

UNIT 1, 2,3

GRAMMAR

- Tenses
- Articles
- Quantity: some / any/ many / much / a few / a little
- Modal verb
- Enough / too
- Comparison
- Relative pronoun
- Although / despite / because / because of / but / so /and / however, therefore / for example /
- Cấu trúc trong writing / speaking

VOCABULARY: UNIT 1, 2, 3

LISTENING

I) Listen and fill in the missing information (0.75 point)

Q1: / Q2: / Q3:

II) Listen to the passage again and decide whether the statements are true (T) or false. (F). (0.75 point)

Q4: / Q5: / Q6:

(Đoạn văn mới ngoài sách giáo khoa)

USE OF ENGLISH

III) Give the correct form of the word in the brackets. (0.50 point)

Q 7: Q 8

- |    |               |                               |
|----|---------------|-------------------------------|
| 1) | Hope (v)      | = hy vọng                     |
|    | _____ (n)     | = hy vọng                     |
|    | _____ (adj)   | = hy vọng                     |
|    | _____ (adj)   | = không hy vọng               |
|    | _____ (adv)   | = hy vọng                     |
|    | _____ (adv)   | = không hy vọng               |
| 2) | Beauty (n)    | = vẻ đẹp                      |
|    | _____ (v)     | = làm đẹp                     |
|    | _____ (adj)   | = đẹp                         |
|    | _____ (adv)   | = đẹp                         |
| 3) | Comfort (v)   | = an ủi                       |
|    | _____ (n)     | = an ủi, tiện nghi            |
|    | _____ (adj)   | = thoải mái, đầy đủ tiện nghi |
|    | _____ (adj)   | = không đầy đủ tiện nghi      |
|    | _____ (adv)   | = thoải mái, đầy đủ tiện nghi |
|    | _____ (adv)   | = không đầy đủ tiện nghi      |
| 4) | Danger (n)    | = nguy hiểm                   |
|    | _____ (v)     | = gây nguy hiểm               |
|    | _____ (adj)   | = có nguy cơ tuyệt chủng      |
|    | _____ (adj)   | = nguy hiểm                   |
|    | _____ (adv)   | = nguy hiểm                   |
| 5) | Employ (v)    | = thuê, mướn                  |
|    | _____ (n)     | = nhân viên                   |
|    | _____ (n)     | = chủ                         |
|    | _____ (n)     | = công việc                   |
|    | _____ (n)     | = nạn thất nghiệp             |
|    | _____ (adj)   | = thất nghiệp                 |
| 6) | Expense (n)   | = chi phí                     |
|    | _____ (adj)   | = đắt                         |
|    | _____ (adj)   | = rẻ                          |
|    | _____ (adv)   | = đắt                         |
|    | _____ (adv)   | = rẻ                          |
| 7) | Modernize (v) | = hiện đại hóa                |
|    | _____ (n)     | = hiện đại hóa                |

## ÔN TẬP KIỂM TRA HỌC KỲ 1 KHỐI 11

- \_\_\_\_\_ (adj) = hiện đại  
8) Organise (v) = tổ chức  
\_\_\_\_\_ (n) = tổ chức  
\_\_\_\_\_ (n) = nhà tổ chức  
\_\_\_\_\_ (n) = tình trạng không tổ chức  
\_\_\_\_\_ (adj) = không tổ chức tốt  
9) Popularise (v) = phổ biến, làm ưa thích  
\_\_\_\_\_ (n) = tính phổ biến  
\_\_\_\_\_ (adj) = được yêu thích  
\_\_\_\_\_ (adj) = không được yêu thích  
Popularly (adv) = được yêu thích

### IV) Fill the blank in the sentences with a suitable word. (0.50 point)

#### Q9: Q10

#### PREPOSITIONS & PHRASAL VERBS

- 1) To hang \_\_\_\_\_ with sb = đi chơi với ai  
2) To fill sth \_\_\_\_\_ sth = làm đầy  
3) To walk out \_\_\_\_\_ sb = rời bỏ ai  
4) To replace sb / sth \_\_\_\_\_ sb / sth = thay thế  
5) To get \_\_\_\_\_ sth = to begin to be involved in sth  
6) Be suitable \_\_\_\_\_ sth / sb = phù hợp  
7) To go \_\_\_\_\_ = to happen  
8) To ask sb \_\_\_\_\_ sth = xin  
9) To spend sth \_\_\_\_\_ sth = bỏ ra, chi (tiền)  
10) To prevent sb / sth \_\_\_\_\_ (doing) sth = ngăn cản  
11) To cope \_\_\_\_\_ sb / sth = đối mặt với  
12) To pass \_\_\_\_\_ (v) = to become unconscious  
13) To come up \_\_\_\_\_ sth = to think of sth  
14) To participate \_\_\_\_\_ sth = tham gia

