026 Games, highlight the challenges the event is encountering.

^{A2} One major issue contributing to the reluctance to host the Commonwealth Games is the significant financial burden involved. The costs associated with building venues and infrastructure, exacerbated by the COVID-19 pandemic, are deterring potential host countries. The hosting expenses often end up getting out of hand, and the financial risk rarely pays off. India's 2010 Commonwealth Games in Delhi, initially budgeted at \$250 million, ballooned to a staggering \$11 billion. In light of rising costs, Victoria's Premier Daniel Andrews' decision to withdraw from 2026 Commonwealth Games shows the financial risk of such undertakings.

Aside from money concerns, the unwillingness to host big sporting events shows how public opinion and political priorities are changing. More and more locals do not want to take on the financial load of hosting, which means that bids are often turned down in referendums. This trend shows the challenges facing the Commonwealth Games to find willing hosts when the games are becoming less popular and the costs are going up. ^{A3} Although hosting the Games might boost tourism and national pride in the short run, it is not clear how long these benefits will last. Birmingham's successful hosting of the 2022 Commonwealth Games serves as a rare example of breaking even, showing that these kinds of projects can be done even when the conditions are not ideal. However, many countries still decline to host the event, highlighting continued concerns and problems.

Despite its historical significance, ^{A4} the Commonwealth Games grapples with an identity crisis in the modern era. Critics question its relevance and appeal, particularly in light of lingering associations with colonialism and outdated sporting disciplines. This leads to reduced media coverage and public interest. Additionally, worries about human rights and inclusion further cloud the event's image, making it less likely that it will be appropriate for a worldwide audience. This decline in prestige and recognition poses challenges for finding willing host cities.

As organisers search for a host city for the next Games, there are discussions about potential changes to the format of the Games to make them more attractive and affordable. ^{A5} Suggestions include scaling back the event or altering the sporting offerings to better align with modern tastes and interests. However, the future of the Commonwealth Games remains uncertain, and it may require significant adaptation to remain viable in the evolving landscape of international sports.

(Adapted from: <https://www.todayonline.com/singapore/explainer-so-far-nobody-including-spore-wants-host-2026-commonwealth-games-why-2398851>)

1. Which country cancelled its plan to host the 2026 Commonwealth Games?
 - A India
 - ☒ B Australia
 - C Malaysia
 - D Singapore
2. What is one of the main reasons why countries don't want to host the Commonwealth Games?
 - A Cultural conflicts
 - B Political instability
 - C Lack of interest from athletes
 - ☒ D Rising costs and financial burden
3. What is the benefit of hosting the Commonwealth Games?
 - ☒ A Boost the local tourism
 - B Negative media attention
 - C Long-term economic boost
 - D Immediate economic downturn
4. Why are some people questioning the relevance and appeal of the Commonwealth Games in the modern era?
 - A Excessive commercialisation
 - B Lack of international recognition
 - ☒ C Due to its association with colonialism
 - D Insufficient funding from governments
5. What are organisers considering to make the Commonwealth Games more attractive and affordable?
 - A Expanding the number of sports
 - B Building more extravagant venues
 - C Increasing the duration of the event
 - ☒ D Making the event smaller or changing the sports

B Complete the statements below with words from the text. LS 3.2.1

1. Many countries refuse to host sports games due to the high financial burden.
2. Hosting sports games can benefit countries by boosting their economy boost through tourism.
3. The Commonwealth Games receive less media coverage than the Olympic Games.
4. Many critics believe that the Commonwealth Games are not relevant in the modern times.

UNIT 4

Shopping Therapy



READING SKILL

Textbook page: p. 44 – 45

LS 3.1.6 Recognise with little or no support typical features at word, sentence and text levels of a wide range of genres

Read the text and answer the questions that follow.

PL

A

my-Pods

What is my-Pods?

It's a portable media player designed for music, video playback, and browsing the internet.

Special features

- Sleek and lightweight design
- Excellent audio quality
- Smooth performance with the A10 Fusion chip
- Access to a wide range of apps and games from the App Store
- Long battery life for extended use
- Supports Bluetooth, enabling wireless connectivity with headphones, speakers, and other devices.
- Touch screen

Spend time together

B

Can I listen to podcasts on an my-Pod?

- ☐ Yes, my-Pods support podcasts. You can subscribe to podcast apps, sync them to my-Pods, and listen to them on the go.

Are my-Pods waterproof?

- ☐ Generally, they should be kept dry and away from water to prevent damage.

How do I transfer music to my iPod?

- ☐ Music can be transferred to my-Pods using iTunes or Apple Music.

How much storage space does my-Pods have?

- ☐ 256GB

C

Review from a my-Pods user

my-Pods is a compelling choice for those who want a portable device for music, videos, apps, and games without the need for cellular connectivity. Audio quality on the my-Pods provides clear and balanced sound through headphones or external speakers. Video playback is smooth and immersive on the Retina display, making it a great device for watching movies and TV shows on the go. On top of that, it delivers smooth performance for everyday tasks, whether it's browsing the web, playing games, or streaming music and videos. It handles apps with ease and supports the latest iOS updates, ensuring compatibility with a wide range of apps and services.

To: Meena

Subject: Happy Birthday to Your Brother!

D

Hi Meena, I hope this email finds you well!

I wanted to reach out to wish your brother a very happy birthday! I know how special birthdays are, especially for family, so I hope he has a fantastic day filled with joy and wonderful memories.

To help celebrate his special day, I've sent a little something his way as a token of my best wishes. It's a my-Pods. I know he loves jogging and I think this my-Pods can accompany him on the track! I hope it brings a smile to his face and adds a touch of joy to his birthday celebration.

Shaz

A Do you prefer these products locally or imported? Write 'L' for local and 'I' for import.

a.	Smartphone	
b.	Clothes	
c.	Car	
d.	Laptop	

e.	Skin care	
f.	Sport shoes	
g.	Watch	

B What are the advantages of buying local and imported products? **HOTS Analysing**

C Read the texts about my-Pod. Briefly describe how it works.

D Use the information from the text to answer the questions. **LS 3.1.6**

Question 1 refers to section A

- What is true about my-Pods?
 - A** My-Pods can only play music.
 - B** My-Pods is an imported product.
 - C** My-Pods has a long-lasting battery life.
 - D** My-Pods needs a stylus pen for touch screen.

Question 2 refers to section B

- What is the consequence of exposing my-Pods to water?
 - A** It will scratch.
 - B** It will damage.
 - C** It should be kept dry.
 - D** It should be kept away from water.

Questions 3 and 4 refer to section C

- Which words in the paragraph mean 'captivating'?
 - A** Browsing
 - B** Ensuring
 - C** Compelling
 - D** Compatibility
- Which of the following couldn't be done by my-Pods?
 - A** Play music
 - B** Play videos
 - C** Play TV-Series
 - D** Browsing internet

Question 5 refers to section D

- Why did Shaz choose a my-Pods as a gift?
 - A** Because Meena's brother asked for it
 - B** Because Meena's brother loves music
 - C** Because Meena's brother didn't have my-Pods yet
 - D** Because Meena's brother can use it while jogging

Questions 6 and 7 are based on sections A, B, C and D

- Which sections give the information about how the my-Pods works?
 - A** A, B and C
 - B** B, C and D
 - C** A, C and D
 - D** All sections
- Which is not mentioned about my-Pods in any of the sections?
 - A** Its price.
 - B** Its weight.
 - C** Its functions.
 - D** Its special features.

