



PEMERINTAH PROVINSI LAMPUNG
DINAS PENDIDIKAN DAN KEBUDAYAAN
SEKOLAH MENENGAH ATAS NEGERI 1 PARDASUKA

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ASESMEN SUMATIF TENGAH SEMESTER GENAP
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MATA PELAJARAN : Bahasa Inggris Tingkat Lanjut HARI / TANGGAL :
KELAS / FASE : XI WAKTU :

A. PILIHAN GANDA

Pilihlah salah satu jawaban A, B, C, D, atau E yang merupakan jawaban paling benar !

The text for number 1-5

The Importance of Breakfast

Breakfast is often called the most important meal of the day, and for good reason. Eating a nutritious breakfast has numerous benefits for our physical and mental health.

Firstly, breakfast provides our bodies with the energy we need to start the day. After a night of sleep, our bodies have used up the energy from the previous day's meals. Eating breakfast replenishes these energy stores, giving us the fuel we need to be active and productive.

Secondly, breakfast improves our cognitive function. Studies have shown that people who eat breakfast perform better on tasks that require concentration, memory, and problem-solving skills. This is because breakfast provides our brains with the glucose they need to function optimally.

Thirdly, breakfast can help us maintain a healthy weight. Eating breakfast can help regulate our appetite throughout the day, preventing us from overeating later on. It can also boost our metabolism, helping us to burn more calories.

In conclusion, eating breakfast is a crucial habit for maintaining good health. It provides us with energy, improves our cognitive function, and can help us maintain a healthy weight. So, make sure to start your day with a nutritious breakfast!

1. What is the main idea of the text?
 - a. The history of breakfast
 - b. The benefits of eating breakfast
 - c. The different types of breakfast foods
 - d. The importance of sleep
 - e. Sleep is important
2. According to the text, why is breakfast important?
 - a. It is a social tradition
 - b. It is a traditional
 - c. It is a way to celebrate special occasions.
 - d. It provides our bodies with energy.
 - e. It is a way to show hospitality.
3. How does breakfast improve our cognitive function?
 - a. It helps us to relax and de-stress.
 - b. It helps me relax

- c. It provides our brains with the glucose they need.
 - d. It improves our physical strength.
 - e. It boosts our immune system.
4. What is one way breakfast can help us maintain a healthy weight?
 - a. It helps us to sleep better.
 - b. It regulates our appetite and boosts our metabolism.
 - c. It improves our digestion.
 - d. It reduce our digestion.
 - e. It reduces our risk of illness.
 5. What is the conclusion of the text?
 - a. Breakfast is not important for our health.
 - b. Eating breakfast is a crucial habit for maintaining good health.
 - c. Breakfast should only be eaten on weekends.
 - d. Breakfast is a luxury that not everyone can afford.
 - e. Breakfast is good

The text for number 6-10

The Importance of Exercise

Exercise is an essential part of a healthy lifestyle. Regular physical activity has numerous benefits for our physical and mental well-being.

Firstly, exercise helps us to maintain a healthy weight. It burns calories and helps to build muscle mass, which can boost our metabolism. Regular exercise can also help to prevent obesity and other weight-related health problems.

Secondly, exercise strengthens our cardiovascular system. It improves our heart health, lowers our blood pressure, and reduces our risk of heart disease, stroke, and other cardiovascular diseases.

Thirdly, exercise boosts our mood and reduces stress. Physical activity releases endorphins, which have mood-boosting effects. Exercise can also help to improve our sleep quality, which can further enhance our mood and reduce stress levels.

In conclusion, exercise is crucial for maintaining good health and well-being. It helps us to maintain a healthy weight, strengthens our cardiovascular system, and boosts our mood. So, make sure to incorporate regular exercise into your daily routine!

6. What is the main idea of the text?
 - a. The history of exercise
 - b. The aim of exercise
 - c. The benefits of exercise
 - d. The different types of exercise
 - e. The importance of diet
7. According to the text, how does exercise help us to maintain a healthy weight?
 - a. It helps us to eat less.
 - b. It burns calories and builds muscle mass.
 - c. It improves our digestion.
 - d. It helps us
 - e. It reduces our appetite.
8. How does exercise strengthen our cardiovascular system?
 - a. It improves our lung capacity.
 - b. It strengthens our bones and joints.
 - c. It improves our heart health and lowers blood pressure.
 - d. It boosts our immune system.
 - e. It improve our system.
9. What is one way exercise can boost our mood?
 - a. It helps us to socialize with others.
 - b. It releases endorphins, which have mood-boosting effects.
 - c. It improves our self-esteem.
 - d. It helps us
 - e. It reduces our risk of injury.
10. What is the conclusion of the text?
 - a. Exercise is not important for our health.
 - b. Exercise is crucial for maintaining good health and well-being.
 - c. Exercise should only be done by athletes.
 - d. Exercise is bad
 - e. Exercise is a waste of time.
- A. The Importance of Reading
- B. Reading is only for reader
- C. Reading is importance to children
- D. Reading just to find information.
- E. Reading does not affect thinking ability
12. We usually call the second paragraph as...
 - A. Resolution
 - B. Reiteration
 - C. Recommendation
 - D. Record
 - E. Argumentation
13. Based on the text above, Why reading is importance?
 - A. Reading can increase knowledge various topics
 - B. Reading can help us to get knowledge, information and also entertainment
 - C. Reading can help improve critical, analytical and creative thinking skills.
 - D. Reading can help improve language and communication skills
 - E. Reading can help reduce stress and increase relaxation

