SỞ GIÁO DỤC VÀ ĐÀO TẠO
THÀNH PHỐ HỒ CHÍ MINH
TRƯỜNG THPT CHUYÊN
LÊ HỒNG PHONG

ĐỀ CHÍNH THỨC
*(Đề kiểm tra có **04** trang)*

KIỂM TRA CUỐI HỌC KÌ I NĂM HỌC 2025 - 2026
Môn: ANH - Khối: 11
Hình thức: **Trắc nghiệm**
Thời gian làm bài: **60 phút**, không kể thời gian phát đề

Mã đề: 1146

Student's full name: ……..
Class: ……
Candidate number: ……..

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 1 to 5.

The level of childhood obesity is increasingly alarming worldwide. The World Health Organization considers it a global health concern due to its prevalence. For most children, it is an excessive (1)_____ of food that they consume every day that causes obesity. This excess energy, which is more than their bodies require, is turned into body fat. Combining with a lack of (2)_____ exercise, this may gradually (3)_____ weight gain. Not only does obesity affect children physically and (4)_____, but it also increases higher risk of life-threatening health problems later in life. Fortunately, healthy lifestyle and balanced diet can help overweight children achieve and maintain a healthy weight. Cutting (5)_____ unhealthy snacks, eating more vegetables, and going on a 30-minute walk a day are great ways to start.

1.	A. number	B. amount	C. lot	D. quality
2.	A. regular	B. usual	C. ordinary	D. common
3.	A. send off	B. depend on	C. result from	D. lead to
4.	A. logically	B. spiritually	C. mentally	D. nostalgically
5.	A. down on	B. into	C. out of	D. off with

Mark the letter A, B, C, or D on your answer sheet to indicate the best answer to each of the questions from 6 to 20.

6. The _____ clung tightly to her father's hand as she took her first steps across the backyard.
   A. newborn baby B. centenarian C. toddler D. teenager
7. She _____ her thumb when it got trapped in the car door.
   A. swelled B. burned C. banged D. hurt
8. By the time Helen buys a second-hand car, she _____ how to drive.
   A. is going to learn B. will have learnt C. will learn D. is learning
9. John is exhausted as he _____ the whole house.
   A. will be painting B. had painted C. has been painting D. is used to painting
10. Helen _____ her childhood photo album while cleaning the basement.
    A. came up with B. came across C. came into D. came round
11. None of us found Peter's _____ comment amusing – in fact, it was discouraging and offensive.
    A. sarcastic B. miserable C. arrogant D. idealistic
12. This time next week, we _____ on a beautiful beach in Phu Quoc.
    A. will sunbathe B. are going to sunbathe
    C. will be sunbathing D. will have sunbathed
13. Parents should be aware of whom their children _____ as it may have a significant impact on their future.
    A. make up for B. go back on C. look up to D. walk out on
14. Teenagers love to _____ camping so as to escape from busy school work.
    A. play B. do C. get D. go
15. The children had a great time in the _____ of their grandparents during the festive season.
    A. company B. attendance C. business D. terms
16. Melanie is looking for a dressing because she _____ her finger; it's bleeding heavily.
    A. cuts B. has been cutting C. has cut D. will have cut
17. Students are required to take photos of their final products as _____ of their participation.
    A. cause B. proof C. agreement D. approval

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18. Customers can rarely get access to _____ Wi-Fi network if they sit near the open kitchen.
A. full-sized B. long-term C. well-equipped D. high-speed
19. Many scientists believe that human _____ will become thicker to protect us from direct solar radiation.
A. skull B. throat C. eyelids D. shin
20. Children should be taught that there is nothing _____ about their family financial background.
A. shame B. shameful C. ashamed D. shamefully

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the best answer to each of the following questions from 21 to 26.

The discovery of insulin was the result of experiments by a Canadian doctor named Frederick Banting. After serving in *World War I* and witnessing terrible acts of war, he returned home determined to help relieve human suffering. It was then that he decided to become a research doctor and began working on a cure for diabetes.

Frederick Banting collaborated with a medical student named Charles Best. With Best's help, he discovered that diabetes is caused by the lack of a hormone called insulin, which was the first hormone ever discovered. Insulin is produced and secreted by islet cells in the pancreas. Its function is to help transform glucose, a type of sugar found in carbohydrates, into energy and distribute it throughout your body. Hence, without insulin, cells badly need energy and must seek an alternative source, which may lead to life-threatening complications.

Before Banting's discovery, the best method for treating this condition was a strict diet. Unfortunately, the diet was only a temporary solution. Most people still wasted away and died very young. Banting and Best later discovered a way to make insulin from islet cells in cows and pigs. Then they purified it and injected it into patients. When properly used, the hormone allows cells in the body to absorb carbohydrates. Although it is not a cure, it allows many people with diabetes to live long and almost normal lives. Today, researchers are experimenting with islet cell transplants in order to find a permanent cure. However, none of **their** research would be possible without the discoveries made by Banting and Best.

21. What motivated Frederick Banting to pursue medical research?
A. his desire to become famous
B. his upsetting experiences in World War I
C. the pressure from his family
D. a personal struggle with diabetes
22. What can be inferred from the passage?
A. Charles Best was one of Banting's hardworking students.
B. The pancreas provides an alternative source of energy if the body doesn't release insulin.
C. Diabetes is not always a deadly disease now.
D. The insulin level is at its highest when we are hungry.
23. Before injected into patients, the insulin has to be
A. experimented on cows B. secreted to the pancreas
C. purified D. transplanted into cells
24. All of the following statements are mentioned in the text EXCEPT
A. People with diabetes cannot eat carbohydrates.
B. A strict diet used to be the main treatment for diabetes.
C. Cows and pigs also have islet cells that produce insulin.
D. Research is being done on islet cell transplants.
25. The word '**their**" refers to
A. discoveries B. people C. transplants D. researchers
26. Which of the following is the best title for the passage?
A. An Important Medical Discovery B. The cause of Diabetes
C. The Lifelong Research of Frederick Banting D. The Function of Islet Cells

Choose the sentence which is similar in meaning to the given one, and mark the letter A, B, C, or D on your answer sheet to indicate the best answer to each of the following questions from 27 to 29.