The Environment



READING SKILL

Textbook page: p. 58 – 59

LS 3.1.3 Guess the meaning of unfamiliar words from clues provided by other words any by context on a wide range of familiar topics

A Read the texts below. **LS** 3.1.2 **LS** 3.1.5

PL

The Ocean Cleanup's Ongoing Fight Against Plastic Pollution

On Earth Day 2024, The Ocean Cleanup announced a huge accomplishment: ^{B2&C1}the removal of ten million kilograms (22 million pounds) of trash from oceans and rivers worldwide. This accomplishment, which is equivalent to the weight of the Eiffel Tower, is a significant milestone in ^{C2}the organisation's effort to remove plastic from the world's oceans. ^{B1}Boyan Slat founded The Ocean Cleanup in 2013, with the ^{B6}dual goals of removing plastic garbage from the world's most polluted waterways and cleaning up the Great Pacific Garbage Patch (GPGP). This strategy addresses both existing accumulations of plastic and prevents further pollution.

^{B8&C4}The Ocean Cleanup has made substantial progress thanks to work in the GPGP and in rivers in eight countries. A network of ^{B4}Interceptors and the organisation's third version of its ocean cleaning system, called ^{B3}System 03, have been extremely crucial to its success. Since ^{B3}capturing their first plastic in 2019 with System 001, they have consistently improved their technology, leading to this impressive milestone. Despite this achievement, the organisation acknowledges that millions more tons of plastic continue to pollute the oceans.

Boyan Slat acknowledged ^{B7}the challenging journey, noting that their efforts are beginning to yield results. Furthermore, ^{B7}the recent successes have renewed confidence in the possibility of cleaning the oceans. In addition to their cleanup efforts, The Ocean Cleanup advocates for systemic change. The announcement coincides with global negotiations in Ottawa, Canada, where countries are working towards a legally binding treaty to end plastic pollution. The Ocean Cleanup urges policymakers to take action to address all stages of plastic's life cycle, including ^{C3}legacy plastic pollution—plastic debris that has accumulated in the environment over many years—as well as plastic that flows into rivers.

One of the organisation's notable initiatives is the partnership with the Malaysian government. In November 2023, ^{B5}The Ocean Cleanup and Malaysia signed a Memorandum of Cooperation to strengthen their efforts in reducing plastic pollution in Malaysian rivers. This collaboration aims to share technical knowledge, data, and experience to manage and remove river plastic waste effectively. Since 2018, ^{B5}The Ocean Cleanup has deployed two Interceptor technologies in Malaysia's Klang River, greatly increasing the effectiveness of local cleanup efforts.

Boyan Slat expressed his excitement about this collaboration, "Malaysia has been at the heart of The Ocean Cleanup's operations since 2018, and we're thrilled to work with such dedicated partners. Preventing plastic pollution from leaking to the sea from rivers is the most efficient way to clean our oceans and coastlines." The Ocean Cleanup emphasises the value of teamwork in combating plastic waste with its dedication to creative solutions and global collaboration. Thanks to the support of a dedicated team, partners and governments worldwide, The Ocean Cleanup is making progress towards a future where oceans are free from plastic pollution.

(Adapted from: <https://theoceancleanup.com/press/>)

B Read each statement carefully and determine whether it is TRUE or FALSE based on the article. Please underline the correct answer. LS 3.1.3

1. The Ocean Cleanup was founded in 2013 by Boyan Slat. (True / False)
2. The Ocean Cleanup has removed ten million pounds of rubbish from oceans and rivers worldwide. (True / False)
3. The Ocean Cleanup removed its first piece of plastic in 2019. (True / False)
4. System 03 is the third version of The Ocean Cleanup's ocean cleaning system. (True / False)
5. The Ocean Cleanup has installed interceptor technologies in two rivers in Malaysia. (True / False)
6. The Ocean Cleanup's mission is to develop biodegradable plastics. (True / False)
7. Boyan Slat expressed that the recent successes give The Ocean Cleanup renewed confidence that the oceans can be cleaned. (True / False)
8. The Great Pacific Garbage Patch is the only area where The Ocean Cleanup operates. (True / False)

C Choose the best answer for each question below. LS 3.1.3

1. What achievement did The Ocean Cleanup announce on Earth Day 2024?
A New Interceptor technology.
B A new global treaty to end plastic pollution.
C Removing 10 million kilogrammes of rubbish from oceans and rivers.
2. What is the main objective of The Ocean Cleanup?
A To develop biodegradable plastics.
B To rid the world's oceans of plastic.
C To create awareness about plastic pollution.
3. What is legacy plastic pollution
A Recyclable plastic waste
B Newly produced plastic waste
C Plastic debris that has accumulated over many years
4. How many countries use Ocean Cleanup Interceptors for river cleanup?
A Six
B Seven
C Eight
5. What is the goal of the collaboration between The Ocean Cleanup and the Malaysian government?
A To clean up Malaysian beaches
B To open a regional office in Kuala Lumpur
C Improve Malaysian river plastic pollution reduction efforts

Crime



READING SKILL

Textbook page: p. 70 – 71

LS 3.1.1 Understand the main points in extended texts on a wide range of familiar topics and some unfamiliar topics

LS 3.1.5 Recognise independently the attitude or opinion of the writer in extended texts on a wide range of familiar topics and some unfamiliar topics

Read the text and answer the following questions. **LS 3.1.1** **LS 3.1.5**

PL

Italy, France, and Spain are renowned for their rich historical backgrounds, stunning architecture, and vibrant culture, making them top destinations for tourists. Unfortunately, these landmarks are also prime locations for pickpockets. While cities like Paris have implemented warnings in multiple languages, Italy's hotspots are nonetheless full of these petty criminals. The famous Trevi Fountain in Rome, along with the Colosseum and the Pantheon, are particularly notorious for pickpocketing.

A UK insurance company, Quotezone.co.uk recently analysed ^{A2} mentions of pickpocketing in visitor reviews of popular European attractions. ^{A1&B1} Italy topped the list with 478 reports per million British tourists between the first and third quarters of 2023. In contrast, 250 cases of pickpocketing were reported in France, which hosted 7.2 million British tourists over the same time period, with the ^{A3} Eiffel Tower serving as a key hotspot. Spain ranks third, with pickpockets targeting Barcelona's La Rambla and Sagrada Familia. There are also thefts in Madrid's Plaza Mayor and the area around the Prado Museum, but not as many as in Italy and France. Germany's Brandenburg Gate in Berlin is another notable location where tourists need to keep an eye on their belongings.

^{B2} Learning about pickpockets and their methods can be interesting. Contrary to popular belief, pickpockets are often young girls and boys, usually between 10 and 16 years old. This makes them less suspicious and more difficult to arrest due to their age and lack of identification. Some pickpockets are well-dressed adults who blend seamlessly into tourist crowds. They usually work in groups, using distraction techniques to steal from unsuspecting visitors.

^{A4} A pickpocket's ideal target would be a crowded restaurant, public transportation, museum, or train station. Hotspots include locations like the Charles Bridge in Prague, the Trevi Fountain, and the Eiffel Tower. ^{A3} Another popular target is public transportation, particularly during rush hour when there is a lot of people and confusion, making it easier for thieves to strike. ^{A5&B4} Pickpockets use various sneaky tactics to steal. They might pose as charity workers with clipboards, crowd onto a busy metro car, or create a commotion in a restaurant. Distraction is their main weapon. For example, a group of children might crowd around a target in a metro, swipe valuables, and then quickly disperse.