Soal Teks untuk nomor 14 sampai 16

In a busy morning, people tend to skip their breakfast. Actually, there are many benefits of having breakfast. Here are two reasons why it is important.

Having breakfast helps us feel more focused for the coming day. When we study at school and didn't have breakfast before, we will more likely to not focus during the lesson.

There's nothing worse than being constantly aware that you are hungry and counting the minutes until lunchtime. Having breakfast in the morning not only fuels us until lunchtime but actually gives our brains the essential energy to function and focus better on tasks, so we can concentrate more.

Having breakfast will also control our appetite. If we don't eat breakfast, we are much more Likely to end up snacking throughout the morning, which could pile up the unhealthy calories! Stay away from overly-refined snacks with added sugar, so if you do feel like snacking, have some slices of fruits.

The two reasons above, to help us feel more focused and to control our appetite are only some of many reasons out there on why having breakfast is important. There are indeed many other benefits of having breakfast.

Soal Teks untuk nomor 10 sampai 13

I personally think that reading is a very important activity in our life. Why do I say so?

Firstly, by reading we can get a lot of knowledge about many things in the world such as Science, technology, sports, arts, culture, etc written in either books, magazine, newspaper, etc.

Secondly, by reading we can get a lot of news and information about something happening in any parts of the world which can we see directly.

Another reason, reading can give us pleasure too. When we are tired, we read books, novel, comic, newspaper or magazine on the entertainment column such as comedy, short story, quiz, etc. To make us relaxed.

The last, reading can also take us to other parts of the world. By reading a book about Irian Jaya we may feel we're really sitting in the jungles not at home in our rooms.

From the facts above, it's obvious that everyone needs to read to get knowledge, information and also entertainment. Or in summary we can say reading is truly important in our life.

11. What is the topic of the text above?

14. What is the main argument presented in the text?
 - A. Skipping breakfast is a good way to lose weight.
 - B. Breakfast is not as important as other meals of the day.
 - C. Eating breakfast provides essential fuel for the body and brain.
 - D. People who skip breakfast are more productive in the morning.
 - E. The importance of eating breakfast.
15. Which of the following is NOT mentioned as a benefit of having breakfast in the text?
 - A. Improving focus
 - B. Controlling appetite
 - C. Increasing height

- D. Providing essential energy for the brain
 - E. Preventing overeating at lunch
16. Why can skipping breakfast lead to difficulty concentrating during studies or work?
- A. Because the stomach feels too full
 - B. Because the body becomes too relaxed
 - C. Because the brain doesn't receive enough energy
 - D. Because too much time is wasted preparing breakfast
 - E. Because one is more focused on thinking about lunch.
- C. Educating oneself about the various diseases linked to tobacco use.
 - D. Socializing primarily with non-smokers to minimize exposure to cigarettes.
 - E. Encouraging friends who smoke to reduce their cigarette consumption
20. We usually call the last paragraph as...
- A. Resolution
 - B. Reiteration
 - C. Recommendation
 - D. Record
 - E. Twist

Soal Teks untuk nomor 17 sampai 21

A lot of people, especially teenagers, who do not smoke, always want to try smoking. They know it is bad for them and all, but it is just something they want to try.

So they ask one of their smoker friends for a cigarette. Admittedly, they firstly cannot fight it on their own so they ask his friend to do it. Then they inhale that cigarette and smoke occasionally.

Apparently, that makes them the born smoken. Now they do smoke fairly regularly. They cannot avoid smoking and they enjoy too. They have smoker friends. Every day they bring a pack in their pocket. For them, a pack of cigarette is as important as a wallet for their money.

Suddenly, for certain reason, they realize the fact that tobacco is the cause of o long list of nasty diseases. It is not only heart disease, stroke and chronic lung disease but also bladder, lung, and pancreatic cancer. Even it was reported that around 400.000 Americans died each year. was one every 80 seconds from tobacco-related illnesses.

