

These are serious claims, and more studies are needed to confirm the findings. However, there is mounting evidence that drinking cow's milk could be less beneficial to our health than originally thought. If these claims become indisputable facts, it may be time to just say 'no' to cow's milk.

Adapted from: https://www.oecd.org/content/dam/oecd/en/about/programmes/edu/pisa/pisa-test/PISA2018_Released_REA_Items_12112019.pdf/_cr_content/renditions/original/PISA2018_Released_REA_Items_12112019.pdf

11. According to the IDFA, with which of the following statements do leading health professionals and organizations agree with?
 - A. Consuming milk and milk products leads to obesity.
 - B. Milk is a good source of essential vitamins and minerals.
 - C. Milk contains more vitamins than minerals.
 - D. Drinking milk is a leading cause of osteoporosis.
 - E. Milk is a key part of a healthy diet.

12. What is the main purpose of Text 3B?
 - A. To argue that milk products increase weight loss
 - B. To compare *Farm to Market Dairy* milk products with other dairy products
 - C. To inform the public of the risks associated with milk consumption
 - D. To support the use of *Farm to Market Dairy* products
 - E. To exaggerate the strengths of *Farm to Market Dairy*

13. Which of the following statements represent Dr. Garza's purpose for writing the article? Choose either Yes or No for each statement.

Statement	Yes	No
To question the benefits of dairy products on general health		
To discuss various research findings about cow's milk		
To refute the popular American advertising slogan about milk		

14. Which TWO research results presented by Dr. Garza may 'surprise' readers?

☐ A. Female milk drinkers suffered more bone fractures.

- ☐ B. Both male and female milk drinkers were more likely to suffer from heart disease and cancer.
- ☐ C. Women who drank milk did not have more broken bones.
- ☐ D. People who drank milk had less heart disease and cancer.
- ☐ E. People originally thought that drinking cow's milk could be less beneficial to our health than recently believed.

15. Based on the two texts about milk, are the statements in the table below facts or opinions? Choose either Fact or Opinion for each statement.

Statement	Fact	Opinion
Recent studies on the health benefits of milk are surprising.		
Several studies have questioned the bone-strengthening power of milk.		
Drinking milk and other dairy products is the best way to lose weight.		

16. The authors of the two texts disagree on the role of milk in a regular diet. What is the main point on which the authors disagree?
 - A. Milk's effects on health and its role in human diets
 - B. The number of vitamins and minerals found in milk
 - C. The best form of dairy to regularly consume
 - D. Which organization is the leading authority on milk
 - E. The number of studies on milk consumption

Questions 11 to 16 refer to Text 3A and Text 3B.

Text 3A

Farm to Market Dairy

The Nutritional Value of Milk: Countless Benefits!

Farm to Market Dairy milk products contain key nutrients: calcium, protein, vitamin D, vitamin B12, riboflavin, and potassium. These vitamins and minerals make *Farm Market Dairy* milk products a great way to ensure that you get the nutrients your body needs every day.

Consuming *Farm Market Dairy* milk products can aid in weight loss and help maintain a healthy weight. Milk also increases bone strength and density, improves cardiovascular health, and may help prevent cancer. One glass of milk is packed with vitamins, minerals, and a wealth of health benefits.

According to Bill Sears, MD, Associate Clinical Professor of Pediatrics at the University of California at Irvine, milk contains many important nutrients in one convenient place. The International Dairy Food Association (IDFA) supports this idea. In fact, the IDFA suggests that many family health professionals and groups would agree with this perspective.

Milk contains a complete package of nine essential nutrients. In addition to being an excellent source of calcium and vitamin D, it is also a good source of vitamin A, protein, and potassium. Dairy products are recommended by doctors, and the role of dairy in a healthy diet has long been established by the nutrition and science community. This includes organizations such as the National Osteoporosis Foundation, the Surgeon General, the National Institutes of Health, the American Medical Association's Council of Scientific Affairs, and many other leading health organizations.

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Text 3B

Just Say 'No' to Cow's Milk!

