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16. Đề K74 - Read the following passage, and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions from 1 to 10.

Although there are an inexpensive supplier of vitamins, minerals, and high-quality protein, eggs also contain a high level of blood cholesterol, one of the major causes of heart diseases. One egg yolk, in fact, contains a little more than two-thirds of the suggested daily cholesterol limit. This knowledge has caused egg sales to plummet in recent years, which in turn has brought about the development of several alternatives to eating regular eggs. One alternative is to eat substitute eggs. These egg substitutes are not really eggs, but they look somewhat like eggs when they are cooked. They have the advantage of having low cholesterol rates, and they can be scrambled or used in baking. One disadvantage, however, is that they are not good for frying, poaching, or boiling. A second alternative to regular eggs is a new type of egg, sometimes called 'designer' eggs. These eggs are produced by hens that are fed low-fat diets consisting of Ingredients such as canola oil, flax, and rice bran. In spite of their diets, however, these hens produce eggs that contain the same amount of cholesterol as regular eggs. Yet, the producers of these eggs claim that eating their eggs will not raise the blood cholesterol in humans.

Egg producers claim that their product has been **portrayed** unfairly. They cite scientific studies to **back up** their claim. And, in fact, studies on the relationship between eggs and human cholesterol levels have brought **mixed results**. It may be that it is not the type of egg that is the main determinant of cholesterol but the person who is eating the eggs. Some people may be more sensitive to cholesterol derived from food than other people. In fact, there is evidence that certain dietary fats stimulate the body's production of blood cholesterol. Consequently, while it still makes sense to limit one's intake of eggs, even designer eggs, it seems that doing this without regulating dietary fat will probably not help reduce the blood cholesterol level.

Question 1: What is the main purpose of the passage?

- A. To introduce the Idea that dietary fat increases the blood cholesterol level.
- B. To Inform people about the relationship between eggs and cholesterol.
- C. To persuade people that eggs are unhealthy and should not be eaten
- D. To convince people to eat 'designer' eggs and egg substitutes.

Question 2: According to the passage, which of the following is a cause of heart diseases?

- A. minerals
- B. cholesterol
- C. canola oil
- D. vitamins

Question 3: Which of the following could best replace the word 'somewhat'?

- A. in fact
- B. a little
- C. indefinitely
- D. a lot

Question 4: According to the passage, one yolk contains approximately what fraction of the suggested daily limit for human consumption of cholesterol?

- A. 3/4
- B. 2/3
- C. 1/2
- D. 1/3

Question 5: What has been the cause for changes in the sale of eggs?

- A. increasing price
- B. decreased production
- C. dietary changes in hens
- D. concerns about cholesterol

Question 6: The word 'portrayed' could best be replaced by which of the following?

- A. described
- B. destroyed
- C. tested
- D. studied

Question 7: What is the meaning of 'back up'?

- A. reverse
- B. advance
- C. block
- D. support

Question 8: What is meant by the phrase 'mixed results'?

- A. The results are blended.
- B. The results are inconclusive.
- C. The results are a composite of things.
- D. The results are mingled together.

Question 9: According to the passage, egg substitutes cannot be used to make any of the following types of eggs EXCEPT?

- A. boiled
- B. poached
- C. scrambled
- D. fried

Question 10: According to the author, which of the following may reduce blood cholesterol?

- A. decreasing egg intake and fat intake
- B. increasing egg intake and fat intake
- C. reducing egg intake but not fat intake
- D. increasing egg intake but not fat intake

17. Đề K74 - Điền từ vào đoạn văn

The drugs being tested for repurposing to treat COVID-19 tend to (1) *fall into* two categories: those that target the viral replication cycle, and those that aim to control the (2) *symptoms* of the disease. The aminoquinolones chloroquine and hydroxychloroquine are polymerase inhibitors classically used as anti-malarial medications. In malaria, they inhibit heme polymerase, causing the (3) *accumulation* of toxic heme in the parasite, which leads to its death. In COVID-19, it is thought that the drugs keep the virus (4) *out* of host cells by (5) *blocking* glycosylation of host receptors and breaking down the production of viral proteins by inhibiting endosomal acidification.

However, although initial studies looked promising, there were flaws in the study design, says James Cutrell, an infectious-disease researcher at the University of Texas Southwestern Medical Center and author of a recent review in the *Journal of the American Medical Association* on possible COVID-19 medications. Another (6) *randomized* study of 30 patients in China that (7) *came out* around the same time found that they provided no benefit over standard treatment, and an observational study, (8) *published* in the [*New England Journal of Medicine*](#), hydroxychloroquine administration was not (9) *associated with* a reduction in death among hospitalized

patients with COVID-19. Still, the drugs are the subject of more than 30 different (10) *clinical* trials in the USA alone. - [Key](#)

1.

