

REVIEW UNIT 6: LIFESTYLES - TEST 2**Môn: Tiếng Anh – Lớp 8 Bộ sách: Global Success****Thời gian làm bài: 60 phút****A. LISTENING: (2.0 points)**

PART 1. Listen to the recording about **Chris Svensson's book about modern lifestyles** and Circle A.True or B. False according to what you have just heard . You will listen to the recording **TWICE**. (1.0 point)

(NB) Question 1:

In the past, people often worked overtime, even at weekends or on holidays.

- A. True
- B. False

(NB) Question 2:

Today, workers cannot send or receive emails from home.

- A. True
- B. False

(NB) Question 3:

Technology makes modern work more flexible.

- A. True
- B. False

(NB) Question 4:

At the same time, the traditional divisions between work and life are not fading.

- A. True
- B. False

(TH) Question 5:

According to Chris Svensson, technology has completely transformed the way people live and work.

- A. True
- B. False

PART 2. You will hear the recording about **living a healthy lifestyle** and circle the right answer (A, B, C, or D) for each of the questions according to what you have just heard. You will listen to the recording **TWICE**. (1.0 point)

(NB) Question 6:

How many minutes of aerobic exercise do doctors recommend per week?

- A. 60 minutes
- B. 90 minutes
- C. 150 minutes
- D. 200 minutes

(NB) Question 7:

How often should people do strength-training exercises?

- A. Once a week
- B. Twice a week
- C. Three times a week
- D. Every day

(NB) Question 8:

Which of the following foods is *NOT* mentioned as part of a balanced diet?

- A. Fruits
- B. Whole grains
- C. Lean proteins
- D. Fast food

(NB) Question 9:

What does enough sleep help improve?

- A. Blood circulation
- B. Memory only
- C. Appetite
- D. Physical strength only

(TH) Question 10:

According to the passage, what is the main message about healthy living?

- A. It is about strict short-term goals
- B. It is about balance between body, mind, and lifestyle
- C. It is mainly about avoiding diseases
- D. It is only about doing exercise every day

B. KNOWLEDGE OF LANGUAGE: (1.6 points)

PART 1: Read the following advertisement/ announcement and mark the letter A, B, C and D on your answer sheet to indicate the option that best fit each of the numbered blanks (0.8 point)

JOIN THE HEALTHY DAY EVENT!

Next Saturday, our school will organise a “Healthy Day” to encourage students to live actively. At the event, you can (11) _____ many outdoor activities such as cycling, running, and skipping rope.

You will also (12) _____ new skills from workshops on time management and stress control.

Remember: it is necessary that everyone wears (13) _____ shoes for sports.

If you join, you (14) _____ useful experience for keeping both body and mind strong.

(NB) Question 11:

- A. join B. joins C. joined D. joining

(NB) Question 12:

- A. learn B. learns C. learned D. learning

(NB) Question 13:

- A. comfort B. comfortably C. comfortable D. more comfort

(TH) Question 14:

- A. will learn B. will hire C. will get D. will go

PART 2: Read the following leaflet and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks (0.8 point)

JOIN THE ACTIVE LIFESTYLE WEEK!

Next week, our school is going to hold “Active Lifestyle Week” to encourage students to live healthily. You can enjoy activities such as (15) _____, where students practise yoga, and workshops on healthy diets.

There will also be a (16) _____ in which students present posters about reducing stress and keeping fit.

Remember: it is (17) _____ that everyone should bring water and wear sports shoes.

If you join the event, you (18) _____ many useful lessons about how to balance study and exercise.

(NB) Question 15:

- A. exercising B. exercise C. exercised D. exercises

(NB) Question 16:

- A. compete B. competition C. competing D. competed

(NB) Question 17:

- A. health B. healthy C. healthily D. healthier

(TH) Question 18:

- A. will learn B. will get C. will receive D. will discover

C. READING: (3.0 points)

PART 1. 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 from 19 to 24. (1.2 points) 120 tür.

If you visit the American state of Alaska, you may find its traditional lifestyle fascinating. Alaska is very large, with nearly 1.7 million square kilometers, but it has a small population of about 730,000. The native peoples of Alaska still preserve many traditions. They keep alive their old ways of making arts and crafts. Different native groups have unique carving and weaving styles, as well as tribal dances and drumming. Visitors to Alaska may experience this culture in local villages, or watch traditional music and art in galleries and museums.

Alaska is also famous for its unusual transport method – the dogsled. In the past, it was a common means of getting around, but today dog sledding, or mushing, is mostly a sport. The most famous competition is the Iditarod Trail Sled Dog Race, a 1,510-kilometre journey from Anchorage to Nome. Every March, mushers from around the world gather in Anchorage to take part and compete for exciting prizes.

(Adapted from Futurelang 8)

(NB) Question 19:

Different native groups have unique _____ styles.

- A. carving
B. cooking
C. fishing
D. planting

(NB) Question 20:

The Iditarod Trail Sled Dog Race is a _____ journey from Anchorage to Nome.

- A. short
B. long
C. 1,510-kilometre
D. easy

(NB) Question 21:

Today, dog sledding, or mushing, is mostly _____.

- A. job
- B. transport method
- C. **a sport**
- D. festival

(TH) Question 22:

The word “**fascinating**” in the passage is closest in meaning to _____.

- A. boring
- B. interesting
- C. ordinary
- D. difficult

(TH) Question 23:

According to the passage, which of the following is TRUE about dog sledding in Alaska today?

- A. It is the main way people travel in the state.
- B. It is only used for carrying food and goods.
- C. It has become mainly a sport.
- D. It has completely disappeared.

(TH) Question 24:

What is the main idea of the passage?

