

**ĐỌC ĐIỀN – ĐỌC HIỂU CHUYÊN SÂU**  
**CHỦ ĐỀ: HEALTH AND LIFESTYLES**

*Read the following passage and mark the letter A, B, C, or D to choose the word or phrase that best fits each of the numbered blanks from 1 to 5.*

Stress is important. We all need a certain amount of it in order to (1) \_\_\_\_\_ fulfilling lives. However, if we have too much of it, it can have the opposite effect. (2) \_\_\_\_\_ people can tolerate greater levels of stress than others, but most of us will suffer at some time in our lives. It is therefore a good idea to learn a few stress management techniques.

Identifying the cause of the problem we have, so that we can treat it more effectively, is one of the first (3) \_\_\_\_\_ towards reducing stress. The second is talking to a person you can trust, (4) \_\_\_\_\_ will listen and, if necessary, give you some positive advice. Not only are smoking and drinking harmful to our health, they actually increase stress rather than reduce it. Take up walking instead, which is not only healthy but it helps you think more clearly too. Unnecessary noise should be avoided as much as possible, (5) \_\_\_\_\_, laughter is one of the best ways to make yourself feel considerably better.

(Adapted from *FCE Use of English*)

- Question 1.** A. lay                                      B. take                                      C. lead                                      D. put  
**Question 2.** A. Much                                      B. Some                                      C. Another                                      D. Others  
**Question 3.** A. means                                      B. steps                                      C. ways                                      D. chances  
**Question 4.** A. where                                      B. which                                      C. whose                                      D. who  
**Question 5.** A. therefore                                      B. moreover                                      C. because                                      D. however

*Read the following passage about Hope and mark the letter A, B, C, or D to indicate the correct answer to each of the questions from 6 to 13.*

Hope had always been one of the brightest students in our class, but she'd been absent for several weeks, and we grew increasingly concerned. After discussing it, we decided to visit her village to find out what was going on. We knew that for her to be away this long, something serious must be happening.

When we arrived, we spoke with Hope's mother, who **revealed** that Hope was suffering from malaria. We were stunned; we understood the gravity of malaria and how dangerous it could be. Curious about how it had all begun, we asked for more details. Her mother recounted, "One evening, Hope felt unusually hot and complained of severe headaches. She had no appetite, and this continued for several days. At first, we thought she had simply been exposed to too much sun. My husband tried giving her some herbal medicine, but **it** didn't improve her condition. Then, her symptoms worsened – her fever rose, and she started vomiting. **That's when I became certain it was malaria, but I didn't know how to help her.**"

Desperate, Hope's mother had taken her to the hospital, haunted by memories of losing Hope's baby brother to malaria two years earlier. At the hospital, the doctor examined Hope and confirmed the diagnosis. He administered an injection and prescribed medication to combat the disease.

Thankfully, Hope was now showing signs of improvement with the treatment. When we asked to see her, we assured her mother that we weren't concerned about **contracting** the disease ourselves; we knew malaria wasn't contagious. In school, we'd learned that malaria is spread through bites from female mosquitoes, mostly at night. So we were upset to see that Hope was sleeping without a mosquito net. We know that she was very lucky to recover from this disease that kills one baby every sixty seconds.

(Adapted from *Solutions*)

- Question 6.** According to paragraph 1, Hope's classmates visited her because \_\_\_\_\_.  
A. they wanted to give her a big surprise                                      B. they didn't know why she was away  
C. they were worried that she was sick                                      D. they found out what was wrong with her  
**Question 7.** The word **revealed** in paragraph 2 is OPPOSITE in meaning to \_\_\_\_\_.  
A. assessed                                      B. disclosed                                      C. concealed                                      D. reminded  
**Question 8.** The word **it** in paragraph 2 refers to \_\_\_\_\_.

A. appetite                      B. malaria                      C. condition                      D. herbal medicine

**Question 9.** Which of the following best paraphrases the underlined sentence in paragraph 2?

- A. That's when I became sure it was malaria, yet I felt unsure of what to do.
- B. That's when I grew concerned it could be malaria, but I knew exactly how to help her.
- C. At that moment, I was confident it was malaria, and I quickly looked for ways to treat her.
- D. At that point, I suspected malaria but was uncertain about the proper steps to take.

