

SPM MODEL TEST

PAPER 1 READING 1 HOUR 30 MINUTES

Score

/100

PART

1

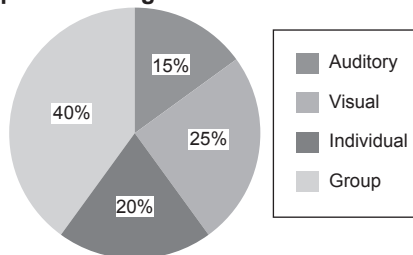
Questions 1 to 8

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.

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

Pupils' Learning Preferences



- 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 groups.
C most pupils prefer to study by using visuals.

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.

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

Hello everyone! Please silence 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
- A apologise.
 - B remind.
 - C 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?
- A Residents should be careful as it's going to be thunderstorm in the evening.
 - B Residents are free to do any activities outside as the weather is nice.
 - C 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
- A Mark will prepare a birthday present for Sara
 - B Mark had committed a mistake
 - C Mark really apologised to Sara

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

Nara3310

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



PART 2

Questions 9 to 18 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 in your answer sheet.

Flood

Flood (0) occurs when water temporarily covers normally dry land. It can (9) _____ due to various reasons like rain, snow, coastal storms, river overflows and dam failures. Floods are hazardous, causing drowning, damage to buildings and roads, power outages and even landslides.

Floodwaters can also (10) _____ waste and contaminate drinking water. Flooding can happen gradually or suddenly, as in flash floods that are swift and forceful. Climate (11) _____ heightens the likelihood of floods, but proactive measures can help us prepare.

Flood can be measured by its height, how much water flows at its peak, the area it covers and the total amount of water moving. These (12) _____ are crucial for planning where to build, designing bridges and dams, and predicting and managing floods. Flood control methods often involve improving water channels, building protective levees and reservoirs, and using soil and forest (13) _____ programmes to slow down and absorb storm runoff.

There are several things you can do before a flood. Learn about the various types of floods that can affect your home and community, such as flash floods, river floods, storm surges and coastal floods. Reach (14) _____ to your local office of emergency management for (15) _____ and understand your home and community's flood risk by visiting the FEMA Flood Map Service Center and searching for your address.

Flash floods can occur suddenly and with great force, often giving little warning. Identify higher ground nearby where you can quickly seek safety, and (16) _____ to relocate before flooding starts. For river floods, understand if your area is susceptible and review your evacuation strategy to leave promptly if (17) _____ by authorities. With storm surges, be ready to evacuate immediately upon local advisement, as they can rapidly elevate water levels and inundate large regions within minutes. (18) _____, for coastal flooding, heed local warnings and move inland ahead of the flood's onset to ensure your safety.

(Adapted from: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/flood.html>)

- | | | | |
|---------------------|-----------------|----------------|----------------|
| 0 A escapes | B occurs | C escapes | D fades |
| 9. A happen | B happens | C happening | D happened |
| 10. A have | B carry | C keep | D transfer |
| 11. A amend | B alter | C change | D adjust |
| 12. A quantities | B capacities | C adjustment | D measurements |
| 13. A management | B maintenance | C conservation | D protection |
| 14. A out | B in | C up | D to |
| 15. A assistance | B guidance | C direction | D supervision |
| 16. A planning | B plans | C plan | D planned |
| 17. A taught | B trained | C coached | D instructed |
| 18. A Then | B Besides | C However | D Similarly |

Questions 19 to 26

You are going to read an extract from an article. For questions **19 – 26**, choose the correct answer (**A, B, C or D**).

My First Chess Tournament

I joined my first chess tournament last month, and it was a memorable experience. Leading up to the event, I practised every day after school. I wanted to improve my skills and understand different strategies. I watched online videos and studied famous games. While I was excited to participate, I also felt a bit nervous. The thought of playing against skilled opponents made me anxious. However, I knew this was a great opportunity to challenge myself and learn.

The tournament was held in a big school gym, beside the library. When I arrived, I saw many players from different schools. Some were younger, and some were older than me. We registered in the classroom near the school hall. There were banners and tables set up for each game. I noticed the intense focus on many players' faces. It made me realise that everyone was there to win. I took a deep breath, trying to shake off my nerves. I wanted to enjoy the experience, no matter the outcome.

