

1. MỤC TIÊU

1.1. Kiến thức. Học sinh ôn tập các kiến thức về: Unit 1, 2, 3

1.2. Kỹ năng: Học sinh rèn luyện các kỹ năng: Reading, Writing & Language

2. NỘI DUNG

2.1. Phonetics & Pronunciation (units 1-3)

2.2. Vocabulary and Grammar

- Vocab related to 3 topics – A long and healthy life
 - The generation gap
 - Cities of the future
- Grammar:
 - The past simple and the present perfect
 - Modal verbs
 - Stative verbs in the continuous form

2.3. Topics for reading

- A long and healthy life
- The generation gap
- Cities of the future

2.4. Writing

- Rewrite sentences by using relative clauses with who, that, which and whose.
- Rewrite sentences by using reported speech
- Rewrite sentences by using conditional type 1 and type 2

2.5. Ma trận: Đề kiểm tra tiếng anh khối 10 giữa kì 2 gồm 50 câu (thời gian 60 phút)

MA TRẬN MÔN TIẾNG ANH

STT	Lĩnh vực/ Phần	Chuyên đề	Mức độ				
			Số câu	Nhận Biết	Thông Hiểu	Vận Dụng	Vận Dụng Cao
1	Ngữ âm	Phát âm	2	2	0	0	0
		Trọng âm	2	0	2	0	0
2	Ngữ pháp – Từ vựng	Ngữ pháp	11	2	2	2	2
		Từ vựng	6	1	1	3	1
		Từ đồng nghĩa	2	0	1	1	0
		Từ trái nghĩa	2	0	1	1	0
		Tìm lỗi sai	3	1	1	1	0
3	Chức năng giao tiếp/ Từ - Ngữ thể hiện chức năng giao tiếp	Chức năng giao tiếp	2	1	1	0	0
4	Kỹ năng đọc	Điền từ vào bài đọc	7	1	2	1	1
		Đọc hiểu	8	2	3	4	4
5	Kỹ năng viết	Câu có nghĩa gần nhất với câu đã cho	3	0	1	1	1
		Nối hai câu thành một câu	2	0	0	1	1
Tổng			50	10	15	15	10

2.6 Exercises

Ex 1. Circle A, B, C or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

1. A. halthy B. fitness C. strength D. mental
2. A. health B. enthusiasm C. strength D. without
3. A. gap B. generation C. grandparent D. great
4. A. gap B. application C. value D. behavior
5. A. hold B. follow C. force D. Notice
6. A. dweller B. sensor C. energy D. reduce
7. A. design B. impact C. public D. traffic

Ex 2. Circle A, B, C or D to indicate the word that differs from the other three in the position of the primary stress in each of the following questions.

1. A. follow B. gender C. footstep D. belief
2. A. behave B. differ C. argue D. follow
3. A. healthy B. problem C. mental D. amount
4. A. lifestyle B. frequent C. Injure D. balance
5. A. technology B. environment C. economy D. architecture
6. A. population B. operation C. infrastructure D. exhibition

Ex 3: Choose the best answer to complete the sentences

1. You will get into trouble if you come back home after the _____.
A. norm B. curfew C. value D. standard
2. She doesn't want to waste her money on clothes, so she ignores the _____ fashion trend.
A. comfortable B. current C. Mature D. stylish
3. When you ride a motorbike, you must _____ the general road rules.
A. judge B. force C. obey D. conform
4. Instead of _____ someone by their appearance, you should get to know them better.
A. swearing B. judging C. controlling D. viewing
5. Having two children in a family is becoming the _____ in some Asian countries.
A. norm B. privacy C. conflict D. behavior
6. For a change, why don't you _____ your hair red?
A. control B. force C. dye D. make
7. My parents do not want me to wear _____ dresses because they think that they aren't suitable for my age.
A. tight B. casual C. rude D. sporty
8. I don't understand why you like _____ clothes. They are too bright and young for your age.
A. flashy B. fashionable C. comfortable D. stylish
9. We should develop such _____ sources of energy as solar energy and nuclear energy.
A. tradition B. alternative C. revolutionary D. surprising
10. City _____ can enjoy better health care than people living in the countryside, but they are usually busier and more stressed because of the city's fast pace of life.
A. dwellers B. inhabitants C. infrastructure D. ancestors
11. London won't be a good place to live, will it?
- _____ it will be.
A. On the contrary B. As the contrary C. On contrary D. On contrast
12. Someone who is _____ is hopeful about the future or the success of something in particular.
A. powerful B. optimistic C. stagnant D. pessimistic
13. Constant _____ of attack makes everyday life dangerous here.

