

ĐỀ CƯƠNG GIỮA HKI-K11, NĂM HỌC 2024-2025

A. EXERCISES

Ex 1. Circle 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. <u>h</u> ealthy | B. <u>f</u> itness | C. <u>st</u> rength | D. <u>m</u> ental |
| 2. A. <u>h</u> ealth | B. <u>e</u> nthusiasm | C. <u>st</u> rength | D. <u>w</u> ithout |
| 3. A. <u>m</u> uscle | B. <u>s</u> uffer | C. <u>y</u> ogh <u>u</u> rt | D. <u>i</u> nstr <u>u</u> ct |
| 4. A. <u>f</u> resh | B. <u>d</u> iet | C. <u>f</u> lesh | D. <u>e</u> xercise |
| 5. A. <u>y</u> oga | B. <u>f</u> atty | C. <u>b</u> alance | D. <u>h</u> abit |
| 6. A. <u>ch</u> anged | B. <u>st</u> ayed | C. <u>h</u> appened | D. <u>st</u> opped |
| 7. A. <u>pie</u> ces | B. <u>mus</u> cles | C. <u>dec</u> ades | D. <u>l</u> abels |
| 8. A. <u>i</u> ngredient | B. <u>n</u> utri <u>e</u> nt | C. <u>v</u> it <u>a</u> min | D. <u>m</u> in <u>e</u> ral |
| 9. A. <u>g</u> ap | B. <u>a</u> pplication | C. <u>v</u> al <u>e</u> | D. <u>b</u> ehav <u>i</u> or |
| 10. A. <u>h</u> old | B. <u>f</u> ollow | C. <u>f</u> orce | D. <u>n</u> otice |

Ex 2. Circle A, B, C, or D to indicate the word that differs from the other three in the position of the primary stress in each of the following questions.

- | | | | |
|-------------------|--------------|-------------|----------------|
| 11. A. healthy | B. problem | C. mental | D. amount |
| 12. A. lifestyle | B. frequent | C. injure | D. balance |
| 13. A. device | B. treatment | C. muscle | D. movement |
| 14. A. replace | B. proper | C. instruct | D. routine |
| 15. A. accept | B. contain | C. return | D. treadmill |
| 16. A. regular | B. energy | C. position | D. diagram |
| 17. A. infectious | B. attention | C. position | D. demonstrate |
| 18. A. asleep | B. avoid | C. formal | D. remind |
| 19. A. recipe | B. informal | C. mineral | D. nutrient |
| 20. A. offer | B. provide | C. advance | D. respond |

Ex 3. Complete the following sentences using the past simple forms of the verbs in brackets.

- She _____ (study) English since she _____ (be) four years old.
a. Has studied/ was b. Had studied/ was
c. Have studied/ was d. Has studied/ were
- He _____ (see) 10 mice when he _____ (come) into the room.
a. Seen/ came b. saw/ came c. sees/ come d. was seeing/ coming
- When I was going to the door, the phone _____ (ring).
a. Rung b. rings c. rang d. was ringing
- His health has improved since he _____ (return) from the hills.
a. Has returned b. returned c. returns d. returning

5. It is the first time he _____ (drive) a car.
a. Has driven b. drove c. drunk had driven

Ex 4. Circle A, B, C or D to indicate the correct answer to each of the following questions

1. While we were having dinner at a restaurant someone came to the house and ___ this note.
A. left B. had left C. was left D. was leaving
2. She said she met you once at the Hilton last year. _____ since then?
A. Have you met her B. Did you meet her C. Were you met her D. Had you met her
3. "How's Peter doing?" "I don't know. I _____ from him for months."
A. have to hear B. haven't heard C. didn't hear D. don't hear
4. My family _____ pay a lot of taxes every year.
A. should B. has to C. must D. ought to
5. The local authority is really strict about protecting that piece of lawn. You walk around it.
A. mustn't B. ought not to C. shouldn't D. don't have to
6. It is a great party but I _____ go now.
A. should B. have to C. must D. ought to
7. Parents _____ spend more time talking to their children to enhance family bonding.
A. should B. shouldn't C. must D. have to
8. We _____ book a table in advance at this restaurant. Just turn up and we'll be served right away.
A. don't have to B. shouldn't C. mustn't D. ought not to
9. The little boy looks _____ because he gets good grades in the exam
A. happy B. unhappy C. happily D. unhappily
10. I had been waiting for my friends and suddenly they appear _____ at the end of the path.
A. noise B. noisy C. noisily D. quiet
11. The street appears _____ now because there are so much traffic in the rush hour
A. quiet B. noisy C. noisily D. quietly
12. Why don't you take a nap before continuing your work?
A. How about taking a nap before continuing your work?
B. Do you want to ask if you have to take a nap before your work?
C. Don't forget to take a nap before you continue your work.
D. Do you mind taking a nap before you continue your work?
13. Everyone asks him not to eat sweet things a lot.
A. Everyone suggests he should eat sweet things a lot.
B. He doesn't eat sweet things a lot and everyone encourages him to do that.
C. Everyone prevents him from eating sweet things a lot.
D. He remembers to eat sweet things a lot.
14. With the help of technology, people can grow vegetables in roof gardens.
A. Technology provides people with vegetables in roof gardens.

