

REVISION FOR THE MID- TERM TEST – S 2 –No 1

Choose the word whose underlined part differs from the other three in pronunciation in the following questions.

1. A. chemical B. detox C. access D. benefit
2. A. natural B. suggest C. internet D. diet
3. A. organ B. obese C. promote D. bone

Choose the word that differs from the other three in the position of the main stress in the following questions.

4. A. maintain B. addicted C. access D. communicate
5. A. harmless B. organic C. nourishing D. summarize

Choose the best option to complete the following questions.

6. Regular exercise is the most important part of a _____ lifestyle.
A. harmful B. healthy C. harmless D. healthful
7. Chewing foods slowly and properly helps to _____ teeth and oral health.
A. promote B. nourish C. lose D. digest
8. You should always _____ fruits because they're high in fiber.
A. consume B. protect C. detox D. promote
9. _____ the term 'addiction' is often associated with negative connotations, we still have lots of healthy addictions to have a positive impact on our lives.
A. Because B. In spite of C. Although D. Despite
10. A: _____
B: Actually, yes. I do have a very busy schedule every day, so I keep skipping meals.

A. Why do you usually eat fast food?

B. Do you want to eat less sugar?

C. Can you have fruit and vegetables at the cafeteria in your school?

D. Do you have any unhealthy habits?

11. Health experts suggest _____ a healthy cooking habit to take control of your nutrition and make good choices about what you put into your body.

A. to develop B. to become C. becoming D. developing

12. Teens should _____ 8 to 10 hours of sleep each night.

A. find out B. aim for C. finding out D. aiming for

13. Eating foods high in dietary fiber like fruit, vegetables and beans can improve your skin and even help you to _____ weight.

A. lose B. gain C. detox D. nourish

14. Some people with diabetes drink a lot of juice, _____ knowing that they can cause abnormal blood sugar levels, due to the sugar content.

A. although B. though C. despite D. in spite

15. Meera: _____

Norman: The food you eat is organic and less processed, I suppose.

A. Do you have a healthy cooking style?

B. Does the cafeteria at your school offer organic food?

C. How can you explain the term 'eat clean'?

D. Do you know what detoxification means?

Choose the best option to indicate the word or phrase that is CLOSEST in meaning to the underlined part in the following questions.

16. I think the easiest way to stay healthy is to exercise on a daily basis.

A. once a week B. every week C. once a day

Choose the best option to indicate the word or phrase that is OPPOSITE in meaning to the underlined part in the following questions.

17. Following a healthy diet has many benefits, including building strong bones, protecting the heart, and boosting the mood.

A. access B. details C. disadvantages D. information

Read the following sign or notice and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions.

18. What does the sign say?



A. The floor is always wet in this area.
B. The floor will be dry soon.
C. You should walk carefully on this floor.
D. You must clean the floor immediately.

19. What does the notice say?



A. You can park here temporarily.
B. Parking is not allowed after this point.
C. You need a special permit to park here.
D. Parking is allowed only for a short time.

Read the text and choose the best answer for each question. (5 questions)

Vitamins

Vitamins are special tiny helpers in our food that keep us healthy. A long time ago, doctors didn't know about vitamins. People got sick from not eating the right foods, but no one knew the reason. One particular example was sailors who were at sea for long periods. Eventually, they ate all the fresh fruit and vegetables and, a short time later, many sailors began to get a disease which was called scurvy.

At the end of the 19th century, a Dutch doctor named Christiaan Eijkman found out that a sickness called beriberi happened when people didn't eat the outside of rice. He found that **it** contained something important for health. Then, a Polish scientist named Casimir Funk suggested that some sicknesses come from not having certain special things in our food. He called these things "vitamines," which means "life stuff", and he is remembered today for this.

Elmer McCollum and Marguerite Davis found the first vitamin, Vitamin A, by studying what happens when it is missing from food. [...] Later, in the 1920s, a man named Frederick Hopkins discovered that animals need vitamins to grow strong and healthy. He showed that just eating proteins, carbohydrates, and fats wasn't enough to maintain health.

Today, we know a lot about vitamins and how they help us. Eating foods with different vitamins keeps our bodies working well and stops us from getting sick. It's amazing how **minuscule** things in our food can be so important!

20. What does the writer say about scurvy in paragraph 1?

A. Only sailors got the disease.
B. Some types of food protect people from the disease.
C. Nobody gets the disease nowadays.

D. People knew the reason for the disease.

21. What does "it" mean in paragraph 2?

A. A sickness B. Beriberi C. Rice D. The outside of rice

22. Why might some people call a Polish scientist "The Father of Vitamins"?

A. He changed their name.
B. He discovered the first vitamin.
C. He found the reason for a disease.
D. He gave them a name.

