**ĐỀ CƯƠNG ÔN TẬP GIỮA KÌ I**
**NĂM HỌC: 2026-2027**
**MÔN: TIẾNG ANH - KHỐI: 11**

## I. TRẮC NGHIỆM

***Read the following passage and mark Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 1 to 6.***

Looking for an easy way to (1) _____ fit at home or outdoors? The DOMYOS Heavy Resistance Band from Decathlon is perfect for full-body workouts. You can use it for squats, rows, and even (2) _____ to make your routine more effective. It's lightweight, portable, and helps you work out regularly without needing a gym. One of our customers says "I (3) _____ this band for three weeks, and it made my workouts more challenging and fun. Yesterday, I did a short session with it and (4) _____ sore but strong!" The DOMYOS band is great for beginners and (5) _____. Just a few minutes a day can make a big difference if you use it on a (6) _____ basis. Start today and take the first step toward a healthier lifestyle!

*(Adapted from https://www.decathlon.vn)*

**Question 1.** **A.** stay **B.** have **C.** make **D.** take
**Question 2.** **A.** food poisoning **B.** star jumps **C.** life expectancy **D.** balanced diets
**Question 3.** **A.** was used **B.** have been used **C.** used **D.** have used
**Question 4.** **A.** feel **B.** felt **C.** feeling **D.** has felt
**Question 5.**
**A.** experienced users alike **B.** alike experienced users
**C.** experienced alike users **D.** users alike experienced
**Question 6.** **A.** regularly **B.** regularity **C.** regular **D.** regulate

***Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 7 to 12.***

**Closing the Generation Gap**

The generation gap is a common problem in many families. Parents and children often see life in different ways, which can (7) _____ conflict. To improve relationships, both sides need to understand their roles and responsibilities.

• Parents (8) _____ decide to listen carefully to their children's feelings. This is their own choice to create trust.
• Children must show respect, (9) _____ they do not agree. Respect is a personal decision that builds peace at home.
• In many families, children (10) _____ follow house rules, such as doing homework before playing games. These rules are made by parents, not by the children themselves.
• Parents have to work hard to provide (11) _____ the family. This necessity comes from society and daily life responsibilities.

By combining these efforts, families can reduce the generation gap. Love, respect, and (12) _____ guide every family decision.

*(Adapted from https://getmarlee.com)*

**Question 7.** **A.** lead to **B.** result from **C.** start to **D.** begin with
**Question 8.** **A.** must **B.** have to **C.** mustn't **D.** don't have to
**Question 9.** **A.** by then **B.** only if **C.** even when **D.** if only
**Question 10.** **A.** must **B.** have to **C.** mustn't **D.** don't have to
**Question 11.** **A.** of **B.** to **C.** with **D.** for

**Question 12.** **A.** communication **B.** communicative **C.** communicated **D.** communicator

***Mark the letter A, B, C or D on your answer sheet to indicate the best arrangement of utterances or sentences to make a meaningful exchange or text in each of the following questions from 13 to 17.***

**Question 13.**

a. Tom: I think they will have smart buildings and better transport, like driverless cars.
b. Anna: What do you think cities will look like in the future?
c. Anna: That sounds exciting! I hope there will also be more green spaces for people to relax.

**A.** c – a – b **B.** c – b – a **C.** b – c – a **D.** b – a – c

**Question 14.**

a. Anna: Good idea! I think living in a big city has both advantages and disadvantages, but for now, I feel happy to be a city dweller.
b. Ben: Yes, I do. I like the energy of the city, and there are always things to do, like going to cafés, shopping, or visiting museums.
c. Anna: That's true. I also enjoy the variety of jobs and opportunities here, but sometimes the traffic makes me tired.
d. Anna: Do you enjoy living in a big city?
e. Ben: I understand. The traffic and noise can be stressful, but public transport helps a lot. I usually take the subway because it's faster.

**A.** d – b – a – c – e **B.** b – a – c – d – e **C.** b – c – d – e – a **D.** d – b – c – e – a

**Question 15.**

Dear David,
I hope you are doing well. I am writing to share my ideas for the plan to upgrade the urban center.
a. The aim is to make the area more sustainable and improve daily life for residents.
b. We should also think about buildings. Solar panels, energy-saving lights, and better insulation will cut costs and show our commitment to sustainability.
c. Better transport is another key point. Electric buses, more bike-sharing stations, and safe walking paths will reduce traffic and pollution.
d. People will find it easier to travel around the center.
e. Green spaces are very important. Parks and rooftop gardens can reduce air pollution and give people places to relax. They will also make the city more attractive.
Finally, a recycling system with smart bins can help keep the city clean. Please share your thoughts, and we can arrange a meeting next week to plan further.
Best regards,