There are various safety measures that travellers can take. Important ^{B5} precautions include using a secure cross-body bag with zips or a money belt, leaving valuables in a hotel safe, and being aware of one's surroundings. It's also wise to make copies of important documents and ensure devices are password-protected. If you fall victim to pickpocketing, it is important to file a police report as it can help with any potential insurance claims. Despite the risk, it is essential to remember that ^{B6} violent crime in Europe is low, and taking a few simple precautions can drastically reduce the chances of being pickpocketed.

(Adapted from: <https://www.thestar.com.my/lifestyle/travel/2024/05/18/which-european-country-is-the-most-famous-for-pickpocketing>)

A Fill in each blank with the most appropriate word or phrase from the text. LS 3.1.1

1. Italy ranks first in Europe for incidences of pickpocketing.
2. According to Quotezone.co.uk, Italy had 478 reports of pickpocketing per million British tourists.
3. Paris's Eiffel Tower known hotspots for pickpockets.
4. Pickpockets often operate in crowded places such as busy metro stations.
5. They use distraction techniques to distract tourists while stealing.

B Read the text and answer the following questions. LS 3.1.1

1. Which country in Europe ranks first for pickpocketing incidents?
☒ A Italy
☐ B Spain
☐ C France
☐ D Germany
2. What types of people are often involved in pickpocketing?
☐ A Tour guides
☐ B Older adults
☒ C Young girls and boys
☐ D Law enforcement officers
3. Where do pickpockets often target tourists besides popular attractions?
☒ A Public transportation
☐ B Remote villages
☐ C Suburban areas
☐ D Hotel rooms
4. How do pickpockets usually operate in crowded metro stations?
☐ A By wearing conspicuous clothing
☒ B Using distraction techniques
☐ C Avoiding peak hours
☐ D Operating alone
5. What precautions should travellers take to secure valuables?
☐ A Leaving them visible
☐ B Using an unlocked bag
☐ C Leaving them in hotel rooms
☒ D Using a zip-up cross-body bag
6. What is the general safety level regarding violent crime in Europe?
☒ A Low
☐ B High
☐ C Very high
☐ D Moderate

The Media



READING SKILL

Textbook page: p. 84 – 85

LS 3.1.5 Recognise independently the attitude or opinion of the writer in extended texts on a wide range of familiar topics

LS 3.1.2 Understand specific details and information in extended texts on a wide range of familiar topics and some unfamiliar topics

Read the texts carefully and answer the questions that follow.

Rising Stars and Remarkable Achievements

A – Sofyank

Mohamad Sofian Abdullah, better known as Sofyank, is a social media influencer and digital creator from Kelantan who achieved an impressive feat in 2023. He won the Ultimate VFX Challenge - Magic of the Month in Los Angeles, US. Sofyank's talent and creativity wowed the judges, leading him to defeat two other content creators, from the United Kingdom and the Netherlands. ³ Sofyank's videos often showcase well-known figures using stunning special effects, earning him recognition, even with celebrities like Will Smith reposting his work.

B – Michelle Yeoh

Michelle Yeoh made history at the 2023 Academy Awards when she became the first Malaysian to win an Oscar. The Ipoh-born actress won the prize for Best Actress for her role as Evelyn Wang in the blockbuster "Everything Everywhere All at Once" beating other well-known actresses. ⁴ She dedicated the award to her mother and said it proves that "dream big" and dreams come true. She also won Best Female Actor in a Leading Role award for the 29th SAG Awards, Best Lead Performance at the 38th Independent Spirit Awards, and Best Actress at the 80th Golden Globe Awards in the same year which is a major feat.

C – Shikin Gomez

Model Shikin Gomez has accomplished a significant modelling milestone by walking the runway for a renowned fashion house, Dior, at the Dior Fall 2023 show in Mumbai. Shikin made her debut at 19 years old, capturing the industry's attention with her stunning looks and unique blend of Indian and Malay heritage. She was the runner-up on Asia's Next Top Model Season 5. And at 31 years old, ¹ she was ready to break the barrier and expand her modelling career in Europe. Her editorial spread in the renowned Spanish magazine *Mujer Hoy* cemented her status as a rising star.

D – Tiger Stripes

"Tiger Stripes" is a film directed by Amanda Nell Eu, which won the Grand Prize at the 62nd Semaine de la Critique during the 2023 Cannes Film Festival. In addition to the honour and recognition, Eu received RM49,400 in cash. The film centres around a 12-year-old Malaysian girl who finds a horrifying secret about her body and is ostracised. However, she fights back and learns who to love her body, becoming a strong, confident woman. ² The film stars newcomers Zafreen Zairizal, Deena Ezral, and Piqa, including seasoned actors Shaheizy Sam and Fatimah Abu Bakar.

E – Sanadtkumar Ganesan

Sanadtkumar Ganesan, also known as Sanadt, ⁸ produced a local documentary series titled “Wanted: Shades of Life,” and its third episode won the Best Inspirational Film award at the Los Angeles Film Awards in 2023. The young director, started the series to tell the untold stories of ordinary Malaysians who have taken the road less travelled and are making a difference in their communities. The award-winning documentary follows the chess player Genkeswaran Muniyan’s inspiring journey from prison to representing Malaysia at the 2013 SEA Games in Myanmar.

Using the information given, which text (A to E) describes the following statements?

Statement	Paragraph
1. She wants to conquer the European modelling scene and expand her career.	C
2. The film features many newcomers as well as established actors.	D
3. His videos contain spectacular special effects that have gained the attention of renowned actors.	A
4. She won four prestigious awards in the year 2023.	B

Using words from the texts, complete the summary below. Choose no more than one word for each blank.

Amazing Achievements

In 2023, several Malaysians achieved remarkable feats in their respective fields. Mohamad Sofian Abdullah, known as Sofyank, impressed judges at the Ultimate VFX Challenge in Los Angeles, winning with his creative (5) video portraying stunning special effects. Michelle Yeoh made history as the first Malaysian to win an Oscar for Best Actress which made the whole country proud. She dedicated her award to her mother and encouraging others to (6) dream big. Shikin Gomez, a model, has walked the runway for the prestigious (7) fashion company, Dior, for Dior’s Fall 2023 show. She captivated the fashion industry with her unique Indian and Malay heritage. Amanda Nell Eu’s film “Tiger Stripes” won the Grand Prize at the Cannes Film Festival, empowering its protagonist’s journey to self-acceptance. Sanadtkumar Ganesan’s (8) documentary series, “Wanted: Shades of Life,” earned him the Best Inspirational Film award in Los Angeles. The series showcase inspiring stories of ordinary Malaysians. These accomplishments demonstrate the talent and tenacity of Malaysians who are breaking down boundaries and making a significant global impact.

A Hard Day's Work



READING SKILL

Textbook page: p. 96 – 97

LS 3.1.1 Understand the main points in extended texts on a wide range of familiar topics and some unfamiliar topics

LS 3.1.3 Guess the meaning of unfamiliar words from clues provided by other words and by context on a wide range of familiar topics and some unfamiliar topics

A Five sentences have been removed from the article. Choose from the sentences A to F the one which fits the gap (1-5). There is one extra sentence which you do not need to use.

LS 3.1.1 **LS 3.1.3**

PL

University students and recent graduates are learning the importance of part-time jobs and smart money management. These tools help them become financially independent in today's urban landscape. 1. **C** It not only helps people financially but also develops important life skills that open doors to success in the future.

