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| **C:\Users\ADMIN\Downloads\tải xuống.jfif**  **(ĐỀ GIỚI THIỆU)** | **KỲ THI HỌC SINH GIỎI CÁC TRƯỜNG THPT CHUYÊN**  **KHU VỰC DUYÊN HẢI VÀ ĐỒNG BẰNG BẮC BỘ**  **NĂM 2023**  **ĐỀ THI ĐỀ XUẤT MÔN: TIẾNG ANH LỚP 11**  *(Đề thi gồm 15 trang)* |

**I. LISTENING**

***Part 1. For questions 1-5, answer the following questions using NO MORE THAN THREE WORDS OR A NUMBER for each answer.***

1. Whose pictures are displayed in many places?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. How do Chinese Londoners celebrate the Mid - Autumn Festival?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Who take the audiences to walk through Chinatown with lit lanterns?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. When is the British Museum opening for a free Mid-Autumn Festival event?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Name one thing people may learn during the Mid - Autumn Festival event?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Part 2: For questions 6-10, listen to a talk about a presentation and decide whether these statements are True (T) or False (F). Write your answers in the corresponding numbered boxes provided*.**

6. The students chose to talk about John Chapman because he was relevant to their topic.

7. The students recorded their sources of information on their laptops.

8. The tutor does not understand whether apples grew in America before Europeans arrived.

9. The audience was particularly interested to hear about the cultivation of apples in Kazakhstan.

10. The students will present their follow-up work on the department website only.

***Part 3: Listen to a speech by Sam about the mystery of sleep. For questions 11-15, choose the answer (A, B, C or D) which best fits what you hear. Write your answers in the corresponding numbered boxes.***

11. The author mentioned that sleep deprivation can lead to \_\_\_\_\_\_\_\_\_\_\_\_\_.

A. the fatigue in working B. the unclear sight

C. the possibility of dancing D. the precise directions

12. The similarity in both humans and animals is \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. feeling unsafe whenever sleeping away from home

B. the ability not to sleep in few weeks or months

C. the mechanism of both sides of brain

D. the likeliness to suffer from ill effects

13. According to the talker, brain is refilled in case \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. we have a dream B. our sleep was controlled

C. protein and cholesterol are damaged D. we get into sleep-like state

14. The short definition of *REM sleep* is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. the stage that we recall the nostalgic memories

B. the stage that we have the eccentric dream

C. the stage that information is amalgamated into long-term storage

D. the stage that make people to remember all what they’ve learned

15.Which tips for a better sleep are **NOT MENTIONED** in the speech?

A. The time that we should go to bed and get up is alike.

B. We need to hit the sack before 1:00 PM.

C. The temperature in the room should be hold moderately.

D. Stay away from alcohol.

***Part 4: For questions 16-25, listen to a recording about the Komodo dragon and fill in the missing information using words taken from the recording. Write NO MORE THAN FOUR WORDS. You will listen to the recording TWICE.***

- Komodo dragons, the animal species considered to be most similar to mythical dragons, are **(16)** \_\_\_\_\_\_\_\_\_\_ worldwide.

- Komodo dragons can easily move as fast as 30 kilometers per hour, despite their **(17)** \_\_\_\_\_\_\_\_\_\_ body.

- Osteoderms, bony scales that cover the Komodo dragons’ body, serve as **(18)** \_\_\_\_\_\_\_\_\_\_.

- A \_\_\_\_\_\_\_\_\_\_ **(19)** at the top of a Komodo dragon’s mouth will help it locate its prey from as far away as 4km by detecting **(20)** \_\_\_\_\_\_\_\_\_\_.

- The fact that two female Komodo dragons gave birth without mating for an extended period of time showed that they can have **(21)** \_\_\_\_\_\_\_\_\_\_.

- In one single meal, Komodo dragons can consume up to 80% of their body weight and they can eat living, dead, or **(22)** \_\_\_\_\_\_\_\_\_\_ meat.

- While a **(23)** \_\_\_\_\_\_\_\_\_\_\_ generally does not consume roughly one thirds of their captured prey, this figure is only about 12 percent for Komodo dragons.

- A prey might experience decreased blood pressure due to venom in addition to the **(24)** \_\_\_\_\_\_\_\_\_\_ inflicted by a Komodo dragon’s teeth.

- Habitat loss and **(25)** \_\_\_\_\_\_\_\_\_\_ contributed to dwindling Komodo dragon populations.

