

Name: ..... ( )

Class: 4 AGAPE

## PRESBYTERIAN HIGH SCHOOL



**ENGLISH LANGUAGE**

**1195/02**

**PAPER 2**

23 JULY 2021

FRIDAY

1 hour 20 minutes

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### 2021 SECONDARY FOUR NORMAL (TECHNICAL) PRELIMINARY EXAMINATION

## QUESTION BOOKLET

#### INSTRUCTIONS TO CANDIDATES:

Write your name, register number and class at the top of the cover page.

Write in dark blue or black pen.

Do not use staples, paper clips, highlighters, glue or correction fluid.

Answer all questions.

Write your answers in the spaces provided in this Question Booklet.

The Insert contains the information for Part 6: Comprehension II.

The number of marks is given in square brackets [ ] at the end of each question or part question.

For Examiner's Use	
A	40
B	40
Total	80

Setter: Mrs Foo-Tang Geok Huey & Mdm Eu Siew Mun

Vetter: Mrs Ho-Yeo Siok Wan

This question paper consists of **12** printed pages (including this cover page) and **0** blank pages.

## Section A: Language Use (40 marks)

### Part 1: Editing (10 marks)

#### Questions 1 – 10

Read the following passage carefully. It contains ten language errors. Each of these errors is underlined with a number beside it.

Write the correction of each error in the numbered column on the right. Either write the correct word or write the word 'delete' if you want to delete the word.

Examples:

I was please when he let me ride his bicycle.

pleased

She told me to the date of her party.

delete

#### Column for Corrections

Teenage years are one of the most exciting yet confusing stages in a person's life. You are no longer a child, yet not quite **(1)** a adult. You are **(2)** on a time of exploration, trying to find out your preferences, one of which **(3)** was your pastime. Some pastimes have no moral implications. For example, "Shall we **(4)** ourselves play basketball or soccer?". However, there are other choices that need to **(5)** being made based on **(6)** their values and convictions in life, such as attending a party where there will be alcohols or drugs **(7)** free given out, lying to your parents **(8)** and even skipping school to watch a movie with **(9)** many friends. How do you respond? Wanting to feel part of a group may force you to do things **(10)** with your better judgement. However it is all right to say no to anything that causes harm to you or others.

**1** .....

**2** .....

**3** .....

**4** .....

**5** .....

**6** .....

**7** .....

**8** .....

**9** .....

**10** .....

...

[10]

## Part 2: Language in Spoken Context (10 marks)

### Questions 11 – 20

Complete the conversation between Jane, a customer, and a salesman. Put the correct letter **A – O** in the space next to the question number. You will not need to use all of the options provided. **DO NOT USE ANY OF THE OPTIONS MORE THAN ONCE.**

Salesman: Hello! How can I help you?

Jane: **11** .....

A Can my personal trainer offer advice on my diet as well?

Salesman: It's \$35 per month. If you choose to pay annually, you'll need to pay only \$350.

Jane: **12** .....

B I'd like to wait.

Salesman: We open at 5 a.m. and close at midnight.

Jane: **13** .....

C Alright. Thank you!

Salesman: Sure we do. Have you worked with a personal trainer before?

Jane: **14** .....

D That sounds good. What are your opening hours?

Salesman: For your first classes we'll assign you one of our expert personal trainers.

Jane: **15** .....

E Wow! I would like to have that.

Salesman: Yes, nutritional advice is included in the plan.

Jane: **16** .....

F Can you tell me where the toilet is?

Salesman: Yes, it is.

Jane: **17** .....

G I'll sign up for a month.

Salesman: If you want to continue with your trainer after the first few classes, it will cost extra.

Jane: **18** .....

H Will there be any extra cost other than the membership fee?

Salesman: Which plan would you like to sign up for?

Jane: **19** .....

I Can you please tell me how much the membership fee at this gym is?

Salesman: Great, please fill out this application form.

Jane: **20** .....

J No, I do not want one.

K I see. Okay. I'd like to apply for a gym membership.

L That's a very good deal.

M Do you have any personal trainers?

N I'm not sure about that.

O No, I haven't.