Fund manager, Danny Wong, supports students taking advantage of part-time jobs both on and off-campus. ^{B3} Students with freelancing skills can turn their talents into profitable businesses by doing anything from photography to graphic design. According to Wong, ^{B3} these jobs not only help them pay for everyday expenditures but also give them crucial professional experience that makes them stand out to potential employers. 2. **A** Students can build a solid foundation for financial security by developing ^{B3} the habit of saving money before giving in to their wants.

Echoing Wong's sentiments, Amy Seok, founding chairman of the Malaysia Literacy in Financial Education Association, highlights the importance of equipping students with financial literacy and money-making skills. 3. **D** Thus, this can ensure financial security and comfortable living standards.

4. **E** When you add up the prices of books, social events, and extracurricular activities, it's no wonder that over 70% of students are looking for part-time work as a way to make ends meet. Many people do these jobs not only to survive, but also to get experience in the real world, ^{B3} where classroom theories meet real-life challenges.

Yet, the debate rages on: Is it possible to have a part-time job and academic pursuits at the same time? Experts say yes, but with caution. ^{B3} While making extra money is good for your finances, it's very important to find a balance. Seniors students are better able to handle part-time jobs than juniors because they are more used to college life. 5. **B** Additionally, working part-time job can change your life in ways that go beyond money. It gives students a chance to show how well they can solve problems, make new friends, and even find skills they didn't know they had.

(Adapted from: <https://www.thestar.com.my/news/nation/2023/06/26/part-time-jobs-and-savings-mindset-vital-for>)

- A. Moreover, Wong stresses that saving from a young age is a foundation of financial planning.
- B. Juniors, on the other hand, may have trouble managing their time and adjusting at first.
- C. Experts suggest taking advantage of these opportunities.
- D. These skills empower students to optimise their earnings, minimise unnecessary expenses, and plan effectively for future financial goals.
- E. The financial landscape for college students is undeniably difficult, with daily expenses often eclipsing RM20 just for meals.
- F. Students need to take advantage of part-time jobs so that they can be ready for the future.

Web Link

To learn how to read a job advertisement, log on to: <https://www.thebalancecareers.com/how-to-decode-a-job-advertisement-2061002>

INFO**B Read the sentences below and fill-in-the-blank with words from the text.**

- 1. Students and graduates are learning the value of part-time jobs and money management.
- 2. Experts say these opportunities help financially and develop important life skills.
- 3. Students with freelancing skills can turn talents like photography into profitable businesses.
- 4. Part-time jobs help to pay for daily expenses and give professional experience.
- 5. Saving money before giving in to wants helps build a foundation for financial security.
- 6. Managing a part-time job with studies requires finding a balance.
- 7. Part-time jobs enable students to gain real world experiences.

SPM-BASED MODULE

PART

DETAILS

PAGE

READING

PART 1	Short Texts (MCQs)	88
PART 2	Multiple-Choice Cloze	97
PART 3	Longer Texts	103
PART 4	Gapped Texts	115
PART 5	Matching & Information Transfer	122

WRITING

PART 1	Short Communicative Message	133
PART 2	Guided Writing – Essays	140
PART 3	Extended Writing	144

LISTENING

PART 1	Questions 1 – 7	159
PART 2	Questions 8 – 15	160
PART 3	Questions 16 – 20	161
PART 4	Questions 21 – 30	162

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Enrolment key: FwE32^Mj



Short Texts (MCQs)

TIPS AND TECHNIQUES

1. Read the questions carefully and understand them well. The questions are of different levels of difficulty; Some are very straightforward while others need more analysis and thought.
2. Read the whole text or those words in the graphic stimuli.
3. Find the keywords that answer the question. Pay attention to the small print and footnotes.
4. Read every answer option and analyse it.
5. Eliminate the wrong answers.
6. Select the best answer.
7. Answer the question you know first.
8. Make an educated guess.
9. Pay attention to words printed in capital, bold or italic.
10. Pay attention also to words such as not, sometimes, always, never and except.

MODEL QUESTION AND ANSWER

Part 1 (Questions 1 to 8)

Question 1

Read the text carefully.

Niall,

Just letting you know I'm off to the store with your sister to grab some groceries. Dad is sleeping in the bedroom. Try not to wake him up as he's got the night shift tonight. Keep an eye on your brother to ensure he stays out of trouble. If you're hungry, there are sandwiches in the fridge. I'll be home before dinner.

Mum

Based on the message, why does Mum told Niall not to wake up his father?

- A** His father is sick.
- B** His father is tired of working.
- C** His father has to work at night.

Comments and Answer

The answer is option **C**. Mum mentions Dad's night shift job, indicating that waking him would disrupt his sleep before work.

PRACTICE 1

Questions 1 – 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 on the answer sheet.

KLANG: A fire broke out in a restaurant yesterday at 3:45 p.m., injuring three staff members and two customers. Firefighters arrived at the scene 13 minutes after receiving a report from a customer who had escaped. It took approximately 40 minutes to extinguish the fire. Fire Chief Mr. Juhairi Salleh stated the fire likely originated from an electrical malfunction in the kitchen. Fortunately, most kitchen staff were on break and not seriously harmed.

1. Based on the news article, how many people were injured in the fire?
- A** Two
 - B** Five
 - C** Three

Joey : Hey, have you seen your exam grades?

Harry : Not yet. I'm too anxious to look. What if I didn't do well?

Joey : Seriously? If you didn't do well, I'll be in deep trouble because you actually studied, and I didn't. I'm starting to regret spending all my time gaming.

Harry : Don't worry. If we both failed, we've got the whole weekend to unwind and de-stress.

2. What are Joey and Harry discussing?
- A** Their exam results
 - B** Their plans for the weekend
 - C** Their regrets for not studying

Dear Mr. Siva,

I am writing to inform you that the computer parts you requested have been ordered. However, please note that due to a high volume of orders, there may be a slight delay in processing and shipping from the overseas store. Rest assured, we will notify you promptly upon the arrival of the parts. Your understanding in this matter is greatly appreciated.

Best regards,
Customer Service

3. What makes spring in South Korea a good time to travel?
- A** Delays in international shipping
 - B** A problem with the delivery address
 - C** Large volumes of orders at the local store

South Korea's spring season lasts from March to May or early June and brings warmer weather, with temps usually between 6°C and 18°C. This time of year, has nice weather for exploring and is great for packing light. While March may still feel chilly, April and May promise milder conditions. Travelers sensitive to the cold should consider packing thermals. Otherwise, lighter jackets and layering suffice, leaving bulky jackets unnecessary.

4. What makes spring in South Korea a good time to travel?
- A** Warm temperatures
 - B** School holiday season
 - C** Option to wear thermal clothing

Multiple-Choice Cloze

TIPS AND TECHNIQUES

1. Skim through the text and try to understand what the text is about.
2. Read the sentence before and after the blank to understand the context.
3. Read all of the options carefully.
4. Try to fill each option into the blank. Eliminate obvious wrong answers.
5. Choose the answer that suits best the context and makes more sense in the context.

MODEL QUESTION AND ANSWER

Part 2 (Q9 – Q18)

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 best answer sheet.

Exploring Terengganu's Treasures

Visiting Terengganu had long been on my (0) bucket list, and when I finally got the chance to see its (9) _____, it was an incredible experience. I was immediately drawn to the beautiful beaches, and the large number of seafood restaurants made the (10) _____ paradise even more appealing.

However, one aspect of my trip that left an unforgettable mark was my visit to the Terengganu State Museum. Having (11) _____ numerous museums across Malaysia, I can confidently say that this one (12) _____ out as one of the finest in the country. The museum complex, perched atop Bukit Losong in Kuala Terengganu, is a tribute to the rich cultural legacy of Terengganu.

