



PASSAGE 3

Questions 21-30



15 minutes

GHI CHÚ

Các câu hỏi dễ hơn cần ưu tiên trả lời đúng

★ Câu hỏi thông tin chi tiết: **22, 23, 25, 27**

★ Câu hỏi từ vựng: **28, 30**

★ Câu hỏi ý chính: **21, 24**

It's 1:45 a.m, and 21-year-old Thomas Murphy is burning the midnight oil, studying for an important engineering exam he has at 2:00 in the afternoon later today. To stay awake and focused, he's had two cups of coffee in the last three hours and is now **downing** a popular energy drink – one that has two to three times the amount of caffeine as a similar sized can of soda. Many students like Murphy, as well as marathon runners, airline pilots, and long-distance travelers, owe their energy – and sometimes their efficiency – to one of humankind's oldest stimulants: caffeine. [A]

The power to counter physical fatigue and increase alertness is part of the reason caffeine ranks as the world's most popular mood-altering drug. It is found not only in sodas, energy drinks, coffee, and tea, but also in diet pills, pain relievers (like aspirin), and chocolate bars. Many societies around the world have also created entire rituals around the use of caffeine: afternoon tea in the U K., the cafe culture of France, the tea ceremony in Japan, and the morning cup of coffee or tea that in many cultures marks the start of the day.

Caffeine is present in many of the foods or drinks we consume, but is it really good for us? Charles Czeisler, a scientist and sleep expert at Harvard Medical School, believes that caffeine causes us to lose sleep, **which** he says is unhealthy. "Without adequate sleep – the typical eight hours – the human body will not function at its best, physically, mentally, or emotionally." Too often, Czeisler says, we consume caffeine to stay awake, which later makes it impossible for us to get the rest we need.

Health risks have also been tied to caffeine consumption. Over the years, studies have attributed higher rates of certain types of cancer and bone disease to caffeine consumption. To date, however, there is no proof that caffeine actually causes these diseases. [B]

A number of scientists, including Roland Griffiths, a professor at the Johns Hopkins School of Medicine in the U.S believe that regular caffeine use causes physical

dependence. Heavy caffeine users, Griffiths says, exhibit similar behaviors: Their moods fluctuate from high to low; they get mild to severe headaches; or they feel tired or sad when they can't have a coffee, a soft drink, an energy drink, or a cup of tea. To minimize or stop these feelings, users must consume caffeine – a behavior Griffiths says is characteristic of drug addiction.

Despite these concerns, the general opinion in the scientific community is that caffeine is not dangerous when consumed moderately – for example, having one or two small cups of coffee (about 300 milligrams of caffeine) per day. Furthermore, a lot of current research contradicts long-held negative beliefs about caffeine, and suggests that it may, in fact, have health benefits. For instance, studies have shown that caffeine can help ease muscle pain. Because it is a stimulant, caffeine can also help improve one's mood. Research has also shown that some caffeinated drinks – specifically certain teas – have disease-fighting chemicals that can help the body fight a number of illnesses, including certain types of cancer. [C]

Moreover, despite its nearly universal use, caffeine has rarely been abused. "With caffeine, overuse tends to stop itself," says Jack Bergman, a specialist at Harvard Medical School. If you consume too much, "you get uncomfortable, and you don't want to continue." [D]

- 21 What is the passage mainly about?
 - A. the popularity of coffee
 - B. the effects of caffeine on the body
 - C. healthy vs. unhealthy caffeine products
 - D. the dangers of caffeine intake
- 22 The word '**downing**' in paragraph 1 could be replaced with
 - A. holding
 - B. waking
 - C. decreasing
 - D. drinking
- 23 Which group do NOT use caffeine regularly?
 - A. marathon runners
 - B. airline pilots
 - C. students
 - D. city bus travellers
- 24 The word '**which**' in paragraph 3 refers to .
 - A. adequate sleep
 - B. lack of sleep
 - C. food containing caffeine
 - D. consuming caffeine

- 25 Which statement would sleep expert Charles Czeisler probably agree with?
- A. It's a good idea to consume caffeine if you want to maintain your energy.
 - B. Regular consumption of caffeine will make it difficult for you to get enough rest.
 - C. How caffeine affects your sleep depends on the type of caffeine you consume.
 - D. Caffeine can help you get an adequate amount of sleep if consumed in moderation.
- 26 Which of the following is NOT listed as a possible side effect of drinking caffeine?
- A. addiction
 - B. mood changes
 - C. painful headaches
 - D. muscle inflammation
- 27 What best paraphrases the following sentence in paragraph 7?
- Moreover, despite its nearly universal use, caffeine has rarely been abused.*
- A. Even though caffeine is consumed almost the world over, there aren't many instances of misuse.
 - B. Even though caffeine is often misused, it is consumed almost the world over.
 - C. Despite caffeine's popularity, addiction isn't a problem.
 - D. Caffeine is used all over the world, so it is commonly misused.
- 28 In which space (marked A, B, C and D in the passage) will the following sentence fit?
- Many say they couldn't live without it.*
- A. [A]
 - B. [B]
 - C. [C]
 - D. [D]
- 29 Which statement do most scientists agree with?
- A. caffeine causes loss of sleep.
 - B. caffeine is beneficial in moderate use.
 - C. caffeine leads to certain types of cancer and bone disease
 - D. caffeine leads to severe headaches.
- 30 The author's attitude toward caffeine can be best described as
- A. skeptical
 - B. positive
 - C. negative
 - D. critical