**Part 3: Modified Cloze I (10 marks)****Questions 21 – 30**

Read the passage below very carefully and then fill in each blank with the most suitable word from the list of options provided. You will not need to use all of the words provided. DO NOT USE ANY OF THE OPTIONS MORE THAN ONCE.

cold	popular	rivers	sipping	rewards
architecture	munching	break	escape	covered
retain	tradition	walking	legend	muddy

To **(21)** ..... from the heat and humidity in Peninsular Malaysia, you have to head to the hills. Around 150km north of capital city Kuala Lumpur are the Cameron Highlands, a patchwork of valleys, misty peaks, and tea plantations. Named after Sir William Cameron, a British colonial officer, the highlands **(22)** .....all the hallmarks of the 19<sup>th</sup> century British Empire. Tea farms covered the hills, English-style **(23)** ..... is all around, and here, deep in Southeast Asia, there's an enduring **(24)** ..... of afternoon teas.

Much as the British did in the 19<sup>th</sup> century, modern Malaysians come to take a **(25)** ..... from the warm and humid cities. For visitors, one of the classic experiences is **(26)** .....a cup of tea outdoors while gazing across the fresh, green hills.

From the outskirts of the tea plantations, **(27)** ..... paths spider across the hills and into the forest. Many involve a steep, **(28)** .....walk through thick shrubs and bushes, but **(29)** ..... include spotting rainforest flora such as orchids and pitcher plants. The second-highest peak, Gunung Brinchang, is one of the most **(30)** .....hiking destinations because of its amazing views, often draped in mist.

**Part 4: Modified Cloze II (10 marks)****Questions 31 – 40**

Read the passage below very carefully and then fill in each blank with the word that best suits the meaning of the passage as a whole. Use ONE WORD ONLY for each blank.

Susan had taken care of the chimpanzee since it was a baby. She named it Amy and looked after it **(31)**..... though it was her own child. Amy wore clothes and was spoken to like a human. Amy's natural mother was killed by a hunter **(32)**..... fortunately, it was rescued by scientists. Susan was assisting one **(33)**..... the scientists when she learnt that the chimpanzee needed a permanent caregiver. She jumped at the chance. Susan thought that Amy **(34)**.....fill the void in her life. Susan and her husband, Peter, had been trying **(35)**..... a child for years. The couple welcomed Amy into their lives. The three of them were inseparable.

One day, Amy sensed that something was wrong. Its surrogate parents appeared distracted and ignored all cries **(36)**.....attention. Susan was pregnant. She was afraid that Amy would harm her unborn baby.

Shortly afterwards, Susan and Peter took Amy to the forest, its favourite 'playground'. After distracting Amy **(37)**..... a ball and some food, the couple ran off, leaving Amy behind. Amy was left to fend for **(38)**.....in the forest. Although Amy was not a stranger to the forest, it had never been left there on **(39)** ..... own before. The strange sounds in the night frightened it and it huddled **(40)**..... the bushes feeling cold and hungry.

A few days later, Amy was shot by a hunter, just like its mother had been.

**Section B: Reading Comprehension [40 marks]****Part 5: Comprehension I (10 marks)****Questions 41 – 50**

A magazine has made a list of the ten most popular flower names for girls for the three years 2018-2020, from 1 (most popular) to 10 (least popular).

The results are shown in the table below.

	<b>2018</b>	<b>2019</b>	<b>2020</b>
1	Poppy	Jasmine	Willow
2	Willow	Willow	Poppy
3	Jasmine	Daisy	Lavender
4	Flora	Violet	Flora
5	Lily	Lily	Lily
6	Begonia	Poppy	Jasmine
7	Violet	Lavender	Calla
8	Chrysanthemum	Flora	Violet
9	Orchid	Rose	Rose
10	Rose	Orchid	Begonia

Now read each of the statements on page 7. Put a tick in the appropriate column to indicate whether the statement is true or false. Put a tick in the last column if there is no evidence in the table for this statement.

- 41** Position 3 show different names for each of the years from 2018 to 2020.
- 42** Parents choose their daughters' names according to what is popular.
- 43** The only name less popular in 2020 than in 2018 is Violet.
- 44** Begonia was one of the ten most popular names only in 2020.
- 45** Over the three years, the name Flora dip in its popularity once.
- 46** The name Lily did not increase in popularity over three years.
- 47** Willow looks set to become a name that parents will give to their daughters for future years.
- 48** The name Calla was popular for one year.
- 49** The name Chrysanthemum was popular in 2018 and the subsequent years.
- 50** The name Rose became more and more popular over the three years.

