

ĐỀ THI HỌC KÌ 2 – ĐỀ SỐ 2
MÔN: TIẾNG ANH 11 BRIGHT



BIÊN SOẠN: BAN CHUYÊN MÔN LOIGIAIHAY.COM

I. LISTENING

A nutritionist is talking about carnivore diets. Listen and decide if each of the statements is T (True) or F (False).

1. Only meat is accepted in carnivore diets.
2. It has been proven that carnivore diets can harm the body.
3. A diet with more protein and fewer carbohydrates can help lose weight.
4. We don't have to cut off carbohydrates to control blood sugar.
5. A perfect diet should include foods from various food groups.

II. LANGUAGE

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

6. A. fear B. hear C. appear D. year
7. A. sugar B. runner C. hunger D. upset

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

8. A. injure B. relax C. apply D. destroy
9. A. together B. regular C. sociable D. positive

Choose the best option for each of the questions.

10. Patients _____ take some antibiotics to help treat an earache, or it could get worse.
A. should B. had better C. have to D. must
11. Consuming too much salt may increase the _____ of high blood pressure.
A. problem B. danger C. threat D. risk
12. If one or more of these symptoms develop, such as _____ of breath and chest pain, call your local emergency number immediately.
A. short B. shortly C. shortness D. shorter
13. You should eat more _____ like salmon because they are good for your brain and heart.
A. seafood B. meat C. dairy products D. insects
14. **Alfred:** You enjoy the sports club, don't you? - **Bruce:** _____, but it'd be better if there were more members.
A. I do B. I don't agree C. I'll try this sport D. I see
15. There was a slight decrease in his _____ after a week of dieting.
A. health B. mind C. skin D. weight
16. Taking deep _____ can improve your anxiety and depression.
A. breath B. breathe C. breaths D. breathing

17. Walking for 2.5 hours a week can cut your risk _____ heart disease.

- A. at B. of C. in D. on

18. **Suzanna:** Thank you very much for your fitness instruction. - **Mia:** _____

- A. It's quite OK. B. That's right. C. I'd love to. D. My pleasure.

19. Amelia, _____ used to eat meat and poultry, is a vegetarian now.

- A. which B. that C. who D. whose

20. _____ a course of meditation last year, Catherine decided to teach her friends how to meditate.

- A. Taking B. Having taken C. Took D. Take

III. READING

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

Micronutrients, including vitamins and minerals, are important to the body because they help it to perform a variety of normal functions. However, those nutrients have to be obtained from the food we eat (21) _____ our bodies are unable to create them.

The majority of vitamins and minerals required for good health are included in a diet (22) _____ contains lots of fruits, vegetables, whole grains, lean protein and healthy fats. However, not everyone is able to maintain a healthy diet. When a diet is unable to meet a person's (23) _____ needs for a period of time, that person ought to take supplements, which are pills containing a variety of vitamins and minerals. However, those who often take supplements should keep in mind that the best way to receive all the vitamins they need is (24) _____ a balanced varied diet. In some circumstances, such as pregnancy, limited diets and particular health conditions, it could be acceptable to take multivitamins. Moreover, the people taking supplements (25) _____ be careful not to go above what has been recommended by the doctor because consuming too much of any vitamin might have negative health effects. Therefore, it's necessary to see a doctor before taking any multivitamins.

21. A. so B. so that C. if D. because
 22. A. that B. whose C. who D. when
 23. A. nutrition B. nutritional C. nutrient D. nutritionist
 24. A. to B. on C. from D. by
 25. A. had better B. mustn't C. can D. could

Read a text about calories. Choose the best answer to each of the questions.

CALORIES

A calorie, usually associated with food items, is a unit of energy or heat. Nearly every kind of food and drink product contains calories, and some may have more calories than others. Calories are important as they contain the energy needed for a human to survive, including breathing, moving and pumping blood. Humans need to eat in order to get energy from the calories in their daily food, so they eat all types of foods with a wide variety of ingredients, vitamins, nutrients, and other substances that are helpful for the body.

Recently, people have paid more attention to the number of calories, which is measured by how much potential energy the food contains. For example, 1 gram of carbohydrates or 1 gram of protein has 4 calories while a gram of fat has 9 calories. Therefore, a person can determine the amount of energy based on the number of carbohydrates, fats and proteins that the food product contains.

Each person also has a different number of calories needed although approximately 2000 calories are suggested as the average number for most adults per day. The numbers of calories that people need each day differs depending on their height, muscles, gender, age, and activity level. If a person takes in more calories than needed, that person will often become overweight. In contrast, if a person does not get enough calories needed for their body, they will usually lose weight. Hence, counting calories is a good way to help people reach and maintain their weight and fitness goals, as it involves tracking how much energy is going into the body each day.

26. Which of the following does the word **associated** in paragraph 1 refer to?

- A. connected B. consumed C. needed D. digested

27. Which of the following is NOT true according to the text?

- A. Calories are a unit of energy.
 B. A gram of fat and a gram of protein have the same number of calories.
 C. The number of calories needed for every person is different.
 D. Taking more calories than needed can make a person gain weight.

28. How can people count calories of what they eat?

- A. by looking for the suitable kind of food B. by finding out how to cook the food
 C. by measuring the food weight D. by finding the ingredients of the food

29. Which of the following factors affects the number of calories people need?

- A. how old they are B. how heavy they are
 C. how much they know about nutrition D. how they achieve their fitness goals

30. Which of the following is NOT mentioned in the text?

- A. Some types of food may have more calories than others.
 B. The average number of calories most people need is about 2,000 per day.
 C. Not all calories from foods are healthy.
 D. A person can decide on the amount of energy from the food he eats.

IV. WRITING

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

31. The instruction says that children under five years old are not allowed to take this medication. (MUSTN'T)

=> _____.

32. If a young child does not react to certain sounds, he / she may have an earache. (SUFFERING)

=> _____.

33. Nuts and seed may support weight loss due to their high content of fiber. (BECAUSE)

=> _____.

34. Teenagers shouldn't consume many sugary foods. (AVOID)

=> _____.

35. Let's use a smartphone app called MyFitness Pal to calculate our daily calories intake. (WHY)

=> _____.

36. A health management app called MyChart can assist individuals in monitoring their own health conditions. (WHICH)

=> _____.

Rearrange the words or phrases to make meaningful sentences.

37. say/ eat/ should/ Doctors/ diet./ that/ we/ a/ balanced

=> _____.

38. 14-week/ on/ Internet./ I/ programme/ chose/ a/ running/ the

=> _____.

39. between/ beneficial/ study/ managing stress./ relaxation/ A balance/ and/ is/ in

=> _____.

40. not/ supermarkets/ throw/ I believe/ expired food./ that/ should/ away

=> _____.

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