ĐỀ THI HỌC KÌ 2 – ĐỀ SỐ 1
MÔN: TIẾNG ANH 11 BRIGHT
📝 BIÊN SOẠN: BAN CHUYÊN MÔN LOIGIAIHAY.COM

I. LISTENING

A woman is talking about the effects of sitting and moving on the body. Listen and decide if each of the statements is True or False.

1. The new health problem found is unusual.

2. A lot of scientists believe that non-stop sitting is damaging to your health.

3. Scientists' viewpoints on how frequently people should work out is still the same.

4. In the past, scientists thought that doing workout once a day was good enough.

5. Climbing up and down the stairs every hour is better than a fifteen-minute run.

Listen to a talk about life expectancy and choose the correct answers A, B, or C.

6. What is the life expectancy in many of the richest countries?

A. More than 80.　　　　B. Less than 80.　　　　C. More than 85.

7. What was the life expectancy in Japan in 2022?

A. Over 94.　　　　B. About 84.　　　　C. Over 85.

8. According to the speaker, what is the first reason for the increased life expectancy?

A. People get access to better food.

B. Better medical care is available.

C. People live in a better environment.

9. What do people do when they realise the importance of good health?

A. They continue unhealthy habits such as smoking and drinking.

B. They stop doing things that are bad for their health.

C. They ignore what they eat or drink every day.

10. What is the benefit of understanding age-related diseases better?

A. People can live as long as they want.

B. People can treat their diseases.

C. People can take better care of themselves.

II. PRONUNCIATION

Choose the word that has the underlined part pronounced differently from the others.

11. A. spr<u>ea</u>d　　　B. h<u>ea</u>dache　　　C. br<u>ea</u>d　　　D. <u>ea</u>rache

12. A. f<u>a</u>tty　　　B. <u>a</u>pply　　　C. <u>a</u>lone　　　D. <u>a</u>void

Choose the word that has a stress pattern different from the others.

13. A. maintain　　　B. consume　　　C. prevent　　　D. lower

14. A. nutrient　　　B. infection　　　C. memory　　　D. benefit

III. USE OF ENGLISH

Choose the best option for the question.

15. Salmon are high in _____, so they're good for building muscles.

A. blood   B. juice   C. water   D. protein

16. That is the gym at _____ I often run on a treadmill.

A. whom   B. that   C. which   D. you're

17. Take a short walk every one hour to _____ your sitting.

A. increase   B. limit   C. ignore   D. remove

18. Several fitness apps can track your _____ to show you which level you're at.

A. progress   B. rewards   C. nature   D. space

19. If you talk badly about someone because they come from a different country, it's _____.

A. war   B. homelessness   C. hunger   D. racism

20. *Nathan:* "It seems to me that the government should build shelters for the homeless." - *Fred:* "
_____ "

A. Yes, I want to.

B. Why can't you help them?

C. It would be great for the poor.

D. I'm not so sure because the government can't afford to do it.

21. *Bob:* "I want to lose weight, but I can't stop eating junk food. I always feel hungry." - *Ivan:* "
_____ "

A. You'd better cut down on sugary drinks and foods.

B. Write a food diary every night.

C. Stop eating healthy snacks.

D. Why don't you try some fast foods?

22. Most homeless people are sick because they _____ eat whatever other people give them, especially junk foods.

A. must   B. can   C. should   D. will

IV. READING

Read a text about a robot pet. Choose the best option for each of the blanks.

A ROBOT PET

Robots don't have any feelings, but some are made to become a companion for humans to bring them positive emotions. Siro is a robot that looks like a small dog. It has been used in some hospitals in Europe as a robot pet for patients to improve their (**23**) _____. The robot can understand three languages and learn to remember some human names. It can make movements, such as turning to look at patients, walking alongside a patient, barking loudly, opening its eyes and wagging its tail to show it is happy. All the patients love Siro because it has made them stay (**24**) _____ so that they can recover quickly.

