SỞ GIÁO DỤC VÀ ĐÀO TẠO HÀ NỘI
TRƯỜNG THPT CHU VĂN AN

ĐỀ XUẤT ĐỀ THI HỌC SINH GIỎI
KHU VỰC DUYÊN HẢI – ĐBBB 2016
Môn: Tiếng Anh – Lớp 10

PART 1: LISTENING COMPREHENSION

I. Read the sentences below. You are going to hear two women talking about a holiday in France. Read the sentences, and choose the best option: A, B, or C, to complete the statements about the recording.

1. Paula's friend says that
   A. she has been ill.
   B. Paula doesn't look very well.
   C. she's pleased to see Paula.
2. Before the trip, Paula
   A. was enthusiastic about It.
   B. wanted to go to the Lake District.
   C. didn't tell anybody she was going.
3. Before Mark and Paula went to Paris,
   A. Mark's boss didn't want him to go.
   B. Paula arranged for somebody to look after the hamster.
   C. Paula's sister promised to look after the children.
4. The journey across the Channel
   A. was very smooth.
   B. was unpleasant for Paula.
   C. lasted eight hours.
5. The return trip from Paris was
   A. disturbed by a flood.
   B. an enjoyable experience.
   C. earlier than planned.

II. Read the statements and decide whether they are true (T) or false (F).

1. _____ The speaker has come from the Theosophical Society.
2. _____ One of the main points of the talk is to save money.
3. _____ She thinks students should do more housework.
4. _____ She argues that plastic containers won't biodegrade quickly.
5. _____ She warns that asthma sufferers should be careful with her recipes.

III. Part 1

You are going to hear two separate recordings about the uses of plastics.

Question 1-5

Complete the sentences below. Write no more than three words or number for each space

1. According to the speaker, the three factors contributing to the success of plastics today are safety, _____ and _____.
2. _____ and other food products are wrapped in plastic to protect them from contamination.
3. The use of plastics in major appliances ensures that they will _____ corrosion.
4. Experts have calculated that a kilo of plastic packaging can lead to a reduction of _____ in wasted food.
5. Plastic parts have made air conditioners as much as _____ more efficient since the 1970s.

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Question 6-10

Complete the notes. Write no more than three words of numbers in each space.

A history of plastic bag

1957	introduction of (6) _____
1966	Around one third of packaging in (7) _____ consists of plastic bags
1969	'New York City Experiment': (8) _____ collected in plastic bags
(9) _____	Plastic grocery bags first manufactured commercially
2002	New Irish tax of (10) _____ per carrier bag

PART 2: GRAMMAR AND VOCABULARY

I. Choose the best word from A, B, C or D that fits each blank

1. It isn't that woman's turn. Don't let her push _____.
   A. in B. through C. into D. up
2. We heard her _____ in agony as she dropped the saucepan on her toe.
   A. boil over B. cry out C. let off D. ring out
3. Tom won't buy that old car because it has too much _____ on it.
   A. ups and downs B. odds and ends C. wear and tear D. white lie
4. His English teacher recommends that he _____ a regular degree program.
   A. begin B. begins C. will begin D. is beginning
5. As a citizen, it is natural to _____ to the laws and rules made by the society.
   A. conform B. resist C. hinder D. obey
6. The inconsiderate driver was _____ for parking his vehicle in the wrong place.
   A. inflicted B. condemned C. harassed D. fined
7. Look, will you stop _____ in and let me finish my sentence!
   A. moving B. pushing C. butting D. plugging
8. It's the _____ of stupidity to go walking in the mountains in this weather.
   A. height B. depth C. source D. matter
9. Tax _____ deprives the state of several million pounds as a year.
   A. retention B. desertion C. escapism D. evasion
10. The university might accept you, _____ of your disappointing exam results.
    A. irrespective B. pending C. expectant D. dependent
11. She _____ two miles and a half, and now she feels exhausted.
    A. has been running B. run C. was running D. has run
12. Robert will enjoy skiing more the next time he goes to Mt. Hellens _____ he has had skiing lessons.
    A. now that B. so that C. before D. and
13. Don't blame me for what I did. _____ differently in my place?
    A. Would you have acted B. Would you act C. Would you acted D. Wouldn't you act
14. The five Olympic rings are a _____ of the five continents.
    A. emblem B. symbol C. logo D. sign
15. "How come you didn't tell me that you would quit the job?" – "_____"
    A. I found the job so interesting. B. Because I am so bored with it.
    C. I would love to. Thank you. D. Because I know you would make a fuss about it.
16. Archeologists are constantly searching for an answer _____ the question of what is actually _____ the ground we walk on.
    A. of/along B. to/beneath C. for/to D. on/for
17. The car was three years old but _____ very much.
    A. hasn't been used B. doesn't use C. hasn't used D. hadn't been used
18. Dreams are commonly _____ both visual and verbal images.
    A. made of B. made from C. consisted of D. made up of
19. He'd hardly finished doing his homework when you arrived, _____?