A. threat B. threaten C. threatening D. threateningly

14. They hope that these energy resources will step by step replace fossil fuels such as gas, coal, and oil in the next twenty year.

A. gradually B. slower and slower C. faster and faster D. A & B

15. A. Students _____ look at their notes during the test.

A. don't have to B. shouldn't C. mustn't D. ought not to

16. You _____ find time for some relaxation every day.

A. have to B. must C. should D. might

Ex 4: Circle A, B, C or D to indicate the word(s) CLOSEST in meaning to the underlined word(s)

1. Old people have an active lifestyle and are cared for by their families

A. independent B. simple C. energetic D. passive

2. You will become unhealthy if you eat too many snacks.

A. harmful B. nutritious C. sick D. injured

3. Men often gather in the street and laugh with each other. This reduces their stress and risk of heart diseases.

A. cut down on B. go down C. go up D. give up

4. The balance between work and life helps people to protect themselves from the negative effects of stress

A. reasons B. impacts C. causes D. symptoms

5. A popular way to relieve stress in today's busy lifestyles is practising meditation.

A. reduce B. relax C. repeat D. require

6. People can fight infection more easily if they have an adequate diet.

A. injection B. disease C. hygiene D. each other

7. We should drink a lot of water to prevent water loss.

A. boost B. stimulate C. avoid D. trigger

8. In order to avoid sunburn, many people wear protecting clothes when they go out.

A. continue B. encourage C. facilitate D. block

9. Remember to wash your face twice a day with warm water and mild soap to remove dirt.

A. light B. destructive C. strong D. protective

10. You should also exercise early in the morning when it's not too hot.

A. have a rest B. do housework C. do homework D. work out

11. Make sure you have warmed up your body by stretching or jumping before swimming.

A. exercised B. put on warm clothes C. had a warm bath D. rested

12. If you are swimming and lightning strikes, you risk serious injury or death.

A. trivial B. bad C. important D. minor

13. If yoga is not done properly, it can do more harm than good.

A. socially accepted B. morally accepted C. correctly D. easily

Ex 5: Circle A, B, C or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s)

1. Spending more time outdoors can boost the body's strength and ability to function well

A. power B. health C. weakness D. injury

2. Getting enough sleep can reduce stress and improve your mood

A. decrease B. relieve C. ease D. increase

3. Stress may weaken your immune system

A. lengthen B. enlarge C. strengthen D. shorten

4. If you live in an extended family, you'll have great joy and get support of other members.

- A. close family B. traditional family C. nuclear family D. large family
5. Our mother encourages us to be open-minded about new opinions and experiences
A. optimistic B. elegant C. close-knit D. narrow-minded
6. Domestic violence is strictly forbidden all over the world.
A. permitted B. limited C. restricted D. prohibited
7. Jane found herself in conflict with her parents over her future career.
A. disagreement B. harmony C. controversy D. fighting
8. If I take the pessimistic viewpoint, Tokyo won't be a safe place to live in.
A. negative B. optimistic C. optical D. neutral
9. To reduce carbon emissions into the atmosphere, ways to limit the use of private cars must be found.
A. public B. personal C. common D. shared
10. People who live in towns and cities live in an urban environment.
A. remote B. deserted C. suburban D. rural

B. READING

Exercise 1: Read the text and choose the word or phrase (A, B, C, D) that best fits each space.