18. Đề 74 bài dịch - review để thấy đề thi chẳng có gì trong sách cả, ôn vô nghĩa vãi, và dù giỏi tiếng anh bthg thì vẫn toang TACN thôi

Researchers are also testing molecules to offset the potential ‘cytokine storm’ that leads to lung injury and acute respiratory distress syndrome (ARDS) in some patients. Along with efficacy, safety is the main concern with these types of drugs, says Cutrell, adding that immunomodulators can have negative downstream consequences, such as increasing the risk of other type of infections.

Chief among these immunomodulatory drugs being studied for treatment of COVID-19 are corticosteroids. These are well studied but are also one of the bluntest tools for muting the immune system.

These molecules inhibit the expression of many genes encoding inflammatory molecules. But long-term use is associated with cardiovascular disease and bone-density loss. A previous [meta-analysis](#) found that corticosteroids are associated with higher mortality in those with influenza pneumonia. One retrospective [study](#) in China found that its use in those who developed ARDS was associated with decreased death. A variety of clinical [trials](#) are ongoing.

1. Vitamin C

Ascorbic acid is better known as vitamin C and it is found in fruits and vegetables. Your body can't make vitamin C, so you have to eat the foods that contain it every day. Vitamin C is essential for healthy collagen, immune system function, strong blood vessel walls and formation of bones and teeth.

People who don't eat any foods containing vitamin C will develop a disease called **scurvy**. The symptoms of this disease include tooth loss and bleeding gums. Eventually they have bleeding into the organs. Scurvy is very rare, however if your diet is continuously low in vitamin C, you may experience **irritability**, depression, weight loss, fatigue, and general weakness.

Because of the connection of ascorbic acid with your immune system, many people take large doses of vitamin C supplements with the hope of preventing colds and flu. Mega doses

are also commonly used in alternative medical treatments for cancer and other diseases, however these vitamin C treatments **haven't stood up to scientific research**.

While vitamin C supplements are generally safe up to 2000 mg, some people may have an increased risk of kidney stone formation when they take large amounts.

Vitamin C is also a powerful antioxidant that protects your body from the **free-radical damage** that comes from smoking, environmental pollution and from eating unhealthy foods. Antioxidants also help protect your body from its own free radicals that are produced from exercise and general metabolic processes.

True or False?

..... 1. Vitamin C can be stored well in your body so you don't need to have the food containing it everyday.

..... 2. People who don't get sufficient amounts of vitamin C every day will develop a disease called scurvy.

.....3. Scurvy is a serious disease characterized by tooth loss and bleeding gums.

.....4. Recent research shows benefits from taking mega-doses of vitamin C supplements.

.....5. Vitamin C is also a powerful antioxidant that protects your body from the free-radical damage.

2. Medication Errors Coming to the Public's Attention

Public awareness of medication errors also has increased due to unfortunate events at hospitals around the country. In the past 2 years, overdosing of **infants** with heparin has increased public awareness of this problem. In each of these **incidents**, the intravenous **catheters** of newborns were flushed with heparin 10,000 units/mL, rather than 10 units/mL heparin-lock flush solution. Last year, infants died from heparin overdoses at an Indianapolis hospital. Also last year, 3 infants in a Los Angeles hospital were given the wrong heparin concentration. As 2 of the newborns at the Los Angeles hospital were the twins of actor Dennis Quaid, that incident truly helped to raise patient awareness. A similar incident occurred in Texas this year, in which the catheters of 17 infants were flushed with 10,000 units/mL heparin. In this case, the error was not discovered for 2 days, leading to the death of some of the newborns. In these cases, the packaging of both concentrations was similar. The vial sizes were the same, and both labels were blue. Baxter International Inc, the manufacturer of the vials, has recalled batches of the heparin-lock solution while the packaging is redesigned.

True or False?

1. In the past 2 years, overdosing of infants with heparin has increased public awareness of medication errors.
2. Last year infants who were given overdoses of heparin died at an Indianapolis hospital.
3. The right heparin dose of the intravenous catheters of newborns is 10,000 units/mL.
4. In Texas all the newborns who were flushed with 10,000 units/mL heparin died.
5. The error leading to the death of some of the newborns in Texas was due to the similarity of the packaging of both concentrations.

3. Đề thi K60/67

Nowadays it is understood that diet which contains nothing harmful may yet result in serious disease if certain important elements are missing. Their elements are called "vitamins". Quite a number of such substances are known and they are given letters to identify them A, B, C, D and so on. Different diseases are associated with deficiencies of particular vitamins. Even a slight lack of vitamin C for example, the vitamin most plentiful in fresh fruit and vegetables, is thought to increase significantly our susceptibility to colds and influenza.

The vitamins necessary for a healthy body are normally supplied by a good mixed diet, including a variety of fruit and green vegetables. It is only when people try to live on a very restricted diet, say during extended periods of religious fasting, or when trying to lose weight, that it is necessary to make special provision to supply the missing vitamins.

