SAMPEL PERCUMA

Trial PINTAS 2025 Bahasa Inggeris Selangor + Skema

Set penuh: Kertas Trial SPM

Bahasa Inggeris (20+ set)

Sampel ini: 8 muka surat. Set penuh ada:

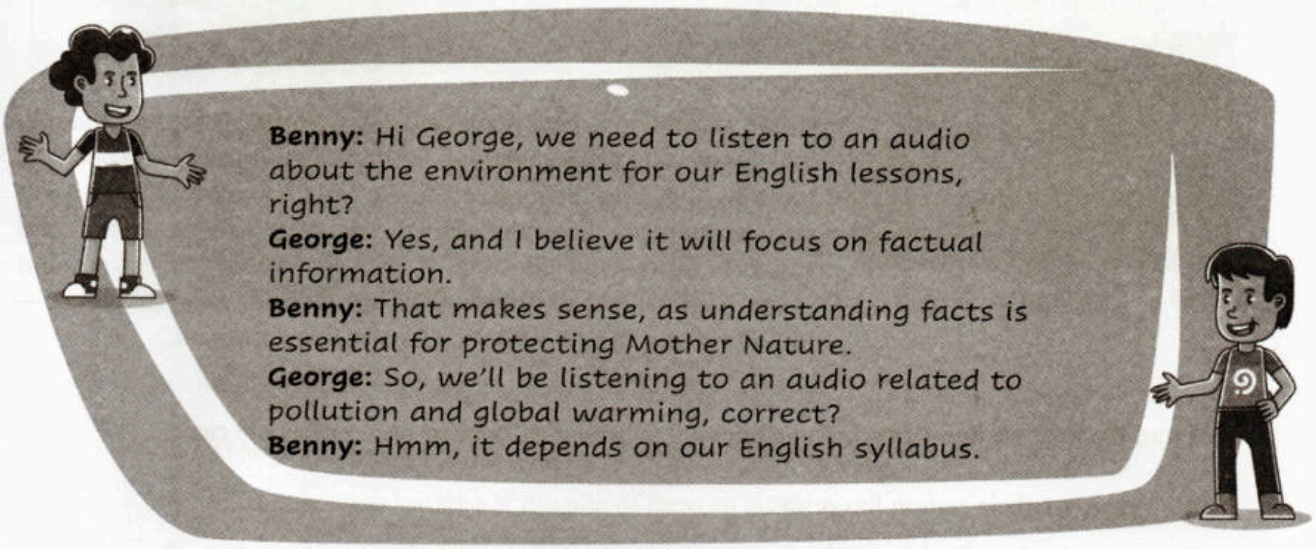
- 3 fail PDF
- Kertas trial SPM dari banyak negeri untuk subjek yang dipilih
- Skema jawapan / cadangan jawapan
- Set Penuh: semua 17 subjek dan jadual ulangkaji A+
- Set Lengkap SPM: + kertas sebenar SPM 2025 + kupasan mutu jawapan + nota 9 subjek T4 & T5

RM12.90

BELI SET PENUH RM12.90 >

nightmew.com/p/kertas-percubaan-spm · FPX semua bank · download sejurus lepas bayar

Sampel bermula di muka surat sebelah

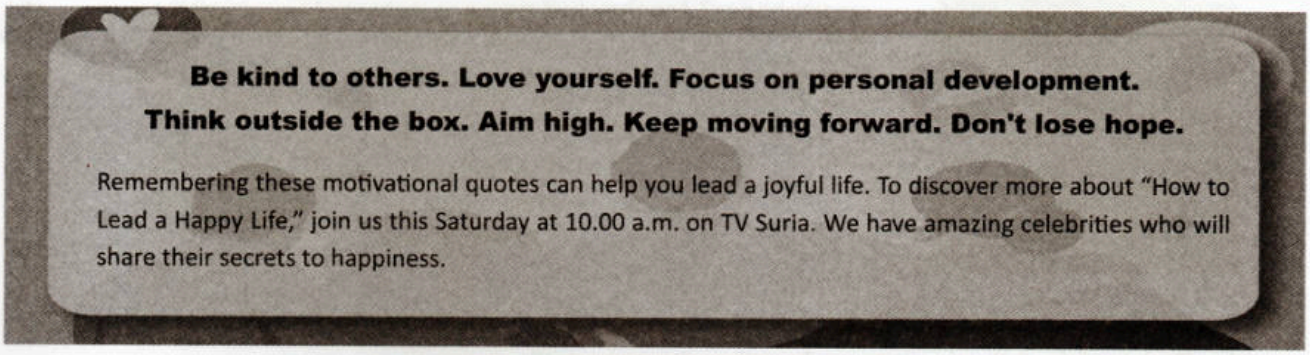


3. From the conversation above, we know that …

   A Mother Nature is protecting the environment.

