



Practice Exam - Health and Wellbeing

Cambridge IGCSE ESL 0510/0511 | Reading practice paper

Exercise 1

Read the article about shaded walking routes in Singapore then answer the questions.

Walking in the shade

In hot cities, walking can be difficult even when distances are short. Singapore has developed many covered walkways to help people move between housing blocks, bus stops, train stations and shops without standing in direct sun or heavy rain. The walkways are especially useful for older residents, parents with young children and people who need to travel during the hottest part of the day.

The routes are planned around everyday journeys rather than tourist attractions. A covered path may connect a block of flats to a market, a clinic or a station entrance. This matters because regular short walks can support health only if people feel able to make them comfortably. If the route is too hot, too wet or too exposed, many people choose a taxi or ask someone for a lift instead.

Shade is not the only consideration. Good lighting helps people feel safer in the evening, while smooth surfaces make it easier for wheelchair users and people pushing prams. Some routes include benches, but planners have to place them carefully so they do not block the path. Drainage is also important because puddles can make a walkway slippery after sudden storms.

Health campaigners say covered routes can encourage gentle physical activity. They do not replace sports facilities or medical care, but they make walking part of ordinary life. A person may walk to buy food, visit a neighbour or reach public transport without thinking of it as exercise. Over time, these small journeys can support fitness and independence. Public-health researchers have also pointed out that shaded routes can help people who are recovering from illness. A short walk to a shop or clinic may be possible when the route includes cover and places to rest.

There are limits. Building and maintaining walkways costs money, and some streets are too narrow for wide covers. Even so, urban designers say shade should be treated as part of public health in hot climates. A city that wants people to walk must make walking realistic, not simply tell residents that exercise is good for them. The design of these routes is often checked during different seasons. A path that feels comfortable in cloudy weather may still need extra shade when the sun is stronger or when reflected heat rises from the pavement.

Exercise 1 questions

Answer the questions using information from the article. Write short answers.

1 What weather conditions do covered walkways protect people from? [1]

2 Name one group of people who find the walkways especially useful. [1]

3 What kind of journeys are the routes planned around? [1]

4 What might people choose if a walking route feels too hot or wet? [1]

5 What helps people feel safer in the evening? [1]

6 Give three practical issues designers considered for shaded walking routes. [3]

Exercise 2

Read the article about four wellbeing activities (A-D). Then answer Questions 9(a)-9(i).

A Chair yoga

Chair yoga is designed for people who cannot easily exercise on the floor. Movements are slow, and participants can stop whenever they feel uncomfortable. The class is popular with office workers as well as older adults because it can reduce stiffness after long periods of sitting. It is not intended to build strength quickly. Instructors remind participants that comfort matters more than copying every movement exactly. Chairs are available for people who need extra support during the balance exercises. Chairs are placed in a circle so participants can copy movements safely.

B Community singing

The singing group meets once a week in a community hall. Members do not need to read music, and the leader chooses songs that are easy to learn. Some people join because singing helps their breathing, while others enjoy the social contact. The group gives one informal performance each year, but performing is optional. The leader changes the songs each month so regular members keep learning something new. New members are encouraged to stand near the side until they feel confident. Song sheets use large print because some visitors do not bring glasses.

C Quiet swim session

The quiet swim session has dimmer lights, fewer swimmers and no loud music. It was created for people who find normal pool sessions stressful. Swimmers must still follow safety rules, and a lifeguard is always present. Places need to be booked because the pool limits numbers to keep the atmosphere calm. Pool staff ask swimmers for feedback about lighting because small changes can affect confidence. The session is deliberately quiet, so swimmers can concentrate on breathing. The session has fewer swimmers per lane than normal public swimming.

D Gardening for recovery

This gardening session supports people returning to normal routines after illness. Participants grow herbs and flowers in raised beds, so they do not need to bend too much. The session is gentle, but it still gives people a reason to leave home regularly. Volunteers help with heavy tasks such as carrying compost. Participants choose tasks according to energy levels, which helps the session feel manageable. Some people prepare vegetables while others wash equipment or label containers. The garden keeps lighter tools for people rebuilding strength gradually.

Exercise 2 questions

For each statement, write the correct letter A, B, C or D on the line. Each letter may be used more than once.

No.	Which wellbeing activity...	A-D
9(a)	is useful for people who find ordinary pool sessions difficult
9(b)	does not require people to perform in public
9(c)	uses raised beds to make activity easier
9(d)	can help people who sit for a long time
9(e)	requires people to reserve a place
9(f)	does not aim for fast physical improvement
9(g)	may support breathing as well as social contact
9(h)	gives people a regular reason to go out
9(i)	has support for heavier jobs

Exercise 3

Read the article about hydration points at outdoor events then complete the notes.

Helping visitors stay hydrated

Outdoor events can be enjoyable, but warm weather creates health risks when visitors do not drink enough water. Some organisers now provide hydration points where people can refill bottles for free. These points are usually placed near entrances, food areas and first-aid tents so visitors see them regularly. Clear signs are important because people may not search for water until they already feel tired.