**Question 10.** The word **contracting** in paragraph 4 is closest in meaning to \_\_\_\_\_.

- A. preventing                      B. catching                      C. generating                      D. establishing

**Question 11.** Which of the following is true according to the passage?

- A. The students were upset to find that there wasn't a mosquito net in Hope's house.
- B. Hope had made a speedy recovery thanks to miraculous medicine prescribed by the doctor.
- C. Hope's mother took her to the hospital where she was examined and injected.
- D. Hope's baby brother got the same disease as her but wasn't treated timely.

**Question 12.** In which paragraph does the author discuss symptoms of a disease?

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

**Question 13.** In which paragraph does the author mention a factual statistic?

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

*Read the following passage about a special man and mark the letter A, B, C, or D to indicate the correct answer to each of the questions from 14 to 21.*

In 2008, Alex Lenkei faced a severe issue with the bone in his arm and needed a major operation. Typically, a procedure like this requires an anaesthetic to prevent the patient from feeling any pain. However, Lenkei chose a different approach. Rather than accepting the anaesthetic, he decided to hypnotise himself, convincing his mind that he would feel no **discomfort**. Remarkably, he achieved this trance-like state in just thirty seconds before the operation began. According to Lenkei, the pain signals simply don't reach his brain when he's in hypnosis.

**Dr. David Llewellyn-Clerk, the surgeon in charge, felt some initial concern.** He had to extract bone from Lenkei's arm, which is an invasive and typically painful procedure. Watching Lenkei closely throughout, the doctor remained uncertain that Lenkei could truly **block out** the pain. However, midway through the operation, Lenkei unexpectedly spoke up, asking, "How's **it** going?" This moment reassured Dr. Llewellyn-Clerk that Lenkei felt no pain. The operation lasted a total of 83 minutes.

Mr Lenkei started hypnotising people when he was sixteen and is now an expert. It wasn't his first experience undergoing surgery without anaesthetic. Back in 1996, he had his friend hypnotise him before a 30-minute stomach operation. That surgery went smoothly, encouraging Lenkei to continue relying on hypnosis.

Following these successful experiences, Lenkei decided to undergo a third operation in 2013, this time on his ankle, once again without anaesthetic. As with the previous procedures, the surgery went well, further proving his remarkable ability to manage pain through hypnosis.

(Adapted from *Solutions*)

**Question 14.** The word **discomfort** in paragraph 1 is OPPOSITE in meaning to \_\_\_\_\_.

- A. danger                      B. insecurity                      C. success                      D. pleasure

**Question 15.** According to the passage, what happens when Lenkei hypnotises himself?

- A. He doesn't hear anything from others.                      B. He doesn't feel any pain.
- C. He loses all of his senses.                      D. He often struggles during operations.

**Question 16.** Which of the following best paraphrases the underlined sentence in paragraph 2?

- A. Dr. David Llewellyn-Clerk, the surgeon overseeing the procedure, expressed some worry at first.
- B. Dr. David Llewellyn-Clerk, responsible for the surgery, was initially concerned about Lenkei's unusual choice.
- C. Dr. David Llewellyn-Clerk, the head surgeon, immediately became worried about the operation.
- D. Dr. David Llewellyn-Clerk, managing the operation, felt concerned throughout the procedure.



18	signal	n	/ˈsɪgnəl/	tín hiệu
19	brain	n	/breɪn/	não
20	hypnosis	n	/hɪpˈnəʊsɪs/	sự thôi miên
21	surgeon	n	/ˈsɜːdʒən/	bác sĩ phẫu thuật
22	concern	n	/kənˈsɜːrn/	sự lo lắng, quan tâm
23	extract	v	/ɪkˈstrækt/	lấy ra, chiết xuất
24	invasive	adj	/ɪnˈveɪsɪv/	xâm lấn
25	painful	adj	/ˈpeɪnfl/	đau đớn
26	uncertain	adj	/ʌnˈsɜːrtən/	không chắc chắn
27	midway	adv	/ˌmɪdˈweɪ/	giữa chừng
28	reassure	v	/ˌriːəˈʃʊə/	trấn an
29	moment	n	/ˈməʊmənt/	khoảnh khắc
30	experience	n	/ɪksˈpɪəriəns/	kinh nghiệm, trải nghiệm
31	undergo	v	/ˌʌndərˈɡoʊ/	trải qua
32	surgery	n	/ˈsɜːdʒəri/	phẫu thuật
33	smoothly	adv	/ˈsmuːðli/	suôn sẻ, mượt mà
34	rely	v	/rɪˈlaɪ/	tin tưởng, dựa vào
35	experience	v	/ɪksˈpɪəriəns/	trải qua, cảm nhận
36	ability	n	/əˈbɪləti/	khả năng
37	manage	v	/ˈmænɪdʒ/	quản lý, kiểm soát
38	improve	v	/ɪmˈpruːv/	cải thiện, tiến bộ
39	reveal	v	/rɪˈviːl/	tiết lộ, phơi bày
40	suffer	v	/ˈsʌfər/	chịu đựng, mắc phải
41	malaria	n	/məˈleəriə/	bệnh sốt rét
42	gravity	n	/ˈɡrævəti/	sự nghiêm trọng
43	dangerous	adj	/ˈdeɪndʒərəs/	nguy hiểm
44	curious	adj	/ˈkjʊəriəs/	tò mò, hiếu kỳ
45	recount	v	/rɪˈkaʊnt/	kể lại
46	fever	n	/ˈfiːvər/	cơn sốt
47	vomit	v	/ˈvɒmɪt/	nôn mửa