- B. Roof gardens are good places for people to grow vegetables.
 - C. People can't grow vegetables in roof gardens without the help of technology.
 - D. No technology can help people to grow vegetables in roof gardens.
15. Stopping using private cars in urban areas is a good solution to many environmental problems.
- A. Many environmental problems can be solved by stopping using private cars in urban areas.
 - B. A solution to many environmental problems is to stop private cars.
 - C. The best solution to stop using private cars is to solve environmental problems.
 - D. Using private cars can stop many environmental problems.

Ex 5. Complete the following sentences with the correct forms of the words in capitals

1. Many people are trying to adopt a _____ lifestyle these days.
 - a. Healthy b. healthily c. unhealthy d. all are correct
2. She stays so _____ although she is 70 years old now
 - a. Active b. action c. activity d. actually
3. A _____ diet contains an adequate amount of all the nutrients required by the body to grow, remain healthy and be disease-free
 - a. Balanced b. balances c. balancy d. balance
4. Life _____ for both men and women has improved greatly in the past 20 years
 - a. Expectance b. expectancy c. expectes d. unexpect

Ex 6. Circle A, B, C or D to indicate the correct answer to each of the following questions

1. The supermarket chain has promised to _____ on packaging.
 - A. cut down B. cut off C. cut into D. cut by
2. Everyone was _____ towards him, listening carefully to his long explanations.
 - A. respected B. respective C. respectable D. respectful
3. Breadwinning and childcare are the _____ roles of men and women in society
 - A. respecting B. respective C. respectable D. respectful
4. If you are a part of a (n) _____, you may live with your grandparents, aunts and uncles.
 - A. generation gap B. extended family C. nuclear family D. blended family
5. In order to _____ the gap between the old generation and the younger one, mutual understanding is the vital key.
 - A. bridge B. widen C. lessen D. lower
6. I live in a/an _____ with my parents and my elder sister in the coastal area
 - A. extended family B. nuclear family C. extended house D. nuclear house
7. Modern infrastructure will also be more _____. Electric buses and trains will produce less greenhouse gas emissions.
 - A. ecological friendly B. eco-friendly
 - C. environment friendly D. environmental friendly
8. In addition, more _____ zones for walking and cycle paths will be made available for people in all neighbourhoods.

- A. comfort B. safety C. security D. pedestrian
9. Smart cities use modern technologies to save time and provide better _____ .
A. services B. agriculture C. industry D. economy
10. Space for walking and cycling will be _____ with computer-controlled transport systems.
A. provided B. replaced C. predicted D. impressed
11. Quality of life will be improved _____ the cleaner environment.
A. thanks to B. despite C. because D. in spite of

Ex 7. Circle A, B, C or D to indicate the word(s) CLOSEST in meaning to the underlined word(s)

1. Men often gather in the street and laugh with each other. This reduces their stress and risk of heart diseases.
A. cut down on B. go down C. go up D. give up
2. I read an article on the Internet, which claimed you could increase your life expectancy if you ate brown rice, fruit and vegetables
A. health B. protection C. length D. longevity
3. This flat is a far cry from the house they had before.
A. similar to B. completely different from C. indifferent to D. extended
4. Traffic jams are the city's biggest problem, especially during rush hour.
A. crowds B. congestion C. vehicles D. underground
5. Living in a smart city is not all good as some people may think. What are the pros and cons of living in a smart city?
A. causes and effects B. effects and solutions
C. causes and solutions D. advantages and disadvantages

Ex 8. Circle A, B, C or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s)

1. Spending more time outdoors can boost the body's strength and ability to function well
A. power B. health C. weakness D. injury
2. Stress may weaken your immune system
A. lengthen B. enlarge C. strengthen D. shorten
3. 30 minutes is enough time to use social media because the screens of electronic devices give off blue lights
A. release B. absorb C. emit D. discharge
4. I noticed that you was looking a little under the weather. You coughed a lot
A. as pale as a ghost B. green around the gills C. off color D. in the pink
5. If you live in an extended family, you'll have great joy and get support of other members.
A. close family B. traditional family C. nuclear family D. large family

