

BÀI KIỂM TRA TIẾNG ANH LỚP 11

TRANSCRIPT

□□□□

Track 01: Listen to a passage about the importance of a balanced diet and fill in each of the blanks with ONE WORD or NUMBER.

Why is it important to have a balanced diet?

Having a balanced diet is very important for body functioning. Keeping your protein, carbohydrates, fats and vitamins at the suitable level will help you feel good, maintain your body weight and have a healthy overall profile.

- If people do not consume an adequate amount of protein per day, their body will not function properly in terms of growth and healing. Furthermore, if somebody does not consume enough energy, then problems such as tiredness will occur and most probably you will not be able to perform some daily tasks. On the contrary, increased consumption of energy can lead to obesity or overweight related health problems. A huge percentage of English and American population is either obese or overweight. That is a consequence of eating more food than we actually need. And it is not only foods that give these results but also drinks high in sugars and calories.

Just to be clear, a balanced diet means eating a wide range of foods in the right quantities.

Components of a balanced diet - Foods are divided in 5 groups:

- Fruits and vegetables
- Foods high in starch like pasta and rice
- Meat, eggs and fish
- Dairy foods
- Foods that contain fats and simple sugar such as sweets and chocolate.

Track 2: Listen to the passage and mark the statements True (T), False (F) or Doesn't Say (DS) according to what you hear.

Sleep well

Do you have difficulty waking up in the morning? Do you find it hard to concentrate in class? Does your mood change often? Do you sometimes feel sad without a reason? Then, maybe you are not getting enough sleep.

Most teens need about 8 to 9 hours of sleep each night. This is essential for anyone who wants to do well in exams, or play sports and don't feel exhausted afterwards. However, many teens usually go to bed late. This may be because the hormone that regulates sleep appears later at night during a young person's teenage years.

In quite a few schools, middle and high school classes start later to help teens get more sleep. If your school doesn't do that, try to get more sleep. Relax your mind, avoid consuming drinks with caffeine and stay away from bright lights before you go to bed. This will help both your body and mind work better.

Track 3: Listen to the passage and fill in each of the blanks with NO MORE THAN THREE WORDS.

Our position in the family is one of the factors which strongly affect our personality. The eldest or first-born children get maximum attention from their parents and the result is that they are usually self-confident and ambitious people. Many firstborns are also responsible because they often have to look after their younger brothers or sisters. Therefore, they can be quite bossy and dominant as they often give orders and are fearful of losing position. Middle children are usually sociable since they have other children to play with. They are good at peacemaking and compromising. Yet, on the negative side, middle children can be jealous and moody ones. The youngest in a family is probably quite a relaxed person and some are often lazy. This is because they always have someone in the family to help them. Yet, they are charming and creative, have good sense of humor and know how to manipulate others when they want to get their way.

Track 4: Listen to the passage and choose the best answer to complete the sentences.

I would like to tell you about my grandparents, especially my grandmother. My grandma had curly grey hair, a loveable smile. She looked like a stereotypical Asian grandma you'd see pushing a brown grocery cart around Springvale, Australia.

We used to visit grandma once a fortnight. When we were with her, it was routine for her to look through the cupboard finding snacks for my sister and I, along with making iced coffee for my dad.

I used to be afraid of my broken Vietnamese; my grandparents helped me change that. I spoke fluent Vietnamese until about the age of seven. I went to a school where there weren't many kids like me and I felt whitewashed as I got older. My Vietnamese felt forced and unfamiliar to the language. Conversations with my grandparents — rarely went beyond a 'hello' and a 'goodbye' because I had trouble holding conversations with them.

Now I have come to understand that my grandparents don't judge me for my broken Vietnamese and that the Vietnamese language is what connects me to my grandparents and my community. Now, I'm no longer afraid of trying to reconnect with my culture.

Track 5: Listen to a passage about Venice and choose the best answers to complete the sentences.

Venice, a city famous for its canals, is situated in Italy. It is divided into six islands. The brick buildings of the city were constructed on wooden piles. There are about 150 canals in the shallow lagoon. The city is also connected by about 400 bridges. Tourists and visitors can travel around the canals in boats called gondolas, which are also used for weddings

and funerals. However, most of the locals there refer to travel around in motorized boats. Venice was home to Marco Polo the famous explorer. He was one of the first Westerners to travel to China. It is, therefore not surprising that one of the main airports there is named after him. Venice has four seasons. The vast majority of the visitors prefer the summer when it is warm. Tourists can then spend the time in the city visiting its beautiful churches, medieval buildings, and museums.

Track 6: Listen to a passage about the importance of a balanced diet and fill in each of the blanks with ONE WORD or TWO WORDS.

