

UNIT 6

F. READING

	Vocabulary	Phonetic transcription		Meaning
1.	ecology	/i'kɒlədʒi/	(n)	sinh thái, sinh thái học
	=> ecologist	/i'kɒlədʒɪst/	(n)	nhà sinh thái học
2.	biology	/baɪ'ɒlədʒi/	(n)	sinh học
	=> biologist	/baɪ'ɒlədʒɪst/	(n)	nhà sinh học
3.	avid	/'ævɪd/	(adj)	rất nhiệt tình
4.	criticize	/'krɪtɪsaɪz/	(v)	phê bình, chỉ trích
5.	disapprove	/,dɪsə'pru:v/	(v)	không chấp nhận, không tán thành
6.	glacier	/'glæsiə(r)/	(n)	băng hà
7.	influential	/,ɪnflu'enʃl/	(adj)	có nhiều ảnh hưởng
8.	inspire	/ɪn'spaɪə(r)/	(v)	tạo cảm hứng, truyền cảm hứng
9.	marine	/mə'ri:n/	(adj)	thuộc về biển
10.	melt	/melt/	(v)	(làm) tan chảy
11.	pesticide	/'pestɪsaɪd/	(n)	thuốc trừ sâu
12.	policy	/'pɒləsi/	(n)	chính sách
13.	spark	/spɑ:k/	(v)	làm bùng nổ, làm phát sinh
14.	zoology	/zu'ɒlədʒi/	(n)	động vật học

Exercise 1: Read the following passage and mark the letter A, B, C, or D on your answer sheet to choose the word or phrase that best fits each of the numbered blanks from 1 to 5.

SPORTING EVENTS

If you are a sports fan, then you must know that there is nothing more exciting and entertaining than sitting in the stands and supporting your favourite team. Sure, watching it (1) _____ the television is fun too, but nothing beats the sound of the crowd and the excitement of (2) _____ live game.

How about you spend your Sunday afternoon (3) _____ a polo game? You will have a chance to try out your new hat, ladies! Sporting events teach you the importance of teamwork and give you a chance (4) _____ out and show your support to your favourite athletes. Not to mention, you will have a chance to get a great picture for your Instagram account. Now that's what we call (5) _____.

- A. under B. in C. on D. over
- A. an B. a C. some D. θ
- A. to watch B. watch C. watching D. watched
- A. to step B. step C. stepped D. stepping

5. A. entertain B. entertainment C. entertaining D. entertainingly

Exercise 2: Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the questions from 1 to 5.

At the start of every new year, many of us promise ourselves that a certain number of times a week we will go to the gym, go jogging, attend an exercise class, etc. But many of us **struggle** to fit exercise into our lives, or we start off well and then give up.

The key could be to find the right type of exercise for you. After all, if we end up doing something we enjoy and can see the benefits of, we are more likely to carry on for longer than a few weeks. Studies suggest that six weeks are all it takes to form a habit, so once we have managed to continue for that length of time, chances are that exercise has become a routine part of our lives that we do not question. So what exercise is right for you? Read on to find out.

First of all, you need to determine your motivation. Are you mainly interested in de-stressing or in getting fitter? If your ultimate goal is relaxation, then ask yourself if you want to do this energetically, in which case a type of martial art or exercise based on boxing may be right for you. If you have a calmer style, then you could choose solitary exercise, such as walking the dog, doing some gardening, or opting for a brisk daily walk around the block. If you get more motivated from working with others, then you could join a yoga, pilates, or t'ai chi class, all designed to stretch and strengthen your muscles and with the added benefit of calming the mind.

1. What can be the best title for the passage?
A. Benefits of exercise B. Building routines
C. Personalized exercise D. Determining motivations
2. The word "**struggle**" in the first paragraph is closest in meaning to _____.
A. try hard C. decide wisely
B. encourage greatly D. determine strongly
3. According to studies, how long does it take to build a routine?
A. A few weeks B. Not a long time C. Several days D. Six weeks
4. The passage suggests that to carry on exercising for a long time, you need to _____.
A. find the right type of exercise for you B. make promise to ourselves
C. struggle to fit exercise into your life D. make exercise become your routine
5. It can be inferred from the third paragraph that _____ is most likely to suit a calm person.
A. mountain biking B. water surfing C. cliff climbing D. jogging