When the tournament began, I had to wait for my turn, which felt like forever. I watched other games closely. Some players used clever tactics, and others played aggressively. I learnt a lot just by observing them. I noticed how some players managed their time well, thinking carefully before making a move. This made me reflect on my own time management. I wanted to be patient and strategic, just like them.

Finally, it was my turn to play. I sat across from my opponent, who was friendly and introduced himself. We both smiled and shook hands before starting. As the game began, I felt my heart racing. I tried to focus on the board and remember my practice. I told myself to stay calm and think clearly. It was a challenge, but I was ready to give it my all.

During the game, I made some mistakes that affected my performance. I lost my queen early, which was a big blow. I felt disappointed, but I reminded myself that mistakes are part of learning. Instead of giving up, I worked hard to find a good strategy. I tried to create threats and make my opponent think. Staying positive was crucial for me, even as I faced difficulties.

After the match, I felt proud of what I had accomplished. Playing against a strong opponent taught me so much. I realised that losing is not the end; it's a chance to grow. I thought about the lessons I could take forward. Each game, whether I win or lose, helps me improve. I felt grateful for the experience and the chance to learn from others.

Aiming for the medal and trophy, it was not my luck. At the end of the tournament, I received a certificate for participating. It was a small but meaningful recognition of my effort. I was happy to be part of this event and to meet new friends. We shared tips about chess and discussed our favourite strategies. Connecting with other players made the experience even more enjoyable. I knew that these friendships could last beyond the tournament.

I can't wait to join another tournament in the future. I want to practise more and work on my weaknesses. Chess is not just a game; it teaches valuable lessons about patience, strategy and perseverance. With each tournament, I hope to become a better player. I feel excited about what lies ahead and look forward to more challenges!

- 19.** From paragraph 1, what did the author do before the tournament?
- A** Practised chess every day
 - B** Attended a movie
 - C** Read a book
 - D** Watched TV
- 20.** From paragraph 2, where was the tournament held?
- A** In a library
 - B** School hall
 - C** In a classroom
 - D** In a big school gym
- 21.** From paragraph 3, what did the author observe while waiting for their turn?
- A** Other games and strategies
 - B** People were sleeping
 - C** Food being served
 - D** A basketball game
- 22.** From paragraph 4, how did the author feel when it was finally their turn to play?
- A** Tired and bored
 - B** Excited and calm
 - C** Happy and relaxed
 - D** Nervous and anxious
- 23.** From paragraph 5, what mistake did the author make during the game?
- A** Lost his rook
 - B** Lost his queen
 - C** Forgot the rules
 - D** Moved too slowly
- 24.** From paragraph 6, how did the author feel after the match?
- A** Proud of his effort
 - B** Upset about losing
 - C** Uninterested in chess
 - D** Confused about the game
- 25.** From paragraph 7, what did the author receive at the end of the tournament?
- A** A trophy
 - B** A medal
 - C** A certificate
 - D** A cash prize
- 26.** From paragraph 8, what does the author want to do for the next tournament?
- A** Change to a different game
 - B** Practise more and improve
 - C** Stop playing chess
 - D** Play only for fun

PART 4

Questions 27 to 32 are based on HFMD.

Six sentences have been removed from the article. Choose from the sentences **A** to **H** the one which fits each gap (27 to 32). There are two extra sentences which you do not need to use.

HFMD

Hand, foot and mouth disease (HFMD), a viral infection, is mild yet highly contagious.

27. HFMD tends to be more prevalent during the summer and fall seasons. Symptoms typically resolve on their own within a few days, without requiring specific treatment.

28. When a child with HFMD sneezes or coughs, others can catch the virus from the airborne droplets. It can also spread when a child touches toys or objects that have been contaminated by an infected person. Additionally, HFMD can be contracted through contact with faeces or fluid from blisters. Therefore, children at daycare are particularly susceptible due to frequent diaper changes and ongoing potty-training activities.