When I first (13) _____, I was astounded by the museum's architecture. The expansive complex has an amazing architecture, with its pitched roof and tall concrete stilts conveying a feeling of grandeur, and it takes (14) _____ from Terengganu's historical landmarks. (15) _____ being opened only in 1996, the museum gives off an air of antiquity with its concrete walls and typical Malay home design.

The museum is divided into nine (16) _____ that each provide a unique perspective on a distinct facet of Terengganu's history and culture. Even though some of the them did not have large exhibits, they nonetheless offered insightful perspectives into the history of the area. The (17) _____ of my museum visit was undoubtedly the 'Batu Bersurat,' a historical artifact symbolising the embrace of Islamic teachings in Terengganu and beyond. For someone who had only ever seen it in textbooks, seeing this relic in person was a surreal experience.

I ended up spending three hours exploring the museum, but it made a lasting impression on me. With its gorgeous architecture and rich history, the Terengganu State Museum (18) _____ my expectations and deepened my understanding of this interesting region.

- | | | | |
|----------------|--------------|---------------|------------------|
| 0. A to-do | B bucket | C lifetime | D accomplishment |
| 9. A features | B highlights | C attractions | D specialties |
| 10. A shore | B place | C magical | D seaside |
| 11. A been | B seen | C toured | D examined |
| 12. A looks | B stands | C catches | D strikes |
| 13. A showed | B reached | C arrived | D appeared |
| 14. A power | B effect | C influence | D impression |
| 15. A Despite | B In spite | C After | D Aside |
| 16. A aisles | B hallways | C galleries | D collections |
| 17. A focus | B special | C attention | D highlight |
| 18. A extended | B exceeded | C excelled | D outmatched |

Comments and Answer

0.	The answer is B. The phrase “bucket list” implies a list of goals or desires to accomplish before one’s life ends. Thus, “bucket list” best conveys the long-held desire to visit Terengganu.
9.	The answer is C. “Attractions” refers to the appealing features or points of interest in Terengganu, aligning with the context of the text discussing the allure of the destination.
10.	The answer is D. “Seaside” accurately describes Terengganu’s coastal setting, highlighting the appeal of its beaches and seafood restaurants near the sea.
11.	The answer is C. “Toured” indicates the author’s experience of visiting and exploring museums, highlighting their credibility in evaluating the Terengganu State Museum.
12.	The answer is B. “Stands out” emphasises the exceptional quality of the Terengganu State Museum among other museums, reinforcing its prominence and superiority.
13.	The answer is C. “Arrived” indicates the point at which the author arrived at the museum, establishing the context for the author’s experiences and impressions that followed.
14.	The answer is C. “Influence” accurately describes the design of the museum complex, which drew inspiration from historical landmarks in Terengganu.
15.	The answer is A. The word “despite” draws attention to the surprising contradiction by contrasting the museum’s 1996 opening with its capacity to evoke an ancient atmosphere.
16.	The answer is C. “Galleries” correctly describes the sections of the museum devoted to showcasing various facets of Terengganu’s past and present.
17.	The answer is D. “Highlight” signifies the most significant or memorable aspect of the museum visit, aligning with the context of discussing the impactful ‘Batu Bersurat.’
18.	The answer is B. “Exceeded” means “beyond expectations,” meaning that the Terengganu State Museum did more than the author had anticipated, which is consistent with the text’s overall meaning.

Longer Texts

TIPS AND TECHNIQUES

1. Read the questions briefly to know what are required.
2. Look for the answer according to the specific paragraphs stated in the questions.
3. Cross the options which are definitely wrong.
4. Do not worry if you encounter the words which are unfamiliar. Continue reading the passage as sometimes you can guess the overall message of the paragraph.

MODEL QUESTION AND ANSWER

Part 3 (Q19 – Q26)

You are going to read an article. 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.

What an experience!

I have vivid memories from my childhood of traveling to various places. I often travelled with my parents, relatives, classmates, and sometimes alone. At around 9 years old, I started going on camping trips with scouts and guides. My first solo trip was at 14, when I took a state bus to visit relatives in another city.

My mother recalls me travelling with her since I was in her womb. She tells a story of me as a toddler running around on a plane, causing her quite a challenge. Since then, my love for travel has only grown. Most of my travels were in a family car, until I moved out for higher secondary studies in another city. There, I started travelling alone for school, shopping, and visits home, using various modes like cycle rickshaws, auto rickshaws, and occasionally city buses. My first bus ride wasn't pleasant, during rush hour in a busy Indian city, but I managed through it, relying on my parents' support.

Despite financial constraints, I've developed a passion for travelling, often choosing local transport to explore new places and experience different perspectives. Each journey, like my first difficult bus ride from Roorkee to Chandigarh, has shaped me, making me more confident and resilient.

Daily commuters using local transport don't expect much safety, but they do encounter plenty of gossip, humour, and general knowledge. Unfortunately, some exploit others by pushing them, finding momentary pleasure in their bad behaviour. On different days, you might hear interesting gossip, see starry-eyed dreamers, or witness rare acts of kindness among the crowd.

Mumbai locals, known as the heartbeat of the city always on the move, offer a variety of scenes—from people reading or cooking to knitting sweaters—showcasing daily life. Many people have a romanticised view of train travel in India, often influenced by movies where they imagine themselves as their favourite actors, enjoying the breeze and scenic views as the train speeds towards their destination.

Many people opt for local transport because it's cheaper than using personal vehicles, especially with soaring fuel prices. In cities like Mumbai and Bengaluru, where traffic jams test patience and finding parking is like playing "finding Nemo," public transport becomes essential. Some also choose public transport to reduce their environmental impact, which is commendable for prioritising broader benefits over personal comfort. Personally, I align with this perspective.

However, since the pandemic, those who can afford it are favouring private vehicles over public transit due to social distancing norms. Rebuilding confidence in public buses remains a challenge, requiring improvements in availability, safety, affordability, comfort, cleanliness, and reliable passenger information systems. Addressing these factors will be crucial in encouraging more people to return to public transportation.

Travelling in India can seem daunting due to its vast terrain, relentless crowds, and complex transportation systems. However, with preparation and understanding, using public transportation such as trains, buses, auto rickshaws, or metro systems can be convenient, enlightening, and enjoyable.

(Adapted from: <https://medium.com/@namrata.interiors/the-travel-experience-using-public-transport-48513ddd7e0c>)

19. From paragraph 1, what happen to the writer when he was at around 9 years old?

- A Only the brave will be able to do bungee jumping.
- ☒ B He went for camping trips.
- C He travelled with his parents.
- D He travelled to various countries.

Comment and Answer

The key is **B** as it is stated clearly in the paragraph, 'At around 9...scouts and guides'.

20. From paragraph 2, what makes the writer to love travelling??

- A His experience travelling in plane.
- B His parents taught him travelling.
- ☒ C He started travelling since he was small.
- D His experience travelling in various mode of transport.

Comment and Answer

The key is **C** as we could get the idea from the sentence, 'My mother recalls me travelling with her since I was in her womb'

Gapped Texts

TIPS AND TECHNIQUES

1. Read the through the text once to get an idea of what it is all about. If you do not understand it, read it again.
2. Try fitting each sentence into a numbered space. Be very careful as there are two extra sentences.
3. Make sure the correct answer is logical acceptable, i.e. makes sense in the context of the text.
4. Check throughout the text to ensure that everything makes sense.
5. Read the whole text again with the answers selected.
6. To choose the best answer, cross out the options that you have decided to reject.

