

**SECTION B: 40 MARKS**  
**BAHAGIAN B: 40 MARKAH**

**INSTRUCTION:**

This section consists of **FOUR (4)** structured questions. Answer ALL questions in the answer booklet.

**ARAHAN :**

*Bahagian ini mengandungi EMPAT (4) soalan subjektif. Tulis jawapan anda di dalam buku jawapan.*

**Part 1: Healthy Lifestyle (10 marks)**

Instruction: Read the following passage and answer the questions that follows.

**Artificial Sweeteners Make 'No Difference' To Health**

By Tim Newman Published on 8 Jan 2018

- 1 Non-sugar sweeteners have been at the centre of debate for decades. Do *they* benefit health or increase risks? A recent claims that there is little evidence of benefits or harms. In all, the scientists assessed 56 research papers, making this the most **comprehensive** review of the matter to date. 5
- 2 The studies that they analysed included adult and child participants, and they compared low and no intake of non-sugar sweeteners against higher intakes. They investigated a range of parameters, including oral health, kidney and cardiovascular disease, cancer, blood sugar levels, behaviour, mood, and, importantly, weight and body mass index (BMI). 10
- 3 Surprisingly, for most health outcomes, there seemed to be no significant differences between participants who consumed non-sugar sweeteners and those who did not. The authors wrote: "For most outcomes, there seemed to be no statistically or clinically relevant difference between [non-sugar sweetener] intake versus no intake or between different doses of [non-sugar sweeteners]." 15
- 4 In some smaller studies, they found weak evidence that the use of non-sugar sweeteners helped reduce BMI and blood sugar levels in adults, but it was not compelling. Similarly, the scientists saw small reductions in weight for adults who consumed low levels of non-sugar sweeteners, but the evidence was equally shaky. It was a similar story in children: Artificial sweeteners reduced weight gain slightly but did not affect BMI. 20
- 5 When the team looked at studies that focused on obese and overweight adults, there was no good evidence of any benefits of non-sugar sweeteners. The researchers also looked for any evidence of side effects or adverse events. Here, the data was equally inconclusive; the authors wrote, "potential harms could not be excluded." 25

Taken from <https://www.medicalnewstoday.com>

CLO1 C2	1. What is the report about?	[2 marks]
CLO1 C2	2. Who were the participants of the studies?	[1 mark]
CLO1 C2	3. What are the <b>TWO (2)</b> findings that disapprove the claims that artificial sweeteners will help consumers to reduce a large amount of weight in adults?	[2 marks]
CLO1 C2	4. What does the study say about artificial sweeteners on children?	[1 mark]
CLO1 C2	5. What does the word ' <i>they</i> ' (Line 2) refers to?	[2 marks]
CLO1 C2	6. What does the word ' <i>comprehensive</i> ' in line 4 mean?	[2 marks]

CLO2  
C2

### INCA TRAIL ITINERARY

#### DAY 1

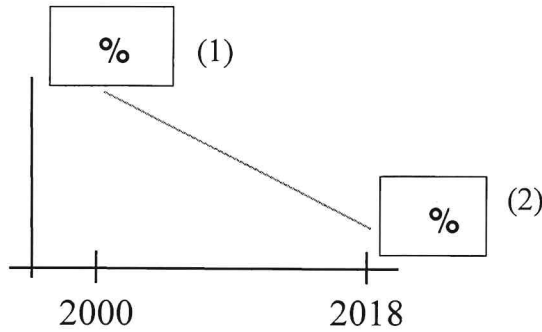
- Pick up from (1) \_\_\_\_\_ early in the morning to train station to take the Km 104 train.
- Get off at Km 104, past the (2) \_\_\_\_\_ checkpoint to see 1<sup>st</sup> archaeological centre called the Chachabamba.
- Pass tall waterfall before arriving at second archaeological site called (3) \_\_\_\_\_ which means forever young.
- Enjoy lunch at Wiñaywayna and the Sacred Valley.
- After lunch, visit an important temple with (4) \_\_\_\_\_.
- Hike continues for 1½ hour. At 4.00pm reach Sun Gate, which is also called (5) \_\_\_\_\_ in Quechua.
- From here, we will get first view of Machu Pichu and head down the ruins to take the bus to (6) \_\_\_\_\_.
- Check into hotel, rest and/or visit hot spring which is only 10 minutes away.
- Meet for supper.

#### DAY 2

- Have early breakfast and then meet the guide, to take the (7) \_\_\_\_\_ bus ride to Machu Picchu.
- 3-hour tour with guide to learn about important sites which includes (8) \_\_\_\_\_, the main Plaza, (9) \_\_\_\_\_ and the Temple of the Condor.
- After tour, take some time to (10) \_\_\_\_\_ and after that take bus back to Aguas Calientes.
- In late afternoon, take the train back to Cusco where you will be picked up from the station and drop of at the hotel.

CLO3  
C2

### Offline Population in 2000 & 2018



#### Reason

**34 %** Non-internet users felt that the Internet was irrelevant to their life.

**32 %** \_\_\_\_\_ (3)

\_\_\_\_\_ % Non-internet users felt that the Internet service or having a computer was too expensive. (4)

#### Who?

**1/3** \_\_\_\_\_ (5)

\_\_\_\_\_ (6) **35 %**

\_\_\_\_\_ % Adults who earns less than \$30,000 in a year (7)

\_\_\_\_\_ (8) **19 %**

#### Current Trend

In 2000, **86%** of people aged **65** and above did not go online but in 2018 only \_\_\_\_\_ (9) were offline. Non Internet user without a high school diploma dropped from \_\_\_\_\_ (10) to **35 %** from 2000 to 2018.

CLO4  
C2

1. Interactive media is \_\_\_\_\_ [2 marks]
2. In what area can interactive media be advantageous for handicapped people? [1 mark]
3. Based on the passage, give **TWO (2)** types of interactive media. [2 marks]
4. Based on the passage, give **TWO (2)** advantages of an interactive media. [2 marks]
5. Based on the passage, give **TWO (2)** disadvantages of an interactive media. [2 marks]
6. How can interactive media be intrusive in certain countries? [1 mark]