#### COLLOCATIONS

- 1) To do ballet = múa ballet  
2) To do drama = diễn kịch  
3) To do gymnastics = tập thể dục  
4) To do weights = tập tạ  
5) To do photography: = chụp ảnh  
6) To do martial arts = tập võ thuật  
7) To play cards = chơi bài  
8) To play chess = chơi cờ  
9) To play basketball = chơi bóng rổ  
10) To play board games = chơi trò chơi trên bàn  
11) To play ice hockey = chơi khúc côn cầu trên băng  
12) To play a musical instrument = chơi nhạc cụ  
13) To go bowling: = chơi bowling  
14) To go camping: = cắm trại  
15) To go ballroom dancing = đi tới phòng khiêu vũ  
16) To go cycling = đạp xe  
17) To go shopping = đi mua sắm  
18) To go skateboarding = đi trượt ván  
19) To go rollerblading = đi trượt patin  
20) To go running = chạy bộ  
21) To \_\_\_\_\_ a bad nosebleed = bị chảy máu mũi nặng  
22) To \_\_\_\_\_ a part / role = đóng 1 vai trò  
23) To \_\_\_\_\_ a (world) record = phá kỷ lục (thế giới)  
24) To \_\_\_\_\_ exercise = tập thể dục  
25) To \_\_\_\_\_ sure (that) = to ensure (đảm bảo)  
26) To \_\_\_\_\_ a foul = phạm lỗi

### V) Give the correct tense of the verb in the brackets: past simple, past perfect, present perfect present perfect continuous, future continuous, future perfect (0.75 point)

#### Q11: Q12, Q13

## **ÔN TẬP KIỂM TRA HỌC KỲ 1 KHỐI 11**

**VI) Complete the second sentence so that it has a similar meaning to the first sentence. Use the word given and other words to complete each sentence. You must not use more than five words. do not change the word given. ((1.0 point)**

**Q14 Q15: Q16: Q17:**

**Modal verbs / comparison of adjectives / double comparative**

**READING**

**VII) Read the following passage and then choose the correct answer. (1.5 points)**

**Q18: Q19: Q20, Q21, Q22 Q 23**

**VIII) Read the following passage and then choose the correct answer. (1.5 points)**

**Q24: Q25, Q26, Q27, 28 , 29**

**WRITING**

**IX) Choose the best arrangement of utterances or sentences to make a meaningful exchange or text in each of the following questions. (1.25 points)**

**Q30, Q31, Q32 Q33, Q34:**

**SPEAKING**

**TOPIC:**

## ÔN TẬP KIỂM TRA HỌC KỲ 1 KHỐI 11

### I) LISTEN AND FILL IN THE MISSING INFORMATION

Scientists have looked at how our diet changes our mental health. What we eat affects our (1) \_\_\_\_\_ until we are 30. This explains why older adults are more emotionally stable. The lead researcher was a professor of health and wellness studies. She said people knew that diet affected diabetes, heart (2) \_\_\_\_\_ and obesity, but not that it affected our mental health. She suggested that mental well-being led to healthy eating and (3) \_\_\_\_\_.

The research was carried out anonymously. A survey was sent via professional and social networks. Researchers found that adults under 30 who ate fast food more than three times a week had higher levels of (4) \_\_\_\_\_ and depression. For adults over 30, eating less carbohydrates and more fruit reduced these conditions. The researchers said a Mediterranean diet was as good for our brain as for our body. It has things that are important for a (5) \_\_\_\_\_ brain.

### II) LISTEN TO 2 CONVERSATIONS AND DECIDE WHETHER THE STATEMENTS ARE TRUE (T) OR FALSE. (F).

Katherine Jones talking about healthy eating for teenagers and how food can affect their health.

- 1) Many teenagers who suffer from acne pimples or other skin issues often look for expensive skincare products.
- 2) Teens should avoid food that contains a lot of sugar.
- 3) Research shows that eggs, meat, butter, carrots and tomatoes can help make them taller and stronger.
- 4) Food can replace exercise.