Another example of the dangers of a restricted diet that may be seen in the disease known as "beri-beri", which used to afflict (lâm đầu) large numbers of Eastern people who lived mainly on rice. In the early years of this country, a Dutch scientist called Eijkman was trying to discover the cause of beri-beri. At first he thought it was transmitted by a germ. He was working in a Japanese hospital, Where the patients were fed on rice which had had the outer husk removed from the grain. It was thought this would be easier for weak, sick people to digest.

True/False:

36. A diet which contains nothing harmful always ensures good health
37. Deficiencies of the various vitamins cause different diseases
38. Fresh fruit and vegetables increase our susceptibility to influenza
39. A good mixed diet still needs supplementing with vitamins.
40. The disease beri-beri killed large numbers of Eastern people

4. Use of prescription pain medicines is significantly different between people with(có) and without(ko) Alzheimer's disease

Approximately one third of persons with Alzheimer's disease use prescription medicines for pain after their diagnosis, reports a recent study conducted at the University of Eastern Finland. The (26)..... of analgesics was as common among persons with Alzheimer's disease as it was among (27)..... of the same age without the disease, but there were significant differences in the types of medicines used. The results were published in the European Journal of Pain.

The researchers found out that 35% of those with Alzheimer's disease and 34% of those without used a prescription (28)..... in the first six months after the disease diagnosis. Paracetamol was the most common (29)..... in both groups, but it was significantly more frequently (30)..... by persons with Alzheimer's disease. (31)..... Persons with Alzheimer's disease also used less anti-inflammatory (kháng viêm) medicines, such as ibuprofen, and mild opioids for their (32)..... During a six-year follow-up, the use of paracetamol and opioids increased significantly, while the use of anti-inflammatory drugs (33).... less common.

Pain is a common (34).....among older adults, but its treatment with medicines demands careful weighing of benefits and risks. According to this study, persons with Alzheimer's disease are commonly (35)..... with paracetamol, which is the preferred first-line analgesic for older people. The treatment of pain among older adults and persons with cognitive disorders requires regular assessment of pain and the benefits and risks of used analgesics.

Dùng các từ: medicine -- -- therapeutic ---- analgesic(n,adj): thuốc giảm đau ---- pain(đau) ---- use(n,v) ---- used ---- biomedical ---- synthesis ---- pharmacology ---- persons

interaction ---- symptom ---- those ---- treated ---- became(v, adj)

5. Choose the correct word or phrase that best fits each of the numbered blanks.

recall	contaminated	drug manufacturing	majority
functional	isolated	external	field

internal	documentation	inspected	required specifications
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(1)..... is important and necessary at every step of the processes, activities and operations involved in (2)..... If the documentation is not in order, or if the (3)..... are not met, then the product is considered (4)..... Proper documentation not only enables traceability, but also allows a complete product (5)..... from the market, if necessary.

Inspection and validation are required to prove that the manufacturing and testing equipment are (6)..... All operational methods and procedures must also be (7)..... for accuracy. Most companies do this voluntarily through (8)..... audit processes.

However, beyond the (9)..... of manufacturing, good practice must be adhered to in all processes in a pharmaceutical company. No process can be considered (10)..... from the others.

6. Choose the correct word or phrase that best fits each of the numbered blanks.

remains	intended use	endpoint	comfortable
fits	suitable	works	compliance with
interim	quality assurance	manufacturing	quality control

In the pharmaceutical industry, different (1)..... processes are required for each area of good practice.

It is easiest to understand how good practice (2)..... in the area of (3)..... The quality assurance process in good manufacturing practice includes product (4) sampling and testing.

Quality control ensures that the product quality (5) high. The reason for (6) testing, or product sampling, is to check the quality of pharmaceutical products. This is important to make sure that the product is (7) for its (8) and for sale (9) testing is carried out at the end of every manufacturing process. This is ensure that all procures have been performed in (10) industry and company standard.

7. A Healthy Lifestyle

Scientists around the world agree that the key to staying _____ and keeping fit is to eat less and do _____ exercise such as walking or cycling. However, people who exercise too intensively often _____ themselves by spending the rest of the day in front of the TV set. At the same time, they have to eat more to give them _____ for the next workout. To avoid gaining _____, researchers suggest that going for a longer walk or riding a bike for a few hours may actually be better than high-energy exercise.

A low-fat _____ may be good for your waistline, but research suggests it may have negative psychological _____. Medical experts have found out that volunteers who followed a strict twenty-five percent fat diet reported feelings of depression and bad _____.

Many of us already know that drinking coffee raises your blood _____ but according to the latest studies, it too, can make you bad-tempered. Mice that were given regular _____ of caffeine by researchers turned out to be more aggressive than others. On the other hand, chemicals found in tea can _____ the risk of heart _____ and have a positive effect on _____ levels and high blood pressure.

