DOKUMEN NEGARA
SANGAT RAHASIA

KODE SOAL
ENG - UTAMA

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ASESMEN SUMATIF AKHIR SEMESTER GASAL KELAS XI
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Mata Pelajaran : BAHASA INGGRIS

A. READ THE INSTRUCTION FOR EVERY NUMBERS!

The text is for questions 1 to 3.

Nico : Do you think digital literacy is always beneficial for students?
Jerry : I don't think so. It can be expensive to get a decent computer.
Nico : You're right. Not everyone has adequate access to digital devices and the internet. In many areas, especially in rural and remote regions, technological infrastructure is still very limited.
Jerry : I agree with you. My friend doesn't have computer, so she uses her smartphone to do her assignment.
Nico : But, digital literacy helps us get information easily. We need it to do our assignment.
Jerry : To someone extent, yes, but the spread of fake information is more uncontrolled now. Many people struggle to distinguish between true and false information.
Nico : Ah, you're absolutely right.

1. The topic of the dialogue is ….
   A. internet at schools
   B. the benefits of digital literacy
   C. digital literacy for students
   D. smartphones and computers
   E. how to do school assignments

2. According to Nico, digital literacy ….
   A. is beneficial for students to do their school assignment
   B. is suitable for rural and remote regions
   C. causes students get false information
   D. can be accessed by everyone
   E. makes students easy to distinguish between facts and hoaxes

3. "Not everyone has adequate access to digital devices and the internet."
   The synonym of the word "adequate" is ….
   A. insufficient
   B. unequal
   C. useless
   D. improper
   E. enough

LIVEWORKSHEETS

The text is for questions 4 and 5.

> Social media is essentially a constant energy exchange between you and the accounts that you follow and interact with on a daily basis. Therefore, you'd better make it a conscious one. The content you consume on a daily basis will feed into your day-to-day moods and thought patterns.

4. The purpose of the post is to ….
   A. entertain the readers
   B. share a story
   C. develop an interest
   D. persuade the readers
   E. describe something

5. According to the post, what can we infer?
   A. Being mindful of consuming social media is important.
   B. Social media can give us energy every day.
   C. It is important to consume contents on a daily basis.
   D. Interacting with our followers in social media is essential.
   E. The content of social media is useful for our daily lives.

The text is for questions 6 to 8.

> The pond in rural Stanislaus County looks beautiful, but it has been stinking up the neighborhood.
>
> The pond is its prime attraction of Donelly Park, which is nestled away in a quaint little Turlock neighborhood. But lately, a strong stench has been keeping people away.
>
> It smells like you are on a farm. You are in a park and you shouldn't have that smell all the time.
>
> The city says it's dead fish, and it all started after the hot weather and a recent algae bloom. In just the last week the city has dumped 10 million gallons of drinking water and runoff water into the pond to get rid of the smell. The city also has been removing the dead fish, hoping the combined effort will eliminate the foul odor. But some aren't convinced of the city's plan to use drinking water to eliminate the stench.

6. Based on the condition, we know that the pond in rural Stanislaus County is ….
   A. beautiful and clean
   B. beautiful and odorless
   C. pretty but smelly
   D. large and beautiful
   E. poor but crowded of visitors

7. What cause the pond smell bad?
   A. Rubbish thrown by the visitors.
   B. Dead fish and algae.
   C. Floods.
   D. Neighboring river.
   E. Plastic waste.

8. "It smells like you are on a farm."
   The writer wants the readers to understand the description by using their ….
   A. eyes
   B. nose
   C. ears
   D. tongue
   E. hand

LIVEWORKSHEETS

The text is for questions 9 to 12.

Carla : I think soft drink should be banned in our school.
Teddy : I disagree with that. Many students like soft drink. I love them, too. They are refreshing, especially when they are cold.
Carla : I see your point, but they contain a staggering amount of sugar, chemicals, and coloring that all have a terrible impact on your teeth.
Teddy : I have heard it before.
Carla : in my opinion, school canteen shouldn't sell soft drink. Mineral water and milk are enough.
Teddy : Well, you may be right, but what would students who like soft drinks says?
Carla : They would be angry to the one who proposed the idea.
Teddy : So, will you propose this matter to our teacher?
Carla : We'll see at the student council meeting tomorrow. I think it is a good idea. The continued consumption of sugary soft drinks is one of the single biggest reasons we have record levels of obesity, illness, and cancer death in the development world.
Teddy : I don't have any objections with that.

9. What are the speakers talking about?
   A. Why people like soft drinks.
   B. The ban of soft drinks in school.
   C. The benefits of drinking mineral water.
   D. The impacts of soft drinks for students.
   E. The importance of staying hydrated.

10. What is the effect of consuming too much soft drink?
   A. It helps us stay hydrated.
   B. It is refreshing.
   C. It contains sugar.
   D. It increases risks of obesity.
   E. It makes us alert.

11. "I don't have any objections with that."
   It means that Teddy ….
   A. defends his own opinion
   B. agrees with Carla's opinion
   C. dislikes Carla's idea
   D. expresses his disagreement
   E. argues with Carla's opinion

12. "I see your point, but <u>they</u> contain a staggering amount of sugar..."
   The underlined word refers to ….
   A. sugar
   B. soft drinks
   C. many students
   D. the school
   E. chemicals

The text is for questions 13 to 15.

