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: 10
Hình thức: **Trắc nghiệm**
Thời gian làm bài: **60 phút**, không kể thời gian phát đề

Mã đề: 1016

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 best answer to each of the following questions from 1 to 8.

Narcolepsy is a rare neurological disorder that causes people to suddenly fall asleep during the day, often at unexpected times. It affects the brain's ability to **regulate** sleep and wake cycles. People with narcolepsy may feel rested after waking but soon experience overwhelming sleepiness again. For some, this condition interferes with work, study, or even daily conversations, making **it** both confusing and frustrating to live with.

Doctors have identified two main types of narcolepsy. The first involves sudden muscle weakness, known as *cataplexy*, often caused by strong emotions like laughter or anger. The second type lacks this symptom but still includes excessive daytime sleepiness. Scientists believe narcolepsy results from a shortage of a chemical in the brain called hypocretin, which helps control alertness. Genetic factors and certain infections may also increase the risk of developing the disorder. Many patients report that symptoms begin in their teenage years and can last a lifetime.

Living with narcolepsy requires careful management. Patients are often encouraged to take short scheduled naps, maintain a consistent sleep routine, and avoid alcohol or caffeine before bedtime. Doctors may prescribe medicines to help people stay awake during the day and sleep better at night. **Although there is no cure, these treatments can significantly improve quality of life.**

Researchers continue to study narcolepsy to better understand its causes and potential therapies. Public awareness has grown when more celebrities and athletes have spoken openly about living with the condition. Narcolepsy serves as a reminder that sleep is not just rest—it's a vital process controlled by the complex workings of the brain.

1. What is the main idea of the reading?
   A. Symptoms of common neurological disorders.
   B. Scientists' failure in understanding causes of narcolepsy.
   C. A rare neurological disorder called narcolepsy.
   D. Sleep as a vital process controlled by the brain.
2. Which of the following is SIMILAR in meaning to "**regulate**" in paragraph 1?
   A. control B. change C. stop D. repair
3. The word "**it**" in paragraph 1 refers to
   A. sleep B. narcolepsy C. conversation D. work
4. Which of the following is NOT mentioned as a possible cause of narcolepsy?
   A. lack of brain chemicals B. strong emotions C. genetics D. infections
5. Which of the following best summarises paragraph 2?
   A. Scientists have found out how narcolepsy affects patients' lifetime.
   B. Narcolepsy greatly affects adults under high stress.
   C. Types, symptoms, and possible causes of narcolepsy are identified.
   D. Genetic disorder is the main cause of two types of narcolepsy.
6. Which of the following is TRUE according to the passage?
   A. Narcolepsy can be completely cured with enough sleep.
   B. Medication and lifestyle changes can help manage symptoms.
   C. People with narcolepsy rarely experience daytime sleepiness.
   D. The disorder affects elderly people worse than young people.

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7. Which of the following best paraphrases the UNDERLINED sentence?
   A. Medicines make it possible for patients to live normally even without a cure.
   B. Treatments completely remove the symptoms of narcolepsy.
   C. There are perfect solutions for those with the disorder.
   D. Only therapy, not medicine, helps improve sleep quality.
8. What can be inferred from the passage?
   A. Narcolepsy is still not fully understood by scientists.
   B. Most people with narcolepsy avoid seeing doctors.
   C. Cataplexy is not linked to emotions.
   D. Narcolepsy can spread from person to person.

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 9 to 11.

9. Though (A) it is not against the law, you must not talk (B) loudly in public places because it (C) annoys others (D).
10. The little boy was daydreaming (A) in class when the Maths teacher asks (B) him to give (C) the answer to (D) the most difficult question.
11. I shouted out (A) Helen's name and waved to her merrily (B), but soon found out that the girl (C) was not Helen at all. How embarrassed! (D)

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 12 to 16.

Kayaking offers a true sense of adventure, (12)_____ people to move quietly through water while fully experiencing the surrounding landscape. In some regions, experienced kayakers paddle across (13)_____ lakes, which is a high-risk activity because of glassy surface. In contrast, other journeys follow rivers (14)_____ wind gently through forests and open plains, revealing wildlife and hidden corners of nature. As the route continues, the (15)_____ may change dramatically, leading into a dark valley where (16)_____ cliffs rise on both sides and sunlight only briefly touches the water. These shifting environments make kayaking especially exciting; each stretch of water presents new challenges and discoveries.

12. A. making	B. allowing	C. letting	D. having
13. A. icy	B. iced	C. snowy	D. snowed
14. A. and	B. or	C. that	D. as
15. A. sight	B. scene	C. tour	D. scenery
16. A. thrilling	B. shallow	C. steep	D. hard

Mark the letter A, B, C, or D on your answer sheet to indicate the best answer to each of the questions from 17 to 31