If you're a chocolate fan, there's good news for you! Recent studies have revealed that _____ found in chocolate can not only put you in a good mood but also _____ you from a variety of minor illnesses including colds, coughs, depressions and even help reduce the risk of _____ disease.

Từ gợi ý: affects attacks chemicals cholesterol diet disease doses effects energy gentle healthy heart mood physical pressure protect reduce reward weight. - [Đáp án](#)

8. The clinical use of glucocorticoids

Glucocorticoids are potent anti-inflammatory agents and their administration results in a wide range of effects on inflammatory and immunologically mediated disease processes. The precise mechanisms by which glucocorticoids impair the human immune response are unknown. Intracytoplasmic glucocorticoids specific receptors are important in the specificity of glucocorticoid actions. Glucocorticoid administration results in neutrophilia, monocytopenia, lymphopenia, and eosinopenia. A principle mechanism whereby glucocorticoids limit inflammation is by limiting the access of leukocytes, particularly neutrophils, to inflammatory sites. Neutrophil function is relatively refractory while monocyte and T-cell function is more easily impaired.

A variety of glucocorticoid preparations are available for use, and appreciation of their relative potency and plasma half-lives is essential for designing therapeutic regimens. High doses and frequent administration of glucocorticoids are necessary in order to induce a remission in patients with flagrantly active disease. Once a remission is induced, the glucocorticoid regimen should be adjusted to attain maximal therapeutic benefit with minimal adverse effects. Alternate day dosage regimens can often be used to maintain a remission.

9. Read the passage then choose the correct answer

Human Nutrition is the study of how food affects the health and survival of the human body. Human beings require food to grow, reproduce, and maintain good health. Without food, our bodies could not stay warm, build or repair tissue, or maintain the heartbeat. Eating the right foods can help us avoid certain diseases or recover faster when illness occurs. These and other important functions are fueled by chemical substances in our food called nutrients. Nutrients are classified as carbohydrates, proteins, fats, vitamins, minerals, and water.

When we eat a meal, nutrients are **released** from food through digestion. Digestion begins in the mouth by the action of chewing and the chemical activity of saliva, a watery fluid that contains enzymes, certain proteins that help break down food. Further digestion occurs as food travels through the stomach and the small intestine, where digestive enzymes and acids liquefy food and muscle contractions push it along the digestive tract. Nutrients are absorbed from the inside of the small intestine into the bloodstream and carried to the sites in the body where they are needed. At these sites, several chemical reactions occur, which ensures the growth and function of body tissues. The parts of foods that are not absorbed continue to move down the intestinal tract and are eliminated from the body as feces.

Once digested, carbohydrates, proteins, and fats provide the body with the energy it needs to **maintain** its many functions. Scientists measure this energy in kilocalories, the amount of energy needed to raise one kilogram of water one degree Celsius. In nutrition discussions, scientists use the term calorie instead of kilocalorie as the standard unit of measure in nutrition.

Nutrients are classified as essential or nonessential. Nonessential nutrients are manufactured in the body and do not need to be obtained from food. Examples include cholesterol, a fatlike substance present in all animal cells. Essential nutrients must be obtained from food sources, because the body either does not produce them or produces them in amounts too small to maintain growth and health. Essential nutrients include water, carbohydrates, proteins, fats, vitamins, and minerals.

An individual needs varying amounts of each essential nutrient, depending upon such factors as gender and age. Specific health conditions, such as pregnancy, breast-feeding, illness, or drug use, make unusual demands on the body and increase its need for nutrients. Dietary

guidelines, **which** take many of these factors into account, provide general guidance in meeting daily nutritional needs. - [Đáp án](#)

Câu 1:The first paragraph mainly discusses _____.

- ☐ A. chemical substances in our food
- ☐ B. a variety of essential nutrients to human beings
- ☐ C. the importance of food to human beings
- ☐ D. the study of human nutrition

Câu 2:The word “**released**” in the second paragraph mostly means “_____”

- ☐ A. refused
- ☐ B. produced
- ☐ C. expressed
- ☐ D. renewed

Câu 3:Which of the following is NOT true about the process of digestion

- ☐ A. The small intestine covers the whole digestive system.
- ☐ B. The small intestine helps the body absorb nutrients.
- ☐ C. Nutrients are carried to different sites in the body
- ☐ D. Saliva plays an important role in the first stage of digestion

Câu 4:The word “**maintain**” in the paragraph is closest meaning to “_____”

- ☐ A. obtain
- ☐ B. provide
- ☐ C. keep performing
- ☐ D. carry on making

Câu 5:According to the passage, nutrients are absorbed _____.

- ☐ A. over the whole body
- ☐ B. in the mouth
- ☐ C. in the stomach
- ☐ D. in the small intestine

Câu 6:According to the passage, which of the following provides energy for the body?

