

Mata Pelajaran	: Bahasa Inggris
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BACAAN**Text I**

The human body is like a machine. It needs fuel to do work. Nutrients are fuel for the body. They are chemical substances in foods that the body needs for growth and energy. The body uses nutrients to carry out life processes. There are five kinds of nutrients—carbohydrates, fats, proteins, vitamins, and minerals. Some foods are rich in one nutrient. Most foods contain many nutrients.

- 5 A balanced diet is especially important to athletes. Athletic activities are hard work. An athlete's body burns fuel rapidly. It requires a greater supply of fuel than does a person who is not an athlete. Eating health foods increases an athlete's power and endurance. Healthful eating helps manage weight and protect him from injuries.

Most nutrition experts say that an athlete's diet should be high in carbohydrates. Carbohydrates are

- 10 nutrients that supply the body with energy. They also help build muscle. Starches such as bread and pasta are carbohydrates. They fuel the body with energy over a long period of time. Sixty to 70 percent of the food an athlete eats should be high in carbohydrates.

Water is also important to athletes. More than two-thirds of the human body is made up of water. People lose some of that liquid when they sweat. Athletes must replace the lost fluid. Drinking a liter of water

- 15 before each competition helps maintain the necessary water balance.

Regardless of the sport, every athlete should eat a meal three or four hours before competing. Fueling the body on carbohydrates, such as cereal, bread, and pasta, is important. The meal should include fruit and vegetables too. They supply the body with important minerals and add carbohydrates.

- 20 Athletes should avoid sugary foods, such as candy and soft drinks. Although they can give a quick energy "boost", these foods also cause a subsequent energy "drop". Most importantly, an athlete should drink two or three cups of caffeine-free fluids. A balanced pre-game meal helps an athlete reach peak performance.

Petunjuk A dipergunakan dalam menjawab soal nomor 51 sampai nomor 75

51. The main information of the text is about _____.
 (A) nutrients needed to fuel human body
 (B) how life processes are carried out
 (C) a balanced diet for athletes
 (D) types of foods which are rich in nutrients
 (E) nutrition food consumed by athletes
52. The following are the functions of nutrients for the human body, except _____.
 (A) to give energy
 (B) to ensure endurance
 (C) to defend against injuries
 (D) to produce chemical substances
 (E) to prevent dehydration

53. Why do athletes need a greater supply of nutrients than non-athletes?

- (A) An athlete's body burns food more easily to yield energy.
- (B) The food provided for athletes is high in carbohydrates.
- (C) An athlete always eats a lot more healthy food.
- (D) The body should be fuelled for a long period of time.
- (E) An athlete has to control his/her weight.

54. Which is NOT included in the 'pre-game diet' for athletes?

- (A) minerals
- (B) hamburger
- (C) juices
- (D) oatmeal
- (E) soft drinks

55. Athletes should avoid sugary foods in order that ____.

- (A) their energy does not