### III) GIVE THE CORRECT FORM OF THE WORD IN THE BRACKETS

- 1) We were \_\_\_\_\_ lost in the wilderness. (hope)
- 2) She was even more \_\_\_\_\_ than I had remembered. (beauty)
- 3) The present was \_\_\_\_\_ wrapped in gold paper. (beauty)
- 4) He's been \_\_\_\_\_ for over a year. (employ)
- 5) Locals welcome any efforts to \_\_\_\_\_ the neighbourhood. (beauty)
- 6) She is currently seeking alternative \_\_\_\_\_ in Scotland to coincide with her move north. (employ)
- 7) I'm \_\_\_\_\_ and confident that the graduation ceremony will really be a completely new start. (hope)
- 8) Many \_\_\_\_\_ have had to take drastic cuts in pay. (employ)
- 9) I was so \_\_\_\_\_ and warm in bed I didn't want to get up. (comfort)
- 10) I couldn't sleep because the bed was so \_\_\_\_\_ (comfort)
- 11) The traffic here is very \_\_\_\_\_ for children. (danger)
- 12) I was sitting \_\_\_\_\_ in the lounge, reading a newspaper. (comfort)
- 13) John Aspinall is famous for his programme of breeding \_\_\_\_\_ animals. (danger)
- 14) She found a small, \_\_\_\_\_ motel on the outskirts of the town. (expense)
- 15) She was standing \_\_\_\_\_ close to the fire. (danger)
- 16) It's no use asking her to do anything - she's completely \_\_\_\_\_. (organise)
- 17) Her novels have gained in \_\_\_\_\_ over recent years. (popularise)
- 18) He dressed \_\_\_\_\_, wore hand-made shoes and pure silk shirts. (expense)
- 19) Petrol is becoming more and more \_\_\_\_\_. (expense)
- 20) The tax was so \_\_\_\_\_ that the government decided to drop it. (popularise)
- 21) What are the \_\_\_\_\_ of moving house? (expensive)

## ÔN TẬP KIỂM TRA HỌC KỲ 1 KHỐI 11

- 22) In 1955 the railways' \_\_\_\_\_ programme was drawn up. (modern)  
 23) He would never do anything to \_\_\_\_\_ the lives of his children. (danger)  
 24) I'm writing a grammar of \_\_\_\_\_ English. (modernise)  
 25) The hotel prides itself on being a good \_\_\_\_\_ that treats its staff well. (employ)  
 26) \_\_\_\_\_ is a major cause of poverty. (Employ)  
 27) Women played a relatively minor role in the \_\_\_\_\_ (organise)  
 28) The \_\_\_\_\_ hope the event will become an annual attraction. (organise)  
 29) Vitamin C is \_\_\_\_\_ believed to prevent colds. (popularise)  
 30) The restaurant is extremely \_\_\_\_\_, owing to its high standard of food. (popularise)

### IV) GIVE THE CORRECT TENSE OF THE VERB IN THE BRACKETS: PAST SIMPLE, PAST PERFECT, PRESENT PERFECT PRESENT PERFECT CONTINUOUS, FUTURE CONTINUOUS, FUTURE PERFECT

TENSE	USES
Past simple (quá khứ đơn) Active: S + V +ed/ v 2 S + didn't + V Did + S + V?	Hành động xảy ra và hoàn thành trong quá khứ :: <i>yesterday, last night (week / month / year ...), three weeks ago</i>
Past perfect (quá khứ hoàn thành) Active : S+ had +p.p	1 hành động xảy ra trong quá khứ và chấm dứt trước 1 hành động khác.
Present perfect (hiện tại hoàn thành) Active S + have + pp Has S + haven't / hasn't + P.P Have / Has + S + P.P	a) Hành động xảy ra trong quá khứ không xác định rõ thời gian. – Nó được dùng với các trạng từ sau đây: <i>ever?</i> (có bao giờ), <i>never</i> (chưa bao giờ), <i>yet (?)</i> (chưa), <i>not... yet</i> (chưa), <i>before</i> (trước đây), <i>lately</i> = <i>recently</i> (mới đây), <i>just</i> (vừa mới), <i>already</i> (rồi) b) Hành động bắt đầu trong quá khứ tiếp tục đến hiện tại. – Nó được dùng với: <i>for</i> + khoảng thời gian, <i>since</i> + mốc thời gian, <i>so far</i> (cho đến nay)
Present perfect continuous Active S + have + been + V+ING Has S + haven't / hasn't + been + V+ING Have / Has + S + been + V+ING?	Hành động xảy ra trong quá khứ tiếp tục đến hiện tại nhấn mạnh tính liên tục – I've been working here for five years. – He's been learning English since 1990. – She's been typing letters all day.
Future continuous (tương lai tiếp diễn) S + WILL + BE + V+ING	Hành động sẽ đang xảy ra tại một thời điểm trong tương lai – Nó được dùng với các cụm từ chỉ thời gian sau đây: <i>this time next week / month .. / at _____ tomorrow / in ten year's time</i>
Future perfect (tương lai hoàn thành) S + WILL + HAVE + P.P	Hành động sẽ xảy ra và chấm dứt trước một thời điểm nào đó hoặc hành động khác trong tương lai – Nó được dùng với các cụm từ chỉ thời gian sau đây: <i>By the year 2030 , by next July, by the end of this year/ autumn</i> ), <i>by the time + clause = S + V (PRESENT TENSE)</i>

