

TRƯỜNG ĐẠI HỌC VĂN LANG
ĐƠN VỊ: KHOA NGOẠI NGỮ

ĐỀ THI VÀ ĐÁP ÁN
THI KẾT THÚC HỌC PHẦN
Học kỳ 2, năm học 2023-2024

I. Thông tin chung

Tên học phần:	Reading 1		
Mã học phần:	71ENGL30372	Số tin chỉ:	2
Mã nhóm lớp học phần:	232_71ENGL30372_01		
Hình thức thi: Trắc nghiệm kết hợp Tự luận	Thời gian làm bài:	60	phút
<i>Thí sinh được tham khảo tài liệu:</i>	<input type="checkbox"/> Có	<input checked="" type="checkbox"/> Không	

SECTION 1 (3 marks)

Read the following passages and choose the correct option A, B, C, or D to answer each given question.

Passage 1

Health and happiness are co-related. But we generally ignore health and that is why we are not happy. How can we preserve good health? First of all, walking is very important to keep us in good health. Not only walking is good for the body, it also helps keep the mind clear and sharp. Modern medicine has offered definite proof that walking is good for the brain. For good health, we must preserve a quiet and peaceful mental attitude. Also, worrying too much about the various troubles can lead to the development of stomach ulcers/ Besides it, we must wear a smiling face. We must have faith in the supreme being and remain tranquil-minded. We must radiate Peace and Love and pray for world peace. Besides it, the positive attitude is essential. Meditation also calms the mind, soothes the nerves and restrains angry impulse. A supple body is maintained by avoiding excessing strain. When unusual strain is put on the body, it becomes exhausted and loses its tone. One must be careful about the food one takes. Some foods despite being quite delicious may be harmful to the body. We should eat only enough to satisfy our needs. Also, listening to music is good for one's health. Music calms mind and emotions and provides stimulation and excitements. Listening to a programme of classical or orchestral music after work can help to relax and relieve the exhaustion and frustration of the day.

1. Walking is very important to keep us _____.

A. in a good health

B. in good taste

C. in good humour

D. in good manners

ANSWER: A

2. For good health, we must preserve _____.

A. a quiet and peaceful mental attitude

B. a store of excellent oranges

C. a lot of spiritual intelligence

D. everything needed for it.

ANSWER: A

3. Our body becomes exhausted when _____.

A. unusual strain is put on it

B. overburdens it with weight

C. it is unwisely used

D. it is tortured much

ANSWER: A

4. Excessive worrying about various troubles can lead to _____.

A. the development of stomach ulcers

B. the development of acidity

C. the development of cancer

D. the development of typhoid

ANSWER: A

5. The noun form of 'radiat' is _____.

A. radiation

B. radiately

C. radiable

D. radiated

ANSWER: A

Passage 2

Many animals are able to communicate with each other very well - but none of them can talk as we do. That's no animals use words. Birds cry out and make sounds that other birds understand. Smells, movements, and sounds are used for communication by animals, through which they express joy and anger or fear. Human speech is a very complicated process, which no animal can perform. One reason is that in a very special way we use a whole series of organs to produce the sounds we want to make when we utter words. The way our vocal cords are made to vibrate, the way the throat, mouth and nasal cavities are adjusted, the way the lips, teeth, lower jaw, tongue and palate are moved - just to make vowel and consonant sounds, is something animals can't be. They can't produce a whole series of words to make a sentence. And there is another perhaps more important reason why animals can't talk. Words are only labels for objects, actions, feelings expressions and ideas. For example, the word 'bird' is a label for a living, flying object. Other words describe its colours, shape, flying and singing. Still other words should be used to tell what the speaker thinks or feels about the bird or its action. For human beings, therefore, the use of words means the use of labels or symbols, and then organizing them in a certain way to communicate something. This requires a degree of intelligence and logical thinking that no animals have. So they can't talk the way people do.

6. Communication in animals is made through _____.

- A. smells, movements and sounds
- B. smells, sitting and flying
- C. smells, sitting and running
- D. smells, sitting and eating

ANSWER: A

7. The emotions which are expressed by birds are _____

- A. joy, fear and anger
- B. joy, love or hate
- C. joy, jealousy or zeal
- D. joy, cry or anger

ANSWER: A

8. Animals cannot perform speeches as it is a _____

- A. complicated process
- B. complete process
- C. easy process
- D. confused process

ANSWER: A

9. For using words properly, human beings require _____

- A. a degree of intelligence and logical thinking
- B. a degree of graduation
- C. logical thinking and sound
- D. logical thinking and imagination

ANSWER: A

10. The noun form of 'communicate' is _____.

- A. communication
- B. communicative
- C. communicated
- D. communicating

ANSWER: A

SECTION 2 (3 marks)

Read the passage and decide whether each given statement is True (T) or False (F).