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A. would he B. had he C. didn't you D. hadn't he

20. The incredible thing about telephone _____ across the continents, but that you can recognize the other person's voice.

A. is it allow people to talk instantly B. is not that people can instantly talk to each other

C. is it provides instant talking to each other D. is that people can talk instantly

II. The passage below contains 10 mistakes. Write the correct form of each mistake in the space provided in the column on the right.

	Your corrections
Crime preventing is as crucial in the workplace as it is in the home or neighborhood. Reducing crime is as much a part of good management as prompt delivery, good staff relations, and other acceptable management functions. Losses from shops through shoplifting are extremely high and ultimately, those losses are payment for by all of us in high prices. There are many opportunities for shopkeepers themselves to reduce shoplifting. As with all types of criminal, prevention is better than cure. The best deterrent is the present of staff properly trained in how to identify potential shoplifters. There are also many secure devices now available. Video camera surveillance is a popular system, even with quite small retailers. In clothes shopping, magnetic tag marking systems that set off an alarm if they are taken out of the shop have proved their worthless. However, there are many simpler measures that retailers should consider. Better lighting and ceiling-hung mirrors can help staff to watch all parts of the display area. Similarly, simply arrangement shelves and display units to allow clear fields of visible is a good deterrent.	(1) _____ (2) _____ (3) _____ (4) _____ (5) _____ (6) _____ (7) _____ (8) _____ (9) _____ (10) _____

III. Fill in the gaps in the following sentences with suitable particles

1. I wonder if this dress fits. I'll try it _____ and see.
2. "Did you enjoy the concert last night with Liz?" "We didn't go. I waited an hour, but Liz didn't turn _____."
3. Don't spend the money you won. Why don't you put it _____ until you have enough to buy something you really want?
4. I was ill for two weeks, so I've fallen _____ with my work.
5. This painting can't possibly be an original. I think we've been taken _____.
6. I won't be able to go out tonight because a problem has just cropped _____.
7. After he was knocked out, it took a long time to bring him _____.
8. Don't worry. The pain should wear _____ fairly soon.
9. Violence flared _____ and a lot of people were injured.
10. The changes were phased _____ gradually so that everyone could get used to them.

IV. Write the correct form of the word given

We've all felt anger at sometime, whether as faint (0) ***annoyance*** or blind rage. Anger is a normal, sometimes useful human emotion, but uncontrolled outbursts of temper can be (1) _____. "People who give free rein to their anger, (2) _____ of the offence this may cause, haven't learned to express themselves constructively", says Martin Smolik, who runs weekend (3) _____ courses in anger management. "It is important to maintain your (4) _____ and put your case in an assertive, not aggressive, manner without hurting others. Being assertive doesn't mean being pushy or demanding; it means being (5)	(0) ANNOY (1) DESTROY (2) REGRAD (3) RESIDENCE (4) COMPOSE (5) RESPECT

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_____ of yourself and other people." He adds that people who are (6) _____ angered are intolerant of frustration, (7) _____ or irritation and, not surprisingly, find (8) _____ to other people very difficult. But what causes people to behave like this? It seems there is evidence to support the idea that some children may be born (9) _____ and prone to anger and this tendency is sometimes apparent from a very early age. However, research also suggests that a person's family (10) _____ may have an influence. Very often, people who are quick-tempered come from disorganized and disruptive families who find it difficult to express their emotions.	(6) EASY (7) CONVENIENT (8) RELATE (9) IRRITATE (10)GROUND