MODEL QUESTION AND ANSWER

Part 4 (Q27 – Q32)

You are going to read a speech on the options after the SPM examination. Six sentences have been removed from the article. Choose from the sentence **A to H** the one which fits each gap (27 to 32). There are two extra sentences which you do not need to use.

Teaching kids to eat healthy

Teaching kids to eat well is challenging. You want to avoid giving them too much information or making every meal a lecture. (27) Danelle Fisher, MD, chair of paediatrics at Providence Saint John's Health Center in Santa Monica, California, says, "Kids need to know that every food they put into their bodies affects them."

Parents can teach kids about food by discussing its impact on their bodies, why it's important, and how to make healthy choices. Make healthy eating a regular habit, not just a rule. Ensure that nutritious foods are the usual choices for family meals, and involve everyone in selecting tasty, healthy options. Take kids to the grocery store or farmers' market: younger ones can choose fresh fruits and veggies. (28)

Show kids what healthy eating means. Explain that they should fill half their plate with fruits and vegetables, which provide essential nutrients for growth. (29) These should give them energy for activities like dancing and playing.

Avoid labelling foods as "good" or "bad." (30) Use labels like "go," "slow," or "whoa." Encourage kids to choose "go" foods like whole grains and skim milk daily, "slow" down on less healthy options like waffles and consider "whoa" for foods like French fries that offer little nutrition, suggesting they think carefully before eating them often.

Discuss portion sizes with children. (31) Even young kids can learn that a serving of pasta or rice should be about the size of their fist. Protein portions should be the size of their palm, and fats like butter or mayonnaise should be the size of their thumb.

Lead by example with healthy eating habits. If you encourage your kids to eat broccoli but don't eat it yourself, consider your own diet habits. (32) According to Stephanie Middleberg, a registered dietitian in New York City, being a role model is one of the most effective ways to guide children toward healthier eating.

(Adapted from: <https://www.webmd.com/parenting/features/food-smart-kids>)

- A Instead, teach kids that all foods can be part of a balanced diet.
- B Your eating choices influence them significantly.
- C But delaying can lead to them developing unhealthy habit.
- D Children love to eat junk food as they are delicious.
- E Teach them that it's not just what they eat but how much that counts.
- F Meanwhile, the older ones can have bigger roles like picking recipes and making shopping lists.
- G Exercise regularly can lead to a healthy lifestyle.
- H The other half should include whole grains and lean proteins.

Comments and Answer

- 27. The key is **C** as the first paragraph is telling about the concept of exposing kids to a healthy eating habit. The clue is given in the second sentence of the paragraph.
- 28. The key is **F** as the clue is clearly seen in the sentence '**younger ones** can choose....' Basically, the ending of the paragraph is talking about giving role to the young and older children when going to the grocery store.
- 29. The key is **H**. The clue can be found in second sentence of the paragraph. "They should **fill half** of....". Logically, the following sentence should be talking about the **other half**.
- 30. The key is **A**. The sentence 'Avoid labelling food...' is best matched with the sentence 'Instead, teach kids that **all food**....'. The idea of the paragraph is talking about teaching kids not to be picky eaters – being too choosy in eating.
- 31. The key is **E**. The phrase '**how much**' in the sentence 'Teach them.....that counts' correlate with the phrase '**portion size**' and '**a serving**' and '**size of their fist**' in paragraph 5.
- 32. The key is **B**. The phrase '**your eating choice**' has the same meaning as '**your own diet habits**' in the preceding sentence.

Matching and Information Transfer

TIPS AND TECHNIQUES

1. Read through the text.
2. Identify the main ideas of each paragraph.
3. Study the questions and underline any keywords matching in the text.
4. For matching tasks, read the statements given and match them to the correct paragraph. They would have similar keywords or phrases.
5. For short answers completion, read the text given and identify specific details from the text in the paragraphs. Make sure your answers are no more than 1 word.
6. Check your grammar and spelling.

MODEL QUESTION AND ANSWER

Part 5

Questions 33 – 40

Below are the opinions of five students about the best ways to stay fit and healthy. Read the texts below and answer the questions that follow.

Best Ways to Stay Fit and Healthy

A – Zulfa, 17

I think eating healthy is the best way to keep fit and healthy. What people need to know is exercise is not the only way to stay fit and healthy. A healthy diet is a must too. I tend to go for fruits and vegetables in my healthy eating plan. I rarely eat fast food and try to avoid any bad food habits such as snacking on crisps and sweets. Eating healthy is not easy since you might crave something oily and fatty. I try to avoid them if possible, but if I really want to eat them, I eat them in moderation.

B – Chris, 17

Exercise is the key to staying fit and healthy. Moving the body can improve circulation and strengthen the muscles. It is better to exercise in moderation and make it a daily routine rather than go all out only once a week. You can go for a walk or slow jog. I exercise for at least an hour daily. I usually switched my workout routine every day to avoid being bored. I jog, run, do cardiovascular exercises, core strengthening exercises and sometimes yoga.

C – Saleh, 17

For teens who are still growing physically and mentally, I think the best way to stay fit and healthy is by having a good night sleep. I don't mean to have longer sleeping hours, but a good sleep for about six to eight hours a day. Lack of sleep can have a bad effect on metabolism, mood, concentration, memory, motor skills, hormones and immune system. I read in a science book that sleeps allows the body to heal, repair and rejuvenate. You will feel tired all the time if you don't have a good sleep and that is not a good definition of being healthy.

D – Nalini, 16

To stay fit and healthy, I think the best way is to drink a lot of water. Our body needs water to function properly so we need to stay hydrated. We need to drink plain water rather than flavoured water. Plain water can naturally cleanse our organs and digestive system. Especially when you exercise, you drink up lots of water. If you do not stay hydrated while exercising, you can get muscle soreness, fatigue and be exhausted more quickly. And sometimes, when you think you are hungry, drink some water first. You might be thirsty rather than hungry.

E – Sura, 16

I think keeping active and moving a lot can help you to stay fit and healthy. Some people especially me do not like to exercise. Instead of exercising, I try to be active at home and at school to keep fit. I try to avoid sitting for long periods which can cause back pain. At home, I do a lot of housework that requires me to move around such as sweeping the floor, vacuuming and dusting things. At school, sometimes I use the stairs more frequently as it is also some kind of exercise.

Question 33 to 36

Which paragraph (A – E) describes the following statements about the best ways to stay fit and healthy.

Write your answers in the space provided.

	Statement	Paragraph
1	If you do the same routine every day, you will be bored. All you need to do is to switch your workout routine.	B
	Comment and Answer: The answer is B. The points regarding switching workout routine are said by Chris Yang and he explains the reason for this in paragraph B.	
2	Exercising is not the only way to keep your body active and move your body. Doing household chores can also be one way to stay fit.	E
	Comment and Answer: The answer is E. Sura talked about doing housework to move around a lot and it keeps her to stay active.	

Short Communicative Message

TIPS AND TECHNIQUES

- Use the informal language and style when writing.
- Identify who the sender is.
- Write straightforward answers/response.
- Responses should be organised following the email received.
- Insert sentence connectors or cohesive devices appropriately.
- Elaborate the ideas when necessary.
- Avoid writing too long as it will take up your time for other questions.
- Avoid writing too short as you might give incomplete answer.

MODEL QUESTION AND ANSWER

PART 1

You must answer this question.

Question 1

You received an email from your friend, Ben who is worried about the polluted river at his hometown.