Poor nutrition is when we don't get enough of the nutrients we need from our diet. This may happen for a number of reasons, such as following a diet that doesn't contain a wide variety of healthy, nutritional foods. It can also occur when we follow a diet that is high in saturated fats, salt, and sugar. Poor nutrition can also be caused by not eating enough or eating too much. Here are some effects of poor nutrition.

A poor nutrition diet full of fat and sugar can cause obesity. It is a major risk factor for many health conditions. Being overweight and inactive, as well as a diet that is high in fat, carbohydrates, sugar, and cholesterol, are all type 2 diabetes risk factors.

A poor diet without enough vitamin D and calcium can increase your risk of osteoporosis. It is a health condition that causes bones to become weaker and more fragile.

Other health conditions caused by poor nutrition diet are hypertension and high cholesterol. They can increase your risk of stroke and heart disease.

As you can see, poor nutrition can have a big impact on your overall health and well-being, being linked to a number of chronic health conditions.

LIVEWORKSHEETS

13. The text mostly talks about ….
    A. the benefits of healthy eating
    B. the effect of poor nutrition
    C. the causes of poor nutrition
    D. the chronic diseases
    E. the reasons why people lack of nutrition

14. Why can people get poor nutrition?
    A. They consume healthy foods.
    B. They do not eat enough regularly.
    C. They follow a diet that is low in saturated fats.
    D. They do not consume too much salt and sugar.
    E. They go on diet to lose wight.

15. "It is a health condition that causes bones to become weaker and more fragile."
    The word "it" refers to ….
    A. a poor diet
    B. vitamin D
    C. calcium
    D. osteoporosis
    E. health condition

The text is for questions 16 to 19.

The Importance of Eating a Healthy Balanced Diet

People might think what they shouldn't be eating. They should think about what they can add to their plate that will improve their health. Having a healthy balanced diet is important for some reason.

Firstly, a well-balanced diet provides energy and nutrients. It provides all of the energy the people need to keep active throughout the day. It also provides nutrients needed for growth and repair, helping people to stay strong and healthy and help to prevent diet-related illness, such as some cancers. Deficiencies in some key nutrients-such as vitamin A, B, C and E, and zinc, iron, and selenium-can weaken parts of the immune system.

Secondly, eating balanced diet can prevent type 2 diabetes. Maintaining a healthy weight and eating a balanced diet that's low in saturated fat and high in fiber found in whole grains can help to reduce the risk of developing type diabetes. Keeping active and eating a healthy balanced diet can also help to maintain a healthy weight.

Lastly, eating a balanced diet is beneficial for heart health. A healthy diet rich in fruits, vegetables, whole grains, and low-fat dairy can help to reduce the risk of the heart disease by maintaining blood pressure and cholesterol levels. High blood pressure and cholesterol can be a symptom of too much salt and saturated fats in food.

From those reasons, it is true that eating a healthy balanced diet is a way to be healthy. It is simple, but it has some benefits for our health.

16. What are the advantages of eating a healthy diet? *(More than one answer)*
    A. It helps increase risk of developing type 2 diabetes.
    B. It weakens immune system.
    C. It helps prevent diet-related illness.
    D. It helps reduce risk of heart disease.
    E. It helps maintain a healthy weight.

17. Which belong to a healthy diet? *(More than one answer)*
    A. Fruits.
    B. Whole grains.
    C. High-fat dairy products.
    D. Vegetables.
    E. Processed foods.

LIVEWORKSHEETS

18. To maintain a healthy weight, what should people do? *(More than one answer)*
    A. Use low energy.
    B. Do exercise.
    C. Eat a healthy balanced diet.
    D. Consume food that is high in fiber.
    E. Consume too much salt and saturated fats.

19. "Deficiencies in some key nutrients-such as vitamin…"
    The synonyms of the underlined word are …. *(More than one answer)*
    A. excess
    B. adequacies
    C. lacks
    D. insufficiencies
    E. shortages

The text is for questions 20 to 23.

A huge number of people around the world enjoy taking part in regular sports and exercise. One specific activity is jogging, and joggers are commonplace in most local parks. There are many reasons why people love to do it.

Jogging doesn't require any expensive equipment or specialized clothing. All you really need is a good pair of sports shoes and some comfortable clothes that you can move freely in. in terms of sun protection, it's important to wear sunblock, sunglasses, and a hat when jogging outdoors.

Jogging is a great way to get vitamin D. vitamin D is important for many reasons, including its role in bone health, muscle function, and reducing inflammation. Jogging allows people to be outside in the sunlight, which is the best source of vitamin D.

Jogging is good for mental health. Endorphins are often referred to as "happy hormones" because they produce feelings of euphoria and well-being. They're released during exercise, which is why many people feel a "runner's high" after a long run or workout. This feeling of euphoria can be addictive and it helps keep people coming back for more.