PART 3. READING COMPREHENSION

I. Read the text below and then decide which word best fits each blank

Gerard Mercator: The Man Who Mapped the Planet

When Gerard Mercatorwas was born in 1512, the geography of the globe still remained a mystery. It was unclear whether America was part of Asia, if there was a vast (1) _____ of sea at the top of the world or if Australia was (2) _____ to Antarctica.

Mercator's childhood was spent chiefly in Rupelmonde, a Flemish trading town on the river, and it was here that his geographical imagination was (3) _____ by the ships which passed to and from the rest of the world. Alongside imagination, he developed two very different skills. The first was the ability to gather, (4) _____ and co-ordinate the geographical information (5) _____explorers and sailors who frequented the margins of the known. He also had to be able to imagine himself (6)_____from the heavens, to achieve the visionary (7) _____of gods in the skies, (8) _____down on the world. The main reason why Mercator's name is (9) _____ to us is because of the *Mercator Projection*: the solution he (10) _____ to represent the spheroidal surface of the globe on a two-dimensional plane. It is less well known that Mercator was the first man to conceive of mapping the (11)_____ surface of the planet or that he (12) _____the idea of multiple maps being presented in bound books, to which he gave the name 'Atlas'.

It is difficult for us now to be surprised by maps, so many are there, and of such detail and coverage, but we should (13) _____ in mind that Mercator lived at a time when such knowledge was far from (14) _____ He was the man who (15)_____ our worldview forever.

1. A. territory	B. distance	C. range	D. expanse
2. A. connected	B. coupled	C. united	D. integrated
3. A. raise	B. reared	C. supplied	D. nourished
4. A. congregate	B. amass	C. assimilate	D. construct
5. A. granted	B. conferred	C. contributed	D. provided
6. A. suspended	B. located	C. situated	D. attached
7. A. inspection	B. observation	C. perspective	D. assessment
8. A. glimpsing	B. scrutinizing	C. watching	D. gazing
9. A. familiar	B. famous	C. memorable	D. recognizable
10. A. invented	B. contrived	C. devised	D. schemed
11. A. sheer	B. full	C. entire	D. utter
12. A. pioneered	B. initiated	C. lead	D. prepared
13. A. carry	B. hold	C. take	D. bear
14. A. typical	B. common	C. routine	D. normal
15. A. converted	B. substituted	C. distorted	D. altered

II. Supply the most suitable word for each blank

I was reading an article last week in which the writer described ___(1)_____ her children has changed as they grow up. When they were small she had to ___(2)_____ up with noisy games in the house or join in interminable games of football in the garden which wore her out. If the

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house went quiet, she wondered what the monsters were getting up to, or what crisis she would have to ____(3)_____ with next. She dreaded the fact that they might ____(4)_____ after her husband, who admitted having ___(5)_____ an uncontrollable child who ____(6)_____ most of time showing off to his friends by breaking things or getting into fights. What was worse was that everyone else thought he was ___ (7)_____sweet child, and he got away with the most terrible things. However, she had experienced an even greater shocked with her children. They had ___(8)_____ out as chess and playing the piano. They never did anything ___(9)_____ talking it over first, and coming to a serious decision. She had to face up to the fact that they made her feel rather childish as they got ___(10)_____, and that in some ways she preferred them when they were young and noisy

III. Read the following passage and choose the best answer (A, B, C or D) to each question.

No longer is asthma considered a condition with isolated, acute episodes of bronchospasm. Rather, asthma is now understood to be a chronic inflammatory disorder of the airways—that is, inflammation makes the iirways chronically sensitive. When these hyperresponsive airways are irritated, airflow is limited, and attacks of coughing, wheezing, chest tightness and breathing difficulty occur.

