

## REVISION FOR THE MID TERM TEST- G9 – No 5

Choose the word whose underlined part differs from the other three in pronunciation in each of the following questions.

1. A. chemical                      B. detox                      C. access                      D. benefit
2. A. come                      B. note                      C. show                      D. slow
3. A. government                      B. explore                      C. border                      D. formation
4. A. summit                      B. accessible                      C. scenic                      D. litter

5. Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.

Most Vietnamese families have customs and traditions that they have observed for many generations. Firstly, they worship their ancestors, and they celebrate their death anniversaries every year. \_\_\_\_\_

- a. Secondly, they take part in many national and regional festivals, for example, the Mid Autumn Festival and the New Harvest Festival.
- b. That's the way they show their gratitude to their ancestors and teach their young children about traditions.
- c. Thirdly, they celebrate many holidays during the year such as Tet and National Day.

A. b-c-a                      B. a-c-b                      C. b-a-c                      D. c-b-c

6. Choose the sentence that can end the text (in Question 5) most appropriately.

- A. They also show their interests in all festivals and holidays.
- B. Next, celebrating holidays can make generations close to each other.
- C. Finally, every generation can live happily together.
- D. In this way, they keep their traditions alive and pass them down to the next generation.

Choose the best option (A, B, C or D) to complete each of the following questions.

7. Regular exercise is the most important part of a \_\_\_\_\_ lifestyle.  
A. harmful                      B. healthy                      C. harmless                      D. healthful
8. Chewing foods slowly and properly helps to \_\_\_\_\_ teeth and oral health.  
A. promote                      B. nourish                      C. lose                      D. digest
9. You should always \_\_\_\_\_ fruits because they're high in fiber.  
A. consume                      B. protect                      C. detox                      D. promote
10. \_\_\_\_\_ the term 'addiction' is often associated with negative connotations, we still have lots of healthy addictions to have a positive impact on our lives.  
A. Because                      C. Although  
B. In spite of                      D. Despite
11. A: \_\_\_\_\_  
B: Actually, yes. I do have a very busy schedule every day, so I keep skipping meals.  
A. Why do you usually eat fast food?  
B. Do you want to eat less sugar?  
C. Can you have fruit and vegetables at the cafeteria in your school?  
D. Do you have any unhealthy habits?
12. Health experts suggest \_\_\_\_\_ a healthy cooking habit to take control of your nutrition and make good choices about what you put into your body.  
A. to develop                      B. to become                      C. becoming                      D. developing
13. Teens should \_\_\_\_\_ 8 to 10 hours of sleep each night.

- A. find out                      B. aim for                      C. finding out                      D. aiming for
14. Eating foods high in dietary fiber like fruit, vegetables and beans can improve your skin and even help you to \_\_\_\_\_ weight.
- A. lose                      B. gain                      C. detox                      D. nourish
15. Phong Nha - Kẻ Bàng is one of Vietnam's most \_\_\_\_\_ national parks.
- A. disturbing                      B. nourishing                      C. spectacular                      D. limited
16. The tours for exploring Sơn Đoòng Cave are much \_\_\_\_\_ to book than the tours for other places in Vietnam.
- A. more difficult                      B. easier                      C. difficulty                      D. difficult
17. Bản Giốc Falls are \_\_\_\_\_ Elephant Falls.
- A. tall the same as                      B. as tall as                      C. the same tall as                      D. All are correct.
18. Tourists must not leave their marks on the country's national parks or \_\_\_\_\_ the landscapes by creating their own trails.
- A. remind                      B. litter                      C. hunt                      D. damage
19. A: \_\_\_\_\_
- B: It's quite high, but it's much lower than Mount Fansipan.
- A. Is Fansipan the highest mountain in the world?
- B. Do you want to spend this summer trekking Mount Tà Xùa?
- C. How about Mount Tà Xùa?
- D. Are you looking for any trekking tours to Mount Fansipan this month?
20. Thủy Sơn is the \_\_\_\_\_ and \_\_\_\_\_ mountain of the Marble Mountains in Đà Nẵng City.
- A. largest – more famous
- B. most largest – famous
- C. most large – most famous
- D. largest – most famous
21. I enjoy observing the animals in the national park from a distance to avoid \_\_\_\_\_ them.
- A. disturb                      B. disturbing                      C. collecting                      D. collect
22. People should reuse items, such as plastic bags, cups, and straws to \_\_\_\_\_ plastic pollution.
- A. hunt                      B. consider                      C. spoil                      D. reduce

**LISTENING : You will hear Hitomi talking to her friend Freddie about her visit to Hardin Castle. For each question, choose the correct answer.**

23. Who did Hitomi go to Hardin Castle with?
- A. her classmates                      B. her family                      C. her neighbours
24. What was the weather like?
- A. cold                      B. wet                      C. windy
25. What do Hitomi and Freddie both like best at Hardin Castle?
- A. the Queen's bathroom
- B. the yellow bedroom
- C. the dining room
26. Freddie went to the castle because he wanted \_\_\_\_\_.
- A. to learn about history
- B. to take photos
- C. to find out about birds

**Listen to an interview about eating a balanced diet. Decide if the statements are True or False.**

- 27. There are lots of vitamins and minerals in fruit and vegetables.
- 28. Protein is especially important for teens and children.
- 29. We should give up carbs to have a healthy diet.
- 30. Sugary foods and drinks can cause weight problems.

**Mark the letter A, B, C or D on your answer sheet to indicate the correct opinion that best fits each of the numbered blanks.**

When you lose weight, your body burns more calories than it takes in. You can do this by eating less highcalorie foods, being more active, or doing both. Exercise is important for (31) \_\_\_\_\_ weight and keeping it off. It helps your body burn more calories and build and maintain muscles. (32) \_\_\_\_\_, it can prevent some diseases. Exercise lowers cholesterol and blood pressure, which reduces the risk (33) \_\_\_\_\_ heart attacks and certain cancers.

