

QUESTION BANK 2

READING

PART 2 • Multiple-Choice Cloze

PRACTICE 1

Questions 1 to 10 are based on the following passage.

Read the text below and choose the **best** word for each space. For each question, mark the correct letter **A, B, C** or **D** on your answer sheet.

TIPS FOR GOOD MENTAL HEALTH

A good mental health means the (0) wellbeing of the mind that you can cope with life challenges, have a good (1) _____ with people and function well in what you do daily. You feel good emotionally and can deal well with stress, anger, happiness and compassion. You might also have motivations to achieve (2) _____ in life.

Having serious mood swings, anxiety disorders or depression (3) _____ your mental wellbeing which can disrupt the normal routine in your life as well as may influence the lives of people surrounding you. Hence, it is important to build good mental health

One of the tips for good mental health is to (4) _____ strong relationships with other people around you especially family members and friends. It is also important to have good relationships with neighbours, classmates and members of (5) _____ community. They will involve spending some energy and also your precious time but you may gain some benefits later on.

It is said that a healthy body (6) _____ to a healthy mind. Thus, a healthy diet is necessary as well as exercising. Doing exercises has always been emphasised as a way to stay physically fit. (7) _____ it can be beneficial to mental health and also may reduce symptoms of depression and anxiety.

If you have problems to feel happy or difficult to get through daily life, you should try to talk to someone you can trust and share your problems. You can (8) _____ help from a counselor or your doctor.

In a nutshell, taking care of your mental health is as (9) _____ as maintaining your physical health. A healthy mind will lead to emotional, psychological and social well-being (10) _____ can have an impact on the way you think, feel and act. The wellbeing of your mental health enables you to face all obstacles you face in life.

(Adapted from: <https://www.healthdirect.gov.au/good-mental-health>)

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|-------------------------|----------------------|-----------------------|----------------------|
| 0. A wellbeing | B ideal | C shape | D healthy |
| 1. A link | B partnership | C relationship | D cooperation |
| 2. A wishes | B points | C ideas | D goals |
| 3. A effects | B benefits | C affects | D provides |
| 4. A foster | B gather | C gain | D tie |
| 5. A our | B the | C an | D their |
| 6. A leading | B led | C leads | D lead |
| 7. A even though | B because | C so | D hence |
| 8. A seek | B observe | C heed | D favour |
| 9. A good | B crucial | C trivial | D basic |
| 10. A which | B upon | C although | D if |

PRACTICE

Questions 1 – 10 are based on the following passage.

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

Hibiscus

The hibiscus may not be as (0) popular as roses, orchids or even the caladium plants but this plant is usually found (1) _____ in many parts of the world. It grows well in tropical countries such as India, China, Sudan, Malaysia and Taiwan which are known to (2) _____ blossoms in bright, striking colours. In some countries, the hibiscus is also called roselle, Rose Mallow or Rose of Sharon.

There are more than 300 species of the hibiscus. This hardy plant (3) _____ in full sun or partial shade. The hibiscus flowers do not (4) _____ for more than one day, but the plant has a long flowering season. The flowers are also found in a variety of colours. The common ones are white, red, pink, yellow and orange. Some types of the hibiscus plants can bloom into very large flowers, (5) _____ to almost 30 centimetres in diameter.

The hibiscus or locally known as the *Bunga Raya* in Malay is the national flower of Malaysia. The red colour (6) _____ the courage, life, and rapid growth of the people in the country. Besides the colour, each of the five petals (7) _____ the five National Principles of Malaysia. The flower is also a permanent feature that can be seen (8) _____ the notes and coins of the Malaysian ringgit.

People who practise in Ayurveda believe that hibiscus is a multipurpose plant with medicinal value, considered to be beneficial for good health. Some others said that each colour of a hibiscus has a unique (9) _____. For example, the red hibiscus may represent both love and passion whereas pink hibiscus flowers represent love and care. The yellow colour is always bright and thus, hibiscus flowers in yellow are the symbol of positivity, joy and cheer.

(10) _____, whatever their colours or benefits are, more people should be encouraged

to plant hibiscus. When in blooms, the attractive flowers can be exquisite as decorative plants in gardens, porches or even indoor space.

(Adapted from: <https://houseplantcentral.com/language-of-flowers/hibiscus-flower-meaning>)
b) <https://www.gardeningknowhow.com/ornamental/flowers/hibiscus/how-to-care-for-hibiscus-plants.htm>)

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|-----------------------|-----------------------|---------------------|----------------------|
| 0. A popular | B love | C exciting | D common |
| 1. A rising | B lying | C growing | D cropping |
| 2. A produce | B provide | C create | D generate |
| 3. A thrive | B thrives | C thriving | D thriven |
| 4. A last | B endure | C linger | D prosper |
| 5. A arriving | B achieving | C moving | D reaching |
| 6. A shows | B stresses | C implies | D symbolises |
| 7. A gives | B allocates | C represents | D deals |
| 8. A at | B on | C in | D over |
| 9. A meaning | B purpose | C presence | D rule |
| 10. A Whatever | B Nevertheless | C Likewise | D In spite of |

PRACTICE 3

Questions 1 – 10 are based on the following passage.