Hello,

Do you still remember about the river I told you before? After two weeks, the condition has worsened. We have reported to the authorities, unfortunately no action was taken. The villagers keep complaining as it makes the surrounding dirty and smelly. What should I do? When can I start doing it? Who could join me?
Looking forward for your reply.

Your friend,
Ben

Now, write an email to your friend in **about 80 words**.

Suggested Answer and Comment

Hello Ben,

Are you talking about Sg Rinda? I'm really sorry to hear that the situation with the river has worsened. It's frustrating when the authorities don't take action, especially when the community is affected. I suggest organising a community meeting to discuss the issue and brainstorm solutions. Then, start a clean-up by gathering volunteers and reaching out to local environmental groups for support. You may do it this weekend. You aren't going anywhere, are you? Involve anyone affected, such as neighbours and local businesses to join you in these efforts.

Let me know what you think. I'm here to support you in any way I can.

Your friend,

Hanna

**Refer to the table below for a clear explanation.*

No.	Question	Reply	Components
1.	Hi	Hi Ben.	Greeting
2.	Do you still remember about the river I told you before?	Are you talking about Sg Rinda?	Introduction
3.	After two weeks, the condition has worsened. We have reported to the authorities, unfortunately no action was taken. The villagers are complaining as it makes the surrounding dirty and smelly.	I'm really sorry to hear that the situation with the river has worsened. It's frustrating when the authorities don't take action as the community is affected.	Expressing sympathy
4.	What should I do?	I suggest organising a community meeting to discuss the issue and brainstorm solutions.	Respond to Content 1
5.		Then, start a clean-up by gathering volunteers and reaching out to local environmental groups for support.	
6.	When can I start doing it?	You may do it this weekend. You aren't going anywhere, are you?	Respond to Content 2
7.	Who could join me?	Involve anyone affected, such as neighbours and local businesses to join you in these efforts.	Respond to Content 3
8.	Looking forward for your reply.	Let me know what you think. I'm here to support you in any way I can. Take care!	Closure
9.	Your friend, Ben.	Your friend, Hanna	Signing-off

- When responding, remember to add sentence connectors whenever appropriate.
- Use informal language

PRACTICE 1

You received an email from your friend, Lewis about his gaming addiction.

Hi,

I hope you are well. I need your advice about my online game addiction. I realised I'm taking too much time at night to play game. It makes me so sleepy in the morning. I couldn't focus in the class and feel very disappointed. When is a good time to start changing my gaming habits? How can I reduce my game time and still have fun? What tips do you have for keeping a good balance between gaming and other things?

Thank you for your help!

Best,
Lewis

Now, write an email to your friend in about **80 words**.

To: lewis@mail.com

Subject: Tips to Control Video Game Addiction

Hi Lewis,

I am doing well, thank you! I understand your worries about gaming too much. It is good to start changing your habits now. You can try to set a time to stop playing, maybe at 9 p.m. To reduce your game time, you can choose one or two days a week to not play at all. You can also set a timer when you play. That's what I do. I also spend time on reading and play basketball every evening after school.

I hope this helps you!

Regards,

Chee Siang

Guided Writing

TIPS AND TECHNIQUES

1. Read the stimulus and understand it well.
2. Use all the notes given in the stimulus and give reasons for your point of view.
3. Elaborate the ideas with supporting details.
4. Make sure all contents are relevant to the task.
5. Write an essay of four to five paragraphs consisting of introduction, body and conclusion.
6. Use a range of vocabulary and various sentence structures.
7. Check the spelling and grammar of the essay.

Part 2 is a guided writing of 125 to 150 words based on a text stimulus.

MODEL QUESTION AND ANSWER

You **must** answer this question. Write your answer in **125 – 150** words in an appropriate style.

Question 2

Your class has been talking about the use of technology at school. Your teacher has asked you to write an essay about it.

In your **essay**, you should write about:

- challenges of using technology
- the benefits of using technology at school
- how to encourage students to use technology at school

Use **all** the notes above and give reasons for your point of view.

Write your answer in **125 – 150 words** in an appropriate style.

TUTORIAL VIDEO



Structure	Essay	Details
Introduction	<ul style="list-style-type: none"> • In today's world, technology is everywhere. From smartphones to computers, it shapes how we live, work, and learn. In schools, technology has become a vital tool for education, offering new ways to engage students and enhance learning. 	<u>Introduction</u> <ul style="list-style-type: none"> – general idea of technology – technology in school
Body Paragraph 1	<ul style="list-style-type: none"> • Using technology has many challenges. Many students find it hard to focus on their work when they have their phones or computers nearby. They can easily get distracted by games or social media. This can lead to lower grades and less learning. 	<u>Body Paragraph 1</u> <ul style="list-style-type: none"> – challenges (hard to focus, distracted)

Body Paragraph 2	• Despite these challenges, technology offers many benefits. It makes learning more exciting. For example, students can watch videos or use interactive apps to understand difficult topics better. Moreover, technology helps students communicate and work together on projects, even if they are not in the same place.	<u>Body Paragraph 2</u> – benefits (exciting learning, better communication)
Body Paragraph 3	• To encourage students to use technology effectively, schools can offer workshops. These sessions can teach students how to use tools for their studies. Teachers can also set clear rules about using technology in the classroom. For instance, they can allow devices only for specific tasks.	<u>Body Paragraph 3</u> – Ways to encourage (workshop, setting rules)
Conclusion	• In conclusion, while technology has challenges, it also provides many benefits in education. By teaching students to use it wisely, we can help them succeed. With the right approach, technology can be a powerful tool for learning.	<u>Conclusion</u> – Summarise the ideas

Comments and Answer

Introduction

- General idea of technology
- Technology at school

Body

- Challenges (hard to focus, distracted by social media & games)
- Benefits (fun , exciting, better communication)
- Ways to encourage (workshops, using technology device at certain times and conditions)

Conclusion

- Summarise the challenges and benefits of technology
- Technology is a powerful tool

Extended Writing

Guidelines:

1. There are three questions in this part.
2. Choose **one** question that you are confident to write.
3. Underline the genre and key information.
4. Brainstorm ideas and list down points.
5. Write the essay in a logical order and suitable paragraphs (introduction, body and conclusion).
6. Write your answer in **200 to 250** words in the appropriate style of the question chosen.

(i) Report

TIPS AND TECHNIQUES

1. Read the question carefully and underline the key information that you need to include.
2. Identify whether the report is to describe, inform, discuss, suggest or recommend.
3. Plan the essay by writing a brief outline for the report. Include all the points given in the stimulus.
4. Write the report in paragraphs.
5. Write to whom the report is for, the writer's name and the title of the report.
6. Use subheadings for the paragraph if necessary, to show clarity when organising ideas. Headings should be specific and describe what the paragraph is about.
7. In the introduction, clearly state the purpose of writing the report.
8. In the main body paragraphs, write things related to the tasks and support your points with reasons, explanations, facts, statistics, or descriptions.
9. End the report with a suitable conclusion or give recommendations.
10. Use formal tone and some passive structures.
11. Avoid using contractions, phrasal verbs, proverbs, idioms and casual language.
12. Present the information in a clear, precise and organised manner.

MODEL QUESTION AND ANSWER

Write your answer in **200 to 250** words in an appropriate style in this question paper.

Recently, many students have expressed that the English classes have become uninteresting. Your English teacher has asked you to recommend various types of media that could help make learning English more engaging and effective for students. In your report, you must:

- describe the media and explain how they can aid in learning English.
- discuss how they can be used in the classroom to enhance learning
- provide recommendation on the best media to be used in English classroom

Write your **report**.

