

For each question from 1 to 10, write your answer (1, 2, 3 or 4) in the brackets provided.

- 1 Zachary, as well as his friends, \_\_\_\_\_ playing football in the field every Saturday afternoon.  
(1) love  
(2) loves  
(3) is loving  
(4) are loving ( )
- 2 You saw the boy in the yellow cap take my book from the table, \_\_\_\_\_ you?  
(1) did  
(2) could  
(3) didn't  
(4) couldn't ( )
- 3 It is important that Sue Lin \_\_\_\_\_ aware of the risks before agreeing to go through this surgery.  
(1) is  
(2) be  
(3) are  
(4) was ( )
- 4 Neither Mika nor his brothers \_\_\_\_\_ arrived for the rehearsal.  
(1) has  
(2) had  
(3) have  
(4) having ( )
- 5 Devi is one of the girls who \_\_\_\_\_ crazy over the latest K-Pop boy band, AST.  
(1) is  
(2) are  
(3) was  
(4) were ( )
- 6 Suhaimi overheard the suspicious-looking men loitering in the void deck \_\_\_\_\_ about breaking into his neighbour's house and alerted the police.  
(1) talk  
(2) talks  
(3) talked  
(4) was talking ( )

- 7 I was surprised when I heard that Siti, \_\_\_\_\_ I have not seen for months, has started her own home-based bakery business.
- (1) who
  - (2) which
  - (3) whom
  - (4) whose
- ( )
- 8 Move the equipment \_\_\_\_\_ the store room and make sure you lock it up properly.
- (1) in
  - (2) out
  - (3) into
  - (4) onto
- ( )
- 9 Last night, Jason \_\_\_\_\_ in bed unable to sleep as he was nervous about his test results.
- (1) lie
  - (2) lay
  - (3) lied
  - (4) laid
- ( )
- 10 \_\_\_\_\_ her parents wished for to study medicine, Masyidah opted to enrol in a course in journalism instead.
- (1) Despite
  - (2) Against
  - (3) Besides
  - (4) Although
- ( )

For each question from 11 to 15, write your answer (1, 2, 3 or 4) in the brackets provided.

11 I will not \_\_\_\_\_ this golden opportunity to meet my favourite author at his book signing.

- (1) pass on
- (2) pass up
- (3) pass down
- (4) pass along ( )

12 There is no \_\_\_\_\_ to this remote and well-hidden islet except through a very narrow waterway between two cliffs.

- (1) exit
- (2) assent
- (3) access
- (4) excess ( )

13 If Dionne thinks he can do well for his coming examinations without studying, he should stop \_\_\_\_\_.

- (1) letting his hair down
- (2) sticking his neck out
- (3) being head over heels
- (4) having his head in the clouds ( )

14 Seeing as to how Monta has already his temper, his friends decided not to \_\_\_\_\_ him further.

- (1) affirm
- (2) amuse
- (3) aggravate
- (4) aggregate ( )

15 The selfish son considered it a \_\_\_\_\_ to look after his elderly father.

- (1) heft
- (2) weight
- (3) bundle
- (4) burden ( )

For each question from 16 to 20, choose the word(s) closest in meaning to the underlined word(s). Write your answer (1, 2, 3 or 4) in the brackets provided.

Ellen, a 100-year-old dancer and choreographer, smiles as she says that the secret to her longevity is creativity and positivity. She does modern dance, a form of dance that (16) originated in America and Europe as an alternative to ballet.

At the age of 24, Ellen recalls fondly the moment she became (17) addicted to dancing. "It was the opening scene of Red Dandy Waltz. I fell for it immediately," described Ellen. Over the decades that followed, and despite her age, she maintains creative control over her work. She choreographs all her dance routines and provides (18) consultations to her peers, clients and students. Even after losing sight in one eye, Ellen will be performing a show which she created, *The Young Ones*, at Sydney's Grand Theatre later this month.

Many dancers (19) cease dancing once they reach their 30s, as they feel that they are not as physically fit to perform many of the (20) complex dance routines. However, Ellen has proven them wrong. "Do creative work. If you do, you will be doing something new all the time and you will never lose inspiration," she told the Australian Broadcasting Corporation.

- 16 (1) existed  
(2) started  
(3) resulted  
(4) happened ( )
- 17 (1) hooked on  
(2) devoted to  
(3) stunned by  
(4) captivated by ( )
- 18 (1) advice  
(2) hearsay  
(3) rumours  
(4) information ( )
- 19 (1) end  
(2) stop  
(3) finish  
(4) erase ( )
- 20 (1) rigid  
(2) difficult  
(3) elaborate  
(4) complicated ( )

Study this flyer carefully and then answer questions 21 to 28.



# Healthy Lifestyle Festival

The greatest wealth is your health!

Get more from life!

A healthy lifestyle can be exciting and fun! Pick up health tips and good habits at Healthy Lifestyle Festival, a carnival packed with activities. Bring your whole family down and learn how to make life healthier while enjoying it to the fullest!

Participate in our health challenge and win attractive prizes!