HEALTHY LIVING

Millions of people today are overweight and out of shape. This is due in part (1) ____ their diet, which is often high in sugars and fats. Another (2) ____ is that too many of us spend our evenings gluing (3) ____ the television, instead of doing something to keep (4) ____ fit. Today hectic lifestyles also prevent us (5) __ spending as much time as we should on staying in shape.

Long hours at school and work don't (6) _ much time for healthy eating. Convenience food, such as (7) _ meals and canned vegetables, saves time but is often (8) __. Fast food and takeaways are also (9) ____ for many health problems.

In order to enjoy good health, a regular programme of (10) __ is essential. This can be anything from gentle forms of yoga (11) __ body building. Doing a little exercise every day so as not to develop (12) _ problems is something that all of us should consider, young and old. If you don't practise any form of exercise now, it is for you to choose one and start today and get in shape!

1. A. of B. to C. in D. at
2. A. reason B. effect C. result D. consequence
3. A. in B. on C. to D. at
4. A. them B. themselves C. us D. ourselves
5. A. from B. against C. about D. with
6. A. take B. leave C. spend D. waste
7. A. freeze B. freezing C. frozen D. unfrozen
8. A. health care B. healthful C. healthy D. unhealthy
9. A. responsive B. reacted C. responsible D. irresponsible
10. A. exercises B. exercise C. homework D. housework
11. A. to B. but C. and D. with

12. A. healthy B. unhealthy C. health care D. health

Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.

Super Size Me is a 2004 film by Morgan Spurlock, in which he documents his experiment to eat only McDonald's fast food three times a day, every day, for thirty days.

Spurlock made himself a short list of rules for the experiment, including an obligation to eat all of the three meals he ordered. He also had to 'Super Size', which means accepting a **giant** portion every time the option was offered to him. He ended up vomiting after the first Super Size meal he finished, after taking nearly twenty minutes to consume it.

After five days Spurlock put on almost 5kg, and he soon found himself feeling depressed, with no energy. The only thing that got rid of his headaches and made him feel better was another McDonald's meal, so his doctors told him he was addicted. More seriously, around day twenty, he started experiencing heart palpitations and one of the doctors detected liver problems. However, in spite of his doctor's advice, Spurlock continued to the end of the month and achieved a total weight gain of 11kg. His body mass index also increased from a healthy 23.2 to an overweight 27.

It took Spurlock fifteen months to recover from his experiment and return to his original weight, but the film also had a wider impact. Just after **its** showing in 2004, McDonald's phased out the Super Size option and healthier options like salads appeared on the menu. Unfortunately, McDonald's denied the connection between the film and the changes, but it is interesting to note how closely they coincided with the release of the film.

118. Which of the following is the best title for the passage?

- A. An experiment with McDonald's fast food B. Putting on weight due to eating fast food
C. Connection between fast food and heart diseases D. How fast food trigger liver damage

119. Which of the following is TRUE about Morgan Spurlock?

- A. He had to eat Super Size meal once a week.
B. He had to eat Super Size meal twice a day.
C. He had to eat Super Size meal three times a week.
D. He had to consume Super Size for three meals a day.

120. In paragraph 2, the word "**giant**" is closest in meaning to ____.

- A. light B. balanced C. big D. healthy

121. Which of the following could get rid of Spurlock's headaches?

- A. salad B. a McDonald's meal C. a pain killer D. nothing

122. According to the passage, all of the following are the results of the experiment EXCEPT ____.

- A. Spurlock put on weight B. the experiment affected his heart
C. the experiment affected his liver D. he became fairly relaxed and energetic

123. The word "its" in paragraph 4 refers to ____.

- A. McDonald's B. the experiment C. the film *Super Size Me* D. the menu

2.7 ĐỀ MINH HỌA

I. Mark the letter A, B, C, or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

1. A. focus B. open C. chore D. impose
2. A. manners B. conflicts C. objects D. viewpoints
3. A. restricted B. obliged C. played D. beloved

II. Choose the word which has a different stress pattern from the others.

4. A. meditation B. longevity C. expectancy D. cholesterol
5. A. essential B. survival C. nutrition D. vegetable

III. VOCABULARY AND GRAMMAR

Part 1: Choose the best answer.