27. The last time we searched for the train schedule was 2 years ago.
A. We couldn't search for the train schedule 2 years ago.

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B. It has been 2 years since we were searching for the train schedule.
C. We haven't searched for the train schedule for 2 years.
D. We spent 2 years searching for the train schedule.

28. The children have no difficulty in decorating the Christmas tree.
A. Christmas tree decoration is the easiest task for the children.
B. The children are getting used to decorating the Christmas tree.
C. The children would rather decorate the Christmas tree than do other difficult things.
D. The children are used to decorating the Christmas tree.

29. Sarah will complete her study and then she will move back to Cuba.
A. Sarah will have completed her study before she moves back to Cuba.
B. Sarah will have moved back to Cuba after she has completed her study.
C. Having completed her study, Sarah moved back to Cuba.
D. Sarah will not move back to Cuba until she had completed her study.

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the best answer to each of the following questions from 30 to 37.

Is stress really the monster it is made out to be by the media? On the contrary, most experts believe there is nothing wrong with experiencing a little bit of stress from time to time. As physiologist Monika Fleshner states, "Only under circumstances of chronic stress do we suffer its negative effects." This type of stress comes when we face a situation that feels inescapable or takes a heavy toll on us. On the other hand, experiencing mild stress, according to Fleshner, can even be good for us.

When we feel stressed, the body releases hormones such as adrenaline and cortisol. They make the heart beat faster thereby increasing blood flow to the brain and muscles and making us ready for action. As psychiatrist Judith Orloff states, "Stress energises us, speeding up our systems to handle what we have to handle." Accordingly, stress is not a problem, as it is usually perceived, but actually a condition that humans have evolved over thousands of years to deal with problems!

Recent research also suggests that regularly experiencing short periods of mild stress can strengthen the body's immune system and lower the risk of neurological diseases such as Alzheimer's. In effect, stress acts like a 'workout' for the brain, just like exercising a muscle in the gym.

It's also worth thinking about the consequences of stress. Psychologists distinguish between two main types of stress: distress and eustress. Basically, distress is negative stress. Even considering the positive effects mentioned above, distress, more often than not, makes us feel disheartened. Eustress, on the other hand, is the positive stress that results in us feeling happy. Take physical exercise, for example. It is undoubtedly stressful to push your body to the limit, but the health benefits and feeling of accomplishment afterwards by far make the initial stress worth it.

So why, if eustress and even low levels of distress are beneficial, are we being continually fed the message that every type of stress is our enemy? According to Angela Padmore, author of *The Truth about Stress*, the answer lies with the multimillion-pound stress management industry. According to Padmore, the vast majority of us do not feel it to the point where we need to buy products or seek professional assistance. Yet, in Britain alone, there are now over 15 million websites and 2 million Stress Management Practitioners selling everything from hormone test sets to massage balls, all treating a condition that, to a large extent, does not need to be treated. Therefore, the next time that you feel stress, try to **embrace** the sensation. Don't get stressed about feeling stress; chances are it's doing you a lot of good.

30. What is the passage mainly about?
A. How to deal with chronic stress.
B. The beneficial effects of mild stress.
C. The definitions of stress.
D. How good the stress management industry is.

31. The hormones released when we feel stressed
A. have evolved over thousand years.
B. give us a sense of accomplishment.
C. have damaging effects on the body.
D. make us more capable of taking action.

32. Judith Orloff believes that stress
A. increases blood flow to the brain.
B. activates our system to cope with challenges.
C. speeds up our perception process.

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D. keeps us stay awake, but only in a relatively short time.

33. Which of these is NOT an advantage of short periods of mild stress?
    A. improving the body's immune system
    B. being an exercise for the brain
    C. strengthening muscles
    D. lowering the risk of Alzheimer's
34. According to the passage, eustress
    A. is a type of stress caused by exercise.
    B. makes us feel pleased.
    C. was discovered by Monika Fleshner.
    D. can negatively affect stress management industry.
35. According to Angela Padmore, the stress management industry
    A. treats over 2 million British patients per year.
    B. is only popular in Britain.
    C. is a vital resource for people with serious problems.
    D. falsely convinces people that they need help.
36. The word '**embrace**' is SIMILAR in meaning to
    A. discard B. welcome C. control D. tolerate
37. Which of the following statement can be inferred from the last paragraph?
    A. People should put themselves in stressful situations as much as possible.
    B. Stress is our enemy, and it needs minimizing at all costs.
    C. Stress is not as harmful as the media makes it appear.
    D. The book *The Truth about Stress* gives all of the answers about stress.

Identifythe mistake in each of the following sentences and mark the letter A, B, C, or D on your answer sheet to indicate the best answer to each of the following questions from 38 to 40.

38. Since (A) Penny is lactose intolerable (B), the doctor advised her to cut down on (C) the number of dairy products she consumes (D) every day.
39. Due to the increasing popularity (A) of golfing among adolescents (B), more and more golf courts (C) are being constructed (D).
40. The results (A) of the sports competitions, including those (B) of the judo tournament, will be announced (C) by the end of the day (D).

THE END OF TEST

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