

## Part 4

### Questions 27-32

*You are going to read an article about the Covid-19 vaccine for those who have had Covid-19. Six sentences have been removed from the story. 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.*

#### **If You Have Had COVID-19, Do You Still Need the Vaccine?**

Timing is everything here. 27 “This recommendation is primarily to ensure that people who could still be contagious are not going to vaccination sites and potentially spreading the disease,” Dr Chang says. This goes for health care workers too. That is why Dr. Degelsmith made sure he was done with his COVID-19 quarantine before getting his second vaccine dose. If, like him, you come down with COVID in between shots, it is recommended you complete the shots as scheduled, if you are out of isolation. 28 But it is not required for you to wait a few months to let others with no natural protection go first.

“It is OK to wait 90 days after infection if desired because one will likely have immunity for that time period anyway after infection,” Dr. Degelsmith says. 29 As it appears there is some immunity, i.e., less risk of reinfections, in the first few months following natural infection, in the setting of low [vaccine] supply, people with recent infection may choose to temporarily delay vaccination,” he says. 30 Therefore, it’s difficult to know exactly when the ‘right’ time is for those who have had. COVID-19 to get their shot.

If you are tested positive but were asymptomatic, vaccination is still important when you are cleared from quarantine. “Both asymptomatic and symptomatic persons benefit from vaccination,” Dr. Middleton says. 31 “It is felt that mild or asymptomatic infections may not build up significant antibody protection to prevent recurrent infections in some people; or, the immunity after infection may not last more than several months,” Dr. Degelsmith says.

32 This is because you might not have as much natural protection against reinfection from mutated forms of the virus.

Edited from: Reader’s Digest- <https://www.rd.com/article/had-covid-19-still-get-vaccine/>



A	In fact, it might even be more important to get vaccinated if you had varian.
B	Dr. Chang agrees, but urges caution
C	The vaccines may also be adjusted to better match the new variants.
D	So, it really depends on how long ago you had the virus.
E	He also added that there is no clear cut off for when natural immunity wears off.
F	If you are just recovered from COVID-19 and have not had your first shot yet, the CDC notes it is fine.
G	This is definitely a consideration and a possible reason not to wait to get vaccinated after you've recovered from COVID-19.
H	This means fewer future mutations.



**Part 4**

**Questions 27 to 32** are based on an article about plastic waste.

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. Mark your answers on the answer sheet.

***A Plastic Ocean – A Film Review***

*A Plastic Ocean* is a film that makes us think and act. Since the 1940s, massive quantities of plastics have been produced. Bottles, shopping bags, toiletries and even shoes are made with plastic.

**27**  What happens to all the rest? This is the question the film *A Plastic Ocean* answers. It is a documentary that looks at the effect that plastic waste has on the environment and it is shocking.

The film begins as a journey to film the largest animal on the planet, the blue whale. However, during the journey, the filmmakers, Craig Leeson and Tanya Streeter, make the shocking discovery of a huge, thick layer of plastic floating in the middle of the Indian Ocean. **28**  In total, they visited 20 locations around the world during the four years it took them to make the film. This film was premiered in 2016, and is now on streaming services such as Netflix.

It's very obvious that a lot of research went into the film. There are beautiful shots of the seas and marine life. **29**  We see how marine species are being killed by all the plastic we are dumping in the ocean. The message about our use of plastic is severely clear.

**30**  In the second half, the filmmakers look at what we can do to reverse the tide of plastic flowing around the world. They present short-term and long-term solutions. These include avoiding plastic containers and 'single-use' plastic products as much as possible. **31**  The filmmakers also stress the need for governments to work more on recycling programs, and look at how technology is developing that can convert plastic into fuel.

We make a surprising amount of plastic. In terms of plastic bags alone, we use five hundred billion worldwide annually. Over 300 million tons of plastic are produced every year, and at least 8 million of those are dumped into the oceans. **32**  Once you've seen *A Plastic Ocean*, you'll realize the time is now and we all have a role to play.

(Adapted from <https://learnenglish.britishcouncil.org/>)



<b>A</b>	This prompts them to travel around the world to look at other areas that have been affected.	<b>E</b>	These are contrasted with scenes of polluted cities and dump full of plastic rubbish.
<b>B</b>	We live in a world full of plastic, and only a small proportion is recycled.	<b>F</b>	The results are disastrous, but it isn't too late to change.
<b>C</b>	But the film doesn't only present the negative side.	<b>G</b>	Reuse your plastic bags and recycle as much as you can.
<b>D</b>	Recycling saves a lot of energy because many things that we recycle can easily be converted into virgin materials.	<b>H</b>	We produce massive amount of plastic every year and productions are only increasing.



