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| **Trường THPT Trần Hưng Đạo** **ĐỀ CHÍNH THỨC** | **ĐỀ KIỂM TRA GIỮA HỌC KỲ I** **NH: 2023 - 2024****MÔN: TIẾNG ANH LỚP: 11**  | **ĐIỂM** |
| **Phòng:** .................**SBD:** ......................**STT:** ...................... | ***Thời gian làm bài: 60 phút******(Lưu ý: Học sinh làm bài trên đề)*** | **Đề 001** |

**A. I. 🖭 LISTENING(2pts)**

**Part 1. Listen to the recording and circle the appropriate answer A, B or C.**

1. What did Jill have for lunch?

 **A.** soup and sandwiches. **B.** a cake and sandwiches. **C.** soup and an apple.

 **2**. Where does Bill live?

**A.** between the bookshop and the toyshop.

**B.** between the playground and the bookshop.

**C.** between the playground and the toyshop.

 **3**. Where did Jim’s grandmother give him for his birthday?

**A.** a bike **B.** some CDs **C.** a sweater

 **4**. Where is Mary going?

**A.** to the cinema **B.** to the library **C.** to the park

**Part 2: Listen then fill in each numbered blank with no more than TWO words or numbers. There is one example.**

**Cooking Lesson**

1. **Don’t forget: a big bowl**
2. Bring: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, eggs and butter.
3. Name of cakes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Number of cakes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Cooking time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**B. VOCABULARY AND STRUCTURE(3.5pts)**

**9. Choose the word that has the underlined part pronounced differently from the others.**

**A.** father**B.** healthy**C.** strength**D.**thick

**10. Choose the word whose main stress is placed differently from the others.**

**A.** important**B.** wonderful **C.** regular  **D.**physical

**Mark the letter A, B, C or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.**

**11.** Nowadays,**digital natives** have different attitudes and approaches towards technology.

**A.** newborn generations**B.** [old generations](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://docs.google.com/document/d/1bWPxoLQi6DjxXB6t01V-rG6sVibHtYKszBgvSffHLxc/edit?usp%253Dsharing%26amp;sa%3DD%26amp;source%3Deditors%26amp;ust%3D1693449799760216%26amp;usg%3DAOvVaw2tosfjcuy-vk437hhQpjcp&sa=D&source=docs&ust=1693449799799826&usg=AOvVaw0x42paBW23S2JKTO5RH2vi)**C.** modern generations  **D.**negative generations

**Mark the letter A, B, C or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.**

**12.** A healthy lifestyle, including a balanced diet and regular physical activity, can lower the chances of developing various [**diseases**](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://docs.google.com/document/d/1bWPxoLQi6DjxXB6t01V-rG6sVibHtYKszBgvSffHLxc/edit?usp%253Dsharing%26amp;sa%3DD%26amp;source%3Deditors%26amp;ust%3D1691371772771853%26amp;usg%3DAOvVaw3kyhxe2JBqtui2DmYyc4EN&sa=D&source=docs&ust=1691371772801707&usg=AOvVaw27JUX0foxZJ0iJ7grzZS1F).

**A.** recipe   **B.** fitness  **C.** illness  **D.**spread

**13.** *Peter and Terry are talking about a plan to improve everyone’s health:*

**Peter:** "Why don't we start a walking club to promote a healthy lifestyle in our community?"

**Terry:**  "\_\_\_\_\_\_\_\_\_\_\_"

**A.** I'm not interested.                 **B.** That sounds like a great idea!

**C.** I don't have time for that.        **D.** I prefer to exercise alone.

**14.** She \_\_\_\_\_\_\_ taking vitamin supplements since last year to ensure she gets all the necessary nutrients for a healthy lifestyle.