1. I live in a/an ____ with my parents and my elder sister in the coastal area.
A. extended family B. nuclear family C. extended house D. nuclear house
2. One advantage of living in a/an ____ is to strengthen relationship between young children and adults.
A. nuclear family B. nuclear house C. extended family D. extended house
3. In my opinion, family members are responsible for ____.
A. the housework B. the chores C. homework D. A and B
4. My grandpa is the most conservative person in my family. He never ____ about way of life.
A. gives his opinion B. changes his mind C. gives his view D. keeps in mind
5. After graduating from university, I want to ____ my father's footsteps.
A. follow in B. succeed in C. go after D. keep up
6. Four generations living in the same roof will have different ____ of lifestyle.
A. gaps B. rules C. manners D. viewpoints
7. Generation ____ is the difference in the thoughts and viewpoints amongst generations living together.
A. distance B. gap C. space. D. All are correct
8. All students ____ wear uniforms at school because it is a rule.
A. should B. have to C. mustn't D. must
9. The ____ arises when Jack and his parents have considerable disagreement on his choice of university.
A. discrimination B. conflict C. agreement D. gap
10. My father used to ____ a lot of challenges before establishing his own insurance company.
A. provide B. enjoy C. give D. face
11. I wish I could do something to reduce financial ____ on my parents.
A. capital B. burden C. limit D. gap
12. The children ____ spend too much time playing computer games.
A. mustn't B. must C. shouldn't D. should

13. Here are some precautions for us to _____ when doing different types of physical activities.
 A. make B. do C. take D. have
14. If you do _____ outdoors in the hot and sunny weather, your body can overheat and lose a lot of fluid.
 A. breakout B. outbreak C. workout D. checkout
15. My own.....for health is less paperwork and more running barefoot through the grass
 A. routine B. treatment C. measure D. prescription

Exercise 2. Mark the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

16. We greatly respect my teacher for all of the best things that she brought to us.
 A. look up to B. look forwards C. look for D. look down on
17. I have the freedom to choose a job because my parents have many views on career and I don't have to follow their footstep.
 A. restraint B. multi-choice C. not out of compulsion D. independent

Mark the letter A, B, C, or D on your answer sheet to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.

18. We'd better speed up if we want to get there in time.
 A. slow down B. turn down C. put down D. lie down
19. He was studying the complex similarities and differences between humans and animals.
 A. distinction B. resemblances C. similarities D. B&C

Circle A, B, C or D to indicate the words/ phrases that need correction

20. I (A) stayed up (B) late last night because I (C) mustn't go to school (D) on Sunday.
21. We (A) ought to not play football (B) as (C) it's raining (D) outside.
22. (A) The school regulations (B) say that students (C) don't have to (D) fight each other

PREDICTIONS ABOUT THE CITIES OF THE FUTURE

Cities are built to (1) _____ and prosper. Over the years, we have learned to transform our surroundings according to our needs. We have (2) _____ through mountains to make more land and created artificial islands to make skyscrapers. City planning, as an organized profession, has existed for less than a century. (3) _____, a considerable (4) _____ of evidence (both archaeological and historical) proves the existence of fully planned cities in ancient times. Over the years, humans have made some mistakes in terms of using an excessive amount of resources for cities. This gives rise to the question of (5) _____ sustainable the cities of the future would be.

We might be (6) _____ at smart cities in which street lights would only switch on when you are close (7) _____ traffic light would be eliminated by smart driving. The cities of the future would try to save our resources (8) _____ than deplete them.

