

ĐỀ CƯƠNG ÔN TẬP KIỂM TRA GIỮA HỌC KỲ I
NĂM HỌC 2025-2026
MÔN: TIẾNG ANH - KHỐI 11

A. NỘI DUNG KIẾN THỨC TRỌNG TÂM

I. VOCABULARY (Từ vựng)

- Hệ thống từ vựng, cụm từ và thành ngữ đã học từ **Unit 1 đến Unit 3**
- Các chủ đề chính:
 - Unit 1: A long and healthy life
 - Unit 2: The generation gap
 - Unit 3: Cities of the future
- Chú ý các dạng từ (Word Formation): danh từ, động từ, tính từ, trạng từ của các từ vựng trọng tâm.

II. GRAMMAR (Ngữ pháp)

- **Tenses (Các thì):**
 - Quá khứ đơn vs HTHT
- **Grammar Points (Các chủ điểm ngữ pháp khác):**
 - Modal verbs
 - Stative verbs
 - Linking Verbs

B. CÁC DẠNG BÀI TẬP LUYỆN TẬP

- **Dạng bài trắc nghiệm:**
- **Dạng 1: sắp xếp trật tự câu**

(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 9 to 12).

- Câu 9. – Short conversation (3 câu)
- Câu 10. – Long conversation (5 câu)
- Câu 11. – Letter (5 câu)
- Câu 12. – Paragraph (5 câu)

- **Dạng 2: đọc điền từ**

(Read the following advertisement / leaflet 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 13 to 18).

- Câu 13. Word form
- Câu 14. Word order (Adj – N –N)

- Câu 15. Grammar point
- Câu 16. Preposition
- Câu 17. Collocation (Vocab)
- Câu 18. Verb form

● **Dạng 3: đọc hiểu**

(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 19 to 28).

- Câu 19. Which of the following is NOT mentioned as
- Câu 20. The word "....." in paragraph is OPPOSITE in meaning to _____.
- Câu 21. The word "....." in paragraph refers to _____.
- Câu 22. The word "....." in paragraph could be best replaced by _____.
- Câu 23. Which of the following best paraphrases the underlined sentence in paragraph
- Câu 24. Which of the following is TRUE according to the passage?
- Câu 25. In which paragraph does the writer mention
- Câu 26. In which paragraph does the writer mention
- Câu 27. Which of the following best summarises paragraph
- Câu 28. Which of the following can be inferred from the passage?

● **Dạng bài tự luận:**

- **Viết lại câu (Sentence Transformation):** Luyện tập chuyển đổi các cấu trúc ngữ pháp đã học.
- **Viết đoạn văn (Paragraph Writing):** Viết một đoạn văn (khoảng 100-120 từ) về một trong các chủ đề đã học Unit 1,2,3

C. HƯỚNG DẪN ÔN TẬP

- Xem lại toàn bộ từ vựng và ngữ pháp trong sách giáo khoa và vở ghi.
- Làm lại các bài tập trong sách bài tập (Workbook).
- Luyện tập các bộ đề cương do giáo viên cung cấp.

CÁC DẠNG BÀI TẬP CƠ BẢN

Phần I. LISTENING

Task 1. Listen to Nikolas and his examiner, talking about where he lives and choose the correct answer A, B, C or D. You will listen to the recording TWICE.

Question 1. How long has Nikolas lived in Moscow?

- A. for 6 years.
- B. for a year.
- C. for 12 years
- D. He has just moved there.

Question 2. How old is he now?

- A. 18 years old
- B. 6 years old
- C. 12 years old
- D. 15 years old.

Question 3. He lives in _____.

- A. a nuclear family
- B. an extended family
- C. a single parent household
- D. a multigenerational household

Question 4. When does he often meet his friends in international restaurants?

- A. in the evening
- B. in the morning
- C. at noon.
- D. after 10 p.m

Part 1. Listen to the talk about a healthy diet and choose the correct answers. You can listen to each recording TWICE.

Question 5. According to the speaker, what should you do if you lack vitamins?

- A. Rush off and take vitamin pills
- B. Change your eating habits
- C. Seek medical help
- D. Get some help from dieticians

Question 6. What are fat soluble vitamins?

- A. Vitamins that can be stored for a longtime in the body
- B. Vitamins that are removed rapidly from the body
- C. vitamins that require daily intake
- D. Vitamins that are essential in large quantities

Question 7. How often should you eat fruits and vegetables according to the speaker?

