Contoh Soal Literasi Bahasa Inggris UTBK SNBT 2026 (Diadaptasi dari detik.com)

High blood pressure often has no signs or symptoms, but routine checks of your blood pressure will help detect increasing levels. If your blood pressure reading is high at two or more check-ups, the doctor may also ask you to measure your blood pressure at home.

There are important considerations for older adults in deciding whether to start treatment for high blood pressure, including other health conditions and overall fitness. Your doctor will work with you to find a blood pressure target that is best for your well-being and may suggest exercise, changes in your diet, and medications.

1. The main idea of the above passage is ...

A. High blood pressure attacks young but older adults.

B. High blood pressure needs more measurement.

C. People with high blood pressure need essential treatment.

D. No symptoms occur for high blood pressure sufferers.

E. Increasing high blood pressure influenced by unhealthy diet.

2. The word symptoms in the first paragraph can be replaced with.....

A. Signs

B. Indications

C. Signals

D. Attributes

E. Dispositions

Dates are a rich source of protective plant compounds which have antioxidant properties. These include polyphenols, carotenoids and lignans, which have been shown to help manage the risk of chronic disease. Research into fibre continues to support its important role in health, from helping to maintain a healthy gut microbiome to reducing the risk of certain long-term health conditions.

A small 2015 study found that date consumption may reduce colon cancer thanks to its high fibre and polyphenol content, the latter also having useful anti-microbial benefits. Dates are a source of bone-friendly minerals including calcium, potassium, phosphorus, and magnesium. They are also a source of vitamin K which is needed for healthy, strong bones.

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Including dates in the diet when in the final few weeks of pregnancy may promote cervical dilation and reduce the need for an induced birth. They are also thought to be helpful in reducing the length of labour. Compounds in the fruit are believed to mimic the effects of oxytocin, a hormone involved in labour contractions.

Some people may be allergic to dates and, in addition to this, compounds called sulphites may, for some sensitive individuals, cause allergic symptoms. A mild reaction (6) ..... include symptoms such as an itching mouth or tongue, sneezing or a runny nose. If you experience these symptoms after eating dates, speak to your GP. If a more serious anaphylactic reaction occurs, call for an ambulance immediately.

3. These are the benefits of consuming dates, except..

A. Reduce colon cancer

B. As source of high fiber

C. Decrease labour length

D. As an anaphylactic

E. Make strong bone

4. "They are also a source of vitamin K which is needed for healthy, strong bones." The word they in the sentence refers to .....

A. Phosphorus

B. Dates

C. Magnesium

D. Bone-friendly minerals

E. Polyphenol content

5. What is the tone of the above passage?

A. Subjective

B. Neutral

C. Persuasive

D. Apologetic

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E. Emotional

6. Which of the following word is most appropriate for filling the blank space?

A. So that

B. Should

C. May

D. Must

E. Had better

Social norms are the implicit social rules that govern behaviour within a community. Norms are not directly established but develop over time as people daily behaviours, their reactions, and observe of what others are doing. Social norms differ depending on the group of people, community, and culture. What is considered as fully normal, even admirable, in one group may be met with disapproval in another. Robert Cialdini, psychologist, said people are constantly looking for 'social proof' to guide their own behaviour. Social proof of what is acceptable is a particularly powerful guide to behaviour when the situation is ambiguous or new.

In relation to social norms, one of the big challenges we face is creating a sustainable culture where so many unsustainable actions are considered perfectly normal and even something to strive for: eating meet at every meal, driving alone or everyday shopping for new item. Sustainable behaviour such as buying second-hand thing or taking short shower seen as undesirable in status.

Social norms create opportunities for change since they are dynamic and constantly shifting. The aim for those of us who want to bring about a more sustainable society to quickly bring sustainable behaviour into the realm of normal, acceptable, and something people aspire to. So, how can we accomplish this? We need to give people evidence, social proof, that sustainable behaviour is acceptable and desirable.

7. The passage is mainly concerned with ...

A. Social proof

B. Social disorder

C. Sustainable behavior

D. Acceptable culture

E. Daily behaviour

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8. Based on the text, the word disapproval in paragraph 1 means?