48	medication	n	/ˌmediˈkeɪʃən/	thuốc, dược phẩm
49	blood	n	/blʌd/	máu
50	concerned	adj	/kənˈsɜːrnd/	lo lắng
51	pain	n	/peɪn/	đau đớn
52	examine	v	/ɪgˈzæmɪn/	kiểm tra
53	symptom	n	/ˈsɪmptəm/	triệu chứng
54	illness	n	/ˈɪlnəs/	bệnh tật
55	consider	v	/kənˈsɪdər/	xem xét
56	malignant	adj	/məˈlɪgnənt/	ác tính
57	fluid	n	/ˈfluːɪd/	chất lỏng
58	toxin	n	/ˈtɒksɪn/	chất độc
59	breathing	n	/ˈbriːðɪŋ/	hô hấp
60	recovery	n	/rɪˈkʌvəri/	sự phục hồi
61	response	n	/rɪˈspɒns/	phản ứng
62	heal	v	/hiːl/	chữa lành
63	vital	adj	/ˈvaɪtəl/	thiết yếu, quan trọng
64	antibody	n	/ˈæntɪˌbɒdi/	kháng thể
65	reaction	n	/rɪˈækʃən/	phản ứng
66	contagious	adj	/kənˈteɪdʒəs/	dễ lây nhiễm
67	pathogen	n	/ˈpæθədʒən/	mầm bệnh
68	complication	n	/ˌkɒmplɪˈkeɪʃən/	biến chứng
69	risk	n	/rɪsk/	nguy cơ
70	infection	n	/ɪnˈfekʃən/	sự nhiễm trùng
71	urgent	adj	/ˈɜːdʒənt/	khẩn cấp
72	diagnosis	n	/daɪəgˈnɒsɪs/	sự chẩn đoán
73	relief	n	/rɪˈliːf/	sự giảm nhẹ, sự khuây khỏa
74	emerge	v	/ɪˈmɜːdʒ/	xuất hiện
75	alert	adj	/əˈlɜːrt/	tỉnh táo
76	confuse	v	/kənˈfjuːz/	làm rối, làm bối rối
77	acute	adj	/əˈkjuːt/	cấp tính

78	phase	n	/feɪz/	giai đoạn
79	proper	adj	/'prɒpər/	đúng đắn, thích hợp
80	boost	v	/bu:st/	thúc đẩy
81	function	n	/'fʌŋkʃən/	chức năng
82	alertness	n	/ə'leɪtnəs/	sự tỉnh táo
83	discharge	n	/dɪs'tʃɑ:rdʒ/	sự xuất viện
84	vulnerable	adj	/'vʌlnərəbl/	dễ bị tổn thương
85	treat	v	/tri:t/	điều trị
86	injury	n	/'ɪndʒəri/	vết thương
87	observation	n	/'ɒbzə'veɪʃən/	sự quan sát
88	quarantine	n	/'kwɔ:rənti:n/	cách ly
89	medical	adj	/'medɪkəl/	y tế
90	bacteria	n	/'bæktəriə/	vi khuẩn

### BẢNG CẤU TRÚC

STT	Cấu trúc	Nghĩa
1	lead a fulfilling life	sống một cuộc đời viên mãn
2	give someone advice on something	cho ai đó lời khuyên về điều gì đó
3	take up something	bắt đầu theo đuổi một hoạt động nào đó
4	find out	tìm ra
5	recover from	hồi phục từ