- A. Once a week
- B. Three times a week
- C. Four servings daily
- D. At every meal

Question 8. What is one way to ensure your diet contains enough vitamins?

- A. Eating different kinds of food
- B. Shopping for fresh fruits and vegetables once a week
- C. Storing vegetables in a warm and bright place
- D. Eating chips at the uni canteen

Phần II. SẮP XẾP HỘI THOẠI, EMAIL ...

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 9 to 12.

Question 9.

a. Sarah: That's great! It's all about staying consistent and incorporating movements that keep our joints and muscles active.

b. John: I agree. I've been doing yoga for a few years now, and it's really helped me keep flexible and reduce stiffness.

c. Sarah: As we age, it's important to stay active and maintain mobility. Regular stretching and light exercises can really help.

A. a – b – c

B. c – b – a

C. c – a – b

D. b – c – a

Question 10.

a. Tom: Not really. It's more about breathing and clearing your mind. Walking outside helps too.

b. Lily: I've never done yoga before. Is it hard?

c. Lily: I'm feeling so stressed with school and everything. I don't know how to relax.

d. Tom: You should try doing yoga or meditation. It really helps reduce stress.

e. Lily: Sounds good. I'll give it a try. I guess I also need to manage my time better.

A. b – a – e – d – c

B. e – a – c – d – b

C. c – d – b – a – e

D. e – d – c – a – b

Question 11.

Dear Phuc,

a. Although it's not always easy to keep up the routine, I know it's worth it for my health and happiness.

b. Thanks so much for encouraging me to stay active and eat healthily—your advice truly made a difference.

c. Your tip about eating more fruits and vegetables instead of sugary snacks was especially helpful.

d. Since I started walking to school and cutting down on fast food, I've felt more energetic and focused.

e. I'll keep you updated as I try more changes to improve my lifestyle.

Talk soon,

Khanh

A. b – a – e – d – c

B. b – d – c – a – e

C. b – e – a – d – c

D. b – d – c – a – e

Question 12.

a. Maintaining a balanced diet rich in fruits, vegetables, and whole grains ensures the body gets essential nutrients.

b. Additionally, regular physical activity helps maintain a healthy weight and reduces the risk of chronic diseases.

c. Firstly, getting enough sleep is crucial for overall health and well-being.

d. Finally, managing stress through techniques like meditation and mindfulness promotes mental and emotional health.

e. Living a long and healthy life requires a combination of good habits and lifestyle choices.

A. e – c – a – b – d

B. a – c – d – e – b

C. c – e – b – a – d

D. b – e – b – a – d

DẠNG BÀI ĐỌC ĐIỀN

Read the following advertisement 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 13 to 18.

A virus is a tiny infectious agent that can only replicate inside the living cells of an organism. Viruses consist (13) _____ genetic material, either DNA or RNA, surrounded by a (14) _____ called a capsid. Some viruses also have an outer lipid envelope.

Viruses are very diverse and can infect many forms of life, including animals, plants, fungi, and bacteria. When a virus infects a host, it (15) _____ to a specific cell, injects its genetic material, and (16) _____ the cell's machinery to produce new virus particles. These new viruses then burst out of the host cell, often (17) _____ it, and go on to infect more cells.

While some viruses cause mild or no symptoms, others can lead to serious diseases such as influenza, HIV/AIDS, COVID-19, and Ebola. Vaccines, which are a key tool in preventing viral infections, and antiviral (18) _____ can help manage some viral diseases. Despite their tiny size and simple structure, viruses have a profound impact on the health and disease of all living organisms.

Reference: <https://microbiologysociety.org/>

- Question 13. A. of B. to C. with D. in
- Question 14. A. coat protein protective B. coat protective protein
 C. protective protein coat D. protective coat protein
- Question 15. A. attached B. attaches C. to attach D. attaching
- Question 16. A. look after B. take over C. carry on D. give up
- Question 17. A. destroy B. destroying C. destroyed D. have destroyed
- Question 18. A. medic B. medical C. medicine D. medications

DẠNG BÀI ĐỌC HIỂU

Read the following passage about health tracking and mark the letters A, B, C, and D on your answer sheet to indicate the best answer to each of the following questions from 19 to 28.

Goal setting is a crucial process that involves careful consideration of what you want to **accomplish** and requires persistent effort to make it a reality. Establishing goals gives you a target to strive for and helps to keep you motivated throughout the process. Goals also provide you with a focus and a way to measure your progress and accomplishments.