Most of the time, HFMD symptoms go better on their own in a week to ten days without the need for medication. Painkillers like ibuprofen or acetaminophen, topical ointments like zinc oxide or petroleum jelly for blisters, cold drinks or frozen fruit popsicles to soothe the throat are usually used to make your child feel better. **29.**

To prevent the spread of HFMD, you can take several steps. **30.** You should also clean and disinfect items like toys and pacifiers with soap and water. Don't forget to wash your child's clothes and bedding.

31. For examples, discouraging finger-sucking and promoting handwashing. If your child has HFMD, keep them home from daycare or school until their fever subsides and any blisters or open wounds are fully healed.

Most of the time, HFMD is a mild condition that heals in a few days to a week. Get in touch with your paediatrician if your child's symptoms worsen, if they have less pee than normal in a day, or if their sore throat makes it difficult for them to swallow liquids. **32.**

(Adapted from: <https://childrenswi.org/newshub/stories/hand-foot-mouth-disease>)

- A** For instance, wash your hands regularly, particularly after diaper changes or using the restroom.
- B** Also, contact your child's doctor if the sores show signs of infection or if the fever persists beyond three days.
- C** It can affect anyone, typically children aged 5 and younger.
- D** HFMD is the most dangerous disease to children.
- E** Most importantly, make sure they drink plenty of fluids to stay hydrated.
- F** Medicine would be prescribed based on the patients' needs.
- G** It's also important to teach good hygiene practices.
- H** HFMD spreads easily through direct contact between people.

PART 5

Questions 33 to 40 are based on the following texts.
Read the texts carefully and answer the questions that follow.

A – Rajesh

Extracurricular activities allow students to showcase their interests, personalities and skills in making contributions, staying committed and managing time effectively. Colleges highly value candidates who show motivation beyond academics, seeking enthusiastic students who take on leadership roles in their communities and schools, knowing these behaviours often continue into college.

B – Mei Lin

A possible solution to get over your shyness is to join a drama club. Get some self-assurance so that you may attend an audition and join the group. For this, resolve in your mind to complete this task at all costs. Consider it your one and only chance, so put in a lot of practice. Get comfortable in front of your loved ones and friends. Up till you get the bravery to take the stage, practise in front of the mirror.

C – Sonia

High school students frequently enrol in foreign language courses. For pupils to develop their language skills, the school usually offers a club for each language it offers. These organisations, which prioritise cultural education, frequently plan field trips or even trips overseas.

D – Bernard

Some schools offer clubs focused on STEM subjects like science, computers, engineering, LEGO-based robotics, coding and video game development. These programmes are ideal for children who like to tinker or use computers and tablets. As more programmes become available online, STEM activities are a practical option to keep kids engaged, especially when transportation is challenging. Platforms such as 'Out School' provide opportunities for parents to enrol their children in enjoyable virtual classes centred on science and technology.

E – Kamal

Children can learn a lot about social and humanitarian issues from service organisations. Regular volunteering among children and teenagers helps them cultivate leadership skills and establish profound personal connections. Community service clubs at individual schools are common, and they often conduct local outreach projects like gathering food pantry supplies or sewing no-sew blankets.

F – Carl

Nature is believed to be the best teacher. It nurtures us holistically and imparts the lesson of survival of the fittest. We have amazing resources from nature, such as biodiversity and natural resources. These things need to be conserved now more than ever. It is our duty to leave this earth in a better state for the coming generation than when we found it. Hence, joining Nature Club seems to be a great way to help preserve nature resources.

Question 33 to 36

Using the information given, which text (A – F) describes the top six popular bucket lists for teenagers.

Statements

Paragraph

- | | |
|--|-------|
| 33. The club enhances your confidence level and reduces shyness. | _____ |
| 34. This outside school project encourages parents' involvement. | _____ |
| 35. The club gives the opportunities for students to go on school trips. | _____ |
| 36. The club emphasises the ethical obligation to leave the planet in a better condition for future generations. | _____ |

Question 37 to 40

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

37. _____ helps teenagers and children to foster leadership skills.
38. Interests, personalities and abilities could be demonstrated by students who joined _____ activities.
39. The programmes under STEM are great for kids who like to _____ with computers and tablets.
40. Start practising drama in front of a _____ and continue until you feel comfortable performing in front of family and friends.

2

(20 marks)

You must answer this question.