Good planning begins before the event. Organisers estimate visitor numbers, check whether drinking-water pipes are available and decide how many refill stations are needed. If permanent pipes are not possible, large water tanks may be brought to the site. Staff must also test the water supply and clean taps before visitors arrive.

During the event, volunteers remind people to refill bottles, especially children and older visitors. Some events use announcements or messages on large screens during the hottest hours. First-aid teams say this is useful because mild dehydration can cause headaches, dizziness and poor concentration. Visitors may blame these symptoms on noise or tiredness, not lack of water. Organisers may also ask food sellers to display reminders near salty snacks, because these can make people thirstier. Shade for queues is another useful measure when visitors are waiting to refill bottles. Staff check the points during the hottest part of the afternoon, when demand can rise quickly.

Hydration points also reduce plastic waste because fewer people buy single-use bottles. However, organisers need bins nearby for damaged cups or bottles, and the ground around refill stations must be checked so it does not become muddy or slippery. A simple water point can therefore support both health and the environment if it is managed carefully. The most successful events make water easy to find before anyone feels unwell. This is why hydration planning is treated as part of safety, not simply as an extra service. After the event, organisers record which points ran out first so the next layout can be improved.

Staff place the points where queues already slow down, such as beside entrances and near shaded seating. This means visitors can fill bottles without walking away from the main route or missing the start of an activity.

Exercise 3 questions

Complete the notes using information from the article. Write short words or phrases.

Notes	Write short answers
10 Where hydration points are usually placed	- - -
11 How organisers manage hydration points	- - - -

Exercise 4

Read the article about learning to rest after a minor injury then answer the questions.

Learning to rest properly

When I twisted my ankle during a basketball game, I thought the main problem would be missing matches. The nurse told me to rest, but I imagined rest meant doing nothing and feeling frustrated. For the first two days, I complained constantly and watched videos of other people playing sport, which only made me feel worse.

My coach then gave me a different way to think about recovery. He said rest was not empty time; it was part of training. If I rushed back too soon, I could turn a small injury into a serious one. That sounded sensible, although I did not enjoy hearing it. I had always seen determination as pushing through discomfort.

I began using the time to do things I normally avoided. I slept earlier, planned schoolwork more carefully and helped record scores for the team. Watching from the side was difficult, but it showed me patterns I often missed while playing. I noticed how certain players created space and how quickly tiredness changed decision-making.

The hardest moment came when my ankle felt almost normal. I wanted to play in a friendly match, but the physiotherapist advised waiting another week. I was annoyed because the match did not seem important enough to risk anything, yet important enough to make me impatient. In the end, I waited, and the extra week made my first training session back much easier. My friends tried to be kind, but their messages about upcoming games made me feel as if I was disappearing from the team. Helping with scores gave me a small role while I waited.

I still dislike being injured, but I understand rest differently now. It is not laziness or weakness. It can be an active choice that protects future progress. The experience also made me more sympathetic to teammates who sit out. Sometimes the strongest decision is not to continue, but to stop at the right time. That role mattered because recovery was not only physical. I needed to feel patient without feeling useless, and watching properly gave me something to learn.

The hardest part was watching other people continue as normal. I kept thinking I was falling behind, although the nurse had clearly said that returning too early could make the injury last longer.

Exercise 4 questions

For each question, choose the correct answer, A, B or C.

12 What did the writer first think rest would be like? [1]

- A useful for schoolwork
- B frustrating and inactive
- C similar to normal training

13 What did the coach help him understand? [1]

- A Rest can be part of training.
- B Small injuries should be ignored.
- C Videos are useful for recovery.

14 What benefit came from watching matches? [1]

- A He became the team coach.
- B He stopped wanting to play.
- C He noticed details he usually missed.

15 Why was waiting another week difficult? [1]

- A He felt almost ready to play.
- B The match was a final.
- C The physiotherapist changed her advice.

16 How did the extra week affect his return? [1]

- A It caused him to lose interest.
- B It made the injury worse.
- C It made the first session back easier.

17 What is the writer's final message? [1]

- A Sport should be avoided after injury.
- B Stopping can sometimes be a strong decision.
- C Determination always means continuing.

Practice Exam - Health and Wellbeing

Exercise 1

1. direct sun / heavy rain
2. older residents / parents with young children / people who need to travel during the hottest part of the day
3. everyday journeys
4. a taxi / a lift
5. good lighting
6. benches must not block the path; puddles can make a walkway slippery; shade should be treated as part of public health

Exercise 2

9(a) C; 9(b) B; 9(c) D; 9(d) A; 9(e) C; 9(f) A; 9(g) B; 9(h) D; 9(i) D

Exercise 3

10 Where hydration points are usually placed

- near entrances
- food areas
- first-aid tents

11 How organisers manage hydration points

- estimate visitor numbers
- test the water supply
- clean taps before visitors arrive
- check the ground around refill stations

Exercise 4

12 B; 13 A; 14 C; 15 A; 16 C; 17 B

12 B - He imagined doing nothing and feeling frustrated.

13 A - The coach says rest is part of training.

14 C - Watching from the side showed him patterns.

15 A - His ankle felt almost normal and he wanted to play.

16 C - He says the extra week made training easier.

17 B - He concludes that stopping at the right time can be strongest.