NON-PROGRESSIVE VERBS (CÁC ĐỘNG TỪ KHÔNG DÙNG THÌ TIẾP DIỄN)			
hear: nghe see: thấy be: thì, là exist: tồn tại seem: dường như	believe: tin think: nghĩ understand: hiểu know: biết realize: nhận thấy contain: chứa đựng	own: làm chủ; have: có possess: sở hữu belong; thuộc về forget: quên remember: nhớ	need: cần want; muốn prefer: thích hơn like: thích love: yêu hate: ghét wish: muốn
<b>PRESENT PERFECT CONTINUOUS</b> 1) Nhấn mạnh hành động xảy ra liên tục qua một khoảng thời gian. Hành động có thể chấm dứt hoặc chưa chấm dứt – We've <b>been touring</b> Scotland. – I've <b>been writing</b> an essay. I'm tired now. 2) Nói về <b>how long</b> (bao lâu) – Rachel has been playing music <u>all day</u> . – I've been ironing shirts <b>since 10:30</b> – <b>How long</b> have you been learning to drive?		<b>PRESENT PERFECT</b> 1) Nhấn mạnh hành động đã chấm dứt nhưng có kết quả ở hiện tại – We've <b>finished</b> our tour of Scotland. – I've <b>written</b> an essay. I can hand it in now. 2) Nói về <b>how many / how much</b> (bao nhiêu) – Rachel has played at least <b>twenty</b> CDs – I've ironed <b>eight</b> shirts. – <b>How many driving lessons</b> have you had? 3) Nói về <b>how long</b> (bao lâu) đối với động từ không được dùng thì tiếp diễn – <b>How long</b> have you known him?	

- 1) I (not see) \_\_\_\_\_ for three years. I wonder where he is.
- 2) We (argue) \_\_\_\_\_ about this for two hours now. Perhaps we should stop
- 3) Try to call before 8 o'clock. After that, we (watch) \_\_\_\_\_ the match.
- 4) Mr Count (work) \_\_\_\_\_ as a cashier for twenty-five years. Then he (retire) \_\_\_\_\_ and (go) \_\_\_\_\_ to live in the country.
- 5) This time tomorrow, I (have) \_\_\_\_\_ will be having dinner with my family
- 6) By the end of this month, she (finish) \_\_\_\_\_ her English course.
- 7) John is on holiday and he is spending his money very quickly. If he continues like this, he (spend) \_\_\_\_\_ all his money before the end of his holiday.
- 8) By the time you return, Anamika (leave) \_\_\_\_\_ for her new college.
- 9) At 12 o'clock tomorrow, my friends and I (have) \_\_\_\_\_ lunch at school.
- 10) They (be) \_\_\_\_\_ married for 20 years next week.
- 11) She (wait) \_\_\_\_\_ for me when I arrive tomorrow.
- 12) How long you (know) \_\_\_\_\_ your boyfriend when you get married?
- 13) They (receive) \_\_\_\_\_ an award for the best dance performance by next month.
- 14) When we arrive in Los Angeles we'll need to rest, because we (drive) \_\_\_\_\_ about 800 miles.
- 15) By the time you arrive I (cook) \_\_\_\_\_ something wonderful and dinner will be on the table waiting for you.
- 16) I'm sure when you call him, he (watch) \_\_\_\_\_ TV. He's always in front of the TV!
- 17) We are visiting a new city every week. By the end of the summer, we (visit) \_\_\_\_\_ all the most important cities in Europe.
- 18) In less than 2 years, my grandparents (be) \_\_\_\_\_ married for 50 years. We are going to celebrate it.

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- 19) When you get off the train, we (wait) \_\_\_\_\_ for you on the platform.  
20) It (snow) \_\_\_\_\_ for three days now. The roads will be blocked if it doesn't stop soon.

