ĐỌC HIỂU CHUYÊN SÂU

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the Acorrect word or phrase that best fits each of the numbered blanks from 1 to 5.

It is true that keeping fit will benefit a person's health in many ways. It has become clear in recent years, that a large number of people are doing less and less exercise, and this is now causing (1) _____ serious illnesses, putting a strain on doctors and hospitals. However, some experts believe that too much exercise can do just as much damage. Although it is true that moderate exercise such as walking can be very beneficial to a person's health, it is not the only one factor (2) _____ keeps us healthy. Diet is also extremely important, nd I would argue that it is probably even more important than exercise, although the ideal is for both of these factors to work together. It seems to me that many people are unwilling to put in the effort required to become fitter.

(3) _____, too much exercise can also cause problems. So, people are (4) _____ to take moderate exercise and eat moderately healthily rather than embarking on extreme diets and training. In too many instances, ultra–fit people have had heart attacks or dropped down dead. In all, governments need to find ways of motivating people to (5) _____responsibility for their own health. People need to realize that eating healthy food does not have to cost a fortune, nor is it difficult to prepare healthy meals themselves. People need to be better educated about their health.

Question 1: A. much **B.** any **C.** many **D.** other
Question 2: A. who **B.** when **C.** which **D.** what
Question 3: A. For example **B.** However **C.** Therefore **D.** In fact
Question 4: A. encouraged **B.** discouraged **C.** courage **D.** encouragement
Question 5: A. do **B.** make **C.** give **D.** take

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 from 6 to 10.

These following tips may help you make a good impression on your job interviewer during the interview: Before entering enquire by saying, "May I come in sir/madam?". If the door was closed before you entered, make sure you shut the door behind you softly.

Look at the interviewer and confidently say 'Good day sir/madam'. If the interviewer wants to shake hands, then offer a firm grip first maintaining eye contact and a smile.

Seek permission to sit down. If the interviewer is standing, wait for them to sit down first before you take your seat.

An alert interviewee would diffuse the tense situation with light-hearted humour and immediately set **rapport** with the interviewer. The interviewer normally pays more attention if you display an enthusiasm in whatever you say. This enthusiasm comes across in the energetic way you put forward your ideas. You should maintain a cheerful disposition throughout the interview. A little humour or wit thrown in the discussion occasionally enables the interviewer to look at the pleasant side of your personality.

You must maintain eye contact with the interviewer. **This** shows your self-confidence and honesty. Many interviewees while answering questions, tend to look away. This conveys you are concealing your own anxiety, fear and lack of confidence. Maintaining an eye contact is a difficult process. As the circumstances in an interview are different, the value of eye contact is tremendous in making a personal impact.

Interviewers appreciate a natural person rather than an actor. It is best for you to talk in natural manner because then you appear genuine.

Question 6: What is the main idea of the passage?

A. Tips to make a good impression when attending job interview

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B. The importance of eye contact when interviewing
C. Handshake in the beginning of an interview is essential
D. How humorous you should be in a job interview

Question 7: Which of the following is TRUE about advice for an interviewee as stated in the passage?
A. You should slam the door after entering the room.
B. You don't need to ask for a permission before sitting.
C. Eye contact is necessary in a job interview.
D. Shaking hands is a must in a job interview.

Question 8: The word "rapport" in paragraph 4 mostly means _____.
A. long conversation **B.** tense situation **C.** good impression **D.** friendly relationship

Question 9: According to the passage, things advised in a job interview do not include _____.
A. lack of confident **B.** cheerful disposition **C.** honesty **D.** sense of humour

Question 10: The word "This" in the last paragraph refer to _____.
A. personality **B.** eye contact **C.** interviewer **D.** self-confidence

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 from 11 to 17.

While most desert animals will drink water if confronted with it, for many of them the opportunity never comes. Yet all living things must have water, or they will **expire**. The herbivores find **it** in desert plants. The carnivores slake their thirst with the flesh and blood of living prey. One of the most remarkable adjustments, however, has been made by the tiny kangaroo rat, who not only lives without drinking but subsists on a diet of dry seeds containing about 5% free water. Like other animals, he has the ability to manufacture water in his body by a metabolic conversion of carbohydrates. He is notable for the parsimony with which he conserves his small supply by every possible means, expending only minuscule amounts in his excreta and through evaporation from his respiratory tract. Investigation into how the kangaroo rat can live without drinking water has involved various experiments with these small animals. Could kangaroo rats somehow store water in their bodies and slowly utilize these resources in the long periods when no free water is available from dew or rain? The simplest way to settle this question was to determine the total water content in the animals to see if it decreases as they are kept for long periods on a dry diet. If they slowly use up their water, the body should become increasingly dehydrated, and if they begin with a store of water, this should be evident from an initial high-water content. Results of such experiments with kangaroo rats on dry diets for more than 7 weeks showed that the rats maintained their body weight. There was no trend toward a decrease in water content during the long period of water **deprivation**. When the kangaroo rats were given free access to water, they did not drink water. They did nibble on small pieces of watermelon, but this did not change appreciably the water content in their bodies, which remained at 66.3 to 67.2 during this period.

This is very close to the water content of dry-fed animals (66.5), and the availability of free water, therefore, did not lead to any "storage" that could be meaningful as a water reserve. This makes it reasonable to conclude that physiological storage of water is not a factor in the kangaroo rat's ability to live on dry food.

(Adapted from "the land of the sun" by Lincoln Barnett)

Question 11: What is the main idea of this article?
A. Kangaroo rats and it's life on dry food **B.** Water in the desert for animals
C. Desert life of kangaroo rat **D.** Physiological experiments on animals

Question 12: The word "expire" in paragraph 1 is closest in meaning to _____.
A. weaken **B.** die **C.** shrink **D.** dehydrate

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Question 13: The word "it" in paragraph 1 refer to _____.

A. a living thing **B.** the desert **C.** the opportunity **D.** water

Question 14: Which of the following is NOT true about the kangaroo rat, according to the passage?

A. It uses available water in the body effectively. **B.** It lives without drinking water.

C. It breathes slowly and infrequently. **D.** It manufactures water internally.

Question 15: According to paragraph 2, what is the result of the experiments with kangaroo rats?

A. Kangaroo rats store water for use during dry periods.

B. Kangaroo rats took advantage of free access to water.

C. Its body weight doesn't change significantly due to the lack of water or accessibility to water.

D. A dry diet seems detrimental to the kangaroo rat's health.

Question 16: The word "deprivation" in paragraph 2 is closest in meaning to _____.

A. shortage **B.** advantage **C.** coverage **D.** shrinkage

Question 17: According to the passage, what allows desert animals to exist with little or no water?

A. Their less need for water than other animals **B.** Many opportunities for them to find water

C. Their ability to eat plants **D.** Their ability to adjust to the desert environment

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