TRUE	FALSE	NOT STATED

All the questions in Part 6 are based on the information given in the **Insert**. Write your answers in the Question Booklet.

**For Questions 51 – 53, read the information under the sub-heading ‘Health benefits of yoga’.**

**51** Name **four** benefits of yoga.

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[2]

**52** Give **two** reasons why a person should stop taking blood pressure medication even if the person is practising yoga.

i)

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ii)

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[2]

**53** For each item below, find a word from the text that matches the meaning given.

	Meaning	Word from text
(i)	gather together	
(ii)	short	
(iii)	sufficiently important	
(iv)	made known to others	
(v)	officially announced	
(vi)	extreme tiredness	

[6]



**For Questions 54 and 55, read the information under the sub-heading ‘What some people say about yoga’.**

- 54** Choose the comment which best summarises what each person says about yoga. Write the correct letter **A – E** next to the name of each person. You will not need to use all of the options provided.

**Comments**

- A** Yoga helped me with my boredom.
- B** With yoga, my quality of life has improved.
- C** Yoga is wonderful in improving my health problems.
- D** Because of yoga, my attention span has improved.
- E** I have less conflicts with my family and friends because of yoga.

- (i)** Mr John Tan                      .....
- (ii)** Miss Jaya Ahmad            .....
- (iii)** Mr Lee KT                    .....

- 55** Choose the answer which is closest to the meaning of each of the following words as it is used in the text. Put a tick in the appropriate box.

**(i) respite**

	relax
	break
	interval

**(ii) mundane**

	dull
	tiresome
	exciting

**(iii) friction**

	resistance
	rubbing
	tension

**(iv) restless**

	tense
	fidgety
	impatient

**(v) inhibited**

	stopped
	restricted
	distracted

**For Question 56 & 57, read the information on 'Interesting facts about yoga'.**

- 56** Decide if each of the statements below is True, False or Not Stated and place a tick in the appropriate column.

		<b>T</b>	<b>F</b>	<b>NS</b>
<b>(i)</b>	21 July 2014 is the day that the practice of yoga started.			
<b>(ii)</b>	"Doga" will help you to be patient with your dog.			
<b>(iii)</b>	In "Doga", the dogs will not practice yoga with their owners.			
<b>(iv)</b>	The oldest yoga teacher is Gladys Morris.			
<b>(v)</b>	Although yoga is beneficial to your health, it can be detrimental as well.			
<b>(vi)</b>	You might faint in hot yoga.			
<b>(vii)</b>	Hot yoga is the latest trend in yoga.			

[7]

- 57** From the information given in the Insert, match each of the descriptions **A – E** below to each of the interesting fact about yoga. Write the correct letter **A – E** next to the fact.

**Descriptions**

- A** Yoga can benefit or harm your health.
- B** Severe perspiration is common in this yoga.
- C** Age is not a concern when teaching or learning yoga.
- D** Yoga and animal can work together for the benefit of our health.
- E** It is a recognition of the physical, mental and spiritual appeal of yoga.

**Interesting facts about yoga**

- (i)** International Day of Yoga .....
- (ii)** Yoga for dogs .....
- (iii)** The oldest teacher of yoga .....
- (iv)** Yoga can cause injuries .....
- (v)** Hot yoga .....

[5]

**END OF PAPER**

Name: ..... ( )

Class: 4 AGAPE

**PRESBYTERIAN HIGH SCHOOL****ENGLISH LANGUAGE****1195/02****PAPER 2****23 JULY 2021****FRIDAY****1 hour 20 minutes**

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**2021 SECONDARY FOUR NORMAL (TECHNICAL)  
PRELIMINARY EXAMINATION****INSERT****INSERT****INSTRUCTIONS TO CANDIDATES:**

This Insert contains the information for Part 6: Comprehension II.