### V) FILL THE BLANK IN THE SENTENCES WITH A SUITABLE WORD OR A PHRASE

- 1) They decided to hang \_\_\_\_\_ with their new friends this weekend.  
2) She carefully filled the vase \_\_\_\_\_ water and arranged the flowers.  
3) She suddenly walked out \_\_\_\_\_ her husband, leaving him to bring up the children.  
4) The school has replaced textbooks \_\_\_\_\_ tablets for all students.  
5) My parents were always terrified of getting \_\_\_\_\_ debt.  
6) The small apartment isn't really suitable \_\_\_\_\_ a growing family.  
7) I have no idea what's going \_\_\_\_\_ in that meeting.  
8) She constantly asked him \_\_\_\_\_ help with her assignments.  
9) We don't \_\_\_\_\_ gymnastics at school.  
10) Tired of studying, they decided to \_\_\_\_\_ skateboarding in the park.  
11) We spend our free time \_\_\_\_\_ cards by the fireplace.  
12) The group \_\_\_\_\_ camping in Scotland last summer.  
13) When I was in college, I used to \_\_\_\_\_ martial arts regularly.  
14) Yesterday, she \_\_\_\_\_ a bad nosebleed after accidentally bumping her face on the door.  
15) Last Saturday, they \_\_\_\_\_ ballroom dancing at the community center.  
16) She is currently \_\_\_\_\_ the violin in the music room.  
17) When he felt tired of reading, he enjoyed \_\_\_\_\_ chess with his friend.  
18) He has a passion for \_\_\_\_\_ cycling on mountain trails.  
19) What time should we meet to \_\_\_\_\_ bowling later?  
20) Bad weather often prevents them \_\_\_\_\_ enjoying outdoor activities.  
21) He's finding it hard to cope \_\_\_\_\_ the new responsibilities at work.  
22) Feeling overwhelmed, he suddenly passed **out** in the hallway.  
23) She quickly came \_\_\_\_\_ with a solution to the problem.  
24) Each team member has participated \_\_\_\_\_ the new training program.  
25) Teachers \_\_\_\_\_ a critical role in shaping society.  
26) If they can score one more point, they will \_\_\_\_\_ the record.  
27) While speaking, I \_\_\_\_\_ sure to sound calm, though I was nervous.  
28) Whenever a player \_\_\_\_\_ a foul, the opposing team gains an advantage.  
29) Last summer, she \_\_\_\_\_ photography as a hobby and captured some stunning landscapes during her vacation.  
30) This weekend, we plan to \_\_\_\_\_ shopping for some new clothes.

### VI) COMPLETE THE SECOND SENTENCE SO THAT IT HAS A SIMILAR MEANING TO THE FIRST SENTENCE. USE THE WORD GIVEN AND OTHER WORDS TO COMPLETE EACH SENTENCE. YOU MUST NOT USE MORE THAN FIVE WORDS. DO NOT CHANGE THE WORD GIVEN.

#### SPECULATING & PREDICTION

It is possible / likely that + S + WILL + VERB Perhaps / Maybe + S + WILL + VERB I think (that) + S + WILL + VERB	S + MAY / MIGHT / COULD + VERB S + WILL PROBABLY + VERB
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# **ÔN TẬP KIỂM TRA HỌC KỲ 1 KHỐI 11**

It is unlikely that + S + WILL + VERB I don't think / I doubt (that) + S + WILL + VERB	S+ MAY/ MIGHT + NOT + V S+ PROBABLY + WON'T + VERB
I am sure / certain + that + S + V +WILL + VERB I am sure / certain + that + S + V +WON'T + VERB	S + WILL DEFINITELY + VERB S+ DEFINITELY + WON'T + VERB

- 1) I doubt they'll have any trouble finding the address. (PROBABLY)  
They \_\_\_\_\_ finding the address
- 2) **Maybe you'll see Ann in town.** (MIGHT)  
You \_\_\_\_\_
- 3) Candidates may not bring textbooks into the examination room. (THINK)  
I \_\_\_\_\_ bring textbooks into the examination room
- 4) It is possible that parents will find that they cannot understand the way their children are now being taught. (PROBABLY)  
Parents \_\_\_\_\_ they cannot understand the way their children are now being taught.
- 5) It's possible that he won't turn up at all. (DOUBT)  
I \_\_\_\_\_ up at all
- 6) Perhaps you will find you have made a mistake. (MAY)  
You \_\_\_\_\_ a mistake.
- 7) I'm sure he will be successful in his job. (DEFINITELY)  
He \_\_\_\_\_ in his job.
- 8) I'm sure they won't score another goal. (DEFINITELY)  
They \_\_\_\_\_ another goal.
- 9) It is unlikely that he will attend the meeting. ((PROBABLY)  
He \_\_\_\_\_ meeting.
- 10) They might win the championship this year. (WILL)  
They \_\_\_\_\_ this year.

S + HAVE / HAS + NEVER + P.P + SUCH + A/ AN + ADJ + NOUN
IT / HE / SHE IS +THE + ADJ + EST / MOST + ADJ + NOUN + S + HAVE / HAS + EVER + P.P

- 11) I've never seen such a boring movie. (THE)  
It \_\_\_\_\_ I've ever seen
- 12) I've never heard such a funny story. (THE)  
It \_\_\_\_\_ I've ever heard.
- 13) I've never met such an interesting man. (THE)  
He \_\_\_\_\_ I've ever met
- 14) He's never eaten such good food. (THE)  
It \_\_\_\_\_ he has ever eaten.
- 15) I've never seen such an untidy room! (THE)  
It \_\_\_\_\_ I've ever seen
- 16) I've never seen such a beautiful waterfall. (THE)  
It \_\_\_\_\_ I've ever seen
- 17) He has never had such an embarrassing experience. (THE)  
It \_\_\_\_\_ he has ever had

## **DOUBLE COMPARATIVE**

THE COMPARATIVE + S + V			THE COMPARATIVE + S + V		
THE + SHORT ADJ / ADV + ER THE + MORE + LONG ADI / ADV		+ S + V	THE + SHORT ADJ / ADV + ER THE + MORE + LONG ADI / ADV		+ S + V
THE MORE THE LESS THE FEWER	NOUN		THE MORE THE LESS THE FEWER	NOUN	
THE MORE / THE LESS			THE MORE / THE LESS		

- 18) The test is difficult. The students will study hard. (THE)  
\_\_\_\_\_ is, the harder the students will study.
- 19) The technician is experienced. The repair will be satisfying. (THE)  
\_\_\_\_\_ is, the more satisfying the repair will be.