**II. LEXICO AND GRAMMAR**

***Part 1: Choose the correct letter A, B, C or D that indicates the correct word/phrase that best fits in the blank.***

1. The road is packed with vehicles! That’s \_\_\_\_\_\_\_\_\_\_\_ at rush hour.

A. a going concern B. a hue and cry

C. part and parcel D. par for the course

2. Haiti's first elected president was \_\_\_\_\_\_\_\_\_\_\_ in a violent military coup.

A. disbarred B. supplanted C. deposed D. subverted

3. You will have to learn to face up to a few \_\_\_\_\_\_\_\_\_\_\_, my boy, before it’s too late.

A. home truths B. odd jobs C. second thoughts D. kid gloves

4. As soon as he read the letter, tears \_\_\_\_\_\_\_\_\_\_\_\_\_ in his eyes.

A. soaked up B. welled up C. filled up D. tanked up

5. Incoherence, or word \_\_\_\_\_\_\_\_\_\_\_, refers to speech that is unconnected and conveys no meaning to the listener.

A. salad B. blend C. roll D. soup

6. The case alleges that the company \_\_\_\_\_\_ female employees on opportunities for promotion.

A. short-dated B. short-changed

C. short-circuited D. short-handed

7. Poor Mary, all her colleagues teased her; she was the \_\_\_\_\_\_\_\_\_\_\_\_ of all their jokes.

A. hubbub B. butt C. bulk D. brunt

8. The city has \_\_\_\_\_\_\_\_\_\_\_\_ on the storage building permit, arguing that may not be permissible under updated zoning requirements.

A. derided B. taunted C. faltered D. reneged

9. Aircraft production continued to \_\_\_\_\_\_\_\_\_\_\_ at an agonizingly slow pace.

A. bubble over B. bristle at C. plod along D. fawn over

10. Kim put my name down for a sponsored parachute jump but I \_\_\_\_\_\_\_ at the last moment.

A. beavered away B. weaseled out

C. chickened out D. clammed up

11. After winning the lottery, they moved into a more \_\_\_\_\_\_\_\_\_\_\_\_ house in a high class residential area and had a more comfortable life.

A. well-attended B. well-built

C. well-appointed D. well-disposed

12. Thousands of people came out onto the streets to \_\_\_\_\_\_\_\_\_\_\_\_ their support for the democratic opposition party.

A. adduce B. attest C. elicit D. accost

13. The Prime Minister exercised his \_\_\_\_\_\_\_\_\_\_\_ to decide when to call an election.

A. license B. autocracy

C. prerogative D. dispensation

14. Protein and B2 in soybean help to metabolize amino acids, which \_\_\_\_\_\_\_\_\_\_\_\_ the skin.

A. rejuvenate B. recuperate

C. overhaul D. reinvigorate

15. Never \_\_\_\_ feelings your friend or relative expresses, but point out realities and offer hope.

A. dispel B. disparage C. dissipate D. dispatch

16. Despite many sophisticated techniques, the simple magnifying glass and gut tools for unmasking fake paintings.

A. instinct remains the best B. instinct remain the best

C. instinctive remain the best D. instinctively remains the best

17. Mr. Gump supposes, \_\_\_\_\_\_\_\_ that he will retire at 60.

A. like most people did B. as most of people

C. like most people do D. as do most people

18. \_\_\_\_\_\_\_\_\_\_ that Mr. Jones is planning to run for governor this year.

A. Word is it B. Word has it

C. Word has D. The words are

19. The endless parade of \_\_\_\_\_\_\_\_\_\_\_ on television has made today’s young girls

obsessed with their bodies.

A. celebrities enhancing surgically B. surgically- enhanced celebrities

C. surgical celebrities enhanced D. enhanced surgically celebrities

20. At the stroke of midnight, I’m afraid there\_\_\_\_\_\_\_\_\_.

A. won’t shops be left open B. won’t be shops left open

C. will be shops left not open D. will be no shops left open

***Part 2. Supply the correct form of the word in bracket.***

**1:** The notion of eating something that went against the grain of both of these new belief systems began to feel practically \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (**DELUGE**)

**2:** Baseline symptom severity, participant age and a history of previous treatment with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ were suggested as moderators of the antidepressant effect. (**DEPRESS**)

**3:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ invective is blessedly absent, although you might get assaulted with a little Silly String. (**ANGST**)

**4:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is generated through the conversion of flowing water into electrical energy, often using dams to store the water. (**ELECTRIC**)

**5:** He is such a(n) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that there is no way Bob will be surprised for his party. (**BLABBER**)

**6:** Hamlet becomes a(n) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , responsible for one death after another. (**CHIEF**)