23. Which of the following sentences fits into the space [...] in paragraph 3?

A. It is a chemical. B. He was an American chemist.
C. They showed its importance for health. D. She lived from 1887 until 1967.

24. What does "minuscule" mean in paragraph 4?

A. Very long B. Very small C. Very strange D. Very useful

Mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions from 17 to 18.

25. Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.

During our summer vacation in Italy, we encountered an unexpected event. Although we had planned everything carefully, _____.

a. We decided to visit a famous historical site early in the morning.
b. We ended up spending the whole day in the hotel waiting for the rain to stop.
c. Unfortunately, as soon as we stepped out, it began to pour heavily.

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

26. Choose the sentence that can end the text (in Question 17) most appropriately.

A. This situation ruined our whole day, leaving us frustrated.
B. Later, we found out that the site was open in the evening.
C. We learned to always check the weather forecast before planning our trips.
D. However, we discovered a cozy café nearby and enjoyed the day indoors.

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.

It has long been suspected that lack of sleep can actually lead to illness, particularly in young people. Research involving students aged 14-19 over a three-week period now appears to confirm (27) _____.

The teenagers wore devices that recorded the movements they made, without being (28) _____ of them, that indicated they were asleep. The results were then compared to the number of illnesses that they had (29) _____ from during the three weeks, in addition to the number of occasions on which they had been absent from school.

What the study showed was that students who slept (30) _____ than seven hours a night caught colds, flu and other relatively minor illnesses more often. The problem is that as children enter their teens their natural sleeping patterns change, (31) _____ in them going to sleep later and (32) _____ wanting to wake up later - but they still have to get up in the morning to go to school.

27. A. this B. that C. these D. those
28. A. awake B. aware C. familiar D. sensitive
29. A. caught B. affected C. suffered D. experienced
30. A. more B. smaller C. longer D. fewer
31. A. resulting B. producing C. finishing D. forcing
32. A. but B. however C. therefore D. because

Mark the letter A, B, C, or D on your answer sheet to indicate the sentence that is closest in meaning to the original sentence in each of the following questions.

33. He said, "If I have a pen, I can write the answers".

- A. He said if he had a pen, he could write the answers.
- B. He told me to give him a pen to write the answers.
- C. He could write the answers because he had my pen.
- D. I could write the answers if he gave me his pen.

34. The woman was too weak to lift the suitcase.

- A. Although she was very weak, she could lift the suitcase.
- B. The woman shouldn't lift the suitcase because she was so weak.
- C. The woman lifted the suitcase, so she wasn't very weak.
- D. She was so weak that she couldn't lift the suitcase.

Mark the letter A, B, C, or D on your answer sheet to indicate the sentence that is made from the given cues in each of the following questions.

35. you/ know/ name/ lecturer/ talk/ natural disasters/ workshop/ two days ago//?

- A. Do you know the name of the lecturer whom talked about natural disasters at the workshop two days ago?
- B. Do you know the name of the lecturer whose talked about natural disasters at the workshop two days ago?
- C. Do you know the name of the lecturer which talked about natural disasters at the workshop two days ago?
- D. Do you know the name of the lecturer who talked about natural disasters at the workshop two days ago?

36. if/ there/ be/ much/ exhaust fume/ air/ more/ people/ cope/ respiratory problem/.

- A. If there is too much exhaust fume in the air, more and more people will cope with respiratory problem.
- B. If there will be too much exhaust fume in the air, more and more people will cope with respiratory problem.
- C. If there are too much exhaust fume in the air, more and more people will cope with respiratory problem.
- D. If there was too much exhaust fume in the air, more and more people will cope with respiratory problem.

Four phrases/ sentences have been removed from the text below. For each question, 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 37 to 40.

Italy is known for its rich culture and history, but one aspect that stands out is its culinary tradition. Italian cuisine is (37) _____, with dishes that have been passed down through generations. Pasta is often considered the most iconic Italian food. (38) _____. It became a staple in Italian households, and now there are numerous varieties of pasta, each with its own unique flavor and texture. The basic ingredients for pasta dishes include pasta, sauce, and cheese. (39) _____. Depending on the region, people might add vegetables, meat, or seafood to their pasta dishes. Today, Italian pasta dishes are enjoyed worldwide, and they have become (40) _____ in many countries. This global appreciation helps to keep Italian culinary traditions alive and well.

- A. loved and celebrated
- B. deeply rooted in the culture
- C. It originated in Italy centuries ago
- D. These ingredients are combined to create simple yet flavorful meals

Question 37. _____ Question 38. _____ C _____ Question 39. _____ Question 40. _____