However, just exercising won't make you lose weight if you eat too much. Experts suggest (34) \_\_\_\_\_ the 80/20 rule, which says that 80% of weight loss comes from a healthy diet, while only 20% comes from physical activity. For example, instead of jogging for 30 minutes to burn 500 calories, you could (35) \_\_\_\_\_ not to drink sugary drinks.

Overall, to lose weight, it's important to eat healthily and (30) \_\_\_\_\_, rather than just cutting calories or exercising too much.

- |                    |                    |                    |                |
|--------------------|--------------------|--------------------|----------------|
| 31. A. to lose     | B. losing          | C. lost            | D. lose        |
| 32. A. Therefore   | B. However         | C. Also            | D. As a result |
| 33. A. for         | B. of              | C. on              | D. to          |
| 34. A. follow      | B. to follow       | C. following       | D. followed    |
| 35. A. select      | B. choose          | C. opt for         | D. decide on   |
| 36. A. stay active |                    | B. stay you active |                |
|                    | C. you stay active | D. active you      |                |

**Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.**

Blue Zones are special places where people live longer and healthier lives. People in Blue Zones often live to the age of 100 and beyond. Currently, there are five Blue Zones in the world: Okinawa (Japan), Sardinia (Italy), the Nicoya Peninsula (Costa Rica), Ikaria (Greece), and Loma Linda (California, USA). Here are some secrets to a longer life shared by the residents living in Blue Zones.

#### **Plant-based diet and beans**

One of the most important things is to eat a lot of vegetables, especially a wide choice of beans, from black beans to lentils, chickpeas, white beans, and soybeans. The people here also drink wine and alcohol moderately and regularly with their friends.

#### **Natural movement**

Next is to engage in physical activities. The people in Blue Zones move naturally all day like walking, gardening, and doing housework. The special thing is that these activities take place

regularly in nature. This helps them to breathe fresh air and receive sunlight on their skin, promoting the production of vitamin D.

### **Stress-free lifestyle and strong community**

The third secret is to maintain a stress-free and community-oriented lifestyle. The residents here have low levels of stress. They relieve stress with daily habits such as praying, meeting and talking happily with their relatives and friends. Social connections are also important here; they come together regularly to share meals, engage in meaningful conversations, and support one another.

Good diet, physical activities, and stress-free lifestyle are what people in Blue Zones follow to have long and healthy lives. By learning and applying these ideas, we can improve both the length and the quality of our lives.

37. *What is the best title for the passage?*

- A. Blue Zones: Pathways to a Longer Life
- B. Blue Zones: A Journey to 100 years old
- C. Stories from the People in Blue Zones
- D. Tips for Visiting Blue Zones

38. *Which word can best replace the word **choice** in paragraph 2?*

- A. difference
- B. option
- C. variety
- D. limitation

39. *Which has the **OPPOSITE** meaning to the word **moderately** in paragraph 2?*

- A. slightly
- B. excessively
- C. fairly
- D. reasonably

40. *What does the word **this** in paragraph 3 refer to?*

- A. doing housework all day
- B. promoting vitamin D production
- C. doing physical activities in nature
- D. walking in fresh air

41. *According to the passage, which is **NOT** mentioned about the people in Blue Zones?*

- A. They often include beans in their meals.
- B. They make wine from beans.
- C. They do exercise outside in nature regularly.
- D. They don't get high levels of stress.

42. *The writer explains each secret by giving \_\_\_\_\_.*

- A. numbers
- B. instructions
- C. examples
- D. quotes

**Mark the letter A, B, C or D on your answer sheet to indicate the sentence that is closest on meaning to the original sentence in each of the following questions.**

43. *The city is home to several historic landmarks that attract thousands of tourists each year.*

- A. Thousands of tourist are attracted each year by the historic landmarks in the city.
- B. The city, where thousands of tourists visit each year, have several historic landmarks.
- C. The city attracts thousands of tourists every year because of its historic landmarks.
- D. Thousands of tourists visit the city each year because it has many historic attractions.

44. *Could you show me where I can get information about upcoming community events?*

- A. Could you show me where to finding out about upcoming community events?
- B. Could you show me where find out about upcoming community events?
- C. Could you show me where to find out about upcoming community events?
- D. Could you show me where finding out about upcoming community events?

**Mark the letter A, B, C or D on your answer sheet to indicate the sentence that is made from the given cues in each of the following questions.**

45. *biologist/ask/ coral reefs / suffer / damage / pollution.*

- A. The biologist asked if the coral reefs suffer damage because of pollution.
- B. The biologist asked whether pollution damaged the coral reefs.
- C. The biologist asked whether the coral reefs had suffered damage due to pollution.
- D. The biologist asked if coral reefs were suffer damage from pollution.

46. *The United States / country / people / speak / English / native language.*

- A. The United States is a country which people speak English as a native language.
- B. The United States is a country where people speak English as a native language.
- C. The United States is a country whose people speak English as a native language.
- D. The United States is a country whom people speak English as a native language.

**Choose the word that differs from the other three in the position of the main stress in each of the following questions.**

- |     |              |             |                |                |
|-----|--------------|-------------|----------------|----------------|
| 47. | A. maintain  | B. addicted | C. access      | D. communicate |
| 48. | A. harmless  | B. organic  | C. nourishing  | D. summarize   |
| 49. | A. summit    | B. mountain | C. disturb     | D. wonder      |
| 50. | A. beautiful | B. relaxing | C. interesting | D. limited     |