**7:** So the whole dialectic of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ authorship is recuperated by the aesthetic by virtue of its medium of representation. (**NAME**)

**8:** New York cultural and political elites championed the power of Colonial buildings and artifacts to educate and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ recent immigrants. (**SIMILAR**)

**9:** That's the ethnographic scale - it's rich, beautiful and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of images and texture. (**CHOCK**)

**10:** I doubt the hundreds of millions of relatives and descendants of those victims needed any \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to acquire anti-Japanese sentiments. (**DOCTOR**)

**III. READING**

***Part 1. Fill in the blank with one suitable word.***

Nowadays, the global (1) \_\_\_\_\_\_\_\_\_\_\_ is increasing and fossil fuel supplies are running out, we must begin to put a greater priority on harnessing (2) \_\_\_\_\_\_\_\_\_\_\_ energy sources. Fortunately, there are a number of readily available, renewable resources that are both cost- effective and earth – friendly. Two such resources are solar power and (3) \_\_\_\_\_\_\_\_\_\_\_ power.

Solar energy, which reaches the earth through sunlight, is so abundant that it could (4) \_\_\_\_\_\_\_\_\_\_\_ the needs of worldwide energy consumption 6,000 times over. And solar energy is easily harnessed through the use of photovoltaic cells that convert sunlight to electricity. In the US alone, more than 100, 000 homes are (5) \_\_\_\_\_\_\_\_\_\_\_ with solar electric systems in the form of solar (6) \_\_\_\_\_\_\_\_\_\_\_ or solar roof tiles. And in other parts of the world, including many developing countries, the use of solar system is growing steadily.

Another alternative energy source, which is abundant in specific geographical areas, is geothermal power, which creates (7) \_\_\_\_\_\_\_\_\_\_\_ by tapping heat from below the surface of the earth. Hot water and steam that are trapped in underground pools are pumped to the surface and used to run a generator, which produces electricity. Geothermal energy is 50,000 times more abundant than the entire known supply of fossil fuel (8) \_\_\_\_\_\_\_\_\_\_\_ and as with solar power, the technology needed to utilize geothermal energy is fairly simple. A prime example of effective geothermal use in Iceland, a region of high geothermal activity (9) \_\_\_\_\_\_\_\_\_\_\_ there are over 80 percent of private homes, are heated by geothermal power.

Solar and geothermal energy are just two of promising renewable alternatives to conventional energy sources. The time is long overdue to invest in the (10) \_\_\_\_\_\_\_\_\_\_\_ development and use of alternative energy on global scale.

***Part 2. Read the following text and choose the correct letter A, B, C or D that indicates the correct answer for the following question.***

**MEDITATION**

Meditation is a mind and body practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being. There are many types of meditation, but most have four elements in common: a quiet location with as few distractions as possible; a specific, comfortable posture (sitting, lying down, walking, or in other positions); a focus of attention (a specially chosen word or set of words, an object, or the sensations of the breath); and an open attitude (letting distractions come and go naturally without judging them). **[A]**

Although there is little recorded history on meditation, its roots go back to ancient times. Teacher and practitioner Mary Rogers explains: “*Researchers speculate that primitive hunter-gatherer societies may have discovered meditation and its altered states of consciousness while gazing at the flames of their fires. Then, over thousands of years, meditation evolved into a structured practice.*”

Supporters of meditation claim that it can be a part of people’s lives in different ways and is often practiced to acquire balance in people’s physical, emotional, and mental states. Oliver Sachs, an Australian businessman, is an ardent fan. “*I find that the deep rest that meditation gives me enables me to make better choices. I can work better all through the day and I sleep better at night.*” Meditation has also been used to help people quit smoking and conquer drug and alcohol addictions. Doctor Kristina Smith has researched meditation and found that there are definite biological and psychological benefits. “*Proficient meditative practices help to integrate the brain functions and regulate various physiological mechanisms resulting in a state of mental and physical well-being.* **[B]** ”

One of the most important claimed benefits of meditation is how it releases stress from people’s bodies. Psychologist Angela Matthews is an expert in this field and has theorized that there is a connection to mankind’s development over time due to evolution. “**[C]** . *When people’s bodies are exposed to a sudden threat, they respond with the characteristic fight or flight reaction that is known as an* **adrenaline** *rush. If people are in extreme danger, these reactions are of great assistance and gain to them. The same response is now triggered in our daily lives when people are in a traffic hold-up or someone irritates us at work. If people do not confront things (and some things are beyond their control), they end up being in a permanent state of stress*.”