By Health Reporter, Dr. R. Garza

Cow's milk is a big part of many people's lives in the United States. Babies drink cow's milk from bottles. Children eat cereal drenched in cow's milk. Even adults enjoy a cold glass of milk from time to time. Yes, cow's milk is a huge part of the human diet in many places around the world. However, more and more research suggests that milk may not "do a body good," as the popular American advertising slogan claims.

The United States Department of Agriculture, the American Dairy Council, Dairy Management, Inc., and other organizations have worked hard to advocate for milk for many years. They encourage adults to drink at least three glasses of milk a day. However, several studies in the last decade have questioned the bone-strengthening power of milk, as well as other claims about its health benefits. The results may surprise you.

One of the most significant studies on the effects of drinking milk was published in the October 2014 issue of the *British Medical Journal*. The findings in this study led to some powerful assertions about the consumption of milk. In this study, over 100,000 people in Sweden were followed for 20–30 years. Researchers found that the female milk drinkers suffered more bone fractures. Additionally, both male and female milk drinkers were more likely to suffer from heart disease and cancer. These staggering results are similar to findings from other studies.

The Physicians Committee for Responsible Medicine (PCRM) commented on some of the health problems related to the consumption of milk. It claims that milk and dairy products "have little or no benefit for bones." The PCRM goes further to describe some specific problems associated with milk: "Milk proteins, milk sugar, fat, and saturated fat in dairy products pose health risks for children and encourage the development of obesity, diabetes, and heart disease."

I disregarded it as my imagination playing tricks on me, but the whispers became repetitive and much louder. I heard a childlike voice calling out "Mum." It called about five times, until I turned on the light again and ran into the kitchen. At the same time, I saw my sleepy mum coming out of her room—which is on the other side of the house—and we met halfway. Before I could open my mouth to tell her what had happened, she asked if I had called her. I said, "No, why?" She told me she had heard me calling her from inside her room, that's why she had come into the kitchen. I told her it wasn't me, and that I had heard the voice too.

Whoever it was had wanted us to sleep together. It felt as though we were somehow connected through that voice.

Has anyone experienced something similar to this?

6. What can be inferred about the relationship between the writer and her mother?
 - A. The writer and her mother have a strained and distant relationship.
 - B. The writer and her mother have a close and emotionally connected relationship.
 - C. The writer and her mother are skeptical of each other's experiences.
 - D. The writer and her mother live in separate houses.
 - E. The writer and her mother are trying to communicate with spirits intentionally.
7. Which of the following quotes best summarizes the writer's initial experience with the paranormal?
 - A. "I've been getting my mum to sleep in my room with me since then...."
 - B. "I sat upright, turned on the light, and couldn't fall back asleep."
 - C. "Something had touched me and seemed to be trying to wake me."
 - D. "It was 2 a.m. when I finally turned off the lights to rest...."
 - E. "Before I could open my mouth to tell her what had happened"
8. Which of the following pieces of evidence from the text supports the idea that the writer was frightened by the paranormal experience?

There may be more than one correct answer.
Tick (✓) every possible answer.
- ☐ A. The writer asked his/her mother to sleep in his/her room with him/her.
 ☐ B. The writer heard a childlike voice calling out "Mum".
 ☐ C. The writer ran into the kitchen after hearing the voice.
 ☐ D. The writer turned on the light after feeling the tapping on his/her shoulder.
 ☐ E. The writer ignored the tapping on his/her shoulder at first.
9. According to the text, what was the weather like on the nights when the narrator experienced the paranormal events?
 - A. Rainy
 - B. Stormy
 - C. Cloudy
 - D. Windy
 - E. Not stated.
10. What underlying theme is subtly conveyed through the writer's account of the paranormal experience?
 - A. The power of skepticism in the face of the unknown
 - B. The comfort of maternal love in times of fear
 - C. The danger of dwelling on supernatural phenomena
 - D. The importance of rational explanation for unexplained events
 - E. The isolation of experiencing paranormal events

3. Which paragraph best supports the idea that students should develop independent learning skills using technology?

- A. The introduction where the writer states that technology is essential in the modern world
- B. The first body paragraph which focuses on the role of computers in various industries