Siro was the first kind of robot (**25**) _____ the patients feel calm and relaxed. Many patients, including the elderly and children, believed that Siro really helped keep their blood (**26**) _____ low and that Siro was even better than a real pet because they didn't take care of it! Maybe in a near future, robots like Siro will be cheaper than real pets for people in poor countries, (**27**) _____and will be able to do more difficult tasks like helping disabled people walk around on the street easily.

23. A. fever   B. mood   C. blood   D. ankle

24. A. bruised   B. itchy   C. beneficial   D. positive

25. A. helped   B. helps   C. to help   D. helping

26. A. pressure   B. test   C. sample   D. treatment

27. A. need   B. have to   C. must   D. ought to

Read a text about the causes and solutions to obesity. Write NO MORE THAN THREE WORDS in each of the blanks.

THE CAUSES AND SOLUTIONS TO OBESITY

According to some new nutrition studies, high and frequent consumption of carbohydrates is proved to be the main cause of obesity which is very common in teenagers and young adults. Surprisingly, by controlling the carbs intake, people can make their own healthy diets to fight obesity.

Scientifically, the human body runs on glucose, which is the main source of energy. Any kinds of food taken into our body, like rice, bread, meat, milk, cheese, and sugar drinks, are broken down into glucose. Then, the amount of glucose is carried in our bloodstream to feed trillions of body cells, under the effects of insulin from the pancreas. When the cells are full, the remaining amount of glucose is stored as glycogen in our muscles and internal organs like the liver. When our body needs energy later, the stored glycogen is released into the bloodstream in the form of glucose and continues feeding the hungry cells.

Obesity happens when the body has too much glycogen stored in the bones and internal organs. The glycogen has to be stored in the form of fat under our skin. The body parts used as "a special fridge" for fat are belly, bottom, thighs, and upper arms. For an average person, the more fat they store, the higher their BMI (Body Mass Index). If their BMI is from 25 to 29, they are overweight. If it's over 30, they are obese.

To prevent and cure obesity, people have to choose what to eat carefully. Food high in carbs and sugar, like artificially sweetened foods and sugary drinks, cause insulin to rise quickly, which makes the body store fat as soon as the body cells are full. Moreover, those foods are highly digestible, which means the body digests them quickly. As a consequence, the body gets hungry just around one hour later, and then, people must eat again. On the contrary, foods rich in protein and fat, like beef, chicken and dairy products, cause insulin to rise very slowly, and they take longer to be digested, which keeps the body full for a longer time and stores fat slowly.

In conclusion, healthy eating is choosing what to eat smartly, and it starts in the kitchen. Keeping track of your daily diet is essential to get you in shape.

28. It was proved that eating too many _____ very often results in obesity.

29. Glucose is the most important _____ for the human body.

30. The _____ turns the glucose in the bloodstream into the food for the body cells.

31. Obese people's BMI is _____.

32. The foods that help slow down the rise of insulin are high in _____.

V. WRITING

Write the second sentence so that it has a similar meaning to the first one. Use the word in the box.

33. Nick thinks people can't deal with homelessness successfully if we raise money for the homeless. (USE)

=> _____.

34. It's not necessary to hire a personal trainer to get fit. (HAVE TO)

=> _____.

35. The elderly should spend about 15 minutes exercising every day. (HAD)

=> _____.

36. I think you should eat different kinds of marine fish that help you fight diseases. (RECOMMEND)

=> _____.

Complete the sentences with the given beginnings in such a way that their meanings stay unchanged.

37. Michelle tries to stay away from some types of carbohydrates.

=> Michelle tries to avoid _____.

38. Dane said, "I suffered from an earache."

=> Dane mentioned _____.

39. Josh put an ice pack on his sprained ankle for fifteen minutes and then went to bed.

=> Having _____.

40. She left her nose spray at home, but she forgot that.

=> She forgot _____.

---------------THE END---------------