

My parents always said I was born to be a sportsman. They said that even when I was in nappies, I wasn't happy unless I was kicking or throwing a ball. My first memory is of Dad and me playing football in our back garden. I recall my mum sitting down on the grass under the summer sun cheering me on as I clumsily kicked a football into the goal net my dad was "defending". The sense of achievement when I scored my first goal stuck with me, and my life has revolved around football ever since.

As I grew up, I dreamed of becoming a football player. During class, I tried to stay focused on my studies; I knew that few people became professional sportsmen and it was crucial to get a good education. But I devoted every spare second to my passion. At break times, I could be found in the playground practising ball skills, and almost as soon as the bell rang at the end of the school day, I was playing five-a-side games at the local playing fields. I knew that if I wanted to become a success, I would have to put all my energy into the game.

My big break came when I was 18. Leicester City FC offered me a place in the squad. It was there that I learned the true value of teamwork. I played with a fantastic group of guys there and we worked toward one common goal – to win! I learned that every person has their own individual talents, and a great team brings these talents together.

We enjoyed great success at Leicester, and I was lucky enough to become one of the UK's top scorers! I was transferred to Everton and, while I was sad to leave my fellow team-mates, I was excited about working with new people and making new friends. My time at Everton was an outstanding experience. While I was there, I scored 38 goals in 52 games. It wasn't long until I was on a new journey, this time across the sea to Spain to play for FC Barcelona. I was nervous at first, but it turned out that there was no reason to panic.

I felt great pride when I stepped into the stadium and onto the pitch in Barcelona. Many footballers dream of playing for such a **glorious team!** It was a wonderful time for me. Not only did we beat our archrivals, Real Madrid, but we also fought our way through to the UEFA finals where we defeated Sampdoria and became European Champions.

As you can imagine, the proudest I felt was when I played for my country, England, in the World Cup. The tournament raises the level of competitiveness for every player. Not only do you have to be mentally prepared, but you have to be at the peak of physical fitness – so, as you can imagine, it didn't help that I had to play the tournament with my left arm heavily strapped up! But I was determined not to let one injury

stop me and played anyway! Because we were a strong team, we got to the quarter finals, and I scored six goals during the entire competition and won the "Golden Boot" award!

Football has taken me around the world, from England to Spain to Japan! I have become fluent in two other languages and have experienced other cultures. Since retiring, I have worked as a sports commentator and as a writer. I've even done some TV advertisements, but I'm not quite an Oscar winner! I've become quite the all-round sportsman – I've even played for Leicester Cricket Club. My career provided me with many happy memories that I wouldn't change for the world. Plus, I've played many fun games of footy!

1. What is the writer's first memory?
 - A. throwing a ball with his father
 - B. running around his garden in his nappy
 - C. scoring his first goal
 - D. sitting in the garden with his mother
2. What was the writer's attitude towards his education?
 - A. He believed it was important to get a good education.
 - B. He didn't like concentrating on his studies.
 - C. He would rather have practised his ball skills.
 - D. He wanted to put all his energy into the game.
3. What did the writer learn at Leicester City FC?
 - A. that the only thing that matters is to win
 - B. the importance of working as part of a team
 - C. how to show people his individual talents
 - D. that it was his big break in football
4. How did the writer feel about his time at Everton?
 - A. He was sad there and missed his old team-mates.
 - B. He always felt nervous when he was playing.
 - C. He found it to be a wonderful experience.
 - D. He would have preferred to play for Barcelona.
5. In lines 2-3 of paragraph 5, the writer refers to a "glorious team". Who is he referring to?
 - A. Real Madrid
 - B. Barcelona
 - C. Sampdoria
 - D. England
6. What two things are required of a World Cup player?
 - A. competitiveness and physical fitness
 - B. determination and physical fitness
 - C. determination and mental fitness.
 - D. physical and mental fitness

7. What impression do we get of the writer's attitude towards his acting skills?
- A. He thinks he is good enough to win an Oscar.
 - B. He doesn't think he is very good at acting.
 - C. He expects them to improve.
 - D. He thinks he might win an Oscar.
8. How does the writer seem to be by the end of the text?
- A. He has some regrets, but he is mainly happy.
 - B. He is very happy that he can speak two other languages fluently.
 - C. He is happy he can play more cricket and try new things.
 - D. He believes that he has had many great experiences in his life and has no regrets.



GIA SƯ CHUNG CƯ

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FINDING A HEALTHY BALANCE

As a growing boy, I don't think anyone would have called me health-conscious. I was typical of my peer group – the odd fizzy drink, trips to meet friends at the local fast food restaurant. However, I was lucky to have a mother who made sure I ate well. She enjoyed cooking and all our meals were varied and delicious!