Living in the countryside can be very difficult for teenagers. Their nearest friend lives miles away and it's impossible to get into the town to go shopping or attend a club. 13-year-old Fiona Timson, who lives in Carneath in Wales, says 'Everyone else in my class seems to have such interesting weekends. They meet each other by chance when they're out shopping, and they decide there and then to do something cool together. That never happens to me'.

Fiona's mum, Helen, realises it's a problem. 'We moved here because it was quiet and we

knew we wouldn't have to worry about her going out alone. But we possibly made the wrong choice. Fiona hardly ever leaves home, not because she's scared, but because there is simply nowhere for her to go. The village is tiny, and most of the people living here are old. I can't drive her around because we only have one car, and my husband uses it for work. Fiona can't spend the evening with friends because the last bus to Carneath is at ten past five in the afternoon. She even has to leave her school orchestra practice early in order to catch it.

The *Country Kids* organisation aims to help children like Fiona, and their families. A grant from Country Kids gives families money for four taxi rides per month, up to a distance of twenty five miles each. This allows children like Fiona to attend an after-school club once per week or visit friends on Sundays. Country Kids also organizes trips to theatres and sports events in nearby cities at weekends. The parents don't have to do anything. A minibus comes directly to the house and picks the kids up.

To qualify for a grant from Country Kids, children must be between the ages of eleven and sixteen, and live in a village with a population of less than 1000 people. The village must be more than twenty miles from a town. The family's income must also be below a certain level. For Fiona's schoolfriend Emma, who lives in nearby Dolbury with a population of 894, it's perfect. Unfortunately, Fiona misses out. The population of Carneath is 1159. The number of families applying to Country Kids for a grant is increasing, and its president, Judith Sankey, is finding it more and more difficult to find funding. 'There are so many great organisations looking for money. A lot of people feel that curing diseases and helping animals is more important than the work we do, so they prefer to give their money to them. We're always worrying that we won't be able to carry on. But the families we help really do appreciate what we do, so I hope the organisation can continue to run in the future.'

- 1 Fiona would like to have fun without having to making plans.
- 2 Fiona's family moved to the countryside because of their work.
- 3 Fiona's mother does not allow Fiona to go out alone.
- 4 Very few children and teenagers live in Carneath.
- 5 Fiona is unable to play in the school orchestra because of where she lives.
- 6 A child with a *Country Kids* grant gets free transport home twice per week.
- 7 *Country Kids* takes children to see plays in nearby towns.
- 8 Fiona doesn't qualify for a *Country Kids* grant because her family earns too much.
- 9 Fewer and fewer families are requesting money from *Country Kids*.
- 10 Judith Sankey is worried that the *Country Kids* organisation may close down.

SECTION 3 (2 marks)

The reading passage has five paragraphs, A-E.

Choose the correct heading for paragraphs A-E from the list of headings below.

Write the correct number, i-x, in boxes 1-5.

List of Headings

- i Effects of city life on mental health
- ii Stress reduction in animals
- iii Two types of stress
- iv The fallout of cell death
- v The best type of exercise
- vi How stress can be useful
- vii Managing stress in job interviews
- viii One reason behind bad tempers
- ix Neuron loss in childhood
- x Regrowing the brain with exercise

Read the passage and match each given heading with the correct paragraph.

A

Despite its bad reputation, stress historically had a vital role to play. Commonly referred to as the ‘fight or flight’ mode, the sudden release of stress hormones like adrenalin and cortisol causes the heart to beat faster, airways to dilate and blood vessels to open up, all of which push the body towards optimal performance and, ultimately, survival. In the rest of the animal kingdom, this is still often the difference between life and death. As he springs off to freedom, the lucky gazelle who escapes the lion can thank this primal evolutionary response.