In the pursuit of a healthy lifestyle, setting realistic goals is the key to success. However, it is important to be realistic with yourself when setting these goals. If you want to quit smoking, lose a significant amount of weight, or run a marathon, it is unlikely to happen overnight, or even in a few months or a year.

Not reaching those goals might be **discouraging** and lead to giving up altogether. To avoid feeling overwhelmed, it is advisable to start small and concentrate on one goal at a time. If you want to lose weight, make small and achievable goals. For example, you can start by

working out at least three times a week or adding more vegetables to your meals when you want seconds.

By keeping a journal or using a tracking app on your phone, you can monitor your progress and ensure that you stay on track. Once these small goals become part of your routine, you can gradually add new **ones**, such as limiting eating out to twice a week or incorporating weightlifting into your exercise routine. These small goals are easier to achieve and will eventually lead to meeting your main goal.

[Adapted from Global Success]

- Question 19.** The word **accomplish** in paragraph 1 is closest in meaning to _____.
- A. attempt B. continue C. achieve D. access
- Question 20.** Which of the following is NOT mentioned as a benefit of setting goals?
- A. Keeping you motivated throughout the process
B. Providing you with a way to measure progress
C. Helping you accomplish goals overnight
D. Giving you a target to strive for
- Question 21.** Which of the following best paraphrases the underlined sentence in paragraph 2?
- A. The pursuit of a healthy lifestyle is only possible when achievable goals are set.
B. Establishing attainable goals plays a crucial role in achieving a healthy lifestyle
C. Setting goals for a healthy lifestyle requires focusing on success above all else.
D. Achieving a healthy lifestyle depends entirely on overcoming unrealistic challenges.
- Question 22.** The word **discouraging** in paragraph 3 is **OPPOSITE** in meaning to _____.
- A. overwhelming B. independent C. concerning D. motivating
- Question 23.** The word **ones** in paragraph 4 refers to _____.
- A. small goals B. routines C. meals D. seconds
- Question 24.** Which of the following is **TRUE** according to the passage?
- A. Using a tracking app makes sure that you can achieve your goals sooner.
B. Tough goals should be included in your routine to achieve your main goal.
C. It is recommended to begin with small goals and focus on one goal at a time
D. Adding vegetables to your daily diet can help you lose weight quickly.
- Question 25.** In which paragraph does the author imply the need for patience?
- A. Paragraph 1 B. Paragraph 2 C. Paragraph 3 D. Paragraph 4
- Question 26.** In which paragraph does the writer explore methods to track progress toward goals?
- A. Paragraph 1 B. Paragraph 2 C. Paragraph 3 D. Paragraph 4
- Question 27.** Which of the following best summarises the 4th paragraph?
- A. Tracking your goals with a journal or app guarantees success in achieving your main goal.
B. By setting and tracking small, manageable goals, you can build habits that will eventually help you achieve your larger goal.
C. Limiting eating out and doing weightlifting are the most effective ways to stay on

track with your goals.

D. Staying motivated is easier when you use a phone app instead of a journal.

Question 28. Which of the following can be inferred from the passage?

A. People who set unrealistic goals are more likely to give up on achieving them.

B. Tracking progress is unnecessary if you have strong willpower.

C. The only way to achieve a healthy lifestyle is by quitting smoking, losing weight, or running a marathon.

D. Small goals are less important than long-term goals.

B. TỰ LUẬN (3 ĐIỂM)

1. Rewrite the sentences beginning with the given words or using suggestions. (2 ĐIỂM)

Question 29. She last visited Hanoi 5 years ago.

→ She has _____

Question 30. The last time Minh Nhi had fast food and soft drink was in June 2023.

→ Minh Nhi hasn't _____

Question 31. Why don't we do regular exercise to increase our fitness and energy levels?

→ How about _____

Question 32. You want to accept an invitation to your friend's birthday party.

→ I'm pleased _____

2. Write a paragraph: (1 ĐIỂM)

In about 120-150 words, write paragraph giving opinion about “Should parents strictly limit teenagers’ screen time? ”. Write your paragraph on your answer sheet

Your paragraph should be included :

- Introduction to the issue and your point of view
- First reason for supporting this view with examples and facts
- Second reason for supporting this view with examples and facts
- Conclusion to summarizing your point of view