SỞ GIÁO DỤC & ĐÀO TẠO TP.HCM
TRƯỜNG THPT MARIE CURIE
Mã đề: 111
(Đề kiểm tra có 05 trang)

ĐỀ KIỂM TRA HỌC KỲ 1 - KHỐI 11
NĂM HỌC: 2025 – 2026
Môn: TIẾNG ANH (Ngày 15/12/2025)
Thời gian làm bài: 60 phút

* **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 questions.**

YOUR BEDROOM LIGHT COULD RAISE YOUR HEART ATTACK RISK

At first, a little bedside glow may seem harmless. Many people fall asleep with the soft glow from a hallway or the gentle shine of a small lamp nearby. These lights are often comforting and easy to ignore. But what if this quiet light, which feels so normal, is doing more to the body than we realize? A large study from the UK has made many people rethink the **ambient** light they sleep with each night.

Researchers followed almost 89,000 adults for ten years and discovered a surprising pattern: people who slept in brighter bedrooms had a higher chance of heart problems than those who slept in the darkest rooms. Even the mild light of a single tea-light or a TV on low brightness was linked to poorer heart health over time.

One explanation is that nighttime light can disturb your body's Internal clock, also known as the circadian rhythm. **This natural system** controls when you feel sleepy, how your heart rate changes, and how your body regulates hormones. When light reaches the eyes during sleep, the brain may think it is morning, which can raise the heart rate and prevent the body from fully relaxing.

Nighttime light can also lessen the quality of sleep. People who sleep with lights on often spend less time In deep and REM sleep - the important stages that help the body restore energy and keep the immune system strong. Over many nights, poor sleep can increase inflammation and make it harder for the body to manage blood sugar. The study also found that some groups, such as women and younger adults, had slightly higher sensitivity to nighttime light.

Although the study cannot prove that light directly causes heart disease, it shows a strong link between nighttime light exposure and long-term health risks. The encouraging news is that this is something we can easily change. Keeping the bedroom dark, covering small LED lights, and reducing screen brightness before bed can help the body rest naturally. Brighter days and darker nights support a healthy rhythm and may protect the heart over time.

1. The word "**ambient**" in paragraph 1 is closest in meaning to _____.
   A. intense B. surrounding C. artificial D. direct
2. The phrase "**This natural system**" in paragraph 3 refers to _____.
   A. the body's internal clock B. hormone regulation
   C. nighttime light exposure D. the brain's activity
3. According to paragraph 4, what are two negative biological effects that poor sleep can cause over time?
   A. It can reduce inflammation and make it easier for the body to manage blood sugar.
   B. It can increase inflammation and make it harder for the body to manage blood sugar.
   C. It can restore energy quickly and improve deep sleep stages.
   D. It can strengthen the immune system and improve blood sugar management.
4. Which of the following is NOT suggested as a practical way to support natural rest according to the passage?
   A. Reducing screen brightness before bed. B. Using earplugs to block out environmental noise.
   C. Covering small LED lights. D. Keeping the bedroom dark.

LIVEWORKSHEETS

5. Which of the following best paraphrases the underlined sentence in paragraph 5?

A. The main limitation of the study was its inability to correlate light exposure with any long-term health risks.

B. Even though the study couldn't establish a direct cause, it demonstrated a strong connection between nighttime light and long-term health problems.

C. While the study foiled to show any link, it suggested that nighttime light might contribute to health issues over time.

D. The study proved that light directly causes heart disease, emphasizing the serious long-term health risks.

6. What can be inferred about the impact of nighttime light on different individuals?

A. Men and older adults are completely immune to the adverse impacts of nighttime light.

B. The negative effects of nighttime light are uniform across ail age groups.

C. All adults react to nighttime light with the same level of sensitivity.

D. Certain demographics, like women and younger adults, may be more vulnerable to light's effect.

7. Which paragraph mentions the specific biological effects of poor sleep on the body's internal systems beyond just heart rate?

A. Paragraph 2 B. Paragraph 4 C. Paragraph 1 D. Paragraph 3

* **Mark the letter A, B, C or D on your answer sheet to indicate the correct arrangement of the sentences to make a meaningful passage/dialogue in each of the following questions.**

8. _____

(a). This constant close-up focus often leads to eye strain, especially when students forget to blink regularly.

(b). Many students spend long hours looking at screens every day, which has raised concerns about the effects on their eyes.

(c). Such conditions make it difficult for the eyes to adjust, and this discomfort can reduce students' concentration during study sessions.

(d). Because of these problems, experts recommend taking regular breaks and keeping screens at a safe distance.

(e). These symptoms can become even worse when the screen brightness is too strong or when the device is used in room.

A. **b-a-e-c-d** B. **b-e-d-a-c** C. **b-d-a-c-e** D. **b-e-c-a-d**

9. _____

(a). Lan: The kitchen, definitely – it's much bigger than my old one, so I can actually cook comfortably now.

(b). Lan: I finally moved into my new house last week, and I'm still getting used to the extra space.

(c). Mai: That's great! You've always wanted a place where you could try new recipes.

(d). Mai: Really? That sounds exciting! What do you like most about it?

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

LIVEWORKSHEETS

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

10. If we lived near the beach, we _____ swimming everyday.

A. win go B. had gone C. would go D. went

11. - Josh: Do you think Robert will make it in time for the bus?

- Rose: I'm afraid not. The bus for York _____ when he arrives at the station.