1. A. find B. act C. survive D. celebrate
2. A. experience B. cut C. decrease D. pollute
3. A. But B. Therefore C. Although D. However
4. A. number B. amount C. percent D. static
5. A. what B. how C. when D. which
6. A. looked B. look C. looking D. looks
7. A. at B. by C. of D. from
8. A. rather B. more C. would D. less

IV. Read the passage, and choose the correct answer A, B, C or D for each question.

Today's urban cities are practically bursting at the seams. According to research from the United Nations, 54 percent of the world's population lives in urban cities areas, a percentage that is expected to increase to over 66 percent by 2050. In fact, India alone is projected to add 404 million urban dwellers to its population by 2050.

This rapid growth of the urban population has caused daunting problems for city planners, such as overcrowded roads, excessive energy consumption and unemployment. Therefore, to build more sustainable cities and accommodate the growing number of residents, many city leaders are turning to the Internet of things (IoT).

The IoT has forever changed the way urban cities operate. Cities that were once detached and inaccessible are now intelligent and highly connected. From Amsterdam to Seoul, cities are launching smart city projects to help improve quality of life residents and better support the environment. According to research from IHS Technology, there will be at least 88 smart cities globally by 2025, up from 21 in 2013.

San Francisco, for example, provides more than 100 charging stations in various locations to promote the use of hybrid and electric cars to reduce harmful greenhouse gas emissions. Copenhagen is also taking advantage of the lot to improve environmental protection and reduce road traffic by developing smart bikes equipped with sensors that generate data on air contamination and traffic congestion.

The possibilities afforded by the IoT are endless; however, designing smart cities requires comprehensive technology infrastructure that is capable of capturing and processing large amounts of data quickly and securely - which is where 4G LTE comes into play.

The future looks bright for urban cities. Soon they will be able to do things that only sci-fi enthusiasts could dream of before, like monitoring bridge conditions using intelligent sensors and conserving energy by automatically dimming street lights when no one is around.

1. Some cities which follow this trend of the new technology ____.

- A. introduce smart bikes to escape air contamination and traffic congestion
- B. provide charging stations in various locations for cars and bikes
- C. make transportation more eco-friendly and more convenient
- D. only allow the use of hybrid and electric cars to reduce pollution

2. All of the following are the advantages of the IoT EXCEPT that ____

- A. the Internet of Things will be applied in several cities around the world
- B. the number of smart cities decreases but the quality is much better
- C. cities around the world become more intelligent and connected
- D. we may improve quality of life and better support the environment

3. Today's urban cities ____.

- A. are in fact extremely crowded
- B. are bursting around the world
- C. account for 66 percent of the world's population
- D. have more 404 million dwellers by 2050

4. The potential of the IoT includes all of the following EXCEPT that ____.

- A. intelligent sensors can help watch and check bridge conditions carefully
- B. energy conservation can be done by automatically controlling street lights
- C. things that only sci-fi enthusiasts could dream of before come true
- D. comprehensive technology infrastructure to support the IoT is endless

5. The Internet of Things allows the city planners and leaders ____.

- A. to develop the broadband Internet connectivity in urban cities

- B. to forget daunting problems, such as overcrowded roads, and unemployment
- C. to stop the rapid growth of the urban population in most cities
- D. to make cities more sustainable and provide enough accommodation

Rewrite the following sentences as long as the meaning is unchanged

1. We last saw Tom when we moved to Bristol.

We haven't _____

2. She last wrote to me nearly 2 years ago.

She hasn't _____

3. This film was last shown on TV 10 years ago.

This film hasn't _____

4. It is better for you to talk to your parents about your problem.

You _____

5. If I were you, I would study hard to pass the exam

You _____

Fill in each blank with the correct form of the word in the brackets.

1. Being too.....on his mother makes me have a bad impression on him. (INDEPENDENT)
2. She isto become a director of that company. (DETERMINATION)
3. You should think it over before making that (DECIDE)
4. My.....for this girl grows daily. (ADMIRE)
5. How can you know that he is a.....man? (RELIABILITY)