

# PART 3

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**2025 SPM**

**Bahasa Inggeris  
prediction**

# 2025 SPM BAHASA INGGERIS PREDICTION

## Paper 2 (1119/2)

### Part 3: QUESTION 3 Extended Writing (200-250 words)

#### Articles

**SPM21** Social media  
**SPM22** Online game  
**SPM23** Save environment

**Articles:**  
stay fit / Internet / online  
shopping

No need to memorise past years or study state papers, SPM Bahasa Inggeris questions will not come out from state papers. Past year papers and state papers are only good for practice. For last-minute preparation, your best option is to study the given prediction tips. Although not guaranteed, they have been proven to be **“Kena Tepat”** every year!

**QUESTION 3a Stay Fit**

You see this notice in a health magazine on how to **stay fit** and healthy,

Articles wanted!

How to Stay Fit and Healthy

- What types of food are good for us?
- How should we keep active?
- How much sleep should we get?

Write us an article answering these QUESTIONS.

The best article will be published in our health magazine.

Write your article.

Achieving a happy and fulfilling life hinges on our ability to maintain good health and fitness. Contrary to common belief, achieving fitness and good health is not a daunting task. It merely requires making a series of healthy choices. In this article, we will explore the essential steps to ensure a fit and healthy lifestyle.

Eating a balanced diet is the cornerstone of good health. A well-rounded diet should include carbohydrates, vitamins, minerals, proteins, and dairy. While foods containing fats, oils, salt, and sugar are permissible, they should be consumed in moderation. Furthermore, it is vital to stay adequately hydrated by drinking at least eight glasses of water each day.

Regular physical activity is another crucial aspect of maintaining fitness and health. Engaging in exercise for a minimum of one hour daily is recommended, whether it involves gym workouts, playing a sport, or as simple as brisk walking. For optimal results, it is advisable to incorporate vigorous-intensity physical activities at least three days a week.

Adequate sleep plays a pivotal role in our overall well-being. To ensure good health, it is essential to get between eight to nine hours of sleep each night. Quality sleep revitalizes the mind, and it is during this time that our body's systems are restored and strengthened. To improve sleep patterns, it is advisable to reduce screen time before bedtime and establish a consistent sleep routine.

In conclusion, embracing a fit and healthy lifestyle is well within our reach. By prioritizing a balanced diet, regular exercise, and sufficient sleep, we can reap the rewards of a healthier and happier life. Although embarking on this journey may present initial challenges, persistence and determination will undoubtedly lead to a life of fitness and good health.

### **QUESTION 3b Danger of Internet What / How / Where**

Your class has been discussing the use of Internet and your teacher has asked you to write an essay about how to be safe from the dangers in the Internet.

In your essay, you should write about:

- how to avoid revealing your personal information
- what we must know about privacy settings
- what to remember when you are online

Write your essay using all the notes and giving reasons for your point of view.

### **Answer**

The internet is a valuable resource, but it comes with risks, especially when it comes to personal safety. To be safe online, it's important to avoid revealing personal information. Details like your address, phone number, and school should be kept private to prevent misuse by strangers or cybercriminals.

Another key aspect of online safety is understanding privacy settings. Social media platforms and websites often provide these settings to help control who can see your posts and profile. Regularly reviewing and adjusting privacy settings can protect your personal information and limit access to your content.

When using the internet, it's also essential to remember basic online safety rules. Avoid clicking on unfamiliar links, and be cautious about accepting friend requests from strangers. Staying aware of online scams and threats can help prevent you from becoming a target.

In conclusion, by keeping personal information private, using privacy settings wisely, and staying cautious online, you can reduce the risks of using the internet. Taking these precautions will help ensure a safer and more secure online experience.

### **QUESTION 3c Online Shopping** What / How / Where

Your class has been discussing online shopping. Your teacher has asked you to write an essay about the advantages and disadvantages of online shopping.

In your essay, you should write about:

- the rise of online shopping
- the advantages of shopping online
- the disadvantages of shopping online

Write your essay using all the notes and give reasons for your point of view.

#### **Answer**

The COVID-19 pandemic has changed people's lifestyles in many ways. As people were encouraged to stay home and avoid crowded places, online shopping became increasingly popular. Many began purchasing household items, groceries, and even clothes online, with goods delivered right to their doorstep.

There are many advantages to shopping online. Firstly, it is convenient as it can be done anytime and anywhere without the need to visit physical stores. This saves both time and energy. Secondly, online platforms offer a wide variety of products, often at lower prices due to discounts and promotions. Lastly, cashless payment options make the whole process quick and easy, reducing the need for physical contact—something especially important during the pandemic.

However, online shopping also has its disadvantages. One common issue is the risk of receiving faulty or wrong items, as buyers cannot check the products before purchasing. In addition, delivery delays can occur, especially during busy seasons. Some people may also fall victim to online scams or fraud if they are not careful when making payments or sharing personal information.

In conclusion, while online shopping offers convenience, variety, and safety, it also comes with certain risks such as product issues, scams, and delays. Therefore, consumers should shop wisely, choose trusted platforms, and stay alert to enjoy the benefits of online shopping safely.

### **LET SCORE A in SPM !**

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- *Untuk pemahaman sepenuhnya, sila rujuk pada nota buku teks atau nota ringkas pada studytips apps.*
- *Kita pecahkan rekod SPM kali ini*

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