Setters: Mrs Foo-Tang Geok Huey & Mdm Eu Siew Mun

Vetter: Mrs Ho-Yeo Siok Wan

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This insert consists of **4** printed pages (including this cover page) and **0** blank pages.

**Section B: Reading Comprehension****Part 6: Comprehension II**

Here is some information about yoga. For Question 51 – 57, please refer to the information below.

**Health benefits of yoga**

Studies of the benefits of yoga are only beginning to accumulate and so the evidence is not overwhelming or conclusive at this point. Below is a brief review of some of the available yoga research.

**High blood pressure (hypertension):**

Many people believe that practising yoga can help lower blood pressure by teaching breathing techniques and reducing stress. It is true that lifestyle changes like regular physical activity and stress management can help lower and manage blood pressure, but that does not happen in all cases. As for yoga, there has not been enough research to make firm claims. However, there is some indication that yoga can help. In one study, small but significant reductions in blood pressure were shown in just three weeks of daily yoga, and in another study, one hour of daily yoga for 11 weeks revealed that both medication and yoga were effective in controlling hypertension. These results do not mean that you should stop taking your blood pressure medication if you start practising yoga (you should never go off medication without the approval of your doctor). More research needs to be done, but it is fair to say that if yoga helps you manage stress, calm yourself, and gets your muscles toned and strong, then there is at least a chance it can help with blood pressure, too.

**Mood:** After just one yoga class, men reported a decrease in tension, fatigue, and anger after yoga, and women reported fairly similar mood benefits. It is well known that physical activity has a mood elevating effect, and yoga ought to fit right in.



## What some people say about yoga



**Mr John Tan**

This amazing activity has helped me to manage my stress levels and gives me a **respite** from the **mundane** routine of my life. I look forward to my classes as I feel refreshed after every session. I go home and interact better with my family as well as my colleagues at work. I have reduced the **friction** at home and work.

Wow! Someone recommended yoga classes to me at work. I went out of curiosity and it changed my life. I used to be **restless** and easily bored but after yoga classes I am able to focus longer on any task I undertake and this has improved my work performance. The management is happy with the improvement in the projects I have recently completed.








**Miss Jaya Ahmad**



**Mr Lee KT**

I used to have blood pressure problems which **inhibited** me in my daily life. I started practising the breathing techniques taught in the yoga classes and my daily blood pressure started dropping after about two weeks. I could not believe the improvements made.

## Interesting facts about yoga

<p><b><u>International Day of Yoga</u></b></p> <p>21 June was declared as the International Day of Yoga by the United Nations General Assembly on December 11, 2014. It is also known as Yoga Day, World Yoga Day or UN International Yoga Day. Yoga is an ancient practice that may have originated in India. It involves movement, meditation, and breathing techniques to promote mental and physical well-being.</p>	
<p><b><u>Yoga for dogs</u></b></p> <p>“Doga” is yoga for dogs. “Doga” was started by Suzi Teitelman in New York in the year 2002. Owners practice “Doga” to secure a bond of friendship with their dogs. While doing “Doga”, dogs are used as props. What makes “Doga” unique is the practice and benefits that create a harmony and synchronisation of energy flow between the owner and dog.</p>	
<p><b><u>The oldest teacher of yoga</u></b></p> <p>According to the Guinness World Records, the world's oldest yoga teacher is <i>Bette Calman</i> at 85 years old. However, a 90-year-old yoga teacher <i>Gladys Morris</i> is petitioning the Guinness World Records to recognise her as the oldest.</p>	
<p><b><u>Yoga can cause injuries</u></b></p> <p>Yoga can heal your mind, body and soul. It can also alleviate a lot of health issues but it can hurt you as well. Yoga is like a double-edged sword. If it is not practiced correctly, you could injure yourself. But if you can find a good teacher and exercise caution, you should be fine.</p>	
<p><b><u>Hot yoga</u></b></p> <p>Hot yoga is a vigorous form of yoga performed in a very warm and humid studio. There are many different types of hot yoga classes. During a session of hot yoga, the room can be heated to approximately 40°C and has a humidity of 40 percent. Hot yoga is not for everyone. It can be dangerous as it is performed in extreme heat and can affect the blood pressure and heart rate.</p>	



Name: ..... ( )

Class: 4 AGAPE

**PRESBYTERIAN HIGH SCHOOL****ENGLISH LANGUAGE****1195/02****PAPER 2**

23 JULY 2021

FRIDAY

1 hour 20 minutes

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**2021 SECONDARY FOUR NORMAL (TECHNICAL)  
PRELIMINARY EXAMINATION****ANSWER SCHEME**

Setter: Mrs Foo-Tang Geok Huey & Mdm Eu Siew Mun  
Vetter: Mrs Ho-Yeo Siok Wan

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This question paper consists of **12** printed pages (including this cover page) and **0** blank pages.