17. When the tourist started explaining in a language I could not understand, I felt really _____.
    A. confused B. cross C. envious D. bored
18. The result of the competition was a little _____. We should have worked harder.
    A. disappointed B. disappointing C. embarrassing D. relieved
19. The boat was moving slowly into the cave when we _____ a massive stalagmite.
    A. were noticing B. noticed C. had noticed D. have been noticing
20. With the help of tests and modern devices, doctors now can recognize that some patients have unusual medical _____.
    A. states B. status C. conditions D. situations
21. While cycling to school, Mina fell off her bike and _____ her ankle.
    A. slipped B. sprained C. cut D. bled
22. The first achievements in local sports events have given the athlete _____ for higher targets in international competitions.
    A. motivation B. exploration C. completion D. experience
23. You cannot say that's bad smell in the old kitchen. It's _____ smell to me.
    A. disgusting B. exhausting
    C. filthy D. tragic
24. _____ give viewers a glimpse into everyday lives and real emotions of the contestants.
    A. Dramas B. Fantasy films C. Reality shows D. Talent shows

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25. Young children should not be allowed to watch _____ horror films because the films damage their emotions.
A. unrealistic B. gripping C. dreamy D. scary
26. The way a script writer develops the story can prove how _____ he is.
A. imaginary B. imaginative C. convincing D. embarrassing
27. His _____ has destroyed the trust in any relationship he has.
A. dependence B. untidiness C. dishonesty D. impatience
28. The meal is a ready-cooked one; you _____ cook it again.
A. don't have to B. mustn't C. can't D. ought not
29. Do you see the warning? It reads you _____ detach the safety valve from the device.
A. don't have to B. mustn't C. can't D. needn't
30. Educators express great _____ for the high school students' addiction to electronic devices.
A. anxiety B. fear C. concern D. worry
31. Video games can have negative _____ on children's mental development.
A. shame B. effects C. causes D. combats

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 32 to 37.

Noctourism, the growing trend of exploring destinations after dark, is reshaping global travel in 2025. A recent survey by Booking.com found that 62% of travellers across 33 countries are now interested in night-time experiences such as stargazing, after-dark city tours, and safari sleep-outs. Luxury tour operators reported a 25% increase in nocturnal excursions in 2024 alone.

This shift is particularly popular among travellers, with demand for night-based, non-alcoholic experiences rising by 40%. Rather than traditional nightlife, travellers are now seeking unique ways to engage with destinations at night. Noctourism also offers a fresh perspective on familiar places, helping to **ease** the pressure of overtourism during daytime hours.

Wildlife tourism is seeing significant growth after dark. Since about 70% of African mammals are nocturnal, night safaris offer the chance to spot rare species like the aardvark and honey badger. Rainforest lodges in regions such as Madagascar, Costa Rica, and the Amazon are also offering guided night walks and canoe trips. In Europe, travellers are heading to overnight hides to see brown bears or camping in wolf habitats to hear their howls.

Interest in the Northern Lights is also **surging**. In 2023, the aurora tourism industry was valued at £686 million, with more travellers heading north in search of the spectacle. Flights to Norway, more than tripled in 2024. With growing options and experiences, noctourism is opening up a whole new world of travel after dark.

32. What is the main idea of the passage?
A. Wildlife tourism is declining in 2025.
B. Nightlife in countryside is becoming less traditional and more modern among travellers.
C. Noctourism with night-time experiences is emerging as a major travel trend.
D. Safari tours are now only conducted at night.
33. Which data point best illustrates the rise in travellers' interest in nocturnal travel experiences?
A. A 62% interest in nighttime activities reported by Booking.com
B. A 40% rise in demand for animal-focused trips
C. A 25% increase in bookings for night-time excursions in 2024
D. A 30% interest in rainforest lodge bookings across Madagascar and Costa Rica
34. Which factor most directly contributes to the growing popularity of night safaris, according to the passage?
A. Advances in night-vision technology used by tour operators
B. A change toward eco-tourism and conservation-based travel
C. The fact that the majority of African mammals are not visible during daylight hours
D. The convenience of avoiding crowds at popular safari parks

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35. Which of the following is OPPOSITE in meaning to the word '***surging***' in the last paragrpah?
A. declining B. expanding C. ending D. limiting
36. Which of the following is SIMILAR in meaning to the word '***ease***' in the second paragraph?
A. reduce B. increase C. cancel D. understand
37. Which of the following statements is ***NOT TRUE*** according to the passage?
A. Rainforest lodges in the Amazon offer guided night walks.
B. Travellers can camp in wolf habitats in Europe to hear their howls.
C. Flights to Norway greatly increased in 2024.
D. Noctourism puts more pressure on overtourism during daytime hours.

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 38 to 40.

38. We were strolling down the path and we saw some small squirrels.
A. As we saw some small squirrels, we strolled down the path.
B. We had seen some small squirrels before we strolled down the path.
C. We were strolling down the path when we saw some small squirrels.
D. Seeing some small squirrels, we strolled down the path.
39. The children found the circus at the fair so exciting and thrilling.
A. It is exciting and thrilling to see the children performing in the circus at the fair.
B. It is exciting and thrilling for the children to see the circus at the fair.
C. The children were excited and thrilled to see the circus at the fair.
D. The fair circus was too exciting and thrilling for the children.
40. One of the diseases caused by genetic disorder is hemophilia, in which excessive bleeding occurs.
A. Hemophilia is a disease caused by genetic disorder and related to excessive bleeding.
B. Excessive bleeding is caused by hemophilia, which is the most dangerous genetic disorder.
C. Hemophilia causes excessive bleeding, which is the only genetic disorder symptom.
D. Genetic disorder, for example hemophilia, can cause excessive bleeding, but it is not a disease.

THE END OF THE TEST

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