- ☐ A. Proteins, fats, and minerals
- ☐ B. Carbohydrates, proteins, and fats
- ☐ C. Carbohydrates, minerals, and water
- ☐ D. Proteins, vitamins, and carbohydrates

Câu 7:In nutrition discussions, the standard unit used to measure nutrients is _____.

- ☐ A. kilocalorie
- ☐ B. kilogram
- ☐ C. calorie
- ☐ D. gram

Câu 8:The word “**which**” in the last paragraph refers to _____.

- ☐ A. general guidance
- ☐ B. unusual demands
- ☐ C. dietary guidelines
- ☐ D. nutritional needs

Câu 9:Which of the following is NOT mentioned in the passage?

- ☐ A. Classification of nutrients
- ☐ B. The body’s need of nutrients
- ☐ C. The effects of food on the body
- ☐ D. Food sources from animals

Câu 10:Through the passage, the author provides the readers with _____.

- ☐ A. instructions
- ☐ B. some information
- ☐ C. some proposal
- ☐ D. orders

10. Read the passage then choose the correct answer

A HEALTHFUL LIFESTYLE

A healthful lifestyle leads to a longer, happier, healthier life. Staying healthy means eating a well - balanced diet, getting regular exercise, and avoiding things that are bad for the body and mind.

Nutrition plays a key role in maintaining good health and preventing many diseases. In spite of all the information available about diets, scientists still believe that good nutrition can be simple. There are several basic rules to follow. Keep fat intake low. Eat foods high in carbo- hydrates, which are the starches in grains, legumes (beans and peas), vegetables, and some fruits. Avoid too much sugar. Limit salt. Eat lots of fruits and vegetables, which are high in vitamins.

A healthful lifestyle is an active lifestyle. Lack of proper physical exercise can cause tiredness, irritability, and poor general health. Physical fitness requires both aerobic exercise, such as running, bicycle riding, and swimming, and muscle-strengthening exercises, such as weight- lifting.

Finally, good health is acquired by saying no to bad habits such as smoking, drinking, and overeating and by avoiding situations that are constantly stressful. People can take their lives and happiness into their own hands. Maintaining a healthy lifestyle is the first step. -

[Key](#)

1. What is the main idea of the passage?

- A. How to keep an active lifestyle
- B. How to lead a healthy life
- C. The importance of nutrition
- D. The importance of physical exercise

2. Three kinds of food that you should avoid having too much of are

- A. fat, foods high in carbo-hydrates, and legumes
- B. fat, salt, and vegetables
- C. starches, sugar, and salt
- D. fat, sugar, and salt

3. are not good for your health.

- A. Smoking, drinking, excessive eating, and dieting
- B. Drinking and excessive eating
- C. Smoking, drinking, excessive eating, and stressful situations

D. Smoking, drinking, excessive eating, dieting, and stressful situations

4. What does the word "nutrition" in the second paragraph mean?

A. The food we eat

B. Eating

C. Good health

D. Dieting

5. What does the word "constantly" in the last paragraph refer to?

A. Continuously B. Continually C. Terribly D. Eventually

11. Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the questions from 11 to 20.

The Dangers of Dieting

Thanks to our modern lifestyle, with more and more time spent sitting down in front of computers than ever before, the number of overweight people is at a new high. As people frantically search for a solution to this problem, they often try some of the popular fad diets being offered. Many people see fad diets as innocuous ways of losing weight, and they are grateful to have them. Unfortunately, not only don't fad diets usually do the trick, they can actually be dangerous for your health.

Although permanent weight loss is the goal, few are able to achieve it. Experts estimate that 95 percent of dieters return to their starting weight, or even add weight. While the reckless use of fad diets can bring some initial results, long-term results are very rare.

Nonetheless, people who are fed up with the difficulties of changing their eating habits often turn to fad diets. Rather than being moderate, fad diets involve extreme dietary changes. They advise eating only one type of food, or they prohibit other types of foods entirely. This results in a situation where a person's body doesn't get all the vitamins and other things that it needs to stay healthy.

One popular fad diet recommends eating lots of meat and animal products, while nearly eliminating carbohydrates. A scientific study from Britain found that this diet is very high in fat. According to the study, the increase of damaging fats in the blood can lead to heart disease and, in extreme cases, kidney failure. Furthermore, diets that are too low in carbohydrates can cause the body to use its own muscle for energy. The less muscle you have, the less food you use up, and the result is slower weight loss.

Veteran dieters may well ask at this point, "What is the ideal diet?" Well, to some extent, it depends on the individual. A United States government agency has determined that to change your eating habits requires changing your psychology of eating, and everyone has a different psychology. That being said, the British study quoted above recommends a diet that is high in carbohydrates and high in fiber, with portions of fatty foods kept low. According to the study, such a diet is the best for people who want to stay healthy, lose weight, and keep that weight off. And, any dieting program is best undertaken with a doctor's supervision. -

[Key](#)

Question 11: What is the author's main point?