**A.** e – c – d – b – a **B.** e – a – d – b – c **C.** a – e – c – d – b **D.** a – c – e – b – d

**Question 16.**

a. By building upwards instead of outwards, cities can save land and create more room for public areas on the ground.
b. Many new skyscrapers also include eco-friendly designs, such as solar panels and smart cooling systems, which help reduce energy use and pollution.
c. Skyscrapers have become a defining feature of modern cities because they make it possible to house many people and businesses in limited space.
d. For this reason, skyscrapers are both a solution to urban growth and a challenge that requires careful city planning.
e. However, the concentration of people in tall buildings often leads to heavier traffic and higher living costs in central areas.

**A.** c – b – a – e – d **B.** c – a – b – e – d **C.** e – d – c – a – b **D.** e – c – a – d – b

**Question 17.**

a. To address these issues, architects are beginning to design buildings with better sound insulation, carefully planned layouts, and smart technology that allows people to control light, noise, and security.
b. When apartments are built close together, residents often experience problems such as thin walls, shared balconies, or windows that face directly into other homes.
c. Such solutions are becoming increasingly important because sustainable cities must balance high density with individual comfort.

d. In future cities, high-rise buildings will be essential to provide housing for growing populations, but this type of living also creates challenges for privacy.
e. Therefore, ensuring privacy in high-rise living is not only a matter of personal well-being but also a necessary part of future urban planning.

**A.** a – c – d – e – b **B.** a – d – c – e – b **C.** d – b – a – c – e **D.** d – a – c – b – e

***Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 18 to 22.***

Family therapy is an effective way to reduce conflicts between generations. It helps family members improve communication, understand different perspectives, and strengthen emotional connections. (18) _____. The safe environment created in therapy allows everyone to share their feelings without fear of judgment. This process builds trust and empathy, and it helps families replace negative habits with healthier ways of relating to one another.

Conflicts between generations often happen because older and younger people value different things. Older generations usually prefer traditions and stability, (19) _____. These differences may cause frustration and arguments. Therapy teaches active listening, which means focusing on what the other person says without interrupting. By practicing this skill, families can reduce tension and create stronger bonds.

Therapy also encourages knowledge exchange. Younger members can guide older relatives in using technology, while older relatives can share wisdom in life. This kind of sharing (20) _____.

Families can also try simple strategies at home. They can practice patience, show empathy, and learn to value each other's opinions. Children often (21) _____, because these rules come from their parents' decisions. However, when self-help strategies are not enough, professional therapy becomes necessary. Therapists may use approaches such as family systems therapy or cognitive-behavioral therapy to explore the root causes of conflict. With professional guidance, (22) _____.

*(Adapted from https://positivepsychology.com)*

**Question 18.**
**A.** To make progress, family members must respect each other's opinions during therapy sessions.
**B.** In order to get the best outcome, family members should keep their own opinions and sit quietly.
**C.** To achieve progress, the members in the families had to obey the others' opinions during the treatment.
**D.** In order to obtain the best results, members in our family will have to stay silent during the sessions.

**Question 19.**
**A.** while younger members often want innovation and independence
**B.** whilst older members value individualism, honesty and curious mind
**C.** while the young limit their screen time and experience on social media
**D.** whilst younger generations are indeed in need of positive characteristics

**Question 20.**
**A.** continues adapting characteristics of different individuals
**B.** supports in widening the gap among family members
**C.** aids in adjusting the connections between generations
**D.** helps to close the gap between different age groups.

**Question 21.**
**A.** should follow their family rules, only if they have some conflicts
**B.** should become familiar with the rules even though they agree
**C.** have to follow certain family rules, even if they do not fully agree
**D.** must obey some specific family rules although they fairly disagree

**Question 22.**
**A.** families can enhance their influence, experience, and generation gap
**B.** families can improve communication, reduce stress, and restore harmony.
**C.** households should limit their view, family values, and meaningless conflicts
**D.** households can value freedom and honesty in some extended families.

***Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 23 to 30.***

Want to feel stronger and more energized? The answer is simple: eat healthy food. **A balanced diet** fuels your body, keeps you sharp, and protects you against illnesses. Let's explore why good nutrition is your path to a better life.

Start with a variety of foods. Think of colorful fruits, crisp vegetables, whole grains, lean proteins like fish, and healthy fats from avocados or seeds. These provide vital nutrients. Your body needs vitamin C for healing and calcium for strong bones. **Eating a range of foods ensures you get all the essentials for great health.**

Good nutrition also boosts your mind and energy. Fresh foods like berries or almonds improve focus and mood. Processed snacks or sugary drinks, on the other hand, often make you feel sluggish. Balanced meals give you steady energy to power through work, play, or anything else you love doing each day.