   B they will listen to factual recordings about the environment.

   C they are participating in activities to stop global warming.



4. Based on the advertisement above, we know that the TV show …

   A focuses on motivational themes.

   B will be shown every Saturday at 10.00 a.m.

   C showcases the personal secrets of amazing celebrities.

© 2025 Hak Cipta MPSM Selangor



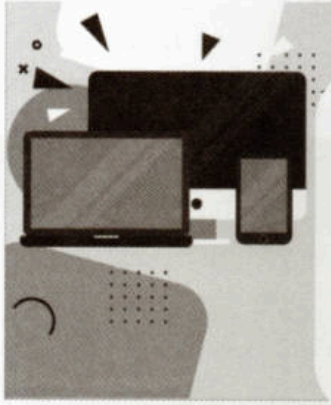
Urban gardening is becoming increasingly popular as more people look for ways to grow their own food in small spaces like balconies, rooftops and yards. Beyond providing fresh, homegrown produce, it also encourages healthier living, community connections and supports sustainable lifestyle. It reduces carbon footprints and waste. Even the smallest green space can make a big difference—for individuals, neighbourhoods, and the environment.

5. From the text, we know that urban gardening is becoming popular because people can …

A increase their carbon footprints.

B grow healthy food in any large space.

C grow their own fresh and homegrown food.



Unsure of what to do with your old laptops, desktop computers or smartphones? Are they just sitting in a corner? No worries! Bring them to us. We buy used devices and recycle them for future use. We accept all brands and models. Trade in your old devices before December 31, 2025. You can drop them off at:

The Gadgets
Jalan Rusa
74500 Malim Jaya

6. Which of the following is **true** about the advertisement?

A Customers must trade in their gadgets before the deadline.

B Customers are to personally recycle their old and unused gadgets.

C Customers can trade in selected brands and models of their gadgets.

© 2025 Hak Cipta MPSM Selangor

Part 2

Questions 9 to 18 *are based on the following passage.*

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

Healthy Living in the Modern World

Maintaining a healthy lifestyle is essential for both physical and mental well-being. However, modern life presents many challenges that make this difficult. Poor diet, lack of exercise and high stress levels are some of the major **(0)** _____ that negatively impact health.

One major concern is unhealthy eating habits. Many people rely on food which are highly **(9)** _____ and contains excessive amounts of sugar, salt and unhealthy fats. While these foods are convenient, they **(10)** _____ the body by increasing the risk of obesity and heart disease. Instead, a balanced diet rich in fresh fruits, vegetables and whole grains can help **(11)** _____ overall health and strengthen the immune system.

Another challenge is physical inactivity. Many teenagers spend hours sitting in front of screens, leading to **(12)** _____ health issues such as poor posture, insomnia and weight gain. Regular exercise, such as jogging, swimming or playing sports, is **(13)** _____ for heart health and strengthening our muscles. Thus, experts recommend at least 60 minutes of **(14)** _____ activity each day to maintain overall fitness.

Mental health is just as important as physical health. Stress from schoolwork and social pressure can lead to **(15)** _____ and depression, affecting concentration and sleep quality. Engaging in relaxing activities such as reading, meditating or spending time in nature can **(16)** _____ stress and improve overall well-being. Additionally, getting enough rest each night is essential for brain function and emotional balance.

By making small, consistent changes, individuals can **(17)** _____ their well-being and reduce the risk of long-term illnesses. A strong body and a healthy mind result in a meaningful and **(18)** _____ life. Healthy habits formed during adolescence often continue into adulthood. Therefore, it is important for young people to take charge of their health.

© 2025 Hak Cipta MPSM Selangor

Part 3

Questions 19 to 26 *are based on the following passage.*

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

The Tornado

It was a quiet afternoon in the small town of Whitesand. The sun was shining brightly, casting long shadows on the street. Sally sat on her porch, reading a book and enjoying the peaceful day. From inside, she could hear the hum of the television she had forgotten to turn off. The sky above was a brilliant blue, the kind of day that made you forget storms could ever exist.