Then they decide to quit smoking. Unfortunately, they find that quitting smoking is so difficult. "Why can't I stop smoking? I really want to stop it". If a hard to quit because nicotine is powerfully addictive.

Cigarette is one of the most efficient drug-delivery devices ever devised. As a result, when people try to quit smoking, they often experience classic nicotine withdrawal symptoms such as anxiety, inimitability, headache, depression and restlessness.

Well, still want to try smoke? Think the facts before trying! if you are not smoker, you should never and never try to smoke.

17. The organization of the text above is....
- A. abstract, orientation, crisis, incident,coda
 - B. thesis, argument: plot-elaboration, argument, conclusion
 - C. Thesis, argument, recommendation.
 - D. description, background events, sources
 - E. orientation, event, event, event
18. What tense is mostly used in the text?
- A. Past tense
 - B. Simple present tense
 - C. Simple perfect tense
 - D. Present continuous tense
 - E. Past continuous tense
19. According to the text, what is the most effective action a non-smoker to avoid the negative health consequences of smoking?
- A. Occasionally trying a cigarette out of curiosity to understand the sensation.
 - B. Never experimenting with or using cigarettes

21. What does the author recommend from the text above?
- A. Never try to smoke
 - B. If a hard to quit because nicotine is powerfully addictive.
 - C. They cannot avoid smoking and they enjoy too.
 - D. always want to try smoking
 - E. Cigarette is one of the most efficient drug-delivery devices ever devised.

Soal Teks untuk nomor 22 sampai 27

As we all know, cars create pollution, and cause a lot of road deaths and other accidents.

Firstly, cars, as we all know contribute the most of pollution in the world. Cars emit a deadly gas causes illnesses such as bronchitis, lung cancer, and trigger of asthma. Some of these illness are so bad that people can die from them.

Secondly, the city is very busy. Pedestrians wander every where and cars commonly hit pedestrians in the city, which causes them to die. Cars today are our roads biggest killers. Thirdly, cars are very noisy. If you live in the city, you may find it hard to sleep at night, or concentrate in your homework, and especially talk to someone.

In conclusion, cars should be banned from the city for the reasons listed.

22. What one of the diseases caused by pollution?
- A. HIV / AIDS
 - B. Bronchitis
 - C. Liver
 - D. Fever
 - E. Cholera
23. What tense is mostly used in the text?
- A. Past tense
 - B. Simple present tense
 - C. Simple perfect tense
 - D. Present continuous tense
 - E. Past continuous tense
24. We usually call the last paragraph as...
- A. Resolution
 - B. Reiteration
 - C. Conclusion
 - D. Recommendation
 - E. Twist
25. What is the purpose of the text?
- A. to persuade reader about the Cars Should Be Banned In The City
 - B. to explain the characteristics the Cars Should Be Banned In The City
 - C. to inform readers about Cars Should Be Banned In The City
 - D. to describe Cars

- E. to entertain readers about Cars Should Be Banned In The City
26. The following sentences are true, except ...
- the cars contribute the most of pollution in the world.
 - the cars are very noisy.
 - the cars can also cause many deaths and other road accidents.
 - the cars can accelerate the transport.
 - the cars today are our roads biggest killers.
27. Based on the text, we can conclude that?
- Cars should be banned in the city
 - Cars cause pollution.
 - Car giant killer street.
 - Car facilitate transportation.
 - Cars cause noise of the city.

Soal Teks untuk nomor 28 sampai 32

Management of trash is very important in Indonesia. As one of the countries with big amount of trash from many sectors, proper management is necessary.

Firstly, it is important to provide healthy environment. When the trash is not managed well, it will create area where bacteria can live.

Moreover, it can cause some health issues, and breathing issues become one of them that can be caused by bad smell of the trash.

Furthermore, bad management of trash can lead to flood. When it is not managed well, trash can block the flow of water. As the result, water debit can increase during the rainy season and the channels of water cannot deliver the water well.

That is why it is very important to manage the trash and it is better to promote the recycling process.

28. What is the benefit of effective trash management?
- To ignore the issue of waste generation
 - To transport waste as quickly as possible without processing
 - To increase the amount of waste produced
 - To store all waste in landfills indefinitely
 - To minimize the negative impacts of waste on the environment and human health
29. What type of the text is used by the writer?
- narrative text
 - report
 - Hortatory Exposition
 - Analytical Exposition
 - news item
30. "it will create area where bacteria can live". The underlined word from the text, means that?
- Flood
 - Water
 - Trash
 - Health
 - Environment
31. We usually call the first paragraph as...
- Resolution
 - Reiteration
 - Conclusion
 - Recommendation
 - Thesis
32. Which one the statement of the text above is not true..
- Poor trash management has no impact on the

environment.