B

In ordinary modern life, although we’re in little danger of being stalked by wild beasts down city streets, our bodies react to stress in the same ways. Experiencing anxiety, fear and stress is considered a normal part of life when it is occasional and temporary, such as feeling anxious and stressed before an exam or a job interview. It is when these acute reactions are prolonged or cannot be switched off, however, that serious physical, social and cognitive issues can result. In contrast to the normal everyday stress of modern life, chronic stress is a pathological state which can significantly interfere with daily living activities such as work, school and relationships, wreaking havoc on the body’s immune, metabolic and cardiovascular systems.

C

Of major concern is the impact on the brain. Researchers have found that the hippocampus, the control centre of memory and our ability to learn, can physically shrink in response to prolonged release of stress hormones like cortisol which result from chronic stress. Neurons

in this area do not just get smaller, but actually die, which weakens the neural connections, affecting the way memories are organised and stored in the brain. A chronically stressed person would recognise this as a 'brain fog', and it also has ramifications for other areas such as creativity and adaptability.

D

While this part of the brain gets smaller, another area, the amygdala, which is involved in processing emotions, can grow with chronic stress. Across species, a larger amygdala has been found to correlate with aggression and this, coupled with the weakened connection to the prefrontal cortex, the brain's decision-making centre, can profoundly impact mood and behaviour. With the link between emotions and decision-making compromised, a person is much less able to stop and reflect, becoming instead reactive and short-fused. Think of the difference between being able to tolerate a screaming child and instead giving in to the desire to scream back.

E

In the past, it was accepted that there was a limited number of neurons in the brain and as they died off as a result of ageing, stress or substance abuse, for instance, they were lost forever. It turns out, however, that this is not the case and that stem cells within the brain are actually able to create new neurons. In other words, lost neurons can be replaced. What makes this discovery even more powerful is the fact that replenishing neurons is rather straightforward. One of the most powerful stimulants for neuron growth is physical activity. So, in addition to its role in the reduction of stress hormones in the first place, and its ability to stimulate the release of endorphins, exercise has now been shown to contribute to the repair of the chronically stressed brain.

SECTION 4 (2 marks)

Fill in each blank of the following sentences with the correct word given in the box.

access assist concept eventually frustrated
internal period physical productive respond

1. I thought my friends would never come back from the store, but _____ they did.
2. Michael got a lot of work done. It was very _____ day.
3. You can _____ the school Wi-Fi using this password.
4. At our store, the computer specialists _____ customers. It's their job.
5. To be healthy, it is important to develop _____ strength.
6. The doctor couldn't see anything wrong on the outside. It was an _____ problem.

7. I tried to register for classes today, but the website didn't work! Now all the classes I want are full. I'm so _____.
8. The _____ of the 1920s was known as the Jazz Age.
9. The phone company said they would _____ quickly to my problem.
10. The idea of death is a difficult _____ to understand.

ĐÁP ÁN VÀ THANG ĐIỂM

Phần câu hỏi	Nội dung đáp án	Thang điểm	Ghi chú
Section 1		3.0	
Câu 1	A	0.3	
Câu 2	A	0.3	
Câu 3	A	0.3	
Câu 4	A	0.3	
Câu 5	A	0.3	
Câu 6	A	0.3	
Câu 7	A	0.3	
Câu 8	A	0.3	
Câu 9	A	0.3	
Câu 10	A	0.3	
Section 2		3.0	
Câu 1	T	0.3	
Câu 2	F	0.3	
Câu 3	F	0.3	
Câu 4	T	0.3	
Câu 5	F	0.3	
Câu 6	F	0.3	
Câu 7	T	0.3	
Câu 8	F	0.3	
Câu 9	F	0.3	
Câu 10	T	0.3	
Section 3		2.0	
A	vi	0.4	
B	iii	0.4	
C	iv	0.4	
D	viii	0.4	
E	x	0.4	
Section 4		2.0	
Câu 1	eventually	0.2	

Câu 2	productive	0.2	
Câu 3	access	0.2	
Câu 4	assist	0.2	
Câu 5	physical	0.2	
Câu 6	internal	0.2	
Câu 7	frustrated	0.2	
Câu 8	period	0.2	
Câu 9	respond	0.2	
Câu 10	concept	0.2	
	Điểm tổng	10.0	

TP. Hồ Chí Minh, ngày 19 tháng 4 năm 2024

Trưởng bộ môn



TS. Nguyễn Hòa Mai Phương

Giảng viên ra đề



Ngô Thị Cẩm Thuỳ