Asthma involves complex interactions among inflammatory cells, mediators, and the cells and tissues in the airways. The interactions result in airflow limitation from acute bronchoconstriction, swelling of the airway wall, increased mucus secretion, and airway remodeling. The inflammation also causes an increase in airway responsiveness. During an asthma attack, the patient attempts to compensate by breathing at a higher lung volume in order to keep the air flowing through the constricted airways, and the greater the airway limitation, the higher the lung volume must be to keep airways open. The morphologic changes that occur in asthma include bronchial infiltration by inflammatory cells. Key effector cells in the inflammatory response are the mast cells, T lymphocytes, and eosinophils. Mast cells and eosinophils are also significant participants in allergic responses, hence the similarities between allergic reactions and asthma attacks. Other changes include mucus plugging of the airways, interstitial edema, and microvascular leakage. Destruction of bronchial epithelium and thickening of the subbasement membrane is also characteristic. In addition, there may be hypertrophy and hyperplasia of airway smooth muscle, increase in goblet cell number, and enlargement of submucous glands.

Although causes of the initial tendency toward inflammation in the airways of patients with asthma are not yet certain to date the strongest identified risk factor is atopy. This inherited familial tendency to have allergic reactions includes increased sensitivity to allergens that are risk factors for developing asthma. Some of these allergens include domestic dust mites, animals with fur, cockroaches, pollens, and molds. Additionally, asthma may be triggered by viral respiratory infections, especially in children. By avoiding these allergens and triggers, a person with asthma lowers his or her risk of irritating sensitive airways. A few avoidance techniques include: keeping the home clean and well ventilated, using an air conditioner in the summer months when pollen and mold counts are high, and getting an annual influenza vaccination. Of course, asthma sufferers should avoid tobacco smoke altogether. Cigar, cigarette, or pipe smoke is a **trigger** whether the patient smokes or inhales the smoke from others. Smoke increases the risk of allergic sensitization in children, increases the severity of symptoms, and may be fatal in children who already have asthma. Many of the risk factors for developing asthma may also provoke asthma attacks, and people with asthma may have one or more triggers, which vary from individual to individual. The risk can be further reduced by taking medications that decrease airway inflammation. Most **exacerbations** can be prevented by the combination of avoiding triggers and taking anti-inflammatory medications. An exception is physical activity, which is a common trigger of exacerbations in asthma patients. However, asthma patients should not necessarily avoid all physical exertion, because some types of activity have been proven to reduce symptoms. Rather, they should work in conjunction with a doctor to design a proper training regimen, which includes the use of medication.

In order to diagnose asthma, a healthcare professional must appreciate the underlying disorder that leads to asthma symptoms and understand how to recognize the condition through information gathered from the patient's history, physical examination, measurements of lung function, and allergic status. Because asthma symptoms vary throughout the day, the respiratory system may appear normal during physical examination. Clinical signs are more likely to be present when a patient is

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experiencing symptoms; however, the absence of symptoms upon examination does not exclude the diagnosis of asthma.

1. According to the passage, what is the name for the familial inclination to have hypersensitivity to certain allergens?
A. interstitial edema
B. hyperplasia
C. hypertrophy
D. atopy

2. Why does a person suffering from an asthma attack attempt to inhale more air?
A. to prevent the loss of consciousness
B. to keep air flowing through shrunken air passageways
C. to prevent hyperplasia
D. to compensate for weakened mast cells, T lymphocytes, and eosinophils

3. The word **triggered** is closest in meaning to
A. caused B. taken place C. eliminated D. cured

4. The passage suggests that in the past, asthma was regarded as which of the following?
A. a result of the overuse of tobacco products
B. a hysterical condition
C. mysterious, unrelated attacks affecting the lungs
D. a chronic condition

5. Which of the following would be the best replacement for the underlined word **exacerbations** in this passage?
A. allergies
B. attacks
C. triggers
D. allergens

6. The passage mentions all of the following bodily changes during an asthma attack except
A. Severe cramping in the chest.
B. Heavy breathing.
C. Airways blocked by fluids.
D. constricted airways.