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- 20) She studies a lot. She will become smart. (THE)  
The more she studies, \_\_\_\_\_
- 21) Tung spends a lot of time and money with his girlfriend. He becomes happy. (THE)  
\_\_\_\_\_ spends with his girlfriend, the happier he becomes.
- 22) When we think much of the exam, we will get excited. (THE)  
\_\_\_\_\_ the exam, the more excited we will get.
- 23) When you write faster, your writing will become illegible. (THE)  
The faster you write, \_\_\_\_\_ will become.
- 24) She is mature. She becomes beautiful. (THE)  
\_\_\_\_\_, the more beautiful she becomes.
- 25) The roller coaster went faster. They felt more excited. (THE)  
The faster the roller coaster went, \_\_\_\_\_
- 26) People are honest. They will have a lot of friends. (THE)  
\_\_\_\_\_, the more friends they will have.
- 27) We spend little. We will save a lot. (THE)  
\_\_\_\_\_, the more we will save.
- 28) Women are educated. They will marry late. (THE)  
The more educated women are, \_\_\_\_\_.
- 29) You plan carefully. The result will be good. (THE)  
The more carefully you plan, \_\_\_\_\_ be.
- 30) I sing a lot. I will worry little about life. (THE)  
The more I sing, \_\_\_\_\_ about life.

### VII) READ THE FOLLOWING PASSAGE AND THEN CHOOSE THE CORRECT ANSWER

Read the passage and make cloze test questions with 4 options for bold words or phrases

A healthy lifestyle is becoming increasingly popular among people of all ages. It is often said that health is the greatest wealth, and this statement rings true. When we are healthy, we will feel better and (1)

Maintaining fitness and engaging in sports are vital for our overall health. Unfortunately, modern lifestyles, especially in urban areas, often lack sufficient physical activity. Many people spend hours sitting in front of computers, televisions, or other (2) \_\_\_\_\_. Walking has also decreased due to dependence on cars and public transportation. To counteract this, we should incorporate regular physical (3) \_\_\_\_\_ like jogging, walking, swimming, cycling, roller-skating, or dancing. Doctors emphasize that consistent exercise is essential for a healthy body.

Avoiding harmful habits like smoking, excessive alcohol consumption, or drug use is equally important (4) \_\_\_\_\_, with smoking alone causing millions of deaths annually.

Adequate sleep, ranging from 8 to 10 hours daily, is another critical aspect of a healthy lifestyle. Sleep not only replenishes our energy but also nurtures the brain and allows muscles to recover. Prioritizing healthy habits can profoundly improve our physical and mental well-being, ensuring a richer, more fulfilling life.

Adequate sleep, ranging from 8 to 10 hours daily, is crucial for a healthy lifestyle. It replenishes energy, nurtures the brain, and allows (5) \_\_\_\_\_ to recover. For example, Sarah, a fitness enthusiast, neglected sleep while she (6) \_\_\_\_\_ on intense workouts, leading to muscle fatigue and slower recovery. Once she prioritized proper sleep, her performance and recovery improved significantly. She experienced less muscle soreness and higher energy levels, highlighting the importance of sleep in enhancing physical and mental well-being for a more fulfilling life.

- 1) A. the more our quality of life improves, our lifespan will become longer  
B. more our quality of life improves, the longer our lifespan will become.  
C. our quality of life improves more, our lifespan will become longer  
D. the more our quality of life improves, the longer our lifespan will become.
- 2) A. toys                      B. tools                      C. gadgets                      D. appliances
- 3) A. exercises                      B. activities                      C. movements                      D. Habits
- 4) A. because a few of these habits can significantly increase the risk of severe illnesses  
A. because a few of these habits can significantly increase the risk of severe illnesses  
B. because a few these habits can significantly increase the risk of severe illnesses  
C. because not many of these habits can significant increase the risk of severe illnesses  
D. a few of these habits can significantly increase the risk of severe illnesses
- 5) A. muscles                      B. cells                      C. bones                      D. nerves
- 6) A. focused                      B. had focused                      C. was focusing                      D. focus

### VIII) READ THE FOLLOWING PASSAGE AND THEN CHOOSE THE CORRECT ANSWER

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As a way of living, lifestyle is everyday behaviours, activities, and diet. It involves your work, leisure activities, food and drink consumption, and interaction with people. That is why it is important to have a healthy lifestyle. Although it is often difficult to change your habits, reorganising your daily activities to achieve a healthy lifestyle is not impossible. Here are some steps you need to take to have a better life and health.