## Part 4

### Questions 27 to 32

You are going to read a passage about vaping. 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.

Mark your answers on the separate answer sheet.

### Vaping

Manipulating teens to get them to buy harmful products is nothing new. Old – school cigarette companies did it for years. In the 1930s, '40s, and '50s, cigarette ads featured images of smoking students wearing graduation caps or cheerleading uniforms.

Today, vaping is taking over smoking as a growing concern among teenagers. (27) \_\_\_\_\_. Though vaping companies claim that their target are adults looking for an alternative to cigarettes, their ads feature colourful graphics and something else to make its product nearly irresistible to young users – it masks the taste of nicotine with sweet flavours like mango.

Last year, vaping companies announced it would stop selling most flavoured pods in stores and added strict age – verification methods online. (28) \_\_\_\_\_. This is yet another sign that many of them are hopelessly hooked.

Teens may have been attracted to fruity flavours at first, but that's not what's gotten them hooked. (29) \_\_\_\_\_. Sometimes some of these flavours contain even more nicotine than cigarettes. What's the big deal? Nicotine can damage your brain, specifically the parts that control your mood, learning, and attention span.

The health risks of nicotine are scary enough, but here's the scariest part: There's now evidence that vaping may be destroying your lungs. In August, more than 450 cases of severe lung illnesses in young adults – all related to vaping, were reported. (30) \_\_\_\_\_. Plus, a recent study found that vaping also changes blood vessels, even if you do it only once.

Now, some people are fighting back. After winding up in the hospital with a collapsed lung, a patient was shown pictures of his lungs. (31) \_\_\_\_\_. This made the patient post the pictures of his damaged lungs on social media to create awareness of the dangers of vaping and this inspired other young people to quit. (32) \_\_\_\_\_. He at least managed to spread a simple message to urge teens to support each other in kicking their vaping habits.

<b>A</b> Vaping companies are borrowing cigarette companies' new tactics in advertising.	<b>E</b> Nicotine, the stimulant in vape, is highly addictive.
<b>B</b> But some places still carry pods and teens are paying higher prices to get them.	<b>F</b> This was all he wanted as the damage to him was irreversible.
<b>C</b> It was covered in tiny black dots – the build – up of chemicals from his vaping habit.	<b>G</b> He wants to gather teenagers like him to file a complaint against vaping companies.
<b>D</b> A 17 – year – old vaper had so much lung damage that he spent 10 days attached to a ventilator so he could breathe.	<b>H</b> Vaping companies now have better advertising strategies than cigarette companies of old.

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**PART 4**

[6 marks]

[Time suggested: Twenty minutes]

**Questions 27 to 32**

You are going to read an article about plastic waste. 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.

**A Plastic Ocean: A Film Review**

A Plastic Ocean is a film to make you think. Think, and then act. We need to take action on our dependence on plastic. We've been producing plastic in huge quantities since the 1940s. Drink bottles, shopping bags, toiletries and even clothes are made with plastic. (27)  . What happens to all the rest? This is the question the film A Plastic Ocean answers. It is a documentary that looks at the impact that plastic waste has on the environment. Spoiler alert: the impact is devastating.

The film begins as a journey to film the largest animal on the planet, the blue whale. But during the journey, the filmmakers (journalist Craig Leeson and environmental activist Tanya Streeter) make the shocking discovery of a huge, thick layer of plastic floating in the middle of the Indian Ocean. (28)  . In total, they visited 20 locations around the world during the four years it took them to make the film. (29)  .

It's very clear that a lot of research went into the film. There are beautiful shots of the seas and marine life. (30)  . We see how marine species are being killed by all the plastic we are dumping in the ocean. The message about our use of plastic is painfully obvious.

(31)  . In the second half, the filmmakers look at what we can do to reverse the tide of plastic flowing around the world. They present short-term and long-term solutions. These include avoiding plastic containers and 'single-use plastic products as much as possible. Reuse your plastic bags and recycle as much as you can. The filmmakers also stress

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the need for governments to work more on recycling programmes, and look at how technology is developing that can convert plastic into fuel.

We make a staggering amount of plastic. In terms of plastic bags alone, we use five hundred billion worldwide annually. Over 300 million tons of plastic are produced every year, and at least 8 million of those are dumped into the oceans. (32) . Once you've seen '*A Plastic Ocean*', you'll realise the time is now and we all have a role to play.