A new supermarket for the town

At a public meeting held recently, residents of the town of Oxwell met local politicians and shop owners to discuss plans to build a large supermarket in town. A wide variety of opinions was expressed, some in favour and some against the project. A director of the supermarket group, who was present at the meeting, stated that the supermarket would benefit the inhabitants of Oxwell as it would give people more choice when shopping. He also pointed out that it would lead to a growth in the number of jobs available in the town, which has a high rate of unemployment. Although there was general agreement on the need for new jobs, some of those present claimed that the presence of the proposed new supermarket would actually bring about the loss of jobs. They pointed out that small shops would be forced to close as they would be unable to compete with supermarket prices. Next month, they will get together again and make the final decision on whether or not to build the supermarket.

Track 7: Listen to the passage about 2023 ASEAN Tourism Forum and complete the table

Viet Nam to promote potential at 2023 ASEAN Tourism Forum

A Vietnamese delegation attended the 2023 ASEAN Tourism Forum (ATF) in Indonesia, where they promoted their country as a desirable and open destination for tourists following the COVID-19 pandemic.

The Vietnamese National Administration of Tourism (VNAT) reported that the country's participation in the ATF provided an opportunity to support the tourism industry's reconnection with partners and markets, and help drive tourism recovery.

With the theme: "ASEAN - A Journey to Wonderful Destinations", the ATF 2023 and the Travel Exchange (TRAVEX) trade fair took place in Yogyakarta, from February 2–5.

Speaking at the meeting, the VNAT Deputy General Director expressed his pleasure that many countries in the region reopened tourism in 2022. Viet Nam is to highlight the image of Viet Nam tourism with a logo titled "Viet - Timeless Charm".

In addition, Viet Nam is to promote its tourism industry with a promotional campaign named "Live fully in Viet Nam" through a press conference to introduce the development,

policies, services, and products suitable to the new normal situation after the COVID-19 pandemic.

Track 8: Listen to the passage and decide whether the statements are TRUE or FALSE

Vietnam's National Power Development Plan (PDP8) clearly shows that the government is prioritizing the development of wind over solar. This could be seen as a reasonable strategy towards the decarbonization of Vietnam's electricity sector as wind has immense potential and opportunities to thrive. Vietnam has a coastline of over 3,000 km, with shallow water depths and high consistent wind speeds at an average of over 20 kilometres an hour.

The technical potential of installed wind capacity could reach up to 599 GW, including 261 GW of onshore wind and 338 GW offshore. This prospect is far larger than Southeast Asian peers such as Indonesia, with only 277 GW, and the Philippines, with 178 GW.

Offshore wind would not burden the national grid as much as solar does, because Vietnam's shallow water areas are closely located to the demand centre. Another co-benefit is that wind sites could boost tourism because the turbines could pique the tourists' curiosity and they are located on the coastlines of major cities and provinces, such as Da Nang city, Ninh Thuan province, and Binh Thuan province.

Track 9: Listen to the passage about RECYCLING and fill in each of the gaps to complete the statements.

Recycling

Australians are smart people. We like to recycle. We can help the environment by recycling because it saves a lot of the Earth's natural resources. All it means is that you take old discarded materials and make new products from them. Lots of materials can be recycled. Aluminum cans, cardboard, glass, paper, and plastic bottles can be recycled to make new items. In Australia, most household waste is buried. Old sites are rapidly filling, and it is becoming harder to find new sites. We can reduce our disposal problem by reducing our waste. How can we do that? We can reuse waste items whenever possible or recycle waste items to use the raw or base material again.

You can also be paid extra cash for collecting aluminum cans and this helps keep the grounds clean too. Recycling produces jobs and recycled aluminum can be exported which is good for the Australian economy.

Track 10: Listen to the passage on GLOBAL WARMING AND CLIMATE CHANGES and CIRCLE the best answers to the questions according to what you hear.

How is global warming affecting life in our area?

- Ecosystems: Global warming stresses ecosystems through temperature rises, water shortages, increased fire threats, drought, weed and pest invasions, just to name a few.

- Species: One in six species is at risk of extinction because of climate change. To survive, plants, animals and birds confronted with climate change have two options: move or adapt. With the speed of climate change, it's often not possible for a species to adapt quickly enough to keep up with its changing environment. And with the amount of habitat destruction, moving is becoming increasingly difficult.

- Food and farming: Changes to rainfall patterns, increasingly severe drought, more frequent heat waves, flooding and extreme weather make it more difficult for farmers to graze livestock and grow produce, reducing food availability and making it more expensive to buy.

- Damage to homes: Increasingly severe extreme weather events like bushfires, floods, cyclones and coastal erosion, will see increased damage to homes.

Woman: Track 11: Listen to a passage on the importance of preserving our heritage and CIRCLE the best answers to the questions.

Cultural heritage and natural history of a nation has a very high value and is unique. It is, in many ways, the characteristic that can be introduced to the world.