At the age of eighteen, I moved to a university far from home and suddenly had to look after myself. I really missed my mum's home-cooked meals. She had sent me away armed with recipes, but I never wanted to cook when I got back to the flat, after a hard day of lectures. For this reason, it wasn't long before my friends and I discovered our local hamburger bar, just two roads from our home. It was so easy to get our dinner there and, compared to our few attempts in the kitchen, the food tasted great. Visiting on the way back from classes became a regular habit.

GIA SƯ CHUNG CƯ

Chuyên cung cấp giáo viên gia sư ngoại ngữ chất lượng

Mọi ngôn ngữ - Mọi lứa tuổi - Mọi trình độ

Zalo: 0866500969/Hotline: 086969480

After a couple of months, I started to notice some changes in myself. I was getting acne and my clothes were getting tight and uncomfortable. I was also very lethargic and friends complained that I would get irritable, often for no good reason. At first, I didn't pay too much attention to it all, I wasn't surprised that the stress of university was taking its toll. However, over the weeks that followed, I was getting colds and headaches on a regular basis. My health seemed to be deteriorating, but everyone else appeared to be coping. I started to question if I was cut out for university.

I decided to listen to friends' suggestions to visit a doctor. I went along and, after a five-minute discussion of my unhealthy eating habits, she referred me to a nutritionist. I have to admit I was a little sceptical; I could accept that my acne and weight gain might result from the foods I ate, but the moods, headaches, colds – surely diet couldn't cause these too?

Nonetheless, I made the appointment and soon found I had underestimated the importance of diet. I was told that the food I ate was high in fat but low in goodness. The lack of fruit, vegetables, and other food groups in my diet wasn't balancing this out and my body was struggling to keep up with the demands I was putting on it. She explained that if I continued to eat so unhealthily, I would be at risk of obesity and diabetes. Apparently, obesity was now an epidemic in America, and England was following suit. Fast food seemed to be a serious health hazard.

Some simple blood tests revealed that I had an iron deficiency, so to combat this and my generally rundown system, the nutritionist made me a personalised plan of nutritious meals to prepare and listed the vitamins I needed to supplement my diet with. She was very stern when giving me the advice. She told me not to expect it to be easy, since it is now believed that the body becomes addicted to a junk food diet. I'd never heard this claim before and was completely taken aback. There was a lot to do to get back on track.

After four weeks, I could really see a difference. The headaches and colds had completely disappeared and the acne and weight gain were well on the way to being rectified. A few relieved friends were also pleased to have their happy flat mate back! It took time to learn about food and prepare decent meals. But it soon became a habit, just like my unhealthy lifestyle had. My energy levels were really high and maintaining my grades was no longer a massive struggle. I'm not saying that everyone should abstain from fast food completely, but we should all be health-conscious. Once you experience the benefits of a healthy lifestyle, you won't want to see another hamburger again!

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1. What does the writer mean when he says he was not "health conscious"?
 - A. he did not worry much about the food he consumed
 - B. he ate lots of unhealthy foods
 - C. he didn't understand that some foods were unhealthy
 - D. it was formal for people he age to eat fast food
2. Why did the writer start to eat fast food meals at university?
 - A. because it was easy and convenient
 - B. because the restaurant was close to his flat
 - C. because they tasted better than his own cooking
 - D. because he didn't want to cook in the flat
3. As time progressed, what began to concern the writer?
 - A. He was getting ill on a frequent basis.
 - B. Other people were aware of his unhealthy diet.
 - C. He wasn't sure he could succeed at university.
 - D. He was the only person who struggling.
4. Why wasn't the writer enthusiastic about seeing a nutritionist?
 - A. Because his friends had forced him into it.
 - B. He was doubtful that they could be of help.
 - C. He felt the doctor made her decision too quickly.
 - D. He didn't agree that diet could cause many of his symptoms.
5. Why does the writer call fast a "health hazard"? (line 43)
 - A. Fast food has a high fat content.
 - B. Obesity is a serious problem in America.
 - C. The food he ate was not nutritious.
 - D. A poor diet can result in ill health.
6. On visiting the nutritionist, what did the writer find surprising?
 - A. The amount of effort it would take to get better.
 - B. That fast food can be addictive.
 - C. That his body wasn't getting enough iron.
 - D. The nutritionist's stern manner.
7. The writer found the new eating plan to be
 - A. good at first, but he developed bad habits.
 - B. a success, something that everyone should do.
 - C. a little difficult but worth the effort.
 - D. good, it quickly got rid of all his symptoms.
8. How does the writer's attitude towards diet develop over the course of the article?
 - A. He has become totally against eating fast food.
 - B. He pays attention to the food he eats.

- C. He thinks it is too hard to maintain a balanced diet.
D He believes healthy eating is time-consuming.