7. Although it is surprising, which of the following triggers is mentioned in the passage as possibly reducing the symptoms of asthma in some patients?
A. using a fan instead of an air conditioner in summer months
B. exposure to second-hand cigarette smoke
C. the love of a family pet
D. performing physical exercise

8. Why might a patient with asthma have an apparently normal respiratory system during an examination by a doctor?
A. Asthma symptoms come and go throughout the day.
B. Severe asthma occurs only after strenuous physical exertion.
C. Doctor's offices are smoke free and very clean.
D. The pollen and mold count may be low that day.

9. Who might be the most logical audience for this passage?
A. Researchers studying the respiratory system
B. healthcare professionals
C. A mother whose child has been diagnosed with asthma
D. An antismoking activist

10. What is the reason given in this article for why passive smoke should be avoided by children?
A. A smoke-filled room is a breeding ground for viral respiratory
B. Smoke can stunt an asthmatic child's growth.
C. Smoke can heighten the intensity of asthma symptoms.
D. Smoke can lead to a fatal asthma attack.

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IV. Read the text and answer the following questions.

The Reading Passage has eight paragraphs A-H.

From the list of headings below, choose the most suitable heading for each paragraph.

List of headings

i. Obesity in animals
ii. Hidden dangers
iii. Proof of the truth
iv. New perspective on the horizon
v. No known treatment
vi. Rodent research leads the way
vii. Expert explains energy requirements of obese people
viii. A very uncommon complaint
ix. Nature or nurture
x. Shifting the blame
xi. Lifestyle change required despite new findings

Example: Paragraph A: x

1. Paragraph B _____
2. Paragraph C _____
3. Paragraph D _____
4. Paragraph E _____
5. Paragraph F _____
6. Paragraph G _____
7. Paragraph H _____

Tackling Obesity in the Western World

A. Obesity is a huge problem in many western countries and one which now attracts considerable medical interest as researchers take up the challenge to find a 'cure' for the common condition of being seriously overweight. However, rather than take responsibility for their weight, obese people have often sought solace in the excuse that they have a slow metabolism, a genetic hiccup which sentences more than half the Australian population (63% of men and 47% of women) to a life of battling with their weight. The argument goes like this: it doesn't matter how little they eat, they gain weight because their bodies break down food and turn it into energy more slowly than those with a so-called normal metabolic rate.

B. 'This is nonsense,' says Dr Susan Jebb from the Dunn Nutrition Unit at Cambridge in England. Despite the persistence of the metabolism myth, science has known for several years that the exact opposite is in fact true. Fat people have faster metabolisms than thin people. "What is very clear,' says Dr Jebb, 'is that overweight people actually burn off more energy. They have more cells, bigger hearts, bigger lungs and they all need more energy just to keep going.'

C. It took only one night, spent in a sealed room at the Dunn Unit to disabuse one of their patients of the beliefs of a lifetime: her metabolism was fast, not slow. By sealing the room and measuring the exact amount of oxygen she used, researchers were able to show her that her metabolism was not the culprit. It wasn't the answer she expected and probably not the one she wanted but she took the news philosophically.

D. Although the metabolism myth has been completely disproved, science has far from discounted our genes as responsible for making us whatever weight we are, fat or thin. One of the world's leading obesity researchers, geneticist Professor Stephen O'Rahilly, goes so far as to say we are on the threshold of a complete change in the way we view not only morbid obesity, but also everyday overweight. Prof. O'Rahilly's groundbreaking work in Cambridge has proven that obesity can be caused by our genes. 'These people are not weak-willed, slothful or lazy', says Prof. O'Rahilly, 'They have a medical condition due to a genetic defect and that causes them to be obese.'

E. In Australia, the University of Sydney's Professor Ian Caterson says while major genetic defects may be rare, many people probably have minor genetic variations that combine to dictate weight and are responsible for things such as how much we eat, the amount of exercise we do and the amount of energy

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we need. When you add up all these little variations, the result is that some people are genetically predisposed to putting on weight. He says while the fast/slow metabolism debate may have been settled, that doesn't mean some other subtle change in the metabolism gene won't be found in overweight people. He is confident that science will, eventually, be able to 'cure' some forms of obesity but the only effective way for the vast majority of overweight and obese people to lose weight is a change of diet and an increase in exercise.