- A. Alaska’s people do not keep traditions anymore.
- B. Alaska is famous for both its culture and dog sledding.
- C. Travelling in Alaska is very difficult.
- D. Alaska is too large to have a strong culture.

PART 2. Read the following conversation and mark the letter A, B, C, D on your answer sheet to indicate the best answer to each of the following questions from 25 to 29. (1.0 point)

Young people are rarely studied in the field of second-home research, even though they play an important role in contemporary second-home tourism. Based on semi-structured interviews, this study explores the experiences and attitudes of 12- to 17-year-old second-home dwellers vacationing in Mäntyharju, Finland. The second-home environment is

described as a hybrid space where young people combine elements of traditional lifestyles, outdoor recreation, and modern technology in search of enjoyable and restorative leisure.

Findings show that young second-home dwellers value outdoor activities, beautiful natural surroundings, and strong family connections. They also enjoy simple living, which contributes to a positive second-home experience. At the same time, they use mobile devices and entertainment technology, creating a balance between the ordinary and the exotic.

Overall, the study highlights that focusing on young people in second-home settings provides fresh perspectives, not only on the changes in second-home tourism but also on the broader leisure preferences of today's youth.

(Adapted from Futurelang 8)

(TH) Question 25:

What is the passage mainly about?

- A. How young people spend their school holidays
- B. The role of young people in second-home tourism
- C. The history of tourism in Finland
- D. The importance of using mobile devices

(NB) Question 26:

Where did the study take place?

- A. Stockholm, Sweden
- B. Oslo, Norway
- C. Mäntyharju, Finland
- D. Helsinki, Finland

(NB) Question 27:

What do young second-home dwellers value according to the study?

- A. Expensive hotels
- B. Outdoor activities and nature
- C. Shopping centres
- D. City entertainment

(NB) Question 28:

What contributes to a positive second-home experience for young people?

- A. Simple living

- B. Luxury houses
- C. Long-distance travel
- D. Social media only

(TH) Question 29:

What can be inferred from the passage?

- A. Young people only want modern technology in second homes
- B. Studying young people gives new insights into tourism
- C. Family connections are not important in second-home tourism
- D. Outdoor activities are less attractive than technology

PART 3. Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 30 to 33. (0.8 point)

Recent studies have shown that (30) _____, especially heart and neurological diseases. A healthy lifestyle helps individuals maintain a positive attitude toward work and life. A balanced diet plays an important role in maintaining overall health. We should consume fresh fruits, green vegetables, salad, milk, eggs, yoghurt, and whole grains on time (31) _____ such as proteins, fatty acids, vitamins, minerals, and calories.

Besides food, a healthy body also needs daily physical activity, proper rest, and good sleep. Fresh air, water, hygiene, and a clean environment are equally important. Drinking water is vital: we should drink at least 7–8 glasses of water every day. it regulates blood pressure(32) _____, and supplies nutrients quickly.

Overall, a fit and healthy person is more resistant to infections and diseases. Doctors also say that if people follow good habits regularly, (33) _____ they will have a longer and healthier life.

(Adapted from Futurelang 8)

(TH) Question 30

- A. the stress of modern speedy life can lead to many medical problems
- B. modern speedy life rarely causes health issues in people of any age group
- C. people today face no health risks from stress in work and daily routines
- D. medical problems are fewer now because modern life reduces stress for everyone

(TH) Question 31

- A. so that the body receives essential nutrients
- B. because the body does not need nutrients
- C. even though the body receives fewer nutrients
- D. so as to avoid absorbing essential nutrients

(TH) Question 32

- A. and keeps the body hydrated
- B. and makes the body more dehydrated
- C. and weakens the digestive system seriously
- D. from reaching all vital organs properly

(TH) Question 33

- A. in the future
- B. under pressure
- C. at present
- D. on average

D. WRITING: (1.4 point)

PART 1 Mark the letter A, B, C or D on your answer sheet to indicate the best arrangement of utterances or sentences to make a meaningful exchange or text in each of the following questions from 34 to 35. (0.4 point)

(TH) Question 34:

- a. Mai: Yes, of course. I'll bring it tomorrow.
 - b. Lan: Could you lend me your science notebook for revision?
 - c. Lan: Thank you so much, Mai.
 - d. Mai: No problem. I'm sure it will help you.
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- A. b – a – c – d
 - B. a – b – d – c
 - C. d – b – c – a
 - D. b – d – a – c

(TH) Question 35 :

- a. Minh: Absolutely. The teacher reminded us this morning.
- b. John: That's helpful. Now I can plan my study time.
- c. Minh: Glad I could help. Good luck, John!
- d. John: Are you certain the English exam is on Friday?

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

(VD) PART 2. Write a paragraph (80–100 words) about the advantages OR disadvantages of online learning.. You might use the following suggestions. (1.0 point)

USEFUL LANGUAGE

- **Disadvantages:**
 - lack face-to-face interaction
 - difficult to concentrate
 - eye strain / health problems
 - need expensive equipment
 - unstable Internet connection

OUTLINE

1. **Topic sentence:** Online learning is popular, but it has many disadvantages.
2. **Supporting ideas:** Give 2–3 reasons with explanation/examples.
3. **Concluding sentence:** State your opinion (prefer offline learning).

WRITING EXAMPLE (Disadvantages)

Online learning is becoming more and more common, but it has several disadvantages. Firstly, it is difficult for students to concentrate because they do not have direct contact with their teachers and friends. Secondly, spending many hours looking at the screen can harm students' eyes and make them feel tired quickly. Thirdly, studying online requires

expensive equipment such as a computer and a stable Internet connection, which not all families can afford. For these reasons, I prefer going to school and having face-to-face lessons every day.

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