A breeze picked up, rustling the leaves. At first, it felt refreshing, a break from the heat. But there was something strange about it. It was not just a cool wind—it had a strength and urgency that made her uneasy. Sally looked up from her book, a chill creeping into her chest. She had lived in Whitesand all her life and knew the weather well, but this felt… off.

Far on the horizon, dark clouds began to gather. The sky, once blue, faded to a heavy grey. The wind howled louder now, no longer playful but threatening. Sally's heart started to race. She dropped her book, ran inside, and locked the door. Grabbing her phone, she called her parents at their office. "Mom? Dad?" she said, trying to sound calm. "The sky's turning dark. The wind's picking up. I think it might be a tornado." Her mother's voice crackled through the static. "Sally, listen to me. Go to the basement, now. Don't come out until we tell you it's safe. Do you hear me?"

Before Sally could answer, the line went dead. The lights flickered, then everything went black. Panic rose in her throat. Alone, with the storm building outside, she grabbed her flashlight and rushed to the basement door. But as she opened it, a thunderous roar filled the air. The tornado was coming. The wind now sounded like a wild beast, twisting and tearing through the air. Sally sprinted down the stairs, her legs trembling. The basement door slammed shut behind her. In the small, windowless room, she curled into a corner, arms wrapped tightly around her knees.

The noise above was deafening—like a train charging through the house. She covered her ears, but it didn't help. The walls trembled, the ceiling groaned. The house shook under the weight of the storm, and she felt completely helpless.

Time stretched endlessly. Sally felt like an eternity. The tornado raged outside, an unstoppable force of nature. Sally squeezed her eyes shut and prayed. She thought of her parents and hoped they were safe. The basement was the safest place she could be but it still felt terrifying.

Then, as suddenly as it had begun, the noise started to fade. The wind calmed. The shaking stopped. Silence fell over the house. Sally opened her eyes, breathing shallowly. She stayed still, unsure if it was really over. Finally, with unsteady legs, she stood and crept to the basement stairs. Gently, she cracked open the door and looked outside.

© 2025 Hak Cipta MPSM Selangor

The world had changed. The sky was still dark but the tornado had passed. The street was littered with debris—branches, pieces of roofing, shards of glass. Slowly, she stepped out into the wreckage, her heart heavy with worry. "Sally!" She turned at the sound of her mother's voice. Her parents were running down the street, their faces pale but filled with relief. They wrapped her in tight hugs, clinging to her as tears filled their eyes. "We're okay," her mother whispered, brushing hair from her face. "You're safe. That's all that matters."

All around them, the town bore the scars of the storm—uprooted trees, damaged homes, downed power lines. The tornado had left its mark but Sally felt something else in the air: resilience.

As she stood there with her parents, looking at the destruction, she realised something important. Nature could be fierce and unpredictable—but so was the strength of a united community. The people of Whitesand would rebuild, together, stronger than before. The storm had taken much—but that was what truly mattered.

19. What was Sally doing when she first noticed something strange outside?

A Watching TV.
B Reading a book.
C Looking at the clear sky.
D Turning off the television.

20. Sally knew that something was wrong with the weather because she…

A had read about it since she loves reading.
B could feel that the wind was very cold.
C heard the rustling sound of the leaves.
D knew the weather in Whitesand well.

21. When the weather started to change, Sally …

A raced to her parents' office.
B ran to the basement to hide.
C rushed to contact her parents.
D followed her mother's instruction.

22. We know that Sally did not respond to her mother because…

A she went straight to the basement.
B the telephone line got disconnected.
C she could not hear her because of the loud thunder.
D her mother was not able to give any other suggestions to her.

23. The phrase **"Time stretched endlessly"** in line 27 means that …

A it felt like forever for Sally.
B the tornado was unstoppable.
C the tornado went on for a long time.
D Sally stayed at the basement for a long time.

© 2025 Hak Cipta MPSM Selangor

Part 4

Questions 27 to 32 *are based on the article about how social media affects our spending. Six sentences have been removed from the extract. Choose from the sentences* **A to H** *to fit each gap* **(27 to 32).** *There are two extra sentences which you do not need to use. Mark the correct answer on your answer sheet.*

How Social Media Affects Our Spending

In today's world, social media plays a big part in our lives. Many of us use platforms like Instagram, TikTok and Facebook every day to connect with friends, share pictures and to stay updated with the news. **27** ☐ These days, we spend a lot of time online and our spending habits are being shaped by what we see on social media.