Even better, eating well helps prevent serious health issues. Poor diets can lead to problems like heart disease, diabetes, or obesity. Swap fried foods for baked or grilled options, and you'll lower **those risks**. Small changes in what you eat build a healthier future, step by step.

To wrap it up, healthy eating transforms your life. Choose nutrient-packed foods to feel your best, both physically and mentally. Try adding a new vegetable to your plate or drinking water instead of soda. Your body will thank you. Start today and embrace the joy of living better through good nutrition.

*(Adapted from https://www.tuftsmedicarepreferred.org)*

**Question 23.** The phrase A balanced diet in paragraph 1 could best be replaced by _____.
**A.** proper nutrition **B.** regular treatment **C.** balanced fitness **D.** deadly virus

**Question 24.** The word those risks in paragraph 4 refers to _____.
**A.** small changes **B.** fried foods **C.** grilled options **D.** health issues

**Question 25.** Which of the following best paraphrases the underlined sentence in paragraph 2?
**A.** You should consume one type of food only every day.
**B.** Different foods can cover all your body's needs.
**C.** Healthy food means eating just fruits and grains.
**D.** Many foods may make you gain extra weight.

**Question 26.** The word "illnesses" in paragraph 1 is OPPOSITE in meaning to _____.
**A.** spread **B.** germ **C.** fitness **D.** organism

**Question 27.** Which of the following is NOT true according to the passage?
**A.** Fresh foods support mental performance. **B.** Sugary drinks boost your daily energy.
**C.** Balanced meals help maintain focus. **D.** Eating well prevents major illness.

**Question 28.** According to the passage, which of the following is NOT mentioned?
**A.** Healthy food protects your immune system.
**B.** Fruits and seeds can provide healthy fat.
**C.** Snacks may cause people to feel sluggish.
**D.** Vitamins are really important to your health.

**Question 29.** In which part of the passage does the writer mention foods that support focus and mood?
**A.** Paragraph 1 **B.** Paragraph 2 **C.** Paragraph 3 **D.** Paragraph 4

**Question 30.** In which part of the passage does the writer encourage readers to take action?
**A.** Paragraph 1 **B.** Paragraph 4 **C.** Paragraph 3 **D.** Paragraph 5

***Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 31 to 40.***

As urban populations expand, cities face urgent challenges such as rising temperatures, worsening air quality, and declining biodiversity. To address these issues, future cities must combine technological progress with environmental responsibility. [I] Singapore provides a striking example of this balance through its vertical forests and sky gardens, which illustrate how nature can be integrated into modern urban design.

Vertical forests are high-rise buildings whose facades are covered with diverse plants, including trees, shrubs, and vines. These green layers serve several functions at once. They filter the air by absorbing carbon dioxide and releasing oxygen, while also reducing heat on building surfaces. [II] As a result, less energy is required for cooling, which decreases both electricity consumption and greenhouse gas emissions. In this way, vertical forests demonstrate how architecture can directly support sustainability.

Sky gardens extend this approach by creating elevated green spaces within the city's dense landscape. Located on rooftops and terraces, they capture rainwater, lower the urban heat island effect, and provide habitats for wildlife. Equally important, they offer citizens places to relax, exercise, and connect with others. Thus, sky gardens contribute not only to environmental protection but also to social and mental well-being. [III]

A key feature of Singapore's model is the treatment of greenery as infrastructure rather than decoration. **Designers carefully integrate ecological systems into buildings**, ensuring that plants support cooling, water management, and even biodiversity. This approach transforms skyscrapers into living ecosystems, proving that urban architecture can function as part of the natural environment.

Looking ahead, the example of Singapore highlights a possible direction for future cities. If urban areas worldwide adopt similar innovations, they could become more resilient, sustainable, and livable. [IV]

*(Adapted from https://medium.com)*

**Question 31.** According to paragraph 2, the paragraph mainly focuses on _____.
**A.** how vertical forests improve urban climate **B.** why cities construct tall modern buildings
**C.** reasons trees are planted on city rooftops **D.** what materials are used in skyscraper walls

**Question 32.** Which of the following best summarises paragraph 3?
**A.** Sky gardens improve air quality, reduce heat, and create healthy social spaces for residents.
**B.** Sky gardens are mostly decorative, offering little support for people or the natural environment.
**C.** Sky gardens function mainly as tourist attractions and provide revenue for the local economy.
**D.** Sky gardens replace man-made forests, giving urban citizens no reason to visit rural landscapes.