Related to stress, a recent study found that meditation helped college students decrease psychological distress and increase coping ability. These kinds of students are also at high risk for developing **hypertension**, and the meditation was also associated with decreases in blood pressure. The study’s researchers randomly assigned students to a meditation group or a control group. They also created a high-risk subgroup, based on blood pressure readings, family history, and weight. The meditation group received a seven-step course in meditation techniques, with invitations to attend refresher meetings, and kept track of how often they practiced meditation. At the beginning of the study and after three months, researchers tested all participants for blood pressure and psychological measures. The study’s director, Anton Hayden, was happy with the results, but also gave another suggestion. “*These findings suggest that young adults at risk of developing hypertension may be able to reduce that risk by practicing meditation. However, we recommend that future studies of meditation in college students evaluate long-term effects on blood pressure and psychological distress, so that our short-term results can be endorsed.*”

Finally, it seems that meditation can have various beneficial effects on the brain. Long-term meditators apparently have better-preserved brains than non-meditators as they age, as well as an increase in the thickness of the hippocampus, which governs learning and memory. **[D]** . Younger developing brains can also be beneficially affected and there has been increasing interest from educators and researchers in bringing meditation to school kids, who are dealing with the usual stressors inside school, and often additional stress and trauma outside school. San Francisco high school principal, Nicola Roberts, explains how her school has been transformed. “*Although I was skeptical at first, we started a twice daily meditation program and saw suspensions decrease, GPA’s increase and absenteeism decrease*.”

Although meditation has many detractors, those who practice it are vociferous in their support. More and more people are starting to take up meditation at home and work and increasing numbers of doctors are starting to **prescribe** it. Additional studies are also being conducted about the effects of meditation and, as more expertise is gathered, meditation will become a more accurately and frequently approved treatment.

**1**: What does the passage mainly discuss?

A. The development of meditation

B. The advantages and disadvantages of practicing meditation.

C. Why meditation has many detractors.

D. Why meditation is an indispensable treatment.

**2**: The word “**adrenaline**” in the 4th paragraph is a/an \_\_\_\_\_\_\_\_\_\_\_\_.

A. hormone B. method C. emotion D. reaction

3: According to the passage, the statement “***By practicing meditation, people will behave euphorically when they are in a snarl-up or someone gets up their nose***.” is \_\_\_\_\_\_\_\_\_\_\_.

A. True B. False C. Not given

4: According to the people’s opinions, the statement “***Properly conducted meditation can lead to more effective performance in the brain***” is belonged to \_\_\_\_\_\_\_\_\_.

A. Kristina Smith B. Angela Matthews C. Nicola Roberts D. Mary Rogers

5**:**  The word “**hypertension**” in the 5th paragraph is closest in meaning to \_\_\_\_\_\_\_\_\_\_\_\_.

A. eosinophilia B. aortic coarctation C. hypotension D. high blood pressure

6: Which of the following square brackets **[A], [B], [C]** , or **[D]** best indicates where in the passage the sentence “***Meditators also have more development in the areas of the brain that play roles in emotion regulation and self-referential processing.***” can be inserted?

A. **[A]** B. **[B]** C. **[C]** D. **[D]**

**7**: According to the head teacher’s statement, meditation can \_\_\_\_\_\_\_\_\_\_.

A. be discovered by the primitive hunter-gatherer societies.

B. increase the cumulative grade point average and decrease absenteeism.

C. reduce the risk of developing hypertension and increase coping ability.

D. result in a state of mental and physical well-being.

8: The word “**prescribe**” in the 7th paragraph is closest in meaning to \_\_\_\_\_\_\_\_\_\_\_\_\_.

A. deliquesce B. recalibrate C. recommend D. fluoridate

9: Which of the following square brackets **[A], [B], [C]** , or **[D]** best indicates where in the paragraph the sentence “***I think religion is theorized to be responsible for meditation first coming to the West***” can be inserted?

**[A]**. It seems meditation was first popular in the East with Indian scriptures known as ‘tantras’ mentioning meditation techniques five thousand years ago. **[B]** . Meditation took thousands of years to spread to Western societies and it was not until the twentieth century when it finally started to gain popularity in the West. Historian David Luttley describes how this happened: “ **[C]**. *Meditation spread to the West initially due to an increase in the popularity of Buddhism. Meditation being a central part of this religion meant that as Buddhism spread, other countries and cultures soon adopted many different forms of meditation*. **[D]**”

A. **[D]** B. **[A]** C. **[B]** D. **[C]**

10: According to the last paragraph , meditation will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. have more detractors.

