



Chương VI

PASSAGE 1

ID ĐỀ - Tra ID Video

Along with jogging and swimming, cycling is one of the best all-round forms of exercise. It can help to increase your strength and energy, giving you more efficient muscles and a stronger heart. But increasing your strength is not the only advantage of cycling. Because you're not carrying the weight of your body on your feet, it's a good form of exercise for people with painful feet or backs. However, with all forms of exercise, it's important to start slowly and build up **gently**. Doing too much too quickly can damage muscles that aren't used to working. If you have any doubts about taking up cycling for health reasons, talk to your doctor and ask for his/her advice.

Ideally, you should cycle at least two or three times a week. For the first time, you should get a little out of breath. Don't worry that if you begin to lose your breath, it could be dangerous and there must be something wrong with your heart. This is simply not true; shortness of breath shows that exercise is having the right effect. However, if you find you are in pain then you should stop and take a rest.

Question 1: What is the main idea of the reading passage?

- A. Advantages and disadvantages of cycling
- B. Risks of learning cycling
- C. Benefits of cycling and how to do it properly
- D. Ways to practice cycling better

Question 2: People with back problems might go cycling because.

- A. it enables them to carry the weight of their body on their feet
- B. it does not make them carry the weight of their body on their feet
- C. it helps to make their backs become stronger
- D. it helps them to relieve their backache

Question 3: The word **gently** in paragraph 1 is OPPOSITE in meaning to _____.

- A. gradually
- B. quickly
- C. quietly
- D. violently

Question 4: Which of the following is NOT included in the advantages of cycling?

- A. Giving you a stronger heart
- B. Increasing your strength and energy
- C. Giving you better muscles
- D. Making you look younger

Question 5: The word **Ideally** in paragraph 2 is CLOSET in meaning to _____.

- A. Physically B. Perfectly C. Consequently D. Basically

Question 6: What final comment does the author make about cycling?

- A. You should practice cycling as much as possible
B. If you are in pain, the exercise is having the right effect
C. Practicing cycling frequently helps your heart attack
D. You should stop and take a rest if your body is in pain

PASSAGE 8

Tra ID ĐỀ - Tra ID Video

Have you ever had a dream about traveling to another planet in our solar system? If you have, it's an actual programme that is happening right now, and it hopes to send people to Mars in 2023. Known as the Mars One Mission, it will send a crew of four people on a one-way mission to colonize Mars. Those chosen people will have to be ready to say goodbye to the Earth forever, as there will not be a return trip.

For the people chosen, they will have to learn to do many different things. First of all, they will be living the rest of their lives with just a handful of other people, so they all must have personalities that allow them to get along. Second, the living area that they will have won't be very **spacious**, so they will have to deal with that condition as well. If they feel homesick, they will only be able to communicate with people back on the earth via e-mail and videos and audio sent back and forth. However, there won't be any real-time communication. Even at the speed of light, communication between the earth and Mars takes about 20 minutes.

Whether the Mars One Mission will actually happen is the big question that a lot of people are asking. There is an **enormous** doubt in the technology, and Wired magazine gave the mission a miserable score of two out of ten on its probability scale. However, for those who dream of going to Mars, at least they can say there is a possibility that it could happen.

Question 1: How long will it take for a message to come back from Mars?

- A. Almost immediately B. About an hour
C. Around 20 minutes D. Only a few seconds

Question 2: The word **spacious** in paragraph 2 is CLOSEST in meaning to _____.

- A. small B. roomy C. tiny D. comfortable

Question 3: Who is likely to go on this mission?

- A. People with angry personalities B. People who don't like to communicate
C. People who get along with others D. People who get homesick regularly

Question 4: What type of communication will crew members have with Earth?

- A. Real-time video calls B. E-mail and recorded audio and video messages
C. Phone calls D. Instant messaging

Question 5: What will NOT happen to the people who go on the Mars One Mission?

- A. They will live in quarters that don't have a lot of space inside
- B. They will return to the earth
- C. They can communicate with people on the earth
- D. They will have to live with just some people

Question 6: The word **enormous** in paragraph 2 is OPPOSITE in meaning to _____.

- A. huge
- B. significant
- C. minor
- D. vast

PASSAGE 11

Tra ID Đê - Tra ID Video

Many people now think that teachers give pupils too much homework. They say that it is unnecessary for children to work at home in their free time. Moreover, they argue that most teachers do not properly plan the homework tasks they give to pupils. The result is that pupils have to repeat tasks, which they have already done at school.

Recently, many parents complained about the difficult homework which teachers gave to their children. The Greek parents said that most of the homework was a waste of time, and they wanted to stop it. Spain and Turkey are two countries, which stopped homework recently. In Denmark, West Germany and several other countries in Europe, teachers cannot set homework at weekends. In Holland, teachers allow pupils to stay at school to do their homework. The children are free to help one another. Similar arrangements also exist in some British schools.

Most people agree that homework is unfair. A pupil who can do his homework in a large and quiet room is in a much better position than a pupil who does his homework in a **tiny**, noisy room with the television on. Some parents help their children with their homework. Other parents take no interest at all in their children's homework. It is important, however, those teachers talk to parents about homework. A teacher suggests suitable tasks for parents to do with their children. Parents are often better at teaching their own children.

Question 1: Which of the following can be the best title for the passage?

