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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 004** |

**A. I. 🖭 LISTENING**

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

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. (1pt)**

**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)**

**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.**

**9.** The **argument** about career choosing is a classic example of the generation gap.

**A.** culture**B.** conflict **C.** difference  **D.**value

**10.** It's necessary to give \_\_\_\_ bad habits, such as playing games a lot and staying up late.

**A.** in**B.** on**C.** off**D.**up

**11.** [*Nick and Tom are discussing about generational topic:*](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%3D1693449796915665%26amp;usg%3DAOvVaw0J4qprg4CU8Xbs7TE31qTH&sa=D&source=docs&ust=1693449796988423&usg=AOvVaw15QlUnuM2EJupITcBvawut)

***Nick:*** “Have you noticed the generation gap between our parents and us?”

***Tom:*** “\_\_\_\_\_\_\_\_\_ It's quite evident, especially when it comes to technology and social media.”

**A.** I can’t see**B.** Definitely!**C.** Yes, I do  **D.**That’s interesting

**12.** Cathy \_\_\_\_\_\_ a new recipe last month as part of her commitment to a healthier diet.

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

**13.** \_\_\_\_\_\_\_\_gap is the difference between the young’s and the old’s point of view toward a problem.

**A.** Generation**B.** Generational**C.** Generate**D.**General

**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.** Older generation may struggle to understand the influence and impact of \_\_\_\_\_ media.

**A.** outdoor**B.** network**C.** social**D.**value

**16.** 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.

**17.** 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

**18.** My father \_\_\_\_\_\_\_\_\_ go to the office at the weekend.

**A.** should not**B.** doesn’t have to**C.** must not**D.**has to not

**19.** She has made healthier food choices since she has learned about nutrients.

**A.** choices**B.** has made**C.** nutrients**D.**has learned

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

**A.** gender**B.** gap**C.** gather**D.**guide

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

**A.** difference **B.** musician**C.** character **D.**grandparent

**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.**

**22.** If you want to improve your health, it's important to [**give up**](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%3D1691371772772349%26amp;usg%3DAOvVaw1VpC0eflxjC_UuDb50ZvZk&sa=D&source=docs&ust=1691371772802030&usg=AOvVaw1vn5sh5Tc4xUNJM7c6cVXa) unhealthy habits like staying up late.

**A.** quit **B.** agree **C.** prevent   **D.**continue

# 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 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 23:** 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 24:** The word "**It**" in paragraph 3 refers to \_\_\_\_\_\_\_\_\_.

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

**Question 25:** 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 26:** What is the recommended amount of moderate-intensity exercise per week?

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

**Question 27:** 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.

***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 **(28)\_\_\_\_\_\_\_\_\_\_** 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 **(29)\_\_\_\_\_\_\_\_** their early 40s, the generation has long been synonymous with young people. With Gen Z and Gen Alpha **(30)\_\_\_\_\_\_\_\_\_** 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 **(31)\_\_\_\_\_\_\_\_\_** 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 **(32)**\_\_\_\_\_\_\_\_”.

[*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 28: A.** culture **B.** cultural **C.** cultured **D.** culturally

**Question 29: A.** in  **B.** on **C.** from **D.** to

**Question 30: A.** hiring **B.** rising**C.** arguing**D.** gaining

**Question 31: A.** but **B.** or **C.** and **D.** so

**Question 32: A.** civilians  **B.** peoples**C.** natives**D.** siblings

# 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 food that contains a lot of fat and sugar?

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

**34.** It’s 3 months since Tom last went to the gym.

🡪 Tom hasn’t\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**35.** If I were you, I would limit your children’s screen time. (SHOULD)

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

**36.** Littering is not allowed in public places such as parks and schools. (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!**