- (A) Reckless fad dieting probably takes weight off the fastest.
- (B) Most people shouldn't try to lose weight.
- (C) High-protein diets can make you sick.
- (D) Fad diets are ineffective and unsafe; high-carbohydrate, low-fat diets are best.

Question 12: According to the passage, why are there more overweight people nowadays?

- (A) They are using fad diets.
- (B) They spend a lot of time in front of computers.
- (C) They have heart disease.
- (D) They are eating more protein than ever before.

Question 13: After losing weight by dieting, what usually happens to people?

- (A) They have kidney failure.
- (B) They gain the weight back again.
- (C) They keep the weight off.
- (D) They have less muscle.

Question 14: Which of the following best expresses the essential information in paragraph 3?

- (A) Fed up people turn to fad diets, which, being too extreme, don't give the body everything it needs.
- (B) People are fed up with fad diets and turn to diets which provide what the body needs.
- (C) People prefer fad dieting to moderate dieting because it requires fewer foods to give the body what it needs.
- (D) Fad diets give fed up people the moderate dietary changes they need to get all the required vitamins.

Question 15: Which is not mentioned as an effect of the meat and animal product diet?

- (A) heart disease
- (B) slower weight loss
- (C) psychological changes
- (D) kidney failure

Question 16: According to the passage, why does the ideal diet depend on the individual?

- (A) The less muscle you have, the less food you use up.
- (B) Everyone can gain the weight back.
- (C) Everyone has a different psychology.
- (D) Everyone likes different foods.

Question 17: According to the passage, what diet does a British study recommend?

- (A) a meat and animal product diet
- (B) a diet high in carbohydrates, low in fiber, and high in fat
- (C) a fad diet but with healthier foods
- (D) a diet high in carbohydrates, high in fiber, and low in fat

Question 18: The word 'innocuous' in paragraph one can be best replaced with which of the following?

- (A) helpful
- (B) harmless
- (C) effective
- (D) beneficial

Question 19: What does the word 'this' in paragraph three refer to?

- (A) changing eating habits
- (B) that people change their habits
- (C) extreme dietary change
- (D) eating one type of food

Question 20: What does the writer imply in the last paragraph?

- (A) There are many different ways of dieting.
- (B) The best way of dieting is psychological.
- (C) There is no such a thing called the best diet for all.
- (D) Dieting takes a lot of psychology.

12. Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the question

Carbohydrates, which are sugars, are an essential part of a healthy diet. They provide the main source of energy for the body, and they also **function** to flavor and sweeten foods. Carbohydrates range from simple sugars like glucose to complex sugars such as amylose and amylopectin. Nutritionists estimate that carbohydrates should make up about one-fourth to one-fifth of a person's diet. This translates to about 75-100 grams of carbohydrates per day. A diet that is **deficient** in carbohydrates can have an adverse effect on a person's health. When the body lacks a sufficient amount of carbohydrates it must then use its protein supplies for energy, a process called gluconeogenesis. **This**, however, results in a lack of necessary protein, and further health difficulties may occur. A lack of carbohydrates can also lead to ketosis, a buildup of ketones in the body that causes fatigue, lethargy, and bad breath. - [Key](#)

Question 71: What is the main idea of this passage?

- A. Carbohydrates are needed for good health.
- B. Carbohydrates prevent a buildup of proteins
- C. Carbohydrates can lead to ketosis.
- D. Carbohydrates are an expendable part of a good diet.

Question 72: The word "function" as used in line 2 refers to which of the following?

- A. neglect
- B. serve
- C. dissolve
- D. profess

Question 73: The word "range" as used in line 2 is closest in meaning which of the following?

- A. probe
- B. proceed
- C. hail
- D. extend

Question 74: According to the passage, what do most nutritionists suggest?

- A. Sufficient carbohydrates will prevent gluconeogenesis.
- B. Carbohydrates are simple sugars called glucose.
- C. Carbohydrates should make up about a quarter of a person's daily diet.
- D. Carbohydrates should be eaten in very small quantities.

Question 75: Which of the following do carbohydrates NOT do?

- A. Prevent ketosis
- B. Cause gluconeogenesis
- C. Provide energy for the body
- D. Flavor and sweeten food

Question 76: Which of the following words could be best replace "deficient" used in 5?

- A. outstanding
- B. abundant
- C. insufficient
- D. unequal

Question 77: What does the word "this" refer to in line 7?

- A. Using protein supplies for energy
- B. converting carbohydrates to energy
- C. Having a deficiency in carbohydrates
- D. having an insufficient amount of protein

Question 78: According to the passage, which of the following does NOT describe carbohydrates?

- A. a protein supply B. a necessity C. a range of sugars D. an energy source

Question 79: Which of the following best describes the author's tone?

- A. sensitive B. emotional C. informative D. regretful

Question 80: Which of the following best describes the organization of this passage?