## Section A: Language Use (40 marks)

### Part 1: Editing (10 marks)

#### Questions 1 – 10

Read the following passage carefully. It contains ten language errors. Each of these errors is underlined with a number beside it.

Write the correction of each error in the numbered column on the right. Either write the correct word or write the word 'delete' if you want to delete the word.

Examples:

I was please when he let me ride his bicycle.

pleased

She told me to the date of her party.

delete

#### Column for Corrections

Teenage years are one of the most exciting yet confusing stages in a person's life. You are no longer a child, yet not quite (1) a adult. You are (2) on a time of exploration, trying to find out your preferences, one of which (3) was your pastime. Some pastimes have no moral implications. For example, "Shall we (4) ourselves play basketball or soccer?". However, there are other choices that need to (5) being made based on (6) their values and convictions in life, such as attending a party where there will be alcohols or drugs (7) free given out, lying to your parents (8) and even skipping school to watch a movie with (9) many friends. How do you respond? Wanting to feel part of a group may force you to do things (10) with your better judgement. However it is all right to say no to anything that causes harm to you or others.

1 .....**an**.....

2 .....**at**.....

3 .....**is**.....

4 .....**delete**.....

5 .....**be**.....

6 .....**your**.....

7 .....**freely**.....

8 .....**or**.....

9 .....**some**.....

10 ...**against**.....

[10]

## Part 2: Language in Spoken Context (10 marks)

### Questions 11 – 20

Complete the conversation between Jane, a customer, and a salesman. Put the correct letter **A – O** in the space next to the question number. You will not need to use all of the options provided. **DO NOT USE ANY OF THE OPTIONS MORE THAN ONCE.**

Salesman: Hello! How can I help you?

Jane: **11 ...I.....**

P Can my personal trainer offer advice on my diet as well?

Salesman: It's \$35 per month. If you choose to pay annually, you'll need to pay only \$350.

Q I'd like to wait.

Jane: **12 ...D.....**

R Alright. Thank you!

Salesman: We open at 5 a.m. and close at midnight.

S That sounds good. What are your opening hours?

Jane: **13 ...M.....**

T Wow! I would like to have that.

Salesman: Sure we do. Have you worked with a personal trainer before?

U Can you tell me where the toilet is?

Jane: **14 ...O.....**

V I'll sign up for a month.

Salesman: For your first classes we'll assign you one of our expert personal trainers.

W Will there be any extra cost other than the membership fee?

Jane: **15 ...A.....**

Salesman: Yes, nutritional advice is included in the plan.

X Can you please tell me how much the membership fee at this gym is?

Jane: **16 ...L.....**

Y No, I do not want one.

Salesman: Yes, it is.

Z I see. Okay. I'd like to apply for a gym membership.

Jane: **17 ...H.....**

Salesman: If you want to continue with your trainer after the first few classes, it will cost extra.

AA That's a very good deal.

Jane: **18 ...K.....**

BB Do you have any personal trainers?

Salesman: Which plan would you like to sign up for?

CC I'm not sure about that.

Jane: **19 ...G.....**

DD No, I haven't.

Salesman: Great, please fill out this application form.