Ex 9. Circle A, B, C or D to indicate the words/ phrases that need correction

1. That house on the corner has been empty since the past few months
 A. on B. been C. since D. few months
2. Last month, cycling safety groups are planning to lobby for better facilities for cyclists.
 A. are B. to lobby C. facilities D. cyclists
3. The salt flavor of the fish combines well with the sweeter flavor of tomato sauce.
 A. salt B. combines C. with D. tomato
4. My grandmother keeps telling us that if we catch a cold, we should try natural remedies before drinking any medicine
 A. telling B. catch C. natural remedies D. drinking
5. She should go out late at night because of danger
 A B C D
6. You must wear a helmet when you ride a motorbike, otherwise you will be punished
 A B C D
7. He oughtn't to find another solution to this problem if he doesn't want to get fired.
 A B C D

4. **Rewrite the following sentences as long as the meaning is unchanged**

1. We last saw Tom when we moved to Bristol.

2. She last wrote to me nearly 2 years ago.
 She _____
3. She last swam in the river 3 years ago.

4. The last time I played football was in 2022.

5. Tom began playing the piano 4 years ago.

6. It's necessary for you to finish your homework before going to bed

7. It isn't necessary for you to bring food and drink for lunch.

Mark the letter A, B, C, or D to indicate the sentence that best completes each of the following exchanges.

1. Jane is carrying a heavy bag.
 Sue: Can I give you a hand?
 Jane: _____
 A. Great! Have a good workout. B. That's very kind of you.
 C. I don't know. D. Yes. That's a nice bag.
2. Jane is trying to open the door.
 Sue: Let me help you.

Jane: _____

A. That's enough.

B. What a pity!

C. Thanks but I think I'm fine.

D. No. That's mine.

3. *Jane is at the supermarket.*

The shop assistant: Is there anything else I can do for you?

Jane: _____

A. Thanks for your help.

B. Never say it again.

C. Never mind.

D. No. No one can help me.

4. *Jane is trying to do an exercise routine.*

Teacher: Let me help you with this exercise.

Jane: _____

A. That's OK.

B. Let me do it again.

C. Thank you very much.

D. You are so pretty.

Ex 15. Read the following passage and Circle A, B, C, or D to indicate the correct answer to each of the questions.

HEALTH BENEFITS OF YOGA

Yoga is a healthy lifestyle. One of the benefits of yoga is that you can choose a yoga style that is suitable for your lifestyle, such as hot yoga, power yoga, relaxation yoga, etc. If you are a yoga beginner, Hatha Yoga, which focuses on basic postures at a comfortable pace, would be great for you. If you want to increase strength through using more of your own body's resistance, Power Yoga may be right for you. Whether you prefer you're at home, in a private session, watching a DVD or at a studio or gym, there are a huge variety of options available to suit your goals and needs.

Improved flexibility is one of the first and most obvious benefits of yoga. During your first class, you probably won't be able to touch your toes. But if you stick with it, you'll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. Each of the yoga poses is built to reinforce the muscles around the spine, the very center of your body, which is the core from which everything else operates. When the core is working properly, posture is improved, thus **alleviating** back, shoulder, and neck pain.

Strong muscles do more than look good. They also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when you build strength through yoga, you balance it with flexibility. If you just went to the gym and lifted weights, you might build strength at the expense of flexibility.

Yoga gets your blood flowing. More specifically, the relaxation exercises you learn in yoga can help your circulation, especially in your hands and feet. Yoga also gets more oxygen to your cells, which function better as a result. Twisting poses are thought to wring out venous blood from internal organs and allow oxygenated blood to flow in once the twist is released.

Many studies found that a consistent yoga practice improved depression and led to greater levels of happiness and better immune function.

1. Yoga is a very convenient type of exercise because _____.

- A. we can watch a DVD at a studio or gym and follow it
- B. we can choose a yoga style that is suitable for our lifestyle
- C. we can choose Hatha Yoga to focus on basic postures or to increase strength
- D. there are a huge variety of options available for our private session

2. According to yoga's principles, the spine is of great importance because _____.

- A. when the spine is working properly, postures will become possible
- B. seemingly impossible poses will become possible
- C. it is the center of your body, from which other muscles operate
- D. we can avoid back, shoulder, and neck pain

3. In order to build strong muscles, _____.

- A. we build strength with high expenses at the gym
- B. we don't pay any attention to our appearance
- C. we should reinforce the muscles around the spine
- D. we can have strength with flexibility through yoga

4. Yoga can improve our circulation because _____.

- A. it helps to provide more oxygen to cells or internal organs
- B. it helps us to perform twisting poses more easily
- C. we can have more relaxation exercises
- D. it helps to provide more blood to internal organs than others

4. The word "alleviating" in paragraph 2 is closest in meaning to _____.

- A. keeping
- B. relieving
- C. worsening
- D. boosting

Ex 16. Read the following passage and Circle A, B, C, or D to indicate the correct answer to each of the questions.