- A. Cause and result B. Comparison and contrast
C. Specific to general D. Definition and example

Exercise 5. Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions

Since water is the basis of life, composing the greater part of the tissues of all living things, the crucial problem of desert animals is to survive in a world where sources of flowing water are rare. And since man's inexorable necessity is to absorb large quantities of water at frequent intervals, he can scarcely comprehend that many creatures of the desert pass their entire lives without a single drop.

Uncompromising as it is, the desert has not eliminated life but only those forms unable to withstand its desiccating effects. No moist-skinned, water-loving animals can exist there. Few large animals are found. The giants of the North American desert are the deer, the coyote, and the bobcat. Since desert country is open, it holds more swift-footed running and leaping creatures than the tangled forest. Its population is largely nocturnal, silent, filled with reticence, and ruled by stealth. Yet they are not emaciated.

Having adapted to their austere environment, they are as healthy as animals anywhere else in the world. The secret of their adjustment lies in the combination of behavior and physiology. None could survive if, like mad dogs and Englishmen, they went out in the midday sun; many would die in a matter of minutes. So most of them pass the burning hours asleep in cool, humid burrows underneath the ground, emerging to hunt only by night. The surface of the sun-baked desert averages around 150 degrees, but 18 inches down the temperature is only 60 degrees. - [Key](#)

Question 32: The author mentions all the following as examples of the behavior of desert animals EXCEPT

- A. they are watchful and quiet B. they sleep during the day
C. they dig home underground D. they are noisy and aggressive

Question 33: We can infer from the passage that

- A. healthy animals live longer lives B. living things adjust to their environment
C. desert life is colorful and diverse D. water is the basis of desert life

Question 34: According to the passage, creatures in the desert

- A. are smaller and fleeter than forest animals
B. are more active during the day than those in the tangled forest
C. live in an accommodating environment

D. are not as healthy as those anywhere else in the world

Question 35: The phrase “those forms” in the passage refers to all of the following EXCEPT

- A. moist-skinned animals
- B. many large animals
- C. water-loving animals
- D. the coyote and the bobcat

Question 36: The word “them” means

- A. animals
- B. minutes
- C. people
- D. water

Question 37: The word “emaciated” in the passage mostly means

- A. wild
- B. unmanageable
- C. cunning
- D. unhealthy

Question 38: Man can hardly understand why many animals live their whole life in the desert, as

- A. water is an essential part of his existence
- B. very few large animals are found in the desert
- C. sources of flowing water are rare in a desert
- D. water composes the greater part of the tissues of living things

Question 39: The title for this passage could be

- A. “Man’s Life in a Desert Environment”
- B. “Desert Plants”
- C. “Animal Life in a Desert Environment”
- D. “Life Underground”

14.

The history of clinical nutrition, or the study of the relationship between health and how the body takes in and utilizes food substances, can be divided into four distinct eras: the first began in the nineteenth century and extended into the early twentieth century when it was recognized for the first time that food contained constituents that were essential for human function and that different foods provided different amounts of these essential agents. Near the end of this era, research studies demonstrated that rapid weight loss was associated with nitrogen imbalance and could only be rectified by providing adequate dietary protein associated with certain foods.

The second era was initiated in the early decades of the twentieth century and might be called "the vitamin period." Vitamins came to be recognized in foods, and deficiency syndromes were described. As vitamins became recognized as essential food constituents necessary for health, it became tempting to suggest that every disease and condition for which there had been no previous effective treatment might be responsive to vitamin therapy. At that point in time, medical schools started to become more interested in having their curricula integrate nutritional concepts into the basic sciences. Much of the focus of this education was on the recognition of deficiency symptoms. Herein lay the beginning of what ultimately turned from ignorance to denial of the value of nutritional therapies in medicine. Reckless claims were made for effects of vitamins that went far beyond what could actually be achieved from the use of them.

In the third era of nutritional history in the early 1950's to mid-1960's, vitamin therapy began to fall into disrepute. Concomitant with this, nutrition education in medical schools

also became less popular. It was just a decade before this that many drug companies had found their vitamin sales **skyrocketing** and were quick to supply practicing physicians with generous samples of vitamins and literature extolling the virtue of supplementation for a variety of health-related conditions. Expectations as to the success of vitamins in disease control were exaggerated. As is known in retrospect, vitamin and mineral therapies are much less effective when applied to health-crisis conditions than when applied to long-term problems of under nutrition that lead to chronic health problems.

Question 1: What does the passage mainly discuss?

- A. The stages of development of clinical nutrition as a field of study
- B. The effects of vitamins on the human body
- C. Nutritional practices of the nineteenth century
- D. The history of food preferences from the nineteenth century to the present

Question 2: It can be inferred from the passage that which of the following discoveries was made during the first era in the history of nutrition?

- A. Effective techniques of weight loss were determined.
- B. Vitamins were synthesized from foods.
- C. Certain foods were found to be harmful to good health.
- D. Protein was recognized as an essential component of diet.

