

Bài 1:

Most human diets contain between 10 and 15 percent of their total calories as protein. The rest of the dietary energy comes from carbohydrates, fats, and in some people, alcohol. The proportion of calories from fats varies from 10 percent in poor communities to 40 percent or more in rich communities.

In addition to providing energy, fats have several other functions in the body. The fat-soluble vitamins, A, D, E, and K, are dissolved in fats, as their name implies. Good sources of these vitamins have high oil or fat content, and the vitamins are stored in the body's fatty tissues. In the diet, fats cause food to remain longer in the stomach, thus increasing the feeling of fullness for some time after a meal is eaten. Fats add variety, taste, and texture to foods, which accounts for the popularity of fried foods. Fatty deposits in the body have an insulating and protective value. The curves of the human female body are due mostly to strategically located fat deposits.

Whether a certain amount of fat in the diet is essential to human health is not definitely known. When rats are fed a fat-free diet, their growth eventually ceases, their skin becomes inflamed and scaly, and their reproductive systems are damaged. Two fatty acids, linoleic and arachidonic acids, prevent these abnormalities and hence are called essential fatty acids. They also are required by a number of other animals, but their roles in human beings are debatable. Most nutritionists consider linoleic fatty acid an essential nutrient for humans.

1. This passage probably appeared in which of the following?
 - A. A diet book
 - B. A book on basic nutrition
 - C. A cookbook
 - D. A popular women's magazine
2. We can infer from the passage that all of the following statements about fats are true EXCEPT
 - A. fats provide energy for the body
 - B. economics influences the distribution of calorie intake
 - C. poor people eat more fatty foods
 - D. alcohol is not a common source of dietary energy
3. The word "functions" in line 5 is closest in meaning to.....
 - A. forms
 - B. needs
 - C. jobs
 - D. sources

4. The phrase “stored in” in line 7 is closest in meaning to.....
- A. manufactured in
 - B. attached to
 - C. measured by
 - D. accumulated in
5. The author states that fats serve all of the following body functions EXCEPT to.....
- A. promote a feeling of fullness
 - B. insulate and protect the body
 - C. provide energy
 - D. control weight gain
6. The word “essential to” in line 12 is closest in meaning to.....
- A. required for
 - B. desired for
 - C. detrimental to
 - D. beneficial to
7. According to the author of the passage, which of the following is true for rats when they are fed a fat free diet?
- A. They stop growing
 - B. They have more babies
 - C. They lose body hair
 - D. They require less care
8. Linoleic fatty acid is mentioned in the passage as.....
- A. an essential nutrient for humans
 - B. more useful than arachidonic acid
 - C. preventing weight gain in rats
 - D. a nutrient found in most foods
9. The phrase “these abnormalities” in line 15 refer to.....
- A. a condition caused by fried foods
 - B. strategically located fat deposits

C. curves on the human female body

D. cessation of growth, bad skin, and damaged reproductive systems

10. That humans should all have some fat our diet is, according to the author,.....

A. a commonly held view

B. not yet a proven fact

C. only true for women

D. proven to be true by experiments in rats

Đáp án: 1. B 2. C 3.C 4.D 5.D 6.A 7.A 8.A 9.D 10.B

Bài 2: True / False

After inventing dynamite, Swedish-born Alfred Nobel became a very rich man. However, he foresaw its universally destructive powers too late. Nobel preferred not to be remembered as the inventor of dynamite so in 1895, just two weeks before his death, he created a fund to be used for awarding prizes to people who made worthwhile contributions to mankind.

Originally there were five awards: literature, physics, chemistry, medicine and peace. Economics was added in 1968, just sixty-seven years after the first awards ceremony.

Nobel's original legacy of nine million dollars was invested, and the interest on this sum

is used for the awards which vary from \$30.000 to \$ 125.000. Every year on December 10th, the anniversary of Nobel's death, the awards (gold medal, illuminated diploma and money) are presented to the winners. Sometimes politics plays an important role in the judges' decisions. Americans have won numerous science awards, but relatively few literature prizes.

No awards were presented from 1940 to 1942 at the beginning of World War II. Some people have won two prizes, but this is rare, others have shared their prizes.

5. Where Alfred Nobel was born in Switzerland.

6. The first award ceremony took place in 1901

7. The Nobel Prize was set to recognize worthwhile contributions to humanity.

8. Americans have received the most awards in literature.

9. A large number of individuals have won two awards.

Đáp án: 5.F 6.T 7.T 8.F 9.F