**Become more active**

Scientists have proved that regular exercise can help to reduce cholesterol and the risk of heart disease. Remember that you do not need to do too much exercise – just a 30-minute walk a day will bring health benefits. But it is important that you do **it** regularly and safely. Simple things like walking or cycling to school, using the stairs instead of the lift, doing the housework and gardening can all contribute to good health. **(I)**

Moreover, hobbies such as dancing, reading, listening to music, playing chess, and solving crossword or sudoku puzzles are also good ways to keep your body and mind engaged, and increase life expectancy. No matter where you are – at home, at work, or at play – always look for opportunities to be more active and energetic.

**Eat healthily**

‘Eat to live, not live to eat’ is the advice to follow. The food and drink we consume can dramatically affect our health. Bad nutrition based on fast food, and meals high in fat and sugar can lead to obesity, diabetes, some types of cancer and other chronic diseases. Planning and following a healthy and balanced diet is not difficult at all. **(II)** Eat the right amount of calories to balance the energy you get from food and the energy you use. Make sure you have a wide range of foods to receive all the nutrients you need. Remember to eat less saturated fat, sugar and salt, and more fish, fruit, and vegetables.

**Stay positive and be happy**

Once you have started to be more active and eat more healthily, you can notice that you also feel happier. There is no doubt that daily worrying and stress can damage your heart and brain. When you are under a lot of stress, you may get angry easily. Anger and hostility have negative effects on the cardiovascular system. **(III)** Recent research has confirmed that angry, hostile people live a shorter life. Try to control your anger, always look at the positive side of every situation and be optimistic. If necessary, practise sore meditation and yoga to help you to relieve your stress and anger, and enjoy life more. **(IV)**

- 1) What are some of the suggested ways to become more active?  
A. Walking, using the stairs, and doing housework  
B. Eating vegetables and fruits  
C. Avoiding fast food and sugary drinks  
D. Practicing meditation and yoga
- 2) What does the word "it" in line 8 refer to?  
A. Eating healthily      B. Exercising      C. Planning a diet      D. Gardening
- 3) According to the passage, which of the following is NOT a benefit of staying active?  
A. Reducing cholesterol levels  
B. Improving cardiovascular health  
C. Guaranteeing weight loss  
D. Increasing life expectancy
- 4) Why does the passage suggest planning a balanced diet?  
A. To completely eliminate chronic diseases  
B. To balance calorie intake with energy expenditure  
C. To replace unhealthy eating habits with exercise  
D. To avoid all types of fat and sugar
- 5) Where would the following sentence best fit in the passage?  
“These minor changes can collectively make a significant difference in your health.”  
A. I      B. II      C. III      D. IV
- 6) Which of the following best summarizes the passage?  
A. A healthy lifestyle involves focusing exclusively on physical fitness.  
B. Reorganizing daily habits, staying active, eating healthily, and maintaining a positive attitude contribute to overall well-being.  
C. Fast food and unhealthy diets are the sole causes of chronic diseases.  
D. Engaging in hobbies is the only way to increase life expectancy.

The generation gap refers to the difference in attitudes or behaviour between a younger generation and the older one. In my opinion, different attitudes towards life, different views about certain problems, and a lack of communication can cause a generation gap in most societies.

The first factor is that parents and children generally see things from different perspectives. Choosing a career is a good example for this. **(I)** Many parents try to impose certain careers they favour on their children, based on their

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own perceptions. However, young people don't always understand their parents' points of views. **(II)** Instead, they prefer to be free to make their own decisions on their future career.

Another factor lies in differences in musical tastes, fashion, and political views between young people and their parents. For example, having a pierced nose might be viewed as fashionable by some teens, but for many parents, it is considered to be an act of rebellion against social norms. Some parents may also find their children's behaviour unacceptable and disrespectful to traditional values.

The **major factor** causing the generation gap is the lack of communication between parents and their children. Parents tend to be dominant and not to trust their children to deal with crises. Also, they keep talking too much about certain problems. That is the reason why young people seldom reveal their feelings to their parents. **(III)** When facing problems, young people prefer to seek help from their classmates or friends.