Jane: **20 ...C.....**

**Part 3: Modified Cloze I (10 marks)****Questions 21 – 30**

Read the passage below very carefully and then fill in each blank with the most suitable word from the list of options provided. You will not need to use all of the words provided. DO NOT USE ANY OF THE OPTIONS MORE THAN ONCE.

cold	popular	rivers	sipping	rewards
architecture	munching	break	escape	covered
retain	tradition	walking	legend	muddy

To **(21) ...escape.....** from the heat and humidity in Peninsular Malaysia, you have to head to the hills. Around 150km north of capital city Kuala Lumpur are the Cameron Highlands, a patchwork of valleys, misty peaks, and tea plantations. Named after Sir William Cameron, a British colonial officer, the highlands **(22) ...retain.....** all the hallmarks of the 19<sup>th</sup> century British Empire. Tea farms covered the hills, English-style **(23) ...architecture.....** is all around, and here, deep in Southeast Asia, there's an enduring **(24) ...tradition.....** of afternoon teas.

Much as the British did in the 19<sup>th</sup> century, modern Malaysians come to take a **(25) ...break.....** from the warm and humid cities. For visitors, one of the classic experiences is **(26) ...sipping.....** a cup of tea outdoors while gazing across the fresh, green hills.

From the outskirts of the tea plantations, **(27) ...walking.....** paths spider across the hills and into the forest. Many involve a steep, **(28) ...muddy.....** walk through thick shrubs and bushes, but **(29) ...rewards.....** include spotting rainforest flora such as orchids and pitcher plants. The second-highest peak, Gunung Brinchang, is one of the most **(30) ...popular.....** hiking destinations because of its amazing views, often draped in mist.

**Part 4: Modified Cloze II (10 marks)****Questions 31 – 40**

Read the passage below very carefully and then fill in each blank with the word that best suits the meaning of the passage as a whole. Use ONE WORD ONLY for each blank.

Susan had taken care of the chimpanzee since it was a baby. She named it Amy and looked after it **(31)**.....**as**..... though it was her own child. Amy wore clothes and was spoken to like a human. Amy's natural mother was killed by a hunter **(32)**...**but**..... fortunately, it was rescued by scientists. Susan was assisting one **(33)**.....**of**..... the scientists when she learnt that the chimpanzee needed a permanent caregiver. She jumped at the chance. Susan thought that Amy **(34)**...**could**.....fill the void in her life. Susan and her husband, Peter, had been trying **(35)**.....**for**..... a child for years. The couple welcomed Amy into their lives. The three of them were inseparable.

One day, Amy sensed that something was wrong. Its surrogate parents appeared distracted and ignored all cries **(36)**.....**for**.....attention. Susan was pregnant. She was afraid that Amy would harm her unborn baby.

Shortly afterwards, Susan and Peter took Amy to the forest, its favourite 'playground'. After distracting Amy **(37)**.....**with**..... a ball and some food, the couple ran off, leaving Amy behind. Amy was left to fend for **(38)**.....**itself**.....in the forest. Although Amy was not a stranger to the forest, it had never been left there on **(39)** .....**its**..... own before. The strange sounds in the night frightened it and it huddled **(40)**.....**under**..... the bushes feeling cold and hungry.

A few days later, Amy was shot by a hunter, just like its mother had been.

**Section B: Reading Comprehension [40 marks]****Part 5: Comprehension I (10 marks)****Questions 41 – 50**

A magazine has made a list of the ten most popular flower names for girls for the three years 2018-2020, from 1 (most popular) to 10 (least popular).

The results are shown in the table below.

	<b>2018</b>	<b>2019</b>	<b>2020</b>
1	Poppy	Jasmine	Willow
2	Willow	Willow	Poppy
3	Jasmine	Daisy	Lavender
4	Flora	Violet	Flora
5	Lily	Lily	Lily
6	Begonia	Poppy	Jasmine
7	Violet	Lavender	Calla
8	Chrysanthemum	Flora	Violet
9	Orchid	Rose	Rose
10	Rose	Orchid	Begonia

Now read each of the statements on page 7. Put a tick in the appropriate column to indicate whether the statement is true or false. Put a tick in the last column if there is no evidence in the table for this statement.

	TRUE	FALSE	NOT STATED
51 Position 3 show different names for each of the years from 2018 to 2020.	√		
52 Parents choose their daughters' names according to what is popular.			√
53 The only name less popular in 2020 than in 2018 is Violet.		√	
54 Begonia was one of the ten most popular names only in 2020.		√	
55 Over the three years, the name Flora dip in its popularity once.	√		
56 The name Lily did not increase in popularity over three years.	√		
57 Willow looks set to become a name that parents will give to their daughters for future years.			√
58 The name Calla was popular for one year.	√		
59 The name Chrysanthemum was popular in 2018 and the subsequent years.		√	
60 The name Rose became more and more popular over the three years.		√	

All the questions in Part 6 are based on the information given in the **Insert**. Write your answers in the Question Booklet.