**A.** have been**B.** has been**C.** was**D.**were

**15.** Minh Nhi \_\_\_\_\_\_ a new recipe last week as part of his commitment to a healthier diet.

**A.** tryed **B.** has tried**C.** tried**D.**trying

**16.** Food \_\_\_\_\_\_\_\_ can have serious health consequences and should be prevented at all costs.

**A.** poisonous **B.** poisoning**C.** poison **D.**poisonal

**17.** It's important to give \_\_\_\_ unhealthy habits, such as smoking, staying up late and eating a lot of red meat.

**A.** in**B.** on**C.** off**D.**up

**18.** Corona Virus’s \_\_\_\_\_\_\_\_\_\_ is estimated to be around 120-160 nm.

**A.** diameter**B.** strength **C.** bacteria  **D.**disease

**19.** You \_\_\_\_\_\_\_ talk to your grandparents rudely like that, Tommy!

**A.** must**B.** shouldn’t**C.** mustn’t**D.**should

**20.** To avoid daily conflicts, we will must accept these generational differences.

**A.** we**B.** To avoid**C.** will must**D.**generational

**21.** What does the notice mean?

**A.** You can play football here.

**NO BALL GAMES ON GRASS**

**B.** Football is allowed to play here.

**C.** You mustn’t play football here.

**D.** We can’t play Football here because it is so dirty.

**22.** I have to \_\_\_\_\_\_\_\_ the housework every day because my parents are always busy and my grandparents are too old to help me.

**A.**make          **B.** do**C.** create**D.**conduct

# C. READING(2.5pts)

***Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct word or phrase that best fits each of the numbered blanks.***

Gen Z has since grown into an economical and **(23)\_\_\_\_\_\_\_\_\_\_** force that’s hard to ignore. The world’s teens and young adults have been behind many of the biggest fashion trends, political movements, and memes of the last several years. Even though the oldest Millennials are **(24)\_\_\_\_\_\_\_\_** their early 40s, the generation has long been synonymous with young people. With Gen Z and Gen Alpha **(25)\_\_\_\_\_\_\_\_\_** attention, that’s finally starting to change.

While the dates are still a bit up in the air (some argue that the oldest Zoomers were born in 1995), Pew Research defines members of Gen Z as anyone born between 1997 **(26)\_\_\_\_\_\_\_\_\_** 2012. That means the group spans ages 11 to 26 in 2023. The organization cites important political, economic, and technological factors that helped them determine the cutoff from Millennial to generation Z. Most American Millennials must witness the 9/11 tragedy, the Iraq War, and the economic recession of 2008, while members of Gen Z may have little to no memory of these events. Gen Z is also notable for being the first generation to be totally immersed in the world of the Internet since birth. That’s why Gen Zers are also called “digital **(27)**\_\_\_\_\_\_\_\_”.

[*Here Are the Age Ranges for Millennials, Gen Z, and Gen Alpha (mentalfloss.com)*](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://docs.google.com/document/d/1bWPxoLQi6DjxXB6t01V-rG6sVibHtYKszBgvSffHLxc/edit?usp%253Dsharing%26amp;sa%3DD%26amp;source%3Deditors%26amp;ust%3D1693449808442732%26amp;usg%3DAOvVaw1fBUdaU89pV30WXFZ8ZGG4&sa=D&source=docs&ust=1693449808475270&usg=AOvVaw2rlc5kdMDJl_ou0hPe04wJ)

**Question 23: A.** culture **B.** cultural **C.** cultured **D.** culturally

**Question 24: A.** in  **B.** on **C.** from **D.** to

**Question 25: A.** hiring **B.** rising**C.** arguing**D.** gaining

**Question 26: A.** but **B.** or **C.** and **D.** so

**Question 27: A.** civilians  **B.** peoples**C.** natives**D.** siblings

***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.***

        A healthy diet is rich in fiber, whole grains, fresh fruits and vegetables, "good" or unsaturated fats, and omega-3 fatty acids. These dietary components turn down inflammation, which can damage tissue, joints, artery walls, and organs. Going easy on processed foods is another element of healthy eating. Sweets, foods made with highly refined grains, and sugar-sweetened beverages can cause spikes in blood sugar that can lead to early hunger. High blood sugar is linked to the development of diabetes, **obesity**, heart disease, and even dementia.

The Mediterranean diet meets all of the criteria for good health, and there is convincing evidence that it is effective at warding off heart attack, stroke, and premature death. The diet is rich in olive oil, fruits, vegetables, nuts and fish; low in red meats or processed meats; and includes a moderate amount of cheese and wine.