F. Despite the $500 million a year Australians spend trying to lose weight and the $830 million it costs the community in health care, obesity is at epidemic proportions here, as it is in all Western nations. Until recently, research and treatment for obesity had concentrated on behavior modification, drugs to decrease appetite and surgery. How the drugs worked was often not understood and many caused severe side effects and even death in some patients. Surgery for obesity has also claimed many lives.

G. It has long been known that a part of the brain called the hypothalamus is responsible for regulating hunger, among other things. But it wasn't until 1994 that Professor Jeffery Friedman from Rockerfeller University in the US sent science in a new direction by studying an obese mouse. Prof. Friedman found that unlike its thin brothers, the fat mouse did not produce a hitherto unknown hormone called leptin. Manufactured by the fat cells, leptin acts as a messenger, sending signals to the hypothalamus to turn off the appetite. Previously, the fat cells were thought to be responsible simply for storing fat. Prof. Friedman gave the fat mouse leptin and it lost 30% of its body weight in two weeks.

H. On the other side of the Atlantic, Prof. O'Rahilly read about this research with great excitement. For many months two blood samples had lain in the bottom of his freezer, taken from two extremely obese young cousins. He hired a doctor to develop a test for leptin in human blood, which eventually resulted in the discovery that neither of the children's blood contained the hormone. When one cousin was given leptin, she lost a stone in weight and Prof. O'Rahilly made medical history. Here was the first proof that a genetic defect could cause obesity in humans. But leptin deficiency turned out to be an extremely rare condition and there is a lot more research to be done before the 'magic' cure for obesity is ever found.

Complete the summary of the Reading Passage using words from the box at the bottom of the page.

OBESITY

People with a **_weight_** problem often try to deny responsibility. They do this by seeking to blame their **(8)**_____ for the fact that they are overweight and erroneously believe that they use less energy than thin people to stay alive. However, recent research has shown that a **(9)** _____ problem can be responsible for obesity as some people seem programmed to consume more than others. The new research points to a shift from trying to change people's **(10)**_____to seeking answer to the problem in the laboratory.

List of words		
weight	exercise	sleep
mind	bodies	metabolism
more	genetic	less
physical	consume	behavior
	use	mental

PART 4. WRITING

A. Sentence transformation

I. Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between three to eight words, including the word given.

1. Adrian was the only person who didn't enjoy the party.

WITH

Everyone enjoyed the party _____ Adrian.

2. Sam said that the situation at work was like a family argument.

LIKENED

Sam _____ a family argument.

3. I always find chess problems like that quite impossible.

DEFEAT

Chess problems _____ me.

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4. I thought I could count on your support at the meeting.
UP
I had hoped _____ at the meeting.
5. Please read the instructions carefully before you use this appliance.
MAKING
Before _____, please read the instructions carefully.
6. Only the usual, everyday things happen here.
OUT
Nothing _____ here.
7. He did everything possible to save his marriage.
POWER
He did _____ save his marriage.
8. I promised her that the situation would not be repeated in the future.
WORD
I _____ no repetition of the situation in the future.
9. No matter what happens, Jane will never forgive Mark for what he did.
EVER
Under _____ Mark for what he did.
10. They were never aware at any moment that something was wrong.
TIME
At _____ that something was wrong.

II. Rewrite the sentences, using the words given so that it has a similar meaning to the first sentence

1. He really disappointed me when breaking the promise to help me out. (TEETH)
_____
2. He died, having nothing of his own. (NAME)
_____
3. Have a look at this picture. It may help you to remember something. (JOG)
_____
4. Motorists are jamming the streets as they slow down to see the wall paintings. (HOLD UPS)
_____
5. He is becoming quite famous as an interviewer. (NAME)
_____

B. Composition

Many parts of the world are losing important natural resources, such as forests, animals, or clean water. Choose one resource that is disappearing and explain why it needs to be saved. Write a paragraph, using specific reasons and examples to support your opinion. (150 words)

--- THE END ---

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