**Date : 19 & 20 November 2022**

**Time : 9 a.m. to 7 p.m.**

**Venue : Topaz Crescent Function Hall**



**Free Admission!**

Free Goody Bags for the first 300 Participants!

Complete your event passport to get a FREE goody bag.\*

*\* Terms and conditions apply.*

## What's coming up?

This year, the festival will run in November with activities planned for everyone!

### ***"Pretend Play" for Children (6 to 11 year olds)***

Keep the little ones occupied while they pick up a healthy habit. They can:

- decorate their own face masks.
- grab fruits and veggies in a supermarket dash.
- learn to plan their exercise schedule.

### ***"Beat the Stress" for Adults***

Focus on achieving work-life balance. Get tips on:

- preparing healthy meals.
- making your own stress balls.
- breathing exercise to calm the soul.

### ***"Golden Years" for Senior Citizens***

Learn to prepare healthier food rich in calcium and protein. Get home improvement tips to prevent falls. Pick up exercises you can do anywhere and catch a skit on how to recognise and manage dementia.

Come join in the activities and support the Healthy Lifestyle Festival. Please visit [www.topazcrescc.sg](http://www.topazcrescc.sg) for more information.

## Let's Get Active Programme

### Healthy Food & Drink Stalls

Get organic food and drinks at discounted prices! ♥

### Health Talk & Skit: 'Ah Ma has Dementia'

10 a.m., 2 p.m. & 6 p.m.

Find out about dementia and get a free water bottle.# ♥

### Telematch 11 a.m.

Take up this challenge and have fun with your family members.#

### Cooking Demonstration 1 p.m. & 3 p.m.

Learn to whip up tasty and nutritious dishes from Celebrity Chef, Hisham Ahmad!

### Game & Handicraft booths

Play games and learn interesting handicrafts. ♥

### Yoga Sessions

2 p.m. & 4 p.m.

Have a relaxed session in Dance Studio.#

### Zumba Workouts

3 p.m. & 5 p.m.

Sweat it out in Multi-Purpose Hall. Participants of all ages are welcomed!

### Lucky Draw

Get a chance to enter a lucky draw when you visit any of the stalls marked with ♥. You can win up to \$120 worth of prizes!

*#Pre-registration is required. Please sign up for the activity with a fee of \$5 by 16 November 2022. There are limited places. First come, first served!*

### From the organiser

This is the third year we are running this festival. We want to strongly encourage everyone to lead an active and healthy life, at the same time, strengthen family bonding. Due to the positive response last year, we have decided to bring it back. Do join us at Healthy Lifestyle Festival!

See you there!

Shane Wee  
Chairperson  
Topaz Crescent Community Club

### From the sponsors

Sign up for the National Brisk Walk at a **discounted rate of \$10!** Only for participants who complete the event passport in this Healthy Lifestyle Festival!

*Adapted from [www.healthhub.sg](http://www.healthhub.sg)*

**For each question from 21 to 28, write your answer (1, 2, 3 or 4) in the brackets provided.**

- 21 What does “Get more from life” in the heading mean?
- (1) It tells readers to enjoy the activities in this event.
  - (2) It tells readers that they will be healthy if they attend this event.
  - (3) It tells readers they should keep themselves fit and have fun in life.
  - (4) It tells readers to participate actively in this event and win attractive prizes.
- ( )
- 22 Look at the first paragraph. Why is the first letter of each word of “Healthy Lifestyle Festival” in capital letters?
- (1) The words are used as a name.
  - (2) It serves to arouse the interest of readers.
  - (3) It is meant to catch the attention of readers.
  - (4) It is to emphasise that this event is very important.
- ( )
- 23 Which of the following activities is/are likely to interest working parents with two young children?
- (1) Pretend Play only
  - (2) Pretend Play and Golden Years
  - (3) Pretend Play and Beat the Stress
  - (4) Beat the Stress and Golden Years
- ( )
- 24 Which of the following information is not true?
- (1) All participants will get a goody bag.
  - (2) The activities cater to people of all ages.
  - (3) The Festival has been organised in previous years.
  - (4) More information about this festival is available online.
- ( )
- 25 What is the similarity between the “Health Talk & Skit” and “Healthy Food & Drink Stalls”?
- (1) They have interesting hands-on sessions.
  - (2) They give people free items for participation.
  - (3) They allow people to take part in a lucky draw.
  - (4) They will require people to pre-register for the activities.
- ( )
- 26 Which of the following activities require people to sign up in advance?
- (1) Yoga and Zumba Workouts
  - (2) Telematch and Zumba Workouts
  - (3) Telematch and Cooking Demonstration
  - (4) Yoga Sessions and Health Talk & Skit
- ( )

- 27 Why is the phrase “**discounted rate of \$10**” printed in bold?
- (1) to shock readers
  - (2) to draw readers’ attention to the markdown
  - (3) to inform readers to sign up for National Brisk Walk
  - (4) to highlight the importance of the National Brisk Walk ( )
- 28 What is the **main** purpose of the flyer?
- (1) to strengthen family bonding
  - (2) to publicise this event for greater participation
  - (3) to inform readers about the benefits of this event
  - (4) to heighten readers’ awareness on the benefits of a healthy lifestyle ( )