Question 2

In your class, you have been talking about depression among students and your teacher has asked you to write an essay about it.

In your **essay**, you should:

- talk about factors contributing to depression among students
- explain ways to cope with depression
- tell the importance of being mentally healthy

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

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

[illegible]

PART 3

(20 marks)

There are three questions in this part. Answer **one** question.

Write your answer in **200 – 250 words** in an appropriate style in the space provided. Put the question number in the box at the top of the answer space.

Question 3

Your class recently joined a school visit to Melaka, a historical city of Malaysia. Your teacher has asked you to write a report on the trip. In your report, you **must**:

- write about the activities held on that day
- tell why you like the visit
- describe how pupils can benefit from school visits.

Write your **report**.

OR**Question 4**

You recently saw a notice posted in the newspaper.

Submission of review is required!

Write a review of a beauty product you bought recently. Say what you like and dislike about the product. Would you recommend it to your friends? Why?

Write your **review**.

OR**Question 5**

Your teacher has asked you to write a story for the school blog. The story must begin with the following sentence:

'Mia looked out of the window. It was dark and quiet. She saw someone lurking in the shadow behind the...'

In your story, you **must**:

- describe the main character
- how the main character resolved a challenging situation

Write your **story**.

ANSWERS

SPM MODEL TEST

PAPER 1

Part 1

1. B 2. B 3. A 4. A 5. B
6. A 7. B 8. C

Part 2

9. A 10. B 11. C 12. D 13. C
14. A 15. B 16. C 17. D 18. D

Part 3

19. A 20. D 21. A 22. D 23. B
24. A 25. C 26. B

Part 4

27. C 28. H 29. E 30. A 31. G
32. B

Part 5

33. B 37. Volunteering
34. D 38. extracurricular
35. C 39. tinker
36. F 40. mirror

PAPER 2

(Suggested Answer)

Part 1

Hi Daniel,

Thanks for reaching out! I'm sorry to hear you missed out on the family day. I hope you're feeling better now.

To stay healthy as advised by your doctor, try eating a balanced diet with plenty of fruits and vegetables. Also, make sure to include regular exercise in your routine. How about a light walk on weekends?

As for my routines, I follow a balanced diet with regular meals and snacks, and I exercise a few times a week. Most importantly, I make sure to have 6 – 8 hours of sleep every day to maintain my energy levels.

Regarding things to avoid, it's generally beneficial to avoid smoking. I also think that you should reduce the time you spend playing online games, especially late at night.

I hope these tips are helpful for you!
Aiden

(133 words)

Part 2

Depression among students is a significant concern in today's educational settings. It is a pressing issue influenced by various factors.

Academic pressures, social expectations and personal challenges like homesickness or relationship issues can contribute significantly. Moreover, the competitive environment and fear of failure increase their stress levels, leading to emotional distress and depression.

To cope with depression, students can adopt several strategies. Seeking professional help from counsellors or therapists provides essential support. Engaging in regular physical activity, meditation and maintaining a healthy lifestyle can also alleviate symptoms. Building a strong support network of friends and family fosters a sense of belonging and reduces isolation.

Being mentally healthy is crucial for academic success and overall well-being. It does not only increase academic performance but also promotes positive relationships. Students who prioritise mental health are better equipped to manage stress effectively and achieve their potential in both academic and personal pursuits.

To sum up, treating depression requires understanding its fundamental causes, using useful strategies and appreciating mental health as a necessary component of a happy life.

(174 words)

Part 3

Question 3

Report on School Visit to Melaka

On 20th May 2025, 5 Neptune from Sekolah Aman Jaya embarked on an enriching educational visit to Melaka, Malaysia's historical city. This report outlines the activities of the day, highlights the reasons for enjoying the visit and discusses the benefits of such excursions for students.

Activities Held on That Day

Our day in Melaka was packed with activities that brought history and culture to life. We began with a guided tour of A Famosa, exploring the remnants of the Portuguese fortress and learning about its significance in Malaysian history. The visit to St. Paul's Hill provided breathtaking views and insights into the colonial era.

Afterwards, we visited the vibrant Jonker Street, where we immersed ourselves in the local culture, sampled traditional snacks and explored unique shops selling antiques and handicrafts. The day concluded with a boat

ride along the Melaka River, offering a scenic perspective of the city's historical landmarks and architectural marvels.