Structure**Essay****Details**

Teacher's name

To: Mr. Ong Boon Heng

Include teacher's title if necessary

Writer's name

From: Rizal Mansor

Title of report

Subject: Report on the Media for English Language Learning

Make sure it is appropriate

Subheading 1

Introduction

This report aims to describe and recommend various types of media to make learning English more engaging and effective for students.

State the aim/purpose of the report

Subheading 2

Media That Can Aid in Learning English

1st Content Paragraph

Print media such as books are no longer the sole medium for language learning. Broadcast media, including television and radio, now offer a variety of interesting programs for language learners. Television channels provide access to authentic content like documentaries, news, TV series, and movies. These programmes expose students to real-life language usage and add an enjoyable element to their studies. Additionally, the internet is one of the largest sources of media for learning English. It provides limitless and interactive resources for students.

Use formal style of writing.

Give relevant information and elaborate on the points.

Use suitable cohesive devices

Subheading 3

Classroom Usage

2nd content paragraph

In the classroom, teachers can use broadcast media to enhance learning by incorporating relevant TV shows or radio programs into lessons. For example, watching a news segment can improve listening skills and introduce new vocabulary. Discussions and activities based on these programs can make learning interactive and engaging.

Give relevant information and elaborate on the points.

Listening

PART 1

 TUTORIAL
VIDEO


P+ LISTENING

Question 1 to 7

You will hear people talking in seven different situations. For questions 1 to 7, choose the correct answer (A, B, or C).

You will hear each recording **twice**. Answer all the questions.

TRACK 21



1. How does the boy compensate for the broken flower pot?
 - A Telling his parents what had happened.
 - B Scolding his little brother.
 - ☒ C Do chores for Mrs. Hana.
2. We know that the vacuum cleaner...
 - A is weightless.
 - ☒ B has no electrical cables.
 - C comes with unlimited filters.
3. What does the woman want to do now?
 - A Complain to the manager.
 - ☒ B Write a letter of resignation.
 - C Send a letter to the human resource.
4. When will the woman see the dentist?
 - ☒ A 20th
 - B 21st
 - C 22nd
5. The boys were in a fight...
 - A with a teacher.
 - B for liking the same girl.
 - ☒ C because a wallet went missing.
6. What do passengers of Air Suria 4323 need to do?
 - ☒ A Go to Gate 17.
 - B Wait at Gate 21.
 - C Board the plane at 9.45 a.m.
7. The woman is...
 - ☒ A upset.
 - B disheartened.
 - C disappointed.

SPM MODEL TEST

PAPER 1 READING 1 HOUR 30 MINUTES

PART 1

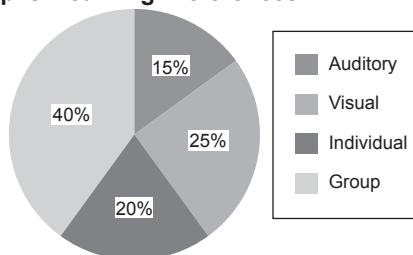
Questions 1 to 8

Read the text carefully in each question. Choose the best answer **A**, **B** or **C**.

It's generally safe for most people to eat one to two bananas daily, though they are high in carbohydrates. To maintain stable energy levels, it's wise to pair them with protein or fat. Individuals with chronic kidney disease should limit their banana intake due to their high potassium content, which can lead to health issues like hyperkalemia and heart problems if consumed excessively. Overall, bananas should be enjoyed in moderation, like any other nutritious food, as part of a balanced diet.

1. Based on the extract above, which statement is correct?
- A** Bananas are the only source of carbohydrates we could consume.
 - B** It is advised to consume bananas moderately.
 - C** Bananas should be eaten every day.

Pupils' Learning Preferences



2. Based on the pie chart above, we can say that
- A** the least number of pupils love to study on their own.
 - B** majority of the pupils prefer to study in group.
 - C** most pupils prefer to study by using visual.

Prateek : Hey Jay, how are you? It's been such a long time.

Jay : I am doing good. Yes, four long years after college. I got your contact number from Piyush. You remember him, right?

Prateek : Yes, yes, I do remember him. Wasn't he the one who topped our engineering batch last year?

Jay : Yes, that's him! He's in Boston working for a big MNC now.

Prateek : Wow! Good for him.

Jay : Well, I called you up because I'm planning to organise a reunion of our batch and wanted to know if you could make it.

Prateek : Really? Yes, I would love to attend the reunion. Just let me know the time and venue.

Jay : Okay. Sure.

3. From the conversation above, we know that
- A** Prateek, Jay and Piyush took the same course in their college.
 - B** Prateek and Jay invited Piyush for a reunion.
 - C** Prateek and Jay are best friends.

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- Affordable prices and special offers!

4. From the poster above, we know that
- the orders should be done online or through apps.
 - the delivery covers all areas in Kedah.
 - cash on Delivery is available

"Hello everyone! Please silent your cell phones during class. Let's minimiSe distractions and focus on our lesson for today. Thank you for your cooperation!"

5. The above announcement is to
- apologise
 - remind
 - warn

Today's weather forecast predicts clear skies throughout the day with temperatures reaching a high of 28 degrees Celsius. There's a gentle breeze from the northwest at 10 kilometres per hour, making it a comfortable day for outdoor activities. As the evening approaches, the temperature will cool down to around 20 degrees Celsius under partly cloudy skies. No precipitation is expected, so enjoy the pleasant weather ahead!

6. Based on the weather forecast above, which of the following is incorrect?
- Residents should be careful as it's going to be thunderstorm in the evening.
 - Residents are free to do any activities outside as the weather is nice.
 - There would not be any rainfall on the day.

Hi Sara!

I feel terrible for forgetting your birthday. I'm so sorry—I completely **dropped the ball** on this one. Please forgive me. I'd love to make it up to you and celebrate properly. Let's plan something special soon. Again, I apologise sincerely.

Mark

7. The phrase 'dropped the ball' means
- Mark will prepare a birthday present to Sara
 - Mark had committed a mistake
 - Mark really apologised Sara

"Reflecting on the lessons learned this year and feeling optimistic about what's to come. #NewBeginnings"

Nara3310

8. From the extract above, we know that
- Nara3310 is regret on the things happened to her.
 - Nara3310 couldn't wait to try new things.
 - Nara3310 is a positive person.

ANSWERS

UNIT 1

READING

1. B
2. C
3. F
4. A
5. conflicts
6. interactions
7. mend
8. understanding

GRAMMAR (LANGUAGE AWARENESS)

A

1. reduces
2. criticize
3. is taking
4. takes
5. falls
6. is cooking
7. am going
8. loves
9. seems
10. are looking

B

1. who
2. whose
3. which
4. where
5. that
6. why

LISTENING

A

1. C
2. C
3. B
4. A

B

1. A
2. D
3. E
4. C
5. F

SPEAKING

Student's own answer

WRITING

A

1. Maria
2. Asking for advice
3. Giving advice on how to make friends and talk to them
4. Friends
5. Informal

B

Hi Maria,

I'm glad to hear you're doing well! I'm sorry school has been tough. Here are a few tips to make friends.

Start by smiling and starting conversations—it can make a big difference. Also, joining clubs that match your interests is a great way to meet people.

When talking to others, ask about their school, hobbies, and daily life, and listen actively to show interest.

I hope this helps! Let me know if you need more advice.

Take care,
Farah

(76 words)