- The smell of trash has no effect on people's health.
- Managing trash well does not contribute to a healthier environment.
- Trash blocking waterways has no relation to flooding.
- a healthy environment is compromised when trash is not managed effectively`

Soal Teks untuk nomor 33 sampai 36

Avocado, with its creamy texture and mild flavor, is more than just a trendy toast topping; it's a nutritional powerhouse that undeniably deserves a prominent place in our diets. The scientific evidence overwhelmingly supports the numerous health benefits derived from regular avocado consumption.

Firstly, avocados are packed with monounsaturated fats, the "good" fats that are crucial for heart health. These fats help lower bad cholesterol levels while raising good cholesterol, reducing the risk of heart disease and stroke. Furthermore, avocados are a rich source of essential vitamins and minerals, including vitamin K, vitamin C, potassium, and folate. These nutrients play vital roles in bone health, immune function, nerve function, and cell growth.

Beyond their basic nutritional profile, avocados are loaded with antioxidants like lutein and zeaxanthin, which are beneficial for eye health, protecting against macular degeneration. The high fiber content in avocados also aids in digestion, promotes feelings of fullness, and helps regulate blood sugar levels.

In conclusion, the compelling nutritional profile and the well-documented health advantages make a strong case for incorporating avocados into our daily meals. From supporting cardiovascular health to boosting nutrient intake and providing valuable antioxidants, the benefits of this remarkable fruit are undeniable and contribute significantly to overall well-being.

33. The text mentions which specific vitamins and minerals found in avocados?
- Vitamin B, Vitamin D, Magnesium, and Zinc
 - Vitamin E, Biotin, Phosphorus, and Selenium.
 - Vitamin K, Vitamin C, Potassium, and Folate.
 - Vitamin A, Pantothenic Acid, Copper, and Manganese.
 - Vitamin A, Vitamin D, Calcium, and Iron.
34. According to the text, what the main idea of the text?
- Avocados are a popular topping for toast.
 - Avocados have a creamy texture and mild flavor
 - Avocados are rich in vitamins and minerals
 - Monounsaturated fats in avocados are good for the heart.
 - Consuming avocados provides numerous significant health benefits
35. What type of the text is used by the writer?
- Narrative text
 - Neport
 - Hortatory Exposition
 - Analytical Exposition
 - News item
36. According to the text, what is the function of this text?

- A. The writer convince the audience to agree with the writer's perspective the benefit of avocado
- B. The Writer describe a process or how something works without taking a stance
- C. The writer tells about simply report factual information without any attempt to persuade
- D. The writer express personal feelings or emotions without providing logical arguments.
- E. To entertain the reader with a fictional narrative

Soal Teks untuk nomor 37 sampai 40

A man in Puerto Rico had a wonderful parrot. There was no other parrot like it. It was very, very smart. This parrot would say any word-except one. He would not say the name of the town where he was born. The name of the town was Catano.

The man tried to teach the parrot to say Catano. But the bird would not say the word. At first the man was very nice, but then he got angry. "You are a stupid bird! Why can't you say the word? Say Catano, or I will kill you!" but the parrot would not say it. Then the man got to so angry that the shouted over and over, "Say Catano, or I'll kill you!" but the bird wouldn't talk.

One day after trying for many hours to make the bird say Catano, the man got very angry. He picked up the bird and threw him into the chicken house. "You are more stupid than the chickens. Soon I will eat them, and I will eat you, too." In the chicken house there are four old chickens. They were for Sunday's dinner. The man put the parrot in the chicken house and left.

The next day the man came back to the chicken house. He opened the door and stopped. He was very surprised at what he saw! He saw three dead chickens on the floor. The parrot was screaming at the fourth chicken, "Say Catano, or I'll kill you!"

37. Where does the story take place?
- A. Indonesia
 - B. Brazil
 - C. Puerto Rico
 - D. Jakarta
 - E. Japan
38. From the text we learn that...
- A. We have to follow others
 - B. We have to respect pet owner
 - C. We have to imitate others
 - D. We are not allowed to force others
 - E. We are not allowed to help others
39. Which statement is false according to the text?
- A. Catano was the name of the city where the parrot came from
 - B. The man got angry at the parrot
 - C. The parrot couldn't say Catano
 - D. The man killed the parrot
 - E. The parrot could say Catano
40. "It was very, very smart". The underlined word "It" refers to...
- A. The chicken
 - B. The man
 - C. The Catano
 - D. The city
 - E. The bird