**Question 33.** Which of the following is NOT mentioned as a benefit of vertical forests?
**A.** Filtering air pollution and reducing carbon dioxide
**B.** Releasing oxygen and improving environmental health
**C.** Lowering surface temperature and saving electricity
**D.** Attracting international tourists and building reputation

**Question 34.** The phrase "high-rise buildings" in paragraph 2 mostly means _____.
**A.** privacy **B.** infrastructure **C.** pedestrians **D.** skyscrapers

**Question 35.** The word they in paragraph 3 refers to _____.
**A.** terraces **B.** rooftops **C.** spaces **D.** gardens

**Question 36.** Which of the following best paraphrases the underlined sentence in paragraph 4?
**A.** Builders ignore nature when they plan new constructions.
**B.** Scientists use technology without considering ecology.
**C.** Architects create structures that include natural processes.
**D.** Engineers prefer machines to natural environmental design.

**Question 37.** According to the passage, vertical forests reduce energy use by _____.
**A.** increasing rainfall and absorbing urban pollution
**B.** lowering building temperatures through green plants
**C.** replacing mechanical cooling systems with machines
**D.** producing renewable energy with solar installations

**Question 38.** Which of the following can be inferred from the passage?
**A.** Cities that copy Singapore's model may become more sustainable.
**B.** Singapore is the only city that uses plants in tall modern buildings.
**C.** Future cities will face fewer problems if they expand horizontally.
**D.** Sky gardens are more important than vertical forests for the future.

**Question 39.** Which of the following can be inferred from the passage?
**"In this vision, cities are not separate from nature but actively shaped by it, offering a path toward a greener and more balanced future."**
**A.** [I] **B.** [II] **C.** [III] **D.** [IV]

**Question 40.** Which of the following best summarises the overall message of the passage?
**A.** Singapore focuses deeply on green decoration, leaving environmental problems largely unresolved.
**B.** Future cities should address ecological issues and prioritize economic growth above all else.
**C.** Modern urban planning proves that greenery has some effects on people's social relationships.
**D.** Singapore's model shows that nature can become an essential part of sustainable urban design.

## II. TỰ LUẬN

**1. Complete each sentence using the correct form of the word in brackets.**

1. I am working out to be _____ this year. I have gotten sick several times. (HEALTH)
2. Taking exercises can help you improve your muscle _____. Therefore, you should go to the gym more often. (STRONG)
3. Doctors will _____ patients thoroughly and give them the best treatments. (EXAMINATION)
4. Having coffee in the morning is a _____ routine of mine. It helps wake me up. (REPEAT)
5. COVID-19 is an _____ disease. It can easily transfer from one person to another. (INFECT)
6. Some bacteria in our bodies are _____ while others are harmful, so we shouldn't try to kill all of them. (HELP)
7. People from different generations may sometimes get into _____ over viewpoints. (ARGUE)
8. Children nowadays can make use of _____ media very easily. They learn things faster than their previous generations. (SOCIETY)
9. People of the same generations often share common _____. (BELIEVE)
10. Parents often encourage their children to follow their native country's _____ values. (CULTURE)

**2. Fill in each blank with a suitable phrase from the box. Use the correct form.**

| | | | | |
|---|---|---|---|---|
| **cut down on** | **give up** | **work out** | **come down with** | **get over** |
| **bring up** | **take after** | **get around** | **run out of** | **deal with** |

1. You don't need to quit completely, but you should _____ sugary drinks to protect your teeth.
2. After more than twenty years, my uncle finally decided to _____ smoking completely.
3. Nam _____ at the gym three times a week to stay fit and strong.
4. She _____ a bad cold last week, so she had to stay at home.
5. It took him two weeks to _____ the flu completely.
6. My grandparents _____ my mother in a small village near Ha Noi.
7. Lan _____ her father — they both love playing chess.
8. In the cities of the future, people will _____ easily thanks to driverless cars.
9. If we keep wasting water, we will soon _____ it.
10. Smart technology helps city planners _____ traffic problems more effectively.

**3. Write the correct preposition in each blank.**

1. Many elderly people suffer _____ chronic illnesses such as diabetes.
2. Fresh fruit and vegetables are very good _____ your health.
3. Doing exercise regularly reduces the risk _____ heart disease.
4. It took my grandfather a month to recover _____ his operation.
5. Teenagers often argue _____ their parents about everyday matters.
6. Some parents put too much pressure _____ their children to get high marks.
7. Students should focus _____ their studies instead of playing games all day.
8. My opinion often differs _____ my parents', but we still respect each other.
9. Smart cities depend _____ modern technology to save energy.
10. Future cities must cope _____ overpopulation and pollution.

**__THE END__**