One of the main ways social media affects spending is through advertising. Many companies pay for advertisements on these platforms to reach a large number of people. Social media platforms are filled with targeted advertisements that are designed to match our interests and browsing history. **28** ☐ Advertisements can make us feel the need for products that we had not considered buying.

Influencers are another key factor. Influencers are people who have many followers on social media and often promote products or brands. **29** ☐ This is called "influencer marketing" and can strongly affect the buyer's decisions. However, this trust on influencer can lead us to spend money just to keep up with trends.

Social media also encourages us to compare ourselves with others. It is easy to look at the lives of people on social media and feel that we need the same things they have. **30** ☐ This pressure to "keep up" can lead to emotional spending. These comparisons can also create unrealistic expectations since most people only share the best parts of their lives.

31 ☐ These time-sensitive deals often pressure people into making quick decisions because they fear that they might miss out on something. This can lead to impulse buying where we purchase things without thinking carefully about whether we really need them or not.

32 ☐ Through advertising, influencer marketing and social comparison, we may end up spending more than we intend to. It is important to be aware of these influences and think carefully before making purchases to avoid wasting money on things that are not truly necessary.

A Finally, social media promotes limited time offers or flash sales.

B They are designed to look interesting and attractive to show us products we might want to buy.

C In conclusion, social media has a significant impact on our spending habits.

D Promoters force people to buy products via their social media posts.

E However, social media does not just help us communicate, it also has a strong influence on our spending.

F When an influencer shares a product they like, many of their followers want to buy the same thing.

G Moreover, we want to buy things that our friends have just to look like them.

H For example, seeing others on fancy vacations or buying expensive clothes can make us feel like we should do the same.

© 2025 Hak Cipta MPSM Selangor

Part 5

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

STAY HEALTHY THROUGH EXERCISE

A. Cardiovascular Exercise



Cardiovascular exercises, such as running, swimming and cycling are essential for maintaining good health. These activities strengthen the heart and lungs, increase endurance and help control body weight. Experts recommend engaging in at least 150 minutes of moderate-intensity cardio per week to improve overall well-being. Participating regularly in an exercise routine can boost energy levels and reduce stress.

B. Strength Training



Strength training plays a key role in maintaining muscle strength and bone health. Exercises such as weightlifting, resistance band workouts and bodyweight exercises like push-ups and squats help prevent muscle loss and improve overall fitness. In addition, strength training increases metabolism, which supports weight management. It is particularly beneficial for older adults as it reduces the risk of osteoporosis and improves mobility. Strength training can also enhance mental health.

C. Yoga and Stretching



Yoga and stretching exercises help improve flexibility, reduce tension and promote mental well-being. Yoga exercises include physical postures, breathing techniques and meditation. These elements work together to create balance between body and mind. On the other hand, stretching exercises help prevent injuries, improves posture and increases mobility. These activities are ideal for those who want to stay active while also focussing on relaxation and mindfulness.

D. Group Exercise Classes



Group exercise classes offer a fun and motivating way to stay fit. Whether it is dance workouts, aerobics or spin classes, exercising with others creates a sense of community and encourages consistency. These group classes also provide structured and professional guidance, ensuring participants perform these exercises correctly and safely. Additionally, the social aspect of group workouts can help boost motivation and make exercising more enjoyable.

© 2025 Hak Cipta MPSM Selangor

TRIAL PINTAS 2025

ANSWER SCHEME

PART 1 1. A 2. B 3. B 4. A 5. C 6. A 7. C 8. C	PART 4 27. E 28. B 29. F 30. H 31. A 32. C
PART 2 9. D 10. A 11. B 12. B 13. B 14. C 15. A 16. A 17. A 18. C	PART 5 32. E 33. C 35. D 36. B 37. endurance 38. professional 39. strain 40. stretching
PART 3 19. B 20. D 21. C 22. B 23. A 24. A 25. D 26. D	

TAMAT SAMPEL

Suka sampel ini?

Set penuh: Kertas Trial SPM

Bahasa Inggeris (20+ set)

Sampel ini: 8 muka surat. Set penuh ada:

- 3 fail PDF
- Kertas trial SPM dari banyak negeri untuk subjek yang dipilih
- Skema jawapan / cadangan jawapan
- Set Penuh: semua 17 subjek dan jadual ulangkaji A+
- Set Lengkap SPM: + kertas sebenar SPM 2025 + kupasan mutu jawapan + nota 9 subjek T4 & T5

RM12.90

BELI SET PENUH RM12.90 >

nightmew.com/p/kertas-percubaan-spm · FPX semua bank · download sejurus lepas bayar