B. be supported and taken up by many people.

C. be counterproductive if we practice it too much.

D. be abused to make money.

***Part 3. Read the following passage and do the tasks that follow.***

**Light pollution**

**A**

After hours of driving south in the pitch-black darkness of the Nevada desert, a dome of hazy gold suddenly appears on the horizon. Soon, a road sign confirms the obvious: Las Vegas 30 miles. Looking skyward, you notice that the Big Dipper is harder to find than it was an hour ago.

**B**

Light pollution – the artificial light that illuminates more than its intended target area – has become a problem of increasing concern across the country over the past 15 years. In the suburbs, where over-lit shopping mall parking lots are the norm, only 200 of the Milky Way’s 2,500 stars are visible on a clear night. Even fewer can be seen from large cities. In almost every town, big and small, street lights beam just as much light up and out as they do down, illuminating much more than just the street. Almost 50 per cent of the light emanating from street lamps misses its intended target, and billboards, shopping centers, private homes and skyscrapers are similarly over-illuminated.

**C**

America has become so bright that in a satellite image of the United States at night, the outline of the country is visible from its lights alone. The major cities are all there, in bright clusters: New York, Boston, Miami, Houston, Los Angeles, Seattle, Chicago – and, of course, Las Vegas. Mark Adams, superintendent of the McDonald Observatory in west Texas, says that the very fact that city lights are visible from on high is proof of their wastefulness. “When you’re up in an airplane, all that light you see on the ground from the city is wasted. It’s going up into the night sky. That’s why you can see it.”

**D**

But don’t we need all those lights to ensure our safety? The answer from light engineers, light pollution control advocates and astronomers is an emphasis “no”. Elizabeth Alvarez of the International Dark Sky Association says that overly bright security lights can actually force neighbors to close the shutters, which means that if any criminal activity does occur on the street, no one will see it. And the old assumption thatbright lights deter crime appears to have been a false one: a new Department of Justice report concludes that there is no relationship between the level of lighting and the level of crime in an area. And contrary to popular belief, more crimes occur in broad daylight than at night.

**E**

For drivers, light can actually create safety hazard. Glaring lights can temporarily blind drivers, increasing the likelihood of an accident. To help prevent such accidents, some cities and states prohibit the use of lights that impair night-time vision. For instance, New Hampshire law forbids the use of “any lightalong a highway so positioned as to blind or dazzle the vision of travellers on the adjacent highway”.

**F**

Badly designed lighting can pose a threat to wildlife as well as people. Newly hatched turtles in Florida move toward beach lights instead of the more muted silver shimmer of the ocean. Migrating birds, confused by lights on skyscrapers, broadcast towers and lighthouses, are injured, sometimes fatally, after colliding with high, lighted structures. And light pollution harms air quality as well: Because most of the country’s power plants are still powered by fossil fuels, more light means more air pollution.

**G**

So what can be done? Tucson, Arizona is taking back the night. The city has one of the best lighting regulations in the country, and, not coincidentally, the highest concentration of observatories in the world. Kitt Peak National Optical Astronomy Observatory has telescopes aimed skyward around the city’s perimeter, and its cadre of astronomers needs a dark sky to work with.

**H**

For a while, that darkness was threatened. “We were totally losing the night sky,” Jim Singleton of Tucson’s Lighting Committee told Tulsa, Oklahoma’s KOTV last March. Now after replacing inefficient mercury lighting with low-sodium lights that block light from “trespassing” into unwanted areas like bedroomwindows, and by doing away with some unnecessary light altogether, the city is softly glowing rather than brightly beaming. The same thing is happening in a handful of otherstates, including Texas, which just passed a light pollution bill last summer. “Astronomers can get what they need at the same time that citizens get what they need: safety, security, and good visibility at night,” says McDonald Observatory’s Mark Adams, who provided testimony at the hearings for the bill.

**I**

And in the long run, everyone benefits from reduced energy costs. Wasted energy from inefficient lighting costs us between $1 and $2 billion a year, according to IDA. The city of San Diego, which installed new, high-efficiency street lights after passing a light pollution law in 1985, now saves about $3 million a year in energy costs.

**J**

Legislation isn’t the only answer to light pollution problems. Brian Greer, Central Ohio representative for the Ohio Light Pollution Advisory Council, says that education is just as important, if not more so. “There are some special situations where regulation is the only fix,” he says. “But the vast majority of bad lighting is simply the result of not knowing any better.” Simple actions like replacing old bulbs and fixtures with more efficient and better-designed ones can make a big difference in preserving the night sky.