Cultural heritage affirms our identity as a people because it creates a comprehensive framework for the preservation of cultural heritage including cultural sites, old buildings, monuments, shrines, and landmarks that have cultural significance and historical value. Culture and its heritage reflect and shape values, beliefs, and aspirations, thereby defining the national identity. It is important to preserve our cultural heritage, because it keeps our integrity as a people, the quality of being whole and complete.

The importance of intangible cultural heritage is not the cultural manifestation itself but rather the wealth of knowledge and skills that is transmitted through it from one generation to the next. The social and economic value of this transmission of knowledge is relevant for minority groups and for mainstream social groups within a state, and is as important for developing states as for developed ones.

Track 12: Listen to a talk about preserving immigrants' cultural identity and complete the notes with NO MORE THAN TWO WORDS.

The topic of my talk today is the problems many migrants have to face when living in a place, which is not their homeland. Migrants can be immigrants who settle down in another country, but migrants can also be those people moving from one place to another within the same country, like moving from the countryside to the city. When people migrate, they do not leave their beliefs, customs, or cultural practices behind. They want to assimilate into the new culture, but they also want to maintain their own. However, their

children and grandchildren find it difficult. There are mainly two ways for migrants to pass down the culture to the next generations.

First, they should encourage all family members to speak their mother tongue at home. This will help the young ones to communicate with people in the home country when they have a chance to visit their homeland.

Second, they should attend festivals, celebrating the culture, such as the Lunar New Year for some Asian communities. On these occasions, everybody can enjoy traditional food, wear traditional clothes, sing folk songs, and exchange best wishes in the heritage language.

Track 13: Listen Mrs. Jenkins talk to her class before their final exam and CIRCLE the best answers to the questions.

Welcome class. Please take your seats. This afternoon is your final English exam. I know that most of you sat your final History exam this morning, and that two of you have just come from your final French oral exam. So you have had a stressful day already. But don't worry. Take a deep breath and relax.

Let me tell you about this exam. The exam is five pages long. You have exactly three hours to finish it. There are both essay questions to answer and multiple-choice questions. Essay questions are worth 10 marks each. Multiple choice questions are worth one mark each.

This is an open-book exam, but you are only allowed to use the course textbooks. You are not allowed to use your own personal notes.

Next, I want to give you the following advice. If you don't know an answer in the multiple-choice section, guess. If you happen to finish before the three hours is up, I advise you to look back carefully over your work as you may spot some mistakes.

Finally, the work of everyone in this class this year has shown me that you are all more than capable of getting above 50%. Therefore, I want you all not to worry.

Track 14: Listen to the passage and fill in each of the blanks with NO MORE THAN THREE WORDS

Vocational training programs in Germany

One way of training for your future occupation in Germany is by pursuing a dual vocational training program. Such programs offer plenty of opportunity for on-the-job training and experience. Programs usually last between two and three years. You will spend one or two days a week, or several weeks at once, at a vocational school where you will acquire the theoretical knowledge as well as practical elements that you will need in your future occupation. The rest of the time will be spent at a company.

On completing your training, you will not only have the required technical knowledge, but you will also have hands-on experience in your job. There are around 350 officially recognised training programs in Germany, so chances are good that one of them will suit your interests and talents. You can find out a lot of information by visiting one of the jobs

and vocational training fairs which are organised in many German cities at different times in the year.

This kind of training is very popular with young Germans. Around two thirds of all students leaving school go on to start a vocational training program because employment prospects for students who have completed a dual vocational training program are very good.

Track 15: Listen to the passage and CIRCLE the best answers to the questions

Living on your own might be a thrilling idea that you dream of achieving someday, but at the same time, the thought can be scary. This guide will help prepare you so that someday you can live independently.

First, we need people to be there for us and to also be honest with us and tell us how we can improve ourselves. Ultimately, when you are living on your own, you might encounter many obstacles and you will want someone there to be supportive of you and to help you as you navigate a life of independence.

Second, it is of great importance to learn how to balance your schedule in a day. You need to be **flexible** and willing when arranging time for activities, work, and social engagements.

Next, live a healthy lifestyle. You should exercise and try to eat healthy. You also have to maintain your hygiene or you might find yourself out of a job.

Last but not least, living on your own is something that you have to make happen for yourself. So, don't allow anything to deter you from your goal, persist in what you want.

Track 16: Listen to a passage about helping the youth deal with uncomfortable emotions and complete the sentences with ONE or TWO words.

Helping a Child Deal With Uncomfortable Emotions

The life skills young people need to live on their own are work, transportation, goal-setting, emotion regulation, dealing with emergency, household management, money management. Among them, how to deal with uncomfortable emotions is of the utmost importance.

Children are not born with an understanding of their emotions and quite a few of them fail to know how to express their feelings in socially appropriate ways.