A. would depart B. will have departed C. will be departing D. will depart

12. Many people turn's Wind a blind _____ to unhealthy habits until they start having serious health problems.

A. nose B. cheek C. eye D. thumb

13. Of all athletes, Alex is _____ that I've ever known.

A. the more qualified B. the least qualified

C. the less and less qualified D. more qualified

14. The _____ I study, the better my grades become.

A. more hard B. most hard C. hardest D. harder

15. Many people prefer one-plan homes because the overall layout feels much more _____.

A. cramped B. spacious C. dilapidated D. cosy

16. When the doctor told James that his test results were normal, he felt extremely _____.

A. relieved B. exhausted C. anxious D. irritated

17. A neatly trimmed _____ runs around the edge of the garden.

A. hedge B. shutter C. pond D. patio

18. She had a high fever, so the doctor prescribed some _____ to bring it down.

A. bandage B. medicine C. surgery D. wheelchair

* **Mark the letter A, B, C or D on your answer sheet to indicate the ending that best completes the sentence.**

19. If the weather gets colder this weekend, _____.

A. we could have needed to heat the house earlier in the evening

B. we could heat the house earlier in the evening

C. we will need to heat the house earlier in the evening

D. we would need to have our house heated in the evening

20. The new air purifier has fixed bugs in identifying dust and allergens, which makes it _____.

A. the more suitable than all models currently available

B. far more suitable for people with allergies in small apartments

C. the most suitable than other devices for every household

D. less suitable than the old model for families with pets

21. His fever hasn't gone down even after taking the medicine. That's why _____.

A. he will definitely recover quickly now for the next appointment

B. I doubt he will recover quickly without proper rest

C. I believe he will recover quickly because the symptoms look mild

D. I'm not sure he would recover quickly if the doctor prescribed antibiotics

LIVEWORKSHEETS

22. The hotel room I'm staying in is dingy and dirty. _____.

A. If only the staff would clean it more regularly during my stay

B. I wish it will be checked and cleaned soon in the next few days

C. I wish the cleaning service can be improved before my arrival

D. If only the rooms are cleaned property when I arrived

23. The pharmacist noticed that the patient looked extremely tired, _____.

A. so he would rather the patient to rest at home than continue his shift

B. so he would rather rest at home before the doctor gives the permission

C. but he had better not rest at home after finishing another appointment

D. so he had better rest at home instead of continuing his shift

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

table /ˈteɪbl/ *noun*

1. [C] a piece of furniture that consists of a flat top supported by legs.
   - **at a/the table**
     I'd like to ***book a table*** *for dinner tonight* (= in a restaurant)
   - *to* ***set the table***
     (British English also) to ***lay the table*** (= to put the plates, knives, etc. on it for a meal)
   - *to* ***clear the table*** (= take away the dirty plates, etc. at the end of a meal)
2. [+ sing/plural verb] the people sitting at a table for a meal or to play cards, etc.
   - *There was a really noisy table behind us celebrating someone's birthday.*
   - *He kept the whole table entertained with his jokes.*
3. [C] a list of facts or numbers arranged in a special order, usually in rows and columns.
   - **in a/the table**
     He showed the price fluctuations in a statistical table.
4. [C] *(also* **multiplication table**, *informal* **times table***)* a list showing the results when a number is multiplied by a set of other numbers, especially 1 to 12, in turn.
   - *Do you know your six times table?*

table /ˈteɪbl/ *verb*

1. [T] **table something** *(British English)* to present something formally for discussion:
   - *to table a question in Parliament*
   - *They have tabled a motion for debate at the next Party Conference.*
2. [T] **table something** (*North American English*) to leave an idea, a proposal, etc. to be discussed at a later date
   - *They voted to table the proposal until the following meeting.*
   - *The suggestion was tabled for discussion at a later date.*

24. Which sentence correctly uses "**table**" as a UK verb?

A. They tabled a motion calling for stricter safety regulations.

B. The committee decided to table the idea until next year.

C. We must table the dishes before the guests arrive.

D. The scientists tabled the data in three neat columns.

25. Complete the following sentence:

"When I arrived, they had finished their dinner and were _____ the table."

A. laying B. booking C. setting D. clearing

LIVEWORKSHEETS

26. In the sentence below, The word "**table**" refers to _____.

"The researchers compared three tables of data in the report."

A. A furniture item used for eating or working.

B. A group of people having a discussion

C. A list showing multiplication results for the number three

D. A list of facts or numbers arranged in rows and columns.

* **Read the following announcement and mark the letter A, B, C or D on your answer sheet to choose the word or phrase that best fits each other numbered blanks.**

🏆 Vovinam Mass Performance - Join the Marie Curie Team! ❤️

Marie Curie High School is excited (27)_____ all students to take part in this year's citywide Vovinam mass-performance, (28)_____. Our school will perform right here on campus, and the routine will be live-streamed together with students from schools across the city.

To help everyone get ready, Vovinam practice will take place during (29)_____ Physical Education classes. You'll learn the coordinated movements, practise timing, and build confidence step by step. A full-school rehearsal will be held on November 27 in the school yard.

All performers must attend this rehearsal.

Although we won't be on the main stage at Nguyen Hue Walking Street on December 1, our (30)_____ is an important part of this historic and record-setting celebration. This is a great chance to show unity, school pride, and the strong spirit of Marie Curie students.

We hope every student will join with energy and enthusiasm.

Let's make this event unforgettable!

27. A. inviting B. to invite C. invited D. to be invited

28. A. which organized in celebration of the 50th anniversary of education in Ho Chi Minh City

B. organizing to reminisce the 50-year journey of education of Ho Chi Minh City

C. held to celebrate 50 years of education in Ho Chi Minh City

D. that aims to celebrate the achievements of education in Ho Chi Minh City over 50 year

29. A. every B. all C. a lot D. a little

30. A. contribution B. contributing C. contributory D. contributor

- - - - The end of the test - - - -

LIVEWORKSHEETS