<https://learnenglish.britishcouncil.org>

A This prompts them to travel around the world to look at other areas that have been affected.	B These are contrasted with scenes of polluted cities and dump full of plastic rubbish.
C We live in a world full of plastic, and only a small proportion is recycled.	D The results are disastrous, but it isn't too late to change
E But the film doesn't only present the negative side.	F The documentary premiered in 2016 and is now on streaming services such as Netflix.
G Shopping bags, drink bottles, your toothbrush and even your clothes are among the everyday items made from plastic.	H We produce hundreds of millions of tonnes of plastic every year and production is only increasing.

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## PART 4

## Questions 27 to 32

*You are going to read an article about celebrities. 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.*

*Mark your answers on the separate answer sheet.*

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### Are Celebrities Bad For You?

Celebrities are everywhere nowadays; on TV, in magazines, online. Is this admiration for famous people harmless fun or is it bad for us? **27.** On the other side of the coin, can fame be harmful to the celebrities?

Studies suggest that the vast majority of teenagers do not really admire celebrities. There are three kinds of fans. **28.** They love chatting about their favourite celebrities with friends and this does not appear to do any harm.

Another 5% feel that they have an intense-personal relationship with a celebrity. **29.** These people are more at risk from depression and anxiety. If girls in this group idolise a female star with a body that they consider to be perfect, they are more likely to be unhappy with their own bodies.

That leaves 2% of young people with a borderline-pathological interest. They might say, for example, they would spend several thousand pounds on a paper plate the celebrity had used, or that they would do something illegal if the celebrity asked them to. **30.**

What about the celebrities themselves? **31.** Researchers looked at 200 celebrities, 200 young adults with Masters in Business Administration (a group known for being narcissistic or self-centred) and a nationally representative sample using the same questionnaire. As was expected, the celebrities were significantly more narcissistic than the MBAs and both groups were a lot more narcissistic than the general population.

Four kinds of celebrity were included in the sample. The most narcissistic were the ones who had become famous through reality TV shows and they scored highest on self-admiration and willingness to exploit other people. Next came comedians, who scored highest on self-display and feelings of superiority. Then came actors, and the least narcissistic were musicians. **32.** This means that becoming famous probably did not make the celebrities narcissistic — they already were beforehand.

So, what can we learn from this? People who are very successful or famous tend to be narcissists and are likely to be ruthless, self-seeking workaholics. As we can see from celebrity magazines, they are also often desperate and lonely. They make disastrous role models.

*Adapted from [www.britishcouncil.org/learnenglishteens](http://www.britishcouncil.org/learnenglishteens)*



- A** About 15% of young people have an entertainment-social interest.
- B** One interesting result was that there was no connection between narcissism and the length of time the celebrity had been famous.
- C** These people are in most danger of being seriously disturbed.
- D** Anyone can be narcissistic if they are famous and well-known.
- E** How many people are truly obsessed with modern media idols?
- F** They will be more and more obsessed and try their level best to turn their obsession into reality.
- G** Sometimes they see them as their soulmate and find that they are often thinking about them, even when they don't want to.
- H** A study in the USA tried to measure narcissism or extreme self-centeredness, which includes excessive showing off.



**PART 4**

[6 marks]

[Time suggested: Twenty minutes]

**Questions 27 to 32**

*You are going to read an article titled Arctic Warming. 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.*

**Arctic Warming**

A new report says the Arctic is experiencing some of the most severe climate change on Earth. The report says average winter temperatures there have risen at almost two times the rate of that in other areas in the past fifty years. (27)

About three hundred scientists prepared the report after a four-year study. The scientists say human activities are responsible for increasing amounts of heat-trapping gases in Earth's atmosphere. (28)

The report was presented to an organization called the Arctic Council. (29)  Six groups representing native peoples also are members. The Council considered the report last week during a meeting in Reykjavik, Iceland. Robert Correll of the American Meteorological Society led the committee that wrote the report. (30)  As a result, native peoples who hunt for these animals will experience food shortages and economic problems.

The report also warns of possible health risks to people. As new kinds of wildlife move into the Arctic, animal diseases that can infect people may spread. And, northern freshwater fisheries that supply the native people with food could suffer. The report says melting ice would add more fresh water to the Arctic Ocean. (31)  As the frozen ground warms, many existing buildings in the Arctic, roads and industrial areas could be damaged.

The report notes some possible improvements as a result of rising temperatures. For example, the melting ice will increase the ability of fish and other sea creatures to use Arctic resources. (32)  And, reduced ice is likely to extend the period when ships can travel in the area.