GIA SƯ CHUNG CƯ

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I was struggling to get by. I had just moved to Gloucester from London and had taken the first job that I was offered as a cashier in a local supermarket. I was barely earning enough to do my weekly shopping and I yearned for the money I used to make back in London. As I couldn't afford my own place, I had settled for my best friend's sofa, but the hard cushions and backaches had made me realise that, above all else, I craved my old flat – my little sanctuary! I soon began to wonder if moving had been the right decision. That's when I heard a radio advert that changed my life...

"Looking for your own place but dreading the cost? Worry no more! You could live free for a year in the "Enviro-House", one of Britain's first environmentally friendly homes. We're looking for a resident to live rent-free! For more details, visit www..." My friend had heard about this "carbon-neutral" house and he thought that it would be very difficult to stick to an energy conserving routine. I should have considered this, or at least have been concerned about how many "guests" would actually pass through. But, as I sat on the painfully uncomfortable sofa, the only thing in my head were the words... "Live free, live free."

GIA SƯ CHUNG CƯ

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I visited the website and entered the competition to become an "eco-housemate". I was one of three lucky finalists who had to battle it out for a place in the house live on local television. We had to cook a meal for five judges using a solar cooker and only organic vegetables and then face questions from the studio audience. The judges weren't impressed with my cooking and I thought I had lost. But, as I looked at my friends in the studio audience they all gave me smiles and the "thumbs up" and it was just the confidence boost I needed. Thankfully, I made the audience laugh, they liked me and I was voted into the house.

The other finalists were keen environmentalists with a passion for the issue, unlike me. I had never really given it much attention to be honest, as it was insignificant to me. I joked with the audience that the only way I was going to learn was if they sent me to the house! They agreed. As I moved into the house and tried to prepare for a drastic change in lifestyle, I suddenly became nervous and asked myself if I had thought this through properly.

As I walked through the front door, I had worrying visions of living in a futuristic house, full of high-tech gadgets. I certainly wouldn't have been surprised to see a number of complex-looking machines. However, I was shocked to see the house was completely normal. In fact, it looked just like any other house. This eased my mind a bit, as I rarely find modern technology easy to understand, I prefer the simple life.

The heating system, water supply and electricity all worked in exactly the same way as they would in any other house in the UK. The only difference was that the house used renewable sources of energy. At first I thought the house would definitely need some fossil fuels, like coal and gas but instead, solar panels and small wind turbines (which could be a little noisy at times!) were used to provide the hot water and electricity. The house didn't burn wood or oil either because smoke pollutes the atmosphere.

My experiences in the house made me look at the way I had lived my life in the past and how I should live it in the future. For example, it's neither difficult nor time-consuming to recycle, as long as you make it part of your daily routine. I also changed my perspective on which energy sources to use. I used to think solar panels were too expensive, but now I realise that although the initial cost is high, they actually save a lot of money over time. I've recognised that spending a few extra pounds is preferable to losing our beautiful planet. It's very simple to make those all-important changes; we just need the motivation to make them.

GIA SƯ CHUNG CƯ

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1. What is the main reason the writer gives for missing London?
 - A. Earning a higher salary.
 - B. Not having his own home.
 - C. Living the inner-city lifestyle.
 - D. Sharing a flat with his best friend.
2. What did the writer think after hearing the radio advertisement?
 - A. That he hated having to sleep on the uncomfortable sofa.
 - B. That he could have his own home without having to pay.
 - C. He was worried about how many people would visit the "Enviro-House".
 - D. He wouldn't be very good at energy conservation.
3. In line 25 (para. 3), the writer says "**they**". Who is he referring to?
 - A. The audience
 - B. The judges
 - C. The finalists
 - D. His friends
4. What had the writer previously thought about the environment?
 - A. He considered it unimportant.
 - B. He had always been passionate about the issue.
 - C. It made him nervous.
 - D. He always joked about it.
5. As the writer entered the house, he was surprised that _____.
 - A. the house looked futuristic.
 - B. the house had lots of complex machinery.
 - C. the technology was easy to understand.
 - D. the house looked the same as other houses.
6. Which sources of energy did the house use?
 - A. Coal and gas only.
 - B. Some fossil fuels plus solar and wind.
 - C. Renewable sources of energy only.
 - D. Wood and oil only.
7. What is the writer's opinion of recycling?
 - A. It takes a lot of time out of his daily routine.
 - B. It is expensive to do.
 - C. It doesn't take a long time if done daily.
 - D. It is difficult to make it part of his daily routine.
8. How did the writer's attitude change during the passage?
 - A. He realised how much he enjoyed living alone again.
 - B. He realised he had no reason to fear modern technology.
 - C. He realised how important it is to talk about environmental issues.
 - D. He decided to adopt a more environmentally friendly lifestyle.