***Part 4. For questions 1-5, choose the correct headings for paragraphs A-F. Paragraph A has been done as an example. There are extra headings that you do not need to use. Write your answers in the corresponding space provided.***

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|  | **List of headings** |  | **Your answers:** |
| **i** | Why lights are needed | **0. Paragraph A** | **ix** |
| **ii** | Lighting discourages law breakers | 1. Paragraph B | \_\_\_\_\_\_\_\_\_\_\_ |
| **iii** | The environmental dangers | 2. Paragraph C | \_\_\_\_\_\_\_\_\_\_\_ |
| **iv** | People at risk from bright lights | 3. Paragraph D | \_\_\_\_\_\_\_\_\_\_\_ |
| **v** | Illuminating space | 4. Paragraph E | \_\_\_\_\_\_\_\_\_\_\_ |
| **vi** | A problem lights do not solve | 5. Paragraph F | \_\_\_\_\_\_\_\_\_\_\_ |
| **vii** | Seen from above |  |  |
| **viii** | More light than is necessary |  |  |
| **ix** | Approaching the city |  |  |

***For questions 6-9, complete the following statements with NO MORE THAN TWO WORDS taken from the passage. Write your answers in the corresponding numbered boxes provided.***

6. According to a recent survey, well-lit streets do not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or make neighbourhoods safer to live in.

7. Inefficient lighting increases \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because most electricity is produced from coal, gas or oil.

8. Efficient lights \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from going into areas where it is not needed.

9. In dealing with light pollution, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is at least as important as passing new laws.

***For questions 10-13, decide whether the following statements are True (T), False (F) or Not Given (NG). Write your answers in the corresponding numbered boxes provided.***

10. One group of scientists find their observations are made more difficult by bright lights.

11. It is expensive to reduce light pollution.

12. Many countries are now making light pollution illegal.

13. Old types of light often cause more pollution than more modern ones.

***Part 5. In the passage below, seven paragraphs have been removed. Read the passage and choose from paragraphs A-H the one which fits each gap. There is ONE extra paragraph which you do not need to use. Write your answers in the corresponding numbered boxes provided.***

**THE POWER OF VACCINES**

For the world’s population, access to injection-programme and general good health shouldn’t be matter of the luck of the draw. Scientific advances have concentrated on diseases more prevalent in richer countries and appear to have neglected the plight of the poor – especially in the third world countries – suffering from diseases that are routinely classified as easily preventable.

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| **1** |  |

The good news is that we can save these lives. Measles, polio, whooping cough, yellow fever – diseases that debilitate, disfigure and kill millions of children can be prevented with existing vaccines. Parents in developing countries often walk miles, or pay high prices to get the precious shots. They know that their children need some vaccines that parents in developed countries take for granted.

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| **2** |  |

When we first turned our attention to philanthropy, it seemed natural to extend technology to classrooms and libraries. Technology clearly can transform and empower its users. But our thinking crystallized as we learned of even greater need – impoverished children stricken with preventable diseases. One man has already made a great difference in the world.

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| **3** |  |

The power of vaccines – the most cost-effective medical intervention ever invented – lies in their ability to prevent rather than treat disease. It’s often the case that it is not until we become parents that we fully appreciate the virtues of having a form of medical intervention that protects before limbs go limp or hearts stop beating. Today vaccines save the lives of some 3 million children each year – children who are fortunate enough to have been born in countries with effective health systems, adequate vaccination supplies and trained health personnel.

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| **4** |  |

Access to safe, effective vaccines to such disease should not be dictated by circumstance. That is why a commitment was made by the Global Fund for Children’s Vaccines a year ago. The goal of the Global Fund, and the partners of the Global Alliance for Vaccines and Immunization, is to ensure that every child has access to lifesaving vaccines. An estimated 6 billion pounds over the next five years will cover the cost of fully immunizing children in developing countries.

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| **5** |  |

In the 1970s only 5% of the world’s children could expect to be fully immunized. Today, thanks to these “rich” nations, alongside the work of countless dedicated health professionals worldwide, we can envision a time when 70, 80, and finally 100 percent of children are protected. And at a cost of 10 and 15 pounds per child, vaccines are a small investment for a very big return.

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| **6** |  |

The dedication of resources to speed the discovery of new vaccines must also be a priority. Scientists and organizations like the International AIDs Vaccination Initiative are currently working to develop vaccines for the top three killer diseases – AIDs, Malaria, and tuberculosis. If they find them, perhaps the more daunting challenge will be to distribute them to those who need them most.

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| **7** |  |

Gandhi once said that for him the golden Rule meant that he could not enjoy things denied to other people. We should strive to ensure that health and freedom from these terrible diseases is something that no parent is denied.

