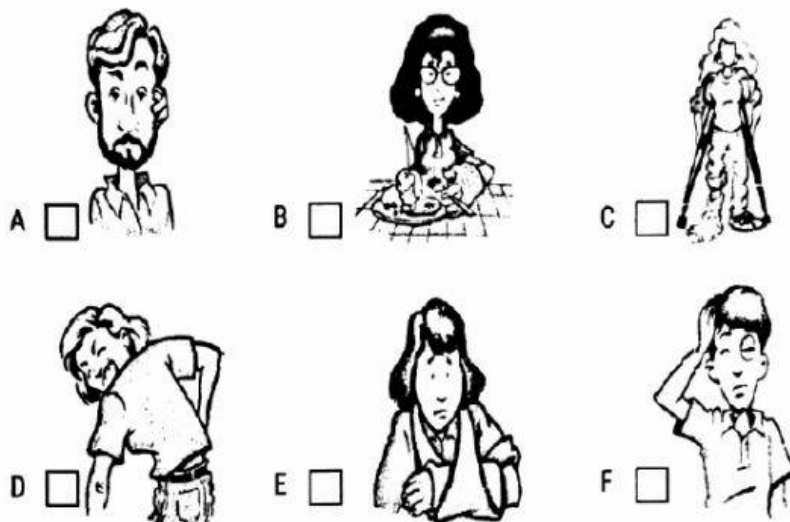


Part 1 Listening



Quét mã
QR để nghe

People are talking about health problems. Listen and number the pictures.



Part 2 Pronunciation

Choose the letter A, B, C or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

1. A. breadwinner B. heavy C. break D. bread
2. A. skeleton B. nerve C. preparation D. intestine

Choose the letter A, B, C or D to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

3. A. alternative B. acupuncture C. original D. respiratory
4. A. stimulate B. evidence C. pyramid D. digestive

Part 3 Vocabulary and grammar

Choose the letter A, B, C or D to indicate the correct answer to each of the following questions.

1. In my family, we _____ the chores equally.
A. have B. make C. split D. help

2. My mother _____ responsibility for doing the housework.
- A. holds B. takes C. runs D. makes
3. A _____ is a person who manages the home and often raises children instead of earning money from a job.
- A. homemaker B. teacher C. breadwinner D. worker
4. _____ is the controller of the body. Led by the brain and nerves, it allows us to move, talk and feel emotions.
- A. Circulatory system B. Digestive system
C. Nervous system D. Skeletal system
5. This house _____ in 1990.
- A. built B. was built C. is built D. was building
6. In Singapore today, people tend to live in _____ families which consist of parents and children.
- A. extended B. sole C. crowded D. nuclear
7. Every day I _____ up at 6 o'clock, _____ breakfast at 6. 30 and _____ for work at 7. 30.
- A. get / eat / leave B. have got / eating / leaving
C. got / ate / left D. will get / have eaten / left
8. It is equal to share the household _____ in a family. Husbands should help wives with housework.
- A. homework B. chores C. appliances D. meals
9. In my family, every member _____ to the household duties.
- A. splits B. contributes C. prepares D. creates
10. Women tend to _____ longer than men. They are likely to have longer life _____.
- A. live/ expectation B. living/ expectation
C. live/ expectancy D. living/ expectancy

Part 4
Reading

Choose the letter A, B, C, or D to indicate the correct word or phrase that best fits each of the numbered blanks.

My (1) _____ family consists of four members. My husband is an engineer at a big company in Hanoi. I am an English teacher at an international school. We have a six-year-old son and a three-year-old daughter. All of the members often spend time (2) _____ the household chores with each other in the evening. My husband and I (3) _____ dinner together. My children help me clean the house. Although there (4) _____ a lot of household duties around the house, I am not tired because my husband joins (5) _____ to do housework with me.

- | | | | |
|----------------|----------|------------|----------|
| 1. A. extended | B. huge | C. nuclear | D. big |
| 2. A. doing | B. did | C. to do | D. do |
| 3. A. cook | B. watch | C. take | D. bring |
| 4. A. is | B. are | C. was | D. were |
| 5. A. hearts | B. heads | C. feet | D. hands |

Read the passage below and choose the letter A, B, C, or D to indicate the correct answer to each question.

All creatures need to eat something in order to survive. Fortunately, different species of animals have different things that they eat as food. No matter what a creature eats, the food must have enough calories in it to maintain life. Calories, or the energy stored in the food, provide the fuel animals, including humans, need in order to live and move about in the world. Any creature that does not consume enough food, or in other words enough calories, will starve and die.

The term calorie has a scientific meaning. Calorie is a measure of an amount of energy just like pound is a measure of weight. A calorie is officially defined as the amount of energy it takes to raise the temperature of 1 gram of water by 1 degree Celsius, which is 1.8 degrees Fahrenheit. The term "calorie" and "Calorie" with a capital C have two different meanings to scientists. The term Calorie (with a capital C) means one kilocalorie, the amount of energy required to raise the temperature of one kilogram of water by one degree Celsius. A kilogram is the same as 1,000 grams and a kilocalorie is 1,000 calories. Food calories are always measured as Calories but average people don't care much about the difference and just use the word calories.

Food is composed of proteins, fats and carbohydrates. Nutritionists know that a gram of protein contains 4 Calories, a gram of fat has 9 Calories, and a gram of

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carbohydrate has 4 Calories.

All food contain calories. When we eat something it provides energy for our bodies to use when we are active. We even need energy or calories while we are sleeping because, for example, our bodies are still breathing, our heart is pumping, and we continue to digest the food in our stomachs. If a person eats more food and more calories than is used up by activity, the body stores the excess calories in case it might need it later when food might not be available. So a person gains weight due to the extra food and calories. Similarly, if a person consumes fewer calories than are used every day over several weeks and is more active, that person will lose weight.

6. Calorie is a measure of _____.

- A. weight B. distance C. energy D. Volume

7. Animals that do not consume enough calories over a long time _____

- A. can lose weight B. can starve
C. can maintain life D. can have a healthy life

8. Humans use calories when _____

- A. running B. studying
C. sleeping D. A, B and C are correct

9. People gain weight from _____

- A. eating more food and calories than they use up
B. eating fewer food and calories than they use up
C. eating a lot of fat food
D. eating a lot of food and calories when they are active

10. All the following statements are true EXCEPT _____

- A. Eating foods that contains lots of fat cause a person to gain weight faster than eating protein
B. People normally pay less attention to the difference between "calorie" and "Calorie"
C. People who are more active, like playing sports or exercising, eat fewer calories
D. People still consume energy while they are sleeping.

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Part 5
Writing

Finish each of the following sentences in such a way that it means the same as the original sentence.

1. We don't clean our rooms.

→ Our rooms _____.

2. He gave her a watch on her birthday.

→ She _____.

3. The nervous system controls all actions and feelings of the body.

→ All actions _____.

4. I need to repair the roof.

→ The roof needs _____.

5. He is likely to arrive late again.

→ He will _____.

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