A. A negative opinion

B. A different opinion

C. An unsustainable behaviour

D. An unacceptable feeling

E. A sustainable behaviour

9. According to the author, how is sustainable behaviour acceptable and desirable?

A. By making dynamic society

B. By establishing norms

C. By providing social proof

D. By aspiring people

E. By giving changing

10. The writer wrote the above passage in order to...

A. Expose the readers with sustainable society.

B. Give readers information about establishing common social norms.

C. Make the readers aware about their behavior in the society.

D. Inform the readers about the acceptable desirable norms.

E. Tell the readers the sustainable behavior in this cultural society.

Dear Vanessa,

RE: Apology for Parking Lot Problem

I am writing this letter to apologize for the recent spillage in the parking lot area of the apartment. I accidentally tripped and fell while carrying my groceries from my car and spilled a gallon of milk. I had no intention of inconveniencing you

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I was getting supplies to clean the mess when your car skidded on the spill I can see how this would have upset you, and I understand your reaction.

I am ready and willing to repay you for any losses you may have suffered. I hope this incident does not affect our friendship. Thank you for your time.

Sincerely,

Joyce Monaro

11. What is the aim of the letter?

A. To express gratitude for the incident that occurred in the parking lot

B. To accept the apology for the incident that occurred in the parking lot

C To express remorse for the incident that occurred in the parking lot

D. To describe about the incident that occurred in the parking lot

E To inform the receiver about the incident that occurred in the parking lot

12. According to the letter written, we can infer that the writer and the receiver are..

A. Neighbours

B. Colleagues

C. Co-worker

D. Relatives

E. Associate

13. What is explained in paragraph 3?

A. Explaining the reason of the incident

B. Stating an apology for causing the incident

C. Asking for the receiver's bank account to repay to the losses

D. Indicating the responsibility of the sender to the receiver

E. The receiver was upset because of the incident

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14. Which of the following would be the suitable response for the letter?

A. Thank you for the letter and the apology. Fortunately, there is nothing to worry about, just a minor damage to my car. I'll send you the details if anything fatal happens.

B. Thank you for telling me what happened at the parking lot, I was so glad you are okay, let's meet and have a talk regarding our past friendship.

C. Don't say sorry, things always happen around us. Anyway, thank you for the apology gift.

D. You are very welcome to join me and have a talk about the problem happened. I'll send you the address soon.

E. Thank you for the apology, my boss is okay with everything that has happened. We will discuss it and I'll send you the details very soon.

15. What was the sender doing when the receiver's car skidded?

A. Sender was talking to the parking guard in the parking area

B. Sender was gathering the equipment to clean up the parking area

C. Sender was collecting all of his groceries

D. Sender was cleaning up the spilled milk in the parking area

E. Sender was looking for help when the car skidded

There are some strategies to prevent dehydration. It's not just water that can keep you hydrated. All beverages containing water contribute toward your daily needs. And it's a myth that caffeinated beverages or those containing alcohol are dehydrating because they make you urinate. They do, but over the course of the day, the water from these beverages still leads to a net positive contribution to total fluid consumption.

Of course, there are many reasons why water is still the better choice. Sugary drinks can lead to weight gain and inflammation, which can increase your risk for developing diseases such as diabetes. Too much caffeine can give you the jitters or keep you from sleeping. And, alcohol intake should be limited to one drink per day for women, and 1-2 drinks per day for men.

To ward off dehydration, drink fluids gradually, throughout the day. An easy way to do this is to have a drink at each meal, as well as socially, or with medicine. And know that you also get fluids from water-rich foods, such as salads, fruit, and applesauce.

16. What is the topic of the passage?

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A. All beverages that can cause dehydration

B. The reason why water makes people dehydrated

C. Ways to avoid dehydration

D. The positive contribution of water to overcome dehydration

E. Caffeinated beverages are good to prevent dehydration

17. "Sugary drinks can lead to weight gain and inflammation, which can increase your risk for developing diseases such as diabetes"

The sentence implies that...

A. Drinking sugary drinks can cause a person to have diabetes

B. Sugary drinks might cause weight gain and make people create disease

C. Sugary drinks cause diabetes and increase weight infection

D. Drinking sugary drinks is allowed as long as it is not too much

E. Weight gain and inflammation are caused by drinking sugary drinks

18. Which of the following statements is the author's unrelated suggestion regarding the passage?

A. Drink water or fluids regularly throughout the day

B. Try drinking water after every meal

C. Alcohol intake for women should be one drink per day

D. Consume foods that contain a lot of water content, such as salads, fruit, and applesauce

E. Drink 1-2 glasses of caffeine to avoid dehydration

19. What is the tone of the passage related to drinking water?

A. Optimistic

B. Joyful

C. Formal

D. Persuading

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E. Pessimistic

20. "All beverages containing water contribute toward your daily needs"

The underlined words can be replaced with...

A. Neglect

B. Withhold

C. Take

D. Help

E. Investigate

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