***The missing paragraphs:***

1. But even the greatest of parental effort can’t help if the vaccines aren’t available. In the past it has taken up to 15 years for newly developed vaccines – including the relatively recent hepatitis B vaccine – to become available in poor countries. Those delays are measured in childhood fatalities. Our challenge is to provide every child, regardless of where they live or their family’s economic status with access to lifesaving vaccines.
2. There has also been a concerted effort by governments and other organizations to raise sufficient funds to save children’s lives through immunization. Some governments should be applauded for their active support and substantial donations to the cause.
3. The new philanthropy blends 1960s social consciousness with the present financial model. So far, donations have topped eight and a half million pounds to help inoculate children in India against the three major killer childhood diseases.
4. Dr. Jonas Salk changed the world when he announced the discovery of the polio vaccine. His work started a vaccine revolution, and, as a result, millions of children have escaped the disease’s crippling and often fatal effects. The last reported case of wild polio in the Western Hemisphere was in 1991. Who would have dreamt back in 1953 that within a generation – our generation – we would see polio almost eradicated from the face of the earth?
5. Vaccines cannot work their magic without a global effort. Parents, world leaders, and foundations can and should work together because we all want the same thing for our children, and this is something that great humanitarian leaders have been aware of for a very long time.
6. Whether they live in Bangladesh, Botswana or Seattle, all parents want the best for their children. Providing a healthy start in life and through childhood is a priority for every family. Yet for all the amazing advances we have made so far in medicine, there are still far too many children who don’t have access to even the most basic healthcare. More than 2 million die each year from vaccine-preventable diseases. This is a staggering statistic – a tragic reality we have ignored for too long. It is global news when an airline crashes, but rarely newsworthy that 228 children die from preventable illnesses every hour of every day. It’s time to move this issue of immunization to the top of our global agenda.
7. But there is more to do. First we need to redouble our efforts to introduce newer vaccines more quickly. It is heart-wrenching and unacceptable that children in the developing world may have to wait a decade or more to receive vaccines that are already saving lives in richer countries.
8. Yet tens of millions of people do not share in these benefits because of what they can effort or where they live. World-wide, more than 1 billion people live on less than 50 p a day. Lack of safe water, poor sanitation and meagre food supplies are a part of the grim reality of their daily lives. Their children weakened by malnutrition, and parasitic infections, are susceptible to childhood killers – whopping cough, measles and meningitis.

***Part 6. The passage below consists of five sections marked A-E. Read the passage and do the task that follows. Write your answers (A-E) in the corresponding numbered boxes provided.***

**A modern health problem**

A. There is growing concern about the way we view food, which goes beyond the ‘do we live to eat or eat to live?’ debate. More and more children are leading inactive lifestyles and are suffering from obesity. In the 1990s and early years of this century, tobacco-related diseases were the main problem, but aggressive anti-smoking campaigns caused the focus of concern to shift. In this decade, obesity appears to be the major health concern with far-reaching repercussions. Obese children suffer taunts and bullying from their peers and this, instead of causing them to rethink their eating habits, may perpetuate the vicious circle; in other words, these children turn to ‘comfort thinking’ which adds to their weight problem.

Researchers have noted that some children are doing less than one or two minutes of ‘moderate activity’ in an hour, which is an alarming reduction on the results of previous studies. The problem seems to be worse in teenage girls than in their male counterparts, with older children getting much less exercise than younger ones.

B. Many parents realise that their children are overweight, but do not know enough about nutrition to give their offspring the support they need in order to help them change their lifestyles. Given time pressures from work and family, a growing number of people rely on pre-cooked convenience foods or quick fry-ups, thus exacerbating the problem. In general there is some recognition of the situation. For example, at 'Weight Loss Camps', obese children, along with their slightly less overweight peers, learn to read food labels and understand the nutritional content of food, or lack of it, eat healthily and exercise. This experience can also increase their confidence in themselves, as they are surrounded by youngsters who are in the same boat. But, by and large, not enough is being done.

C. Schools are partly to blame, as they have marginalised physical education due to time limitations. Also, in many cases, they have bowed to financial pressure and sold off playing fields, often in order to buy more up-to-date computers, which in turn encourage sedentary lifestyles. The food industry must also shoulder some of the responsibility, as their advertising campaigns promote foodstuffs which are high in fat and sugar. Advertisements frequently feature such products as fizzy drinks, king-size chocolate bars and ever larger packets of crisps. These are attractive to families on low incomes because you now get more for the same price as the original, smaller portions. However, children who have large bags of crisps or bars of chocolate in their school lunch-boxes don't save half for the next day; they eat the whole thing. It would appear that fast-food marketing people have seized upon children as being brand-loyal from cradle to grave. They therefore target small children with free toys, a worrying trend which, some believe, warrants government action.