**For Questions 51 – 53, read the information under the sub-heading ‘Health benefits of yoga’.**

**51** Name **four** benefits of yoga.

**Lower blood pressure**

**Manage stress**

**Calm yourself**

**Get your muscles toned**

**Decrease in tension/fatigue/anger**

**2 points – 1 mark**

**3 points – 1 mark**

**4 points – 2 marks**

**52** Give **two** reasons why a person should stop taking blood pressure medication even if the person is practising yoga.

**i) Not enough research to show that yoga improves blood pressure (1m)**

**ii) He needs the doctor’s approval (1m)**

[2]

**53** For each item below, find a word from the text that matches the meaning given.

	Meaning	Word from text
<b>(vii)</b>	gather together	<b>accumulate</b>
<b>(viii)</b>	short	<b>brief</b>
<b>(ix)</b>	sufficiently important	<b>significant</b>
<b>(x)</b>	made known to others	<b>revealed</b>
<b>(xi)</b>	officially announced	<b>reported</b>
<b>(xii)</b>	extreme tiredness	<b>fatigue</b>

[6]



**For Questions 54 and 55, read the information under the sub-heading ‘What some people say about yoga’.**

- 54** Choose the comment which best summarises what each person says about yoga. Write the correct letter **A – E** next to the name of each person. You will not need to use all of the options provided.

**Comments**

- A** Yoga helped me with my boredom.
- B** With yoga, my quality of life has improved.
- C** Yoga is wonderful in improving my health problems.
- D** Because of yoga, my attention span has improved.
- E** I have less conflicts with my family and friends because of yoga.

- (i) Mr John Tan                      ...**E**.....
- (ii) Miss Jaya Ahmad            ...**D**.....
- (iii) Mr Lee KT                    ...**C**.....

- 55** Choose the answer which is closest to the meaning of each of the following words as it is used in the text. Put a tick in the appropriate box.

**(i) respite**

	relax
✓	break
	interval

**(ii) mundane**

✓	dull
	tiresome
	exciting

**(iii) friction**

	resistance
	rubbing
✓	tension

**(iv) restless**

	tense
✓	fidgety
	impatient

**(v) inhibited**

	stopped
✓	restricted
	distracted

**For Question 56 & 57, read the information on 'Interesting facts about yoga'.**

- 56** Decide if each of the statements below is True, False or Not Stated and place a tick in the appropriate column.

		<b>T</b>	<b>F</b>	<b>NS</b>
<b>(i)</b>	21 July 2014 is the day that the practice of yoga started.		√	
<b>(ii)</b>	"Doga" will help you to be patient with your dog.			√
<b>(iii)</b>	In "Doga", the dogs will not practice yoga with their owners.	√		
<b>(iv)</b>	The oldest yoga teacher is Gladys Morris.		√	
<b>(v)</b>	Although yoga is beneficial to your health, it can be detrimental as well.	√		
<b>(vi)</b>	You might faint in hot yoga.			√
<b>(vii)</b>	Hot yoga is the latest trend in yoga.			√

- 57** From the information given in the Insert, match each of the descriptions **A – E** below to each of the interesting fact about yoga. Write the correct letter **A – E** next to the fact.

**Descriptions**

- A** Yoga can benefit or harm your health.
- B** Severe perspiration is common in this yoga.
- C** Age is not a concern when teaching or learning yoga.
- D** Yoga and animal can work together for the benefit of our health.
- E** It is a recognition of the physical, mental and spiritual appeal of yoga.

**Interesting facts about yoga**

- (i)** International Day of Yoga      ...**E**.....
- (ii)** Yoga for dogs                      ...**D**.....
- (iii)** The oldest teacher of yoga      ...**C**.....
- (iv)** Yoga can cause injuries          ...**A**.....
- (v)** Hot yoga                                ...**B**.....

[5]

**END OF PAPER**