Why I Liked the Visit

Personally, I found the visit to Melaka captivating due to its rich historical heritage and vibrant atmosphere. Walking through centuries-old buildings and hearing stories from our guide brought history out of textbooks and into vivid reality. The blend of cultural experiences, from tasting local delicacies to interacting with residents, made the trip both educational and enjoyable.

Benefits of School Visits for Pupils

School visits like the one to Melaka offer numerous benefits for students. Firstly, they provide hands-on learning experiences that complement classroom teachings, making abstract concepts tangible and memorable. By witnessing historical sites firsthand, students deepen their understanding of cultural diversity and historical contexts.

Moreover, such trips foster personal growth by encouraging independence, social interaction and adaptability in unfamiliar environments. They also cultivate a sense of appreciation for heritage and instil a lifelong love for learning beyond academic settings.

In conclusion, our visit to Melaka was a memorable educational journey that enhanced our understanding of Malaysian history and culture. Such school visits not only enrich academic learning but also contribute significantly to students' personal and social development.

(336 words)

Question 4

Pure Radiance Vitamin C Serum

I recently tried the "Pure Radiance Vitamin C Serum" from Dermaluxe, and it's been an intriguing experience with some highs and lows.

One of the first things I appreciated was the serum's lightweight, gel-like texture. It absorbs quickly into the skin without leaving a greasy or sticky residue, which is perfect for layering under other products or makeup. The serum has a pleasant, mild citrus scent that is refreshing and not overwhelming. After using it in my morning routine for a few weeks, I noticed a subtle but noticeable improvement in my skin's brightness and overall glow. My complexion appears more even, and I've received a few compliments on how radiant my skin looks.

However, there are a few downsides to consider. While the serum brightens the skin, the effects on reducing fine lines or hyperpigmentation have been minimal. Additionally, the price is quite high for the quantity of product provided. This can feel like a bit of a waste, especially if you're not experiencing significant results.

Despite these drawbacks, I would recommend the Pure Radiance Vitamin C Serum to friends who enjoy

trying premium skincare products and are looking for a product that provides an immediate glow. If you're seeking a budget-friendly option or more significant long-term results, you might want to explore other alternatives. For those who love a touch of luxury and are willing to invest a bit more, this serum is a delightful addition to a skincare routine.

(242 words)

Question 5

Title: Shadows in the Night

Mia looked out of the window. It was dark and quiet. She saw someone lurking in the shadows behind the old, abandoned factory.

Mia was a curious teenager with a passion for adventure and a keen eye for detail. One evening, while helping her father at his auto repair shop near the old factory, Mia glanced out of the window and noticed a mysterious figure lurking in the shadows. Intrigued and a bit apprehensive, Mia decided to investigate.

Leaving her father with a promise to return soon, Mia quietly slipped out of the shop and made her way towards the looming silhouette of the abandoned factory. As she approached, she saw the figure move deeper into the darkness, seemingly trying to avoid detection.

Drawing closer, Mia recognised the figure as Mr Ramirez, the town's retired carpenter who lived alone in a small house nearby. Mr Ramirez had always been known for his quiet nature and skilled craftsmanship, but lately, rumours had circulated about his struggle with financial difficulties since his retirement.

Instead of confronting him directly, Mia approached Mr. Ramirez with kindness and concern. She gently asked if everything was all right and offered her help. Relieved to have someone to talk to, Mr Ramirez explained that he had been trying to salvage some old wood from the factory to sell for extra income, but the task had become more challenging than he had anticipated.

Moved by his troubles, Mia suggested they work together to collect the salvageable wood and find buyers who might appreciate the vintage quality of the materials. With Mia's youthful energy and Mr Ramirez's expertise, they soon managed to gather a substantial amount of wood.

As they sorted through the wood, Mia also helped Mr Ramirez create an online listing to attract potential buyers. Within a few weeks, they successfully sold most of the salvaged wood to local artisans and collectors, bringing much-needed financial relief to Mr Ramirez.

Through this experience, Mia learnt the importance of empathy and lending a helping hand to those in need.

(338 words)