Super Size Me is a 2004 film by Morgan Spurlock, in which he documents his experiment to eat only McDonald's fast food three times a day, every day, for thirty days.

Spurlock made himself a short list of rules for the experiment, including an obligation to eat all of the three meals he ordered. He also had to 'Super Size', which means accepting a **giant** portion every time the option was offered to him. He ended up vomiting after the first Super Size meal he finished, after taking nearly twenty minutes to consume it.

After five days Spurlock put on almost 5kg, and he soon found himself feeling depressed, with no energy. The only thing that got rid of his headaches and made him feel better was another McDonald's meal, so his doctors told him he was addicted. More seriously, around day twenty, he started experiencing heart palpitations and one of the doctors detected liver problems. However, in spite of his doctor's advice, Spurlock continued to the end of the month

It took Spurlock fifteen months to recover from his experiment and return to his original weight, but the film also had a wider impact. Just after **its** showing in 2004, McDonald's phased out the Super Size option and healthier options like salads appeared on the menu.

Unfortunately, McDonald's denied the connection between the film and the changes, but it is interesting to note how closely they coincided with the release of the film.

1. Which of the following is the **best title** for the passage?

- A. An experiment with McDonald's fast food B. Putting on weight due to eating fast food
C. Connection between fast food and heart diseases D. How fast food trigger liver damage

2. Which of the following is TRUE about Morgan Spurlock?

- A. He had to eat Super Size meal once a week.
B. He had to eat Super Size meal twice a day.
C. He had to eat Super Size meal three times a week.
D. He had to consume Super Size for three meals a day

3. In paragraph 2, the word "**giant**" is closest in meaning to.....

- A. light B. balanced C. big D. healthy

4. Which of the following could get rid of Spurlock's headaches?

- A. salad B. a McDonald's meal C. a pain killer D. nothing

5. According to the passage, all of the following are the results of the experiment EXCEPT.....

- A. Spurlock put on weight B. the experiment affected his heart
C. the experiment affected his liver D. he became fairly relaxed and energetic

6. The word "**its**" in paragraph 4 refers to.....

- A. McDonald's B. the experiment C. the film Super Size Me D. the menu

Ex 17. Read the text and questions below, Mark the correct letter A. B. C or D for each question.

IS THERE REALLY A GENERATION GAP?

According to the results of a survey in USA WEEKEND Magazine, there isn't really a generation gap. The magazine's "Teens & Parents" survey shows that today's generation of young people generally get along well with their parents and appreciate the way they're being raised. Most feel that their parents understand them, and they believe their parents consider family as the No. 1 priority in their lives. Although more than a third of teens have something in their rooms they would like to keep secret from their parents, it is usually nothing more harmful than a diary or a CD.

Such results may seem surprising in the context of the violent events that people hear about in the media. Maybe because of the things they hear, parents worry that their own kids might get out of control once they reach the teenage years. However, the facts in the survey should make us feel better. The survey shows us that today's teens are loving and sensible. They are certainly happier than the angry people in the teenage stereotypes we all know about. True, some teenagers are very angry, and we need to recognize their needs, but the great majority of teens are not like that at all.

In contrast to some stereotypes, most teens believe they must be understanding about differences

among individuals. Many of **them** volunteer for community service with disadvantaged people. When they talk about themselves, their friends and their families, they sound positive and proud. Generally, these are very nice kids.

Is this spirit of harmony a change from the past? Only a generation ago, parent-child relations were described as the "generation gap". Yet even then, things were not so bad. Most kids in the 1960s and 1970s shared their parents' basic values.

Perhaps, however, it is true that American families are growing closer at the beginning of this new millennium. Perhaps there is less to fight about, and the dangers of drug abuse and other unacceptable behavior are now well known. Perhaps, compared to the impersonal world outside the home, a young person's family is like a friendly shelter, not a prison. And perhaps parents are acting more like parents than they did 20 or 30 years ago.

1. What did the survey find out about teenagers in paragraph 1?

- A. They get along well with their parents.
- B. They appreciate good CDs.
- C. They keep secrets from their parents.
- D. They stay in their rooms.