- A. Tips to solve your homework quickly
- B. The Debate on Homework: Necessity or Burden?
- C. No homework - Better life
- D. Student's Laziness

Question 2: According to the writer, many parents would like their children _____.

- A. to do more difficult homework
- B. to do homework both at school and at home
- C. to have test homework
- D. to do homework at school only

Question 3: According to the passage, many parents think _____.

- A. a lot of homework has not been planned properly
- B. children are too lazy to do homework
- C. teachers do not set enough homework
- D. children shouldn't be given marks for homework

Question 4: The word **tiny** in paragraph 3 is closest in meaning to _____.

- A. empty
- B. small
- C. polluted
- D. shiny

Question 5: In some countries, especially in Europe _____

- A. teachers cannot have their children do homework at weekends
- B. few people think homework to children only at weekends
- C. most people agree that it is fair to have children do homework at home
- D. teachers are allowed to give children homework only at weekends

Question 6: Which of the following statement is NOT TRUE?

- A. Teachers should advise the parents about how to work together with their children at home
- B. Only a small number of people think homework is fair.
- C. All parents show great interest in their children's homework
- D. Children can do their homework at school and help each other in some schools in Britain.

PASSAGE 13

Tra ID Đè - Tra ID Video

Imagine if everyone in your street suddenly came out onto the road one day and started singing together. Singing teacher Ruth Black believes it would make everyone so friendly that they would never walk past each other again without saying hello.

Singing helps people live in peace together, she says. All over the world people have always sung together and in most places, they still do, but in England it is no longer traditional. Nowadays, says Ruth, people only sing together in churches and football grounds, although it could be done anywhere. Everyone is able to sing, she says, but most of us either think we can't or have forgotten what we learned as children. Moreover, some people become so shy when performing to the crowds.

However, as with everything musical, you need to practice and the same applies to your voice. Ruth believes that singing itself brings other benefits. It encourages good breathing, for example. Through singing, people often become more confident and also learn to control stress. But more than anything, it brings people together.

When Ruth first started singing, there was little opportunity to sing with others. Then, through a friend, she discovered an excellent singing class and became so **keen** that she started to **run** her own classes. These are held twice a month for all singers, whatever their level, and are now enormously successful.

Question 1: What is the writer trying to do in this article?

- A. Explain why singing has become less popular everywhere

- B. Describe a teacher's ideas about the importance of singing
- C. Advertise a teacher's singing classes
- D. Encourage children to learn to sing

Question 2: According to the passage, where can people sing nowadays?

- A. traditional events
- B. churches
- C. sport events
- D. everywhere

Question 3: Ruth believes the main benefit of singing with other people is that _____.

- A. you learn to breathe more easily
- B. you can get to know other people
- C. you can control your stress
- D. you become a confident singer

Question 4: The word "run" in the last paragraph is closest in meaning to _____.

- A. participate
- B. move
- C. apply
- D. operate

Question 5: According to the passage, people think they rarely sing because of some reasons EXCEPT _____.

- A. They do not believe in their ability
- B. They cannot remember what they learned when they were young
- C. They are not confident in front of groups of people
- D. They don't think singing really brings benefits

Question 6: The word "keen" in the last paragraph is opposite in meaning to _____.

- A. interested
- B. amazed
- C. unpleasant
- D. attractive

PASSAGE 15

Tra ID Đè - Tra ID Video

In the past, traveling was nothing less than a dangerous adventure. People had no means of transport as they have now. They faced all sorts of danger such as bad weather, wild beasts and robbers. Therefore, most people did not like to go away from their villages. Only those who were adventurous set out on a long journey.

When man succeeded in training the four-foot animals like the horse and the camel, traveling became comfortable. A trip across the country was still a dangerous undertaking. In those days, it was also very difficult to transport goods from one place to another. Man carried his load on his head or back. Later, horses and other animals were used for this purpose. But man, and animals could not carry very heavy loads from one place to another.

Now people living in any part of a country can travel to any other part in comfort. Every country sets up a railway network. A small sum of money is required to go from one corner of the country to another. If your business is more **urgent**, you can travel by airplane. A plane will need only a couple of days to fly around the whole world. Traveling by sea has also become **swifter**, more comfortable and secure than before.

Question 1: What is the best title of the passage?

- A. Traveling in the Past and Now B. Traveling Now
C. Traveling in the Past D. Traveling by Airplane

Question 2: In the past, who set out on a long journey?

- A. Robbers on the roads B. Those who were adventurous
C. Most people in the village D. Those who traveled on foot

Question 3: With the help of horses and camels as means of transport, _____.

A. man and animals were still not able to carry very heavy loads from one place to another

B. animals carried everything for man

C. man carried his heavy loads on his head or back

D. animals were able to carry very heavy loads from one place to another

Question 4: The word "**urgent**" in the passage is opposite in meaning to _____.

- A. unnecessary B. very heavy C. very important D. very quick

Question 5: According to the passage, what is TRUE about traveling now?

A. Traveling by sea is more comfortable but still unsafe.

B. Traveling by train is possible only in certain countries.

C. People must pay a large sum of money to go by train from one part of the country to another.

D. People can fly around the world in a couple of days.

Question 6: The word "**swifter**" in the passage is closest in meaning to _____.

- A. quicker B. cheaper C. longer D. safer