Jogging gets you outdoors, and it can be a great way to socialize and meet new people. There is a running club or group. People will have the opportunity to make friends and bond with others who share their interest in running.

These have been four major reasons why people love jogging, and there are no doubt many others.

20. What do you need for jogging? *(More than one answer)*
    A. A good pair of sports shoes.
    B. Some fashionable clothes.
    C. Sunblock.
    D. A hat.
    E. Glasses.

21. According to the text, which statements are true? *(More than one answer)*
    A. Many people usually jog in local parks.
    B. Jogging needs expensive equipment and specialized clothing.
    C. To protect eyes from the sun, we may wear sunglasses.
    D. Vitamin D has nothing to do with bone health.
    E. When we jog, we release endorphins hormones.

22. What are the benefits of jogging? *(More than one answer)*
    A. It lowers endorphins hormones.
    B. It increases inflammation.
    C. It is a good way to get vitamin D.
    D. It is useful for mental health.
    E. It provides opportunity to meet new people.

LIVEWORKSHEETS

23. From the text, it can be concluded that jogging is …. *(More than one answer)*

A. easy
B. tiring
C. cheap
D. essential for bone
E. monotonous

24. Draw a line from the word to the matching meaning!

Word		Meaning
A. Add		1. Repost something on social media.
B. Post		2. Follow someone on social media.
C. Share		3. Upload something to the internet.

25. Draw a line from the term to the matching function!

Term		Function
A. What		1. To ask about choice.
B. Who		2. To ask information about something.
C. Which		3. To ask about someone or people.

26. Draw a line from the phrase to the matching sense!

Phrase		Sense
A. Dripping clear water		1. Touch
B. Strong buzzing wave		2. Sight
C. Wet rough sand		3. Sound

27. Draw a line from the adjective to the matching sense!

Adjective		Sense
A. Earthy		1. Touch
B. Loud		2. Sound
C. Slimy		3. Smell

28. Draw a line from the word to the matching meaning!

Word		Meaning
A. To dump		1. To put down or drop something in a careless way.
B. To litter		2. To make new furniture, object, etc. out of old or used things or waste material.
C. To upcycle		3. To spread across an area or place untidily.

29. Draw a line from the source to the matching example!

Source		Example
A. Industrial waste		1. Plastic and glass
B. Domestic waste		2. Oil and chemicals
C. Commercial waste		3. Food waste and meat waste

LIVEWORKSHEETS

30. Draw a line from the word to the matching synonym!

Word		Synonym
A. Diet		1. Food
B. Consumption		2. Danger
C. Risk		3. Intake

The text is for questions 31 to 33.

Every day tons of trash get washed ashore. Many beaches look more like rubbish dumps than a place to go paddling which impacts on tourism and local businesses. And that is the plastic that is washed up. In fact, around 70% of discarded plastic sink to the bottom. Of course, plastic breaks, tears, and cracks. It weathers and sunlight make it brittle, it falls apart – it degrades – but only into smaller pieces of plastic. Other tiny bits of plastic come from synthetic clothes which shed fibres when being washed.

31. The paragraph talks about ….

32. One of our five senses that can be used to understand the paragraph is ….

33. Plastic can turn into smaller pieces because of ….

The text is for questions 34 and 35.

Cardiovascular diseases include stroke, high blood pressure, and heart attack. Regular cycling stimulates and improves heart, lungs and circulation, reducing the risk of cardiovascular disease. Cycling strengthens and heart muscles, lowers resting pulse, and reduces blood fat levels. Research also shows that people who cycle to work have two to three times less exposure to pollution than car commuters, so their lung function is improved. A Danish study conducted over 14 years with 30.000 people aged 20 to 93 years found that regular cycling protected people from heart disease.

34. The main idea of the argument is that … can reduce the risk of cardiovascular disease.

35. The evidence used in the argument is from ….

B. ESSAY. READ THE TEXT, THEN ANSWER THESE FOLLOWING QUESTIONS!

The text is for questions 1 and 2.

This lake is called "Lake Stink". The heavy brine traps organic material (i.e., algae and plant and animal remain) and gases at the bottom of the lake. When the bottom of the lake gets stirred up, lots of bubbles rise to the surface. The bubbles release the gas that forms from the decaying organic matter, and this gas smells anything but pleasant. It smells somewhat like rotten eggs, not unlike the sulfur hot springs that are also common in the intermountain west.

1. What sense do you mostly use to understand this text?

2. What does the odor look like?

LIVEWORKSHEETS

The text is for questions 3 to 5.

Having a healthy and ideal body weight is beneficial for health. For people who are overweight or obese, losing excess weight has numerous health benefits. It can decrease the risk of chronic disease, injury, depression, and poor sleep quality. The WHO and the Indonesian Ministry of Health classify people into three types based on their Body Mass Index (BMI) category. An ideal body weight has a BMI between 18.5 – 22.9. A BMI of 23.0 – 24.9 is classified as overweight, while a BMI of 25 or more is classified as obese. If you are obese or overweight, losing weight can provide numerous benefits.

3. What is the topic of the paragraph?

4. What is the main idea of the paragraph?

5. What would happen if obese people did not lose weight?

LIVEWORKSHEETS