- A. Activists say this is often caused by excessive melting.
- B. He says climate changes will have a major effect on the Arctic. Polar bears and some kinds of seals may disappear
- C. It also says computer programs estimate an additional increase of four to seven degrees Celsius during the next century.
- D. This will escalate the situation
- E. Its members include the United States and the seven other countries with territory in the Arctic.
- F. The melting is likely to permit increased exploration for oil and gas.
- G. This could cause sea levels to rise around the world.
- H. Other studies have linked recent climate changes to such activities.



## Part 4

Questions 27 to 32 are based on an article about digital detox.

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. Mark your answers on the answer sheet.

## Digital Detox

At their best, social media platforms like Facebook, Twitter, Instagram and Snapchat can serve as a constant link with our friends and family. 27

Digital addiction is taking a toll on our health, both mentally and physically. A study from the University of Pittsburgh's Centre for Research on Media, Technology and Health found that using multiple social media platforms increased the risk of depression and anxiety in participants, especially among those using seven to 11 platforms, compared to peers who used no more than two.

Apparently, we're conscious of at least some of these negative side effects of social media addiction. 28  According to Marie Potter, Marketing Director for the Professional Organisers, the first step in overcoming social media addiction is to delete all the platforms you don't use. 29  Start by taking 15 minutes a day to declutter your devices.

Instead of quitting social media, Potter suggests taking small steps to help ease the process. 30  These might include declaring a 30-minute social media time-out while at work, or setting aside an entire day as a social media blackout. It might even be as simple as limiting yourself to checking your phone during your morning coffee break – whatever it takes to control the habit.

Potter recognises that social media is a very powerful force – powerful enough to make users lose all sense of time. 31  Use an actual timer to indicate when your browsing time is up. "Otherwise it's very easy to continue down the rabbit hole of information." Try setting a calendar reminder on your smartphone or desktop.

32  Potter says one of the easiest ways to reduce your time spent on social media is to turn off these "push" notifications, and mute apps that trigger an uncontrollable urge to check for updates.

Before firing off an angry reply to that Tweet that's left you seeing red, consider Potter's advice to "follow and engage with care." According to Potter, negative influencers and stress triggers who lurk in social media feeds can actually take a toll on your mental health.

Adapted from:

<https://www.readersdigest.com.au/true-stories-lifestyle/science-technology/this-10-step-digital-detox-will-help-you-break-up-with-facebook>



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|--|---|
| <b>A</b> We're constantly drawn to our phones with every sound, buzz or flash from the notifications light.                      | <b>E</b> To counter this, she suggests setting a time limit before scrolling through your various social media feeds.                       |
| <b>B</b> We rely on them to keep us connected and up-to-date, while giving us the opportunity to share content and get inspired. | <b>F</b> In a survey about New Year's resolutions, the number one goal reported by respondents for the year ahead was to quit social media. |
| <b>C</b> Make these steps realistic and attainable.  | <b>G</b> This habit allows her to get a good night's sleep and focus on mindfulness.  |
| <b>D</b> Though it might seem impossible, you actually do have the power to completely disconnect from social media.             | <b>H</b> If this task in itself seems overwhelming, break it down into bite-sized chunks.   |



## Part 4

[6 marks]

## Questions 27 to 32

You are going to read an extract below.

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

For each question, mark the correct answer (A – H) on your answer sheet.

I had been a passionate and obsessed chess player in high school. 27 ☐ . I would stay up late at night, studying chess games and playing against my twin brother instead of doing my homework. In addition to that, during the day, I would go to my high school chess club. 28 ☐ . I wanted to win at every game that I would participate in. It had been my aim to be the best chess player at that time.

After playing against and beating one of the best high school chess teams in my area, I thought I was ready for the next level. 29 ☐ . In the Open, there were grandmasters and local legends that I dreamt to beat. I knew I had to train harder than I ever had to be able to compete with them.

30 ☐ . Thus, I decided to download a chess computer programme. I chose one of the best that I thought which was about as strong as I was or a bit stronger. It had great rating points, which is about expert strength, or that of a candidate master.

Every day, I would set up a 5-game match between the computer programme and I. It was just my chess board, the chess clock on the table and I against the chess programme on my computer in my quiet room. 31 ☐ . I always had my opening preparation before the games and constantly studying other aspects of chess as well.

32 ☐ . That was my routine for a whole month before the day of the competition. I was ready to take on the any competitors and win the championship title.

- A I wanted to enter the District Chess Open tournament.
- B At that time, chess meant almost everything to me.
- C I was treating the matches as a sort of chess boot camp.
- D Chess was my favourite game to play when I have free time.
- E I made sure I had everything set up and that I was mentally prepared for it.
- F I got my friends to compete against me every day as part of my training.
- G Most of my time was spent on chess than my studies.
- H Unfortunately, I did not have any friends who are grandmasters to train with.