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

The Koala

The koala is a tree-climbing animal often mistakenly (0) called the koala “bear”. It resembles a small bear but it is more related to a kangaroo because they are marsupials, a mammal with a pouch for the development of (1) offspring. The only member of the family Phascolarctidae, the koala is very much different (2) any other marsupial as its pouch opens rearward. After giving birth, the underdeveloped young called joey will live in the pouch for up to six weeks. The joey will then (3) from the pouch and cling to the mother’s back until it is nearly a year old.

As a native of Australia, the koala is (4) as one of the national symbols of the unique wildlife of the continent. The animal looks so (5) and cute that it has become an appealing attraction at wildlife parks and zoos. It is also (6) in advertisements, games, soft toys as well as souvenirs.

Eucalyptus trees are important for both habitat and food of the koalas. The trees can be found growing in (7) on bushlands and forests found in the southeast and eastern sides of Australia and along the coastlines of certain parts of Australia. (8) koalas

are usually seen wedged in the high branches of the trees where they choose to eat leaves containing more liquid and nutrients.

Koalas have been listed as one of the animals (9) _____ to climate change. In addition, their number is also decreasing due to habitat loss caused by deforestation as well as at risk of disease like chlamydia and being victims of owls, dingoes and dogs. Nevertheless, (10) _____ effort has been made to protect the animals from becoming extinct.

Ref: <https://www.wwf.org.au/what-we-do/species/koala>
<https://www.nationalgeographic.com/animals/mammals/facts/koala>

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|--------------------|----------------|----------------|--------------|
| 0. A described | B labelled | C named | Ⓓ called |
| 1. A it's | B their | C it | D its |
| 2. A by | B for | C from | D to |
| 3. A emerge | B reveal | C jump | D climb |
| 4. A associated | B sought | C marked | D considered |
| 5. A fat | B cuddly | C good | D nice |
| 6. A shown | B featured | C taken | D brought |
| 7. A millions | B quantities | C abundance | D mass |
| 8. A That | B This | C Those | D These |
| 9. A unsuitable | B vulnerable | C delicate | D weak |
| 10. A conservation | B conversation | C preservation | D defence |

PRACTICE 4

Questions 1 – 10 are based on the following passage.

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

Pescatarian Diet

Have you ever heard of the word pescatarian? The term was (0) **coined** in the early 1990s and is a (1) _____ of the Italian word for fish, "pesce," and the word "vegetarian." Hence, it is also spelled as a 'pescetarian' (2) _____ has the same meaning. A pescatarian is a person who includes fish and seafood to a vegetarian diet. (3) _____, these people eat plant-based food but they also add fish and seafood to their diet in order to get their (4) _____ of protein. Many pescatarians also eat dairy and eggs.

Many people who choose to eat a pescatarian diet are doing it mainly to gain some health benefits. The benefits include a lower (5) _____ in getting obese, heart diseases and diabetes.

A study has found that a woman who has been practising a pescatarian diet may gain weight much **(6)** _____ than a woman who consumes meat. The high amount of saturated fats in meat can be the most probable reason that people choose to cut it from their diet **(7)** _____ eat fish instead. Eating fish especially fatty fish, increases the intake of the omega-3 fatty acid which are **(8)** _____ nutrients in preventing and managing heart diseases. Apart from fish, plant-based food helps to improve blood lipids and lower blood pressure. Moreover, there has been a study that a pescatarian diet may protect people **(9)** _____ colorectal cancers.

Aside from the health benefits, some people opt for the pescatarian diet because of their concern about animal welfare. They are opposed to the practice of killing animals for food. Nevertheless, they think that fish and other seafood do not fall **(10)** _____ the animal category. They believe that fish do not feel pain because they lack a neocortex in the brain, which explains why they have no qualms in adding fish and seafood to their diet.

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|-----------------------|----------------------|----------------------|--------------------|
| 0. (A) coined | B called | C interpreted | D brought |
| 1. A mixture | B combination | C jumble | D blend |
| 2. A which | B and | C whereas | D with |
| 3. A Knowingly | B Ideally | C Randomly | D Basically |
| 4. A provision | B food | C source | D group |
| 5. A problem | B risk | C plan | D chance |
| 6. A more | B worse | C less | D better |
| 7. A so | B and | C but | D yet |
| 8. A wanted | B optional | C essential | D basic |
| 9. A against | B opposite | C around | D about |
| 10. A for | B in | C as | D into |