

## ĐỀ THI GIỮA HỌC KÌ 1 – ĐỀ SỐ 3

### MÔN: TIẾNG ANH 11 ENGLISH DISCOVERY



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#### I. PHONETICS

Find the word which has a different sound in the part underlined.

1. A. sprain      B. break      C. dislocate      D. vegetables
2. A. cut      B. burn      C. thumb      D. bruise
3. A. knee      B. ankle      C. break      D. calf

#### II. GRAMMAR AND VOCABULARY

Write the correct forms of the words in brackets.

4. Last week, my best friend \_\_\_\_\_ to try raw oysters. (**DECISION**)
5. Smith's initiative in founding The Real Junk Food Project demonstrates his \_\_\_\_\_ to tackle the issue of food waste. (**DETERMINE**)

Choose the correct answer.

6. Sarah \_\_\_\_\_ a healthy smoothie yesterday.  
A. was making      B. made      C. makes      D. has made
7. They \_\_\_\_\_ a balanced diet for a month now.  
A. start      B. started      C. have started      D. will start
8. She can't help \_\_\_\_\_ a piece of chocolate after dinner.  
A. eat      B. eats      C. eating      D. to eat
9. They aim \_\_\_\_\_ a marathon next year.  
A. running      B. to run      C. run      D. to running
10. Governments are making efforts \_\_\_\_\_ food waste in catering industry.  
A. reduce      B. reduce      C. to reduce      D. reducing
11. She accidentally touched a sharp knife and then got a few \_\_\_\_\_ on her hands.  
A. bruise      B. cuts      C. scratches      D. pain
12. That's a serious injury! How did you cut your \_\_\_\_\_?  
A. thigh      B. hand      C. thumb      D. head
13. The movie was so entertaining that the audience laughed their \_\_\_\_\_ off.  
A. smile      B. heart      C. head      D. eyes

14. Don't give her nuts. She's \_\_\_\_\_ them.

- A. allergy                      B. allergic to                      C. allergy to                      D. allergic against

15. If you don't shower for too many days, you will have \_\_\_\_\_ all over your body.

- A. scratches                      B. cuts                      C. injuries                      D. bruises

### III. READING

*Read the text and decide if each statement below is T (True) or F (False).*

Maintaining a healthy diet is essential for our overall well-being. It involves making conscious choices about the types and amounts of food we consume. By adopting healthy eating habits, we can improve our energy levels, physical appearance, and overall health.

One crucial aspect of healthy eating is controlling the intake of certain substances. For instance, it's important to limit our consumption of salt, which can be found in foods like crisps and fast food. Excessive salt intake can lead to various health issues, including high blood pressure. Similarly, we should be mindful of our sugar intake and avoid consuming excessive amounts found in sweets and fizzy drinks. Too much sugar can contribute to weight gain and increase the risk of developing conditions like diabetes.

Another important aspect of healthy eating is having a balanced diet. This means incorporating a variety of fresh foods into our meals. A balanced diet ensures that we obtain a range of nutrients necessary for our body's proper functioning. It's also beneficial to include fish in our diet at least once a week, as it provides essential omega-3 fatty acids that promote heart health. When it comes to meat consumption, it's recommended to limit the intake of red meat to no more than three times a week. Reducing red meat consumption can have positive effects on cardiovascular health and decrease the risk of certain diseases.

Embracing a healthy diet can have numerous benefits. People who follow a balanced and nutritious eating plan often report feeling well and having an abundance of energy. Additionally, a healthy diet can contribute to a radiant appearance, with healthy-looking skin and hair.

In conclusion, adopting healthy eating habits is an important step towards maintaining overall well-being. By controlling our intake of salt and sugar, having a balanced diet, and making conscious choices about the types of food we consume, we can improve our energy levels, physical appearance, and overall health.

16. Eating too much salt can lead to low blood pressure.
17. Consuming excessive amounts of sugar can contribute to weight gain.
18. A balanced diet includes a variety of fresh foods.
19. Eating fish at least once a week does not provide essential omega-3 fatty acids.
20. It is recommended to consume red meat more than three times a week.
21. Following a healthy diet can improve energy levels.
22. A healthy diet has no impact on physical appearance.
23. Limiting sugar intake is important for managing diabetes.
24. Reducing red meat consumption can benefit cardiovascular health.
25. Consuming excessive amounts of salt can lower blood pressure.

### WRITING

*Rearrange the given words to make complete sentences. Do not change the given words.*

26. It is very difficult for me to consume high-calorie food. **(STAND)**

\_\_\_\_\_.

27. You should not spend too much time staying at home. **(WASTE)**

\_\_\_\_\_.

28. Our teacher won't force us to do that exercise. **(MAKE)**

\_\_\_\_\_.

29. The boys are still making banana cake. **(FINISHED)**

\_\_\_\_\_.

30. I haven't found my key for a week. **(LOST)**

\_\_\_\_\_.