Physical activity is also necessary for good health. [**It**](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://docs.google.com/document/d/1bWPxoLQi6DjxXB6t01V-rG6sVibHtYKszBgvSffHLxc/edit?usp%253Dsharing%26amp;sa%3DD%26amp;source%3Deditors%26amp;ust%3D1691371642963788%26amp;usg%3DAOvVaw0XLSgomaz-WofSPZUcS14O&sa=D&source=docs&ust=1691371642994062&usg=AOvVaw38qaLxiNCMg1indcf6y--B) can greatly reduce your risk of heart disease, stroke, type 2 diabetes, breast and colon cancer, depression, and falls. Physical activity improves sleep and endurance. Aim for 150 minutes of moderate intensity exercise every week, such as brisk walking. Strength training, important for balance, bone health, controlling blood sugar, and mobility, is recommended 2-3 times per week.

Finding ways to reduce stress is another strategy that can help you stay healthy, given the connection between stress and a variety of disorders. There are many ways to relieve stress. Try meditation, mindfulness, yoga, playing on weekends, and taking vacations.

[*Staying Healthy - Harvard Health*](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://docs.google.com/document/d/1bWPxoLQi6DjxXB6t01V-rG6sVibHtYKszBgvSffHLxc/edit?usp%253Dsharing%26amp;sa%3DD%26amp;source%3Deditors%26amp;ust%3D1691371642964230%26amp;usg%3DAOvVaw3Heqc-yYI6-WTiucQ58I2g&sa=D&source=docs&ust=1691371642994250&usg=AOvVaw3O_eWqMGHd7x4FCW8wdXvx)

**Question 28:** What is the main idea of the passage?

**A.** Some of the ways to have a good mentally and physically health.

**B.** The benefits of the Mediterranean diet in preventing heart disease and stroke.

**C.** The significance of physical activity in reducing the risk of various diseases.

**D.** The importance of stress reduction in maintaining good health.

**Question 29:** The word "**It**" in paragraph 3 refers to \_\_\_\_\_\_\_\_\_.

**A.** physical          **B.** health**C.** activity**D.**risk

**Question 30:** According to the passage, what are the key components of the Mediterranean diet?

**A.** Fiber, whole grains, and fresh fruits and vegetables.

**B.** Olive oil, fruits, vegetables, nuts, and fish.

**C.** Red meats, processed meats, and cheese.

**D.** Sweets, highly refined grains, and sugar-sweetened beverages.

**Question 31:** What is the recommended amount of moderate-intensity exercise per week?

**A.** 30 minutes         **B.** 60 minutes**C.** 90 minutes**D.**150 minutes

**Question 32:** The word "[**obesity**](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://docs.google.com/document/d/1bWPxoLQi6DjxXB6t01V-rG6sVibHtYKszBgvSffHLxc/edit?usp%253Dsharing%26amp;sa%3DD%26amp;source%3Deditors%26amp;ust%3D1691371642965965%26amp;usg%3DAOvVaw3bgevxYDIwPGQ35-DQs3yn&sa=D&source=docs&ust=1691371642994976&usg=AOvVaw1lJvfvf9lADSRTCJ4UrmVg) " in paragraph 1 is closest in meaning to\_\_\_\_\_\_\_\_\_.

**A.** a disease that makes you tired.         **B.** a disease that makes you hungry.

**C.** a disease that makes you fat.**D.**a disease that makes you faint.

# D. WRITING(2pts)

**Write the sentences beginning with the words / phrases given without changing the meaning of the given sentences.**

**33.** Why don’t we avoid foodthat contain a lot of fat and sugar?

🡪 What about\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

**34.** This is the first time they have joined a sports club.

🡪 They have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**35.** . If I were you, I would spend more time talking with children (SHOULD)

🡪 You \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**36.** Smoking is not allowed in restaurants, schools, and offices. (MUSTN’T)

🡪 You\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**37.*Write a paragraph about What we should do to live a long and healthy lifestyle.***

 **(120 – 150 words).**

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**THE END!**