Question 3: The word “tempting” is closest in meaning to .

- A. realistic
- B. attractive
- C. correct
- D. necessary

Question 4: It can be inferred from the passage that medical schools began to teach concepts of nutrition in order to .

- A. encourage medical doctors to apply concepts of nutrition in the treatment of disease
- B. convince medical doctors to participate in research studies on nutrition
- C. convince doctors to conduct experimental vitamin therapies on their patients
- D. support the creation of artificial vitamins

Question 5: The word “Reckless” is closest in meaning to .

- A. informative
- B. recorded
- C. irresponsible
- D. urgent

Question 6: The word “them” refers to .

- A. therapies
- B. vitamins
- C. effects
- D. claims

Question 7: Why did vitamin therapy begin losing favor in the 1950's?

- A. The public lost interest in vitamins
- B. Nutritional research was of poor quality
- C. Claims for the effectiveness of vitamin therapy were seen to be exaggerated.
- D. Medical schools stopped teaching nutritional concepts

Question 8: The phrase “concomitant with” is closest in meaning to .

- A. in regard to
- B. in dispute with
- C. prior to
- D. in conjunction with

Question 9: The word "skyrocketing" is closest in meaning to .

- A. surprising
- B. increasing rapidly
- C. acceptable
- D. internationally popular

Question 10: The paragraph following the passage most probably discusses .

- A. problems associated with undernutrition
- B. why nutrition education lost its appeal

C. the fourth era of nutrition history

D. how drug companies became successful

(Key: 1. A 2. D 3. B 4. A 5. C 6. B 7. C 8. D 9. B 10. C)

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

The first two decades of this century were dominated by the microbe hunters. These hunters had tracked down one after another of the microbes responsible for the most dreaded scourges of many centuries: tuberculosis, cholera, diphtheria. But there remained some terrible diseases for which no microbe could be *incriminated*: scurvy, pellagra, rickets, beriberi. Then it was discovered that these diseases were caused by the lack of vitamins, a trace substance in the diet. The diseases could be prevented or cured by consuming foods that contained the vitamins. And so in the decades of the 1920's and 1930's, nutrition became a science and the vitamin hunters replaced the microbe hunters.

In the 1940's and 1950's, biochemists *strived* to learn why each of the vitamins was essential for health. They discovered that key enzymes in metabolism depend on one or another of the vitamins as coenzymes to perform the chemistry that provides cells with energy for growth and function. Now, these enzyme hunters occupied center stage.

You are aware that the enzyme hunters have been replaced by a new breed of hunters who are tracking genes - the blueprints for each of the enzymes - and are discovering the defective genes that cause inherited diseases - diabetes, cystic fibrosis. These gene hunters, or genetic engineers, use recombinant DNA technology to identify and clone genes and introduce them into bacterial cells and plants to create factories for the massive production of hormones and vaccines for medicine and for better crops for agriculture. Biotechnology has become a multibillion dollar industry.

In view of the inexorable progress in science, we can expect that the gene hunters will be replaced in the spotlight. When and by whom? Which kind of hunter will dominate the scene in the last decade of our waning century and in the early decades of the next? I wonder whether the hunters who will *occupy the spotlight* will be neurobiologists who apply the techniques of the enzyme and gene hunters to the functions of the brain. What to call them? The head hunters. I will return to them later.

Question 253: What is the main topic of the passage?

A. The microbe hunters.

B. The potential of genetic engineering.

C. The progress of modern medical research.

D. The discovery of enzymes.

Question 254: The word “incriminated” in the first paragraph is closest in meaning to

- A. blamed B. eliminated C. investigated D. produced

Question 255: Which of the following can be cured by a change in diet?

- A. Tuberculosis B. Cholera C. Cystique fibroses D. Pellagra

Question 256: The word “strived” in the second paragraph is closest in meaning to

- A. studied B. tried C. experimented D. failed

Question 257: How do vitamins influence health?

- A. They protect the body from microbes
B. They are broken down by cells to produce energy
C. They keep food from spoiling
D. They are necessary for some enzymes to function

Question 258: The phrase “occupy the spotlight” in the last paragraph is closest in meaning to

- A. go to furthest B. lighten to load
C. conquer territory D. receive the most attention

Question 259: The author implies that the most important medical research topic of the future will be

- A. the functions of the brain B. inherited diseases
C. the operation of vitamins D. the structure of genes

Question 260: With which of the following statements would the author be most likely to agree?

- A. Most diseases are caused by defective genes
B. The focus of medical research will change in the next two decades.
C. Medical research throughout the twentieth century has been dominated by microbe hunters.
D. Medical breakthroughs often depend on luck.

Còn mấy bài ở link này: Tìm “health” để làm bài chọn lọc hơn

 [WORD] 100 bài đọc hiểu - có giải chi tiết (364 trang).doc