D. Some campaigners want governments to treat the fast-food industry as they do the tobacco industry, insisting that foods with a high fat or sugar content should carry an official health warning. They would also like a ban on vending machines in schools, as it is estimated that one fifth of children get more than 20 percent of their energy from sugar, with 5 percent of that coming from the consumption of fizzy drinks. Of course, children are not the only ones to suffer from obesity. In one survey, only 40 per cent of adults claim to regularly sit down for a meal, which means that the majority are eating on the hoof. Only around 30 per cent say that they cook all their own meals. It becomes reasonably obvious that this is so when you look around you in the street or in an underground station. Walking and talking are interspersed with eating and drinking; people carry a can to swig from, and clutch food to scoff.

E. We live in a culture which actively promotes fast food while simultaneously showing images of the ultimate in ‘beauty’. The majority of us could never achieve this perfect look, given our lifestyle and diet. This fact, in turn, gives rise to both overeating and its extreme opposite, anorexia. It is obviously time for us to take a close look at our relationship to food. The recommended daily diet, at least according to some experts, consists of at least five portions of fruit and vegetables, some protein (but not too much) and only a few carbohydrates. No one would deny, however, that the occasional lapse would be acceptable. Remember the old adage: a little of what you fancy does you good!

**In which section is each of these views expressed?**

1. In the past, other public health issues were seen as more significant than obesity.

2. Mistreatment of youngsters who are overweight can often result in the problem becoming worse.

3. Children may have access to fewer areas where they can play sports than they did in the past.

4. More action from the authorities is being demanded to tackle the problem of obesity.

5. Hasty eating routines while being on the move are common among adults.

6. The world is flourishing two polars of physical care that should not coexist.

7. Irregular self-indulgence should not be dissuaded when it comes to diet.

8. Marketing strategies of some companies are wreaking havoc on children's development to the extent that official intervention is proposed.

9. A lack of information limits the assistance that some people can give to others.

10. The connection of those who have the same health issues has the potential to relieve their inferiority complex.

**IV. WRITING**

***Part 1. Read the following article and use your own words to summarise it. Your summary should be between 100 and 120 words long.***

Delays in detection and recall of bad meat happen because the industry is too weakly regulated," Schlosser says. "By the time the USDA discovers tainted meat, it's already being distributed," he wrote in The Nation on September 16. Since then, the agency has announced that it will begin random tests at all meatpacking plants in the U.S., and will have the power to close facilities where contamination is found.

What hasn't changed? The USDA still lacks the power to order the recall of contaminated meat. "Every other defective product can be ordered off the market. Mandatory recall is important because under the current voluntary standard the company decides how much meat needs to be recalled and doesn't have to reveal where the meat has been shipped," Schlosser says. He advises that we write our congressional representatives in support of the SAFER Meat, Poultry, and Food Act and the Meat and Poultry Pathogen Reduction Act, which would give the agency power to enforce limits on contaminants, order recalls and impose fines. The meat industry says it cannot produce bacteria-free meat, so it's up to us to cook it until it's safely well done (160° F) to kill E. coli. But the tainted food should not be getting to us in the first place.

The industrial food system produces force-fed, disease-prone animals and people. An estimated 120 million Americans are overweight or obese. McDonald's announced in September, 2002 that it would switch to heart-healthier polyunsaturated vegetable oil, but that won't make the fries any less fattening. It's just a gloss on the system in which, through their massive purchasing and marketing power, giant companies control how our food is produced, from seed to feed to processing. As Wilhelm says of the big meat processors who buy from megafarms, "They say that we consumers want this pork and they need it to come from one place to be efficient. "It's time we consumers made it clear that industrial farms, fast foods and their costly "efficiencies" are not what we want.

Excerpted from Mindy Pennybacker, "Why Fast Food Costs Too Much”

***Part 2. The pie chart shows the percentage of women in poverty and the bar chart shows poverty rates by sex and age. They are from the United States in 2010.***

**Summarize the information by selecting and reporting the main features, and make comparisons where relevant. Write at least 150 words.**





***Part 3. Essay writing: Write an essay of about 300 – 350 words on the following topic:***

***More and more people are choosing cosmetology surgery to improve their appearance. What are the reasons? Do you think it is a positive or negative development?***