2. What is the stereotype referred to in paragraph 2?

- A. Teens are people who recognize their needs.
- B. Teens are loving and sensible.
- C. Teens are much happier than we think.
- D. Teens are angry people.

3. What does the word **'them'** in paragraph 3 refer to?
- A. stereotypes B. individuals C. teens D. families
4. What is the main idea of paragraph 3?
- A. Differences between teens. B. Stereotypes about teens.
C. The positive attitude of teens to others. D. Volunteering for disadvantaged people.
5. In the last paragraph, according to the writer, one reason why American families are closer is that ____
- A. the dangers of drug abuse are less. B. there is no generation gap.
C. parents are friendlier to children. D. the world is an unfriendly place.

Ex 20. Read the passage below and then choose the best answer (A, B, C or D) that fits best for the gap.

Everyone knows that exercise is good for the body and the mind. We all want to keep fit and look good, but too many of us take (1) _____ the wrong sport and quickly lose interest. So now fitness experts are advising people to choose an activity that matches their character.

For instance, those (2) _____ like to be with other people often enjoy golf or squash, or playing for a basketball, football or hockey team. (3) _____, you may prefer to go jogging or swimming if you're happier on your own.

Do you like competition? Then try something like running, or a racket sport such as tennis. If, on the other hand, (4) _____ isn't important to you, then activities like dancing can be an enjoyable (5) _____ without the need to show you're better than everyone else.

Finally, think about whether you find it easy to make yourself do exercise. If so, sports like weight training at home and cycling are fine. If not, book a skiing holiday, Taekwondo lessons, or a tennis court. You're much more likely to do something you've already paid for!

- | | | | | |
|----|-------------|-----------|-----------|---------|
| 1. | A down | B out | C in | D up |
| 2. | A who | B whose | C which | D what |
| 3. | A therefore | B thus | C however | D while |
| 4. | A winners | B winning | C win | D won |
| 5. | A challenge | B victory | C defeat | D Score |

Ex 21. Read the following passage and mark the letter A. B. C. or D to indicate the correct answer to each of the questions.

There are some ways by which generation gap can be (1)..... Firstly , parents and their children have to be aware of the importance of open communication. In order to break the "ice" and rebuild a close parent-child relationship, communication is extremely crucial. Parents should not only concentrate (2) _____ their jobs and leave their children alone. They have to reserve some specific time to be with their children and show care to them. Similarly, children have to discuss serious things or big decisions with their parents as it (3) _____ respect to them. On the whole, both parents and children should try to explain their ideas to family members in a forgiving manner without anger or hatred

The second one is that parents must not put too much pressure on their children's studies. Parents (4) _____ have too high expectation. They have to discuss their children's progress with the teachers. Moreover, parents should work closely with schools through Parent-Teacher Association in order to participate in more talks and extracurricular activities with their children. (5) _____, parents should know what their children like the most. Indeed, they should give their children a chance to choose what they love if the choices resort to proper outlets. Accordingly, the generation gap between parents and their children can easily be bridged

- | | | | |
|-----------------------|--------------|----------------|----------------|
| 1. A. all are correct | B. closed | C. bridged | D. shortened |
| 2. A. in | B. for | C. on | D. with |
| 3. A. shows | B. gets | C. feels | D. takes |
| 4. A. should | B. shouldn't | C. have to | D. must |
| 5. A. However | B. Therefore | C. As a result | D. Furthermore |

Ex 23. Read the following passage and circle A. B. C. or D to indicate the correct answer to each of the questions.

CITIES GOING GREEN

As more and more people concentrate in cities, planners are looking for ways to transform cities into better living spaces, (1) _____ can be done by improving existing infrastructure while also creating more public (2) _____ that are both beautiful and green. This can be hard to accomplish, especially in cities with a haphazard fashion. Some cities have been created with the idea of a green city as the goal. One such city, Masdar City in the United Arab Emirates, aims to become a model for (3) _____ cities to follow. It is being known as a truly green city that relies strictly on (4)..... sources such as solar energy to provide all of its energy needs. (5) _____, it will be a zero waste city in which everything that is used can be recycled. Whether it will truly accomplish its goal remains to be seen, but it will also act as an experiment for environmentally friendly areas to be test

- | | | | |
|-----------------|-------------|------------------|----------------|
| 1. A. which | B. why | C. when | D. that |
| 2. A. rooms | B. spaces | C. places | D. breaks |
| 3. A. every | B. one | C. another | D. other |
| 4. A. renewable | B. new | C. non-renewable | D. renew |
| 5. A. However | B. Although | C. Therefore | D. In addition |