The above mentioned factors could lead to a generation gap. In order to bridge the gap between the old generation and the younger one, mutual understanding is the vital key. The wisest solution would be for parents and their children to treat each other as friends. **(IV)**

- 1) What is one of the factors contributing to the generation gap?
  - A. Different opinions on career choices
  - B. Similar music tastes
  - C. Shared political views
  - D. Mutual understanding
- 2) Which of the following is NOT a factor contributing to the generation gap?
  - A. Different attitudes towards life
  - B. Lack of communication
  - C. Sharing the same views on political matters
  - D. Differences in musical tastes
- 3) What can be inferred about young people's views on their future career from the passage?
  - A. They prefer their parents to choose their careers for them.
  - B. They like to make independent decisions regarding their career.
  - C. They always agree with their parents on career choices.
  - D. They rarely think about their career choices.
- 4) In the passage, what does the phrase "the major factor" refer to?
  - A. Parents' behavior
  - B. Differences in musical tastes
  - C. The lack of communication
  - D. Political views
- 5) Which of the following is the simplest way to say "*the wisest solution would be for parents and their children to treat each other as friends*"?
  - A. The best way for parents and children to get along is to be friends.
  - B. Parents and children should be respectful of each other's views.
  - C. It is important for parents to speak less about their problems.
  - D. Children should always listen to their parents.
- 6) Where would the following sentence best fit in the passage?  
*"This lack of communication causes a disconnect between parents and their children."*
  - A. I
  - B. II
  - C. III
  - D. IV
- 7) What is the best summary of the passage?
  - A. The generation gap is caused by music, fashion, and political differences.
  - B. The generation gap is caused by differences in attitudes and a lack of communication.
  - C. The generation gap is mainly about choosing a career.
  - D. The generation gap can be solved by forcing children to follow traditional views.

## IX) CHOOSE THE BEST ARRANGEMENT OF UTTERANCES OR SENTENCES TO MAKE A MEANINGFUL EXCHANGE OR TEXT IN EACH OF THE FOLLOWING QUESTIONS.

- 1)
  - a. Thank you so much.
  - b. Excuse me, can you tell me how to get to the train station?
  - c. Sure! Walk straight for two blocks, then turn right, You'll see the station on your left.
- 2)
  - a. That sounds great! What movie are you thinking of watching?
  - b. Hey, would you like to go to the cinema with me this weekend?
  - c. Perfect! Let's do it. Just let me know the time.
  - d. I was thinking about the new action film—it's getting great reviews.

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- 3) a. Of course! What part are you struggling with?  
b. Thank you so much, I really appreciate your help!  
c. Excuse me, could you please help me with my homework?  
d. Sure! Let's go through it together step by step.  
e. I'm having trouble understanding this math problem. Could you explain it to me?
- 
- 4) a. There are four people in my family: my parents and my sister and I. I'm interested in learning foreign languages, especially English  
b. Would you mind telling me about how you do your leisure activities? I like football so I usually play it in my free time.  
c. Moreover, I also have an opportunity to practise my English with foreigners and know more about other countries.  
d. Hi! My name is Bao and I'm from Viet Nam. I'm sixteen years old and I was born and I grew up in Ho Chi Minh City. We have lived / have been living here since 10 years.  
e. I would like to have an English penfriend because I want to improve my English writing skills.
- 
- 5) a. Maintaining a balanced diet rich in fruits, vegetables, and whole grains ensures the body gets essential nutrients.  
b. Additionally, regular physical activity helps maintain a healthy weight and reduces the risk of chronic diseases.  
c. Firstly, getting enough sleep is crucial for overall health and well-being.  
d. Finally, managing stress through techniques like meditation and mindfulness promotes mental and emotional health.  
e. Living a long and healthy life requires a combination of good habits and lifestyle choices.
- 
- 6) a. The event took place in the playground and school hall, attracting over 200 visitors, mainly parents of children starting school next year.  
b. The day was a huge success, sparking interest in existing clubs and inspiring suggestions for new ones, including ballroom dancing and ice skating—a fantastic showcase of our school's creativity!  
c. Last month, the school held an open day for students and parents to explore school clubs.  
d. More than 20 clubs had stalls in the playground, where students and teachers explained their activities. In the hall, the martial arts club impressed with karate displays, and the choir gave a delightful performance.
- 
- 7) a. Additionally, teenagers should be encouraged to engage in outdoor activities like hiking, cycling, camping, and various sports.  
b. To address this issue, schools should invest more in sports facilities, allowing students more opportunities to exercise.  
c. In conclusion, lack of exercise can lead to long-term health problems, so it's crucial that we act now to improve the situation.  
d. In my opinion, today's teenagers spend too much time on electronic gadgets and not enough time on physical activities  
e. As a result, many do not get enough exercise, and many are overweight, leading to a more sedentary lifestyle.
- 
- 8) a. Children, in turn, should express their thoughts calmly and respectfully, avoiding harsh words.  
b. Finally, both parents and children should work together to find solutions, keeping in mind that compromise and mutual respect are essential for a healthy relationship.  
c. Parents should listen to their children's perspectives without judgment, fostering an environment of trust.  
d. To resolve conflicts between parents and children, open communication is key  
e. What's more, Setting clear boundaries while allowing room for independence can help reduce misunderstandings.
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