When the youth don't understand their emotions, they may also avoid anything that feels uncomfortable. For example, a young person who is really shy in social situations may avoid taking part in a new activity because he or she lacks confidence in her ability to tolerate the discomfort associated with trying new things.

Teaching the youth to regulate their emotions can reduce a lot of behavior problems. With coaching and practice, young people can learn that they can cope with their feelings in a healthy manner. A child who understands her emotions will also be better prepared to deal with uncomfortable situations and he or she is more likely to perform at her peak.

Track 17: Listen to a talk about three social issues in America and complete the statements with ONE WORD/ or NUMBER

Today we are going to talk about the three social issues that American people keep their eyes on. They are student debt, housing and healthcare.

1. Student debt - In a 2022 article, Forbes points out that the total student debt is \$1.75 trillion in federal and private loans. On average, borrowers each owe almost \$29,000. And many can't pay their loans.
2. Housing - According to Pew Research in 2021, in many places in the US, affordable housing is very challenging to find. 49% of Americans said finding affordable housing in their community was a "major problem". In California, for example, there's a \$14.00/hour minimum wage, which gets you a one-bedroom rental with 89 hours of work per week.
3. Healthcare - According to a KFF analysis of government data, about 1 in 10 adults have medical debt. Black adults, people with disabilities, and those in poor health are most likely to have significant medical debt. COVID-19 also exposed many cracks in the healthcare system. The United States' system was simply not equipped to handle the pandemic well. America's healthcare system surely needs a big improvement to deal with future pandemics and the everyday health and wellness of those within its borders.

Track 18: Listen to the passage and decide whether the statements are TRUE or FALSE.

Noise is a form of pollution, which can be merely irritating, or cause physical or emotional damage. For some people, the sound of music played very loudly is annoying while others take pleasure in it. Similarly, it may be enjoyable for some to ride a motorbike, while other people find the noise anti-social. Long-term exposure to loud noise can bring about stress which has physical signs, such as an increase in heart rate and oxygen consumption possibly leading to effects on the heart and circulation. Tiredness, irritability, and sleep disturbances may also occur. The physical effects of noise on the ears can be serious. Prolonged, loud noise causes physical discomfort; it actually "hurts the ears", and if it is too loud or goes on for too long, it at first causes temporary hearing loss, then deafness due to permanent damage to the delicate mechanism of the inner ear. Rock musicians performing in front of very powerful speakers frequently have permanent hearing damage.

Don't underestimate the harmful effects of loud noise. It is the form of pollution which has the most immediate effect on our health. It can cause severe stress.

Track 19: Listen to a passage on ECOSYSTEMS and CIRCLE the best answers to the questions.

Ecosystems

Each area of the environment is full of different kinds of plants, animals and other organisms. To stay alive, these living things depend on each other and on non-living things in their environment, such as water, sunlight and temperature. Their interaction creates an ecosystem.

Plants get their energy from earth, water, and sun. Animals get their energy from eating plants and other animals. Some animals only eat plants - they are called herbivores; some only eat meat – carnivores; and some eat both plants and meat – omnivores.

Each organism within an ecosystem has his own role to play. When leaves and branches fall from the trees to the land, they are mostly eaten by bacteria that live in the swampy areas. As the branches and compost break down, they rot and release nutrients for marine animals such as crabs, shrimp, and fish. The large mangrove roots and stick-like plants, for example, protect the coastline and also provide nesting places for birds and shelter and food for young fish.

In time, anything that interferes with the balance of an ecosystem is likely to harm or destroy that system. Threats include invasive species. Some say humans are the worst offenders; then natural disasters, temperature changes, and pollution.

Track 20: Listen to the passage and complete each of the statements with ONE WORD/ or NUMBER.

**Conserving Vietnam's marine Ecosystems,
in Nui Chua, Ninh Hai district, Ninh Thuan province Vietnam**

In Nui Chua national park, fishing communities depend on the sea for their livelihood. The coastline has one of the highest levels of marine biodiversity in Vietnam. It is the home to many types of coral, fish and an endangered species of sea turtle, and its uniquely resilient fringing coral reef spans over 2,300 hectares. A decade ago, this coast was under threat from harmful fishing practices, as well as the harvesting of seagrass and turtle eggs and the destruction of coral reefs, but under the Vietnam Sea strategic action program, local communities have turned the tide. Fishermen like Mr. Nguyen have been trained as volunteers, taking an active role in conservation and assisting with coastal patrols.

Projects like this along Vietnam's coastline protect marine resources, while providing a sustainable source of income to communities like Mr. Nguyen's. Since the start of the project in 2018, the community has helped effectively manage 1,070 hectares of coral reef and 40 hectares of seagrass. Volunteers like Mr. Nguyen now educate others on the importance of conserving the marine ecosystem.