- C. The second body paragraph which emphasizes personalized learning through computers
- D. The conclusion which reaffirms the writer's opinion about prioritizing technical skills
- E. None of the paragraphs directly address this idea

4. Listed below are statements from the text above. Are these statements facts or opinions? Tick (✓) the correct column.

Statement	Fact	Opinion
As we move into twenty-first century, it is evident that computers and information technology are being used in almost every sector.		
Though traditional subjects taught in schools remain important, courses on technology are essential in today's modern and competitive world.		
Whether in healthcare, banking, finance, or the communication industry, computers and information technology play a vital role in accomplishing tasks more quickly and efficiently.		

5. Which of the following additional facts would make the introduction of the text more informative?

- A. A brief historical overview of how technology was used in schools in the 1990s
- B. Statistics showing how many schools worldwide currently include computer science in their curriculum

- C. A quote from a teacher who dislikes using computers in the classroom
- D. A definition of what constitutes a "traditional subject"
- E. A description of how students feel about homework

Questions 6 to 10 refer to Text 2.

Text 2

I hadn't experienced anything paranormal for a while, until about two weeks ago, when I was woken up by movement at my feet. The touching had happened over the previous few nights, until I felt a tapping on my left shoulder, which I ignored, followed by three hard, sharp taps on my head.

I sat upright, turned on the light, and couldn't fall back asleep. Something had touched me and seemed to be trying to wake me. It was around 3 a.m. once again, but I'm not sure if the timing was just a coincidence.

I've been getting my mum to sleep in my room with me since then, except last night, when she fell asleep in her own room. So I got ready to sleep alone. It was 2 a.m. when I finally turned off the lights to rest, and that's when I heard a hushed and faint whisper.

SOAL SIMULASI

TES KEMAMPUAN AKADEMIK (TKA)

SMA-MA/SMK-MAK

Mata Pelajaran : **BAHASA INGGRIS**
 Program : **BAHASA**
 Hari/Tanggal :
 Jam :

Questions 1 to 5 refer to Text 1.

Text 1

As we move into twenty-first century, it is evident that computers and information technology are being used in almost every sector. Though traditional subjects taught in schools remain important, courses on technology are essential in today's modern and competitive world. This essay will outline several reasons supporting this view.

Firstly, whether healthcare, banking, finance, or the communication industry, computers and information technology plays a vital role in accomplishing tasks more quickly and efficiently. Students who are only trained through traditional teaching methods have limited opportunity to excel in their fields later in life. Therefore, it is evident that technical skills must be more strongly integrated into academic curricula.

Secondly, computers play an important role in deepening knowledge across all subjects. Every individual has their own learning capabilities, and it is difficult for teachers to cater to every student's needs. Introducing computers and allowing students to learn at their own pace can lead to better learning outcomes. Merely memorizing textbook content is not enough. Students should be encouraged to explore topics online, which will enhance their understanding and better prepare them for the competitive world.

In conclusion, with a practical and forward-thinking approach, I strongly agree that computer and technical skills should be given greater importance in education compared to traditional subject.

Modified from: <https://files.eric.ed.gov>

1. What are Paragraphs 2 and 3 trying to elaborate on?
 - A. The reasons why courses on technology are pivotal in this modern and competitive world.
 - B. Computers and information technology have become imperative in almost every sector in the twenty-first century.
 - C. It is imperative that traditional subjects in public schools are replaced by more practical ones.
 - D. It is faster and easier to run the healthcare, banking, finance, and communication industries by using computers and information technology.
 - E. Computers and information technology are prominent in the twenty-first century.

2. Which of the following statements are TRUE about computers and information technology?

There may be more than one correct answer. Tick (✓) every possible answer.

- ☐ A. In the current century, computers and IT are not important.
- ☐ B. It is important to include technology subjects in the school curriculum.
- ☐ C. Students who have been taught in a limited environment have very little scope to excel in their careers.
- ☐ D. Computers don't help students to learn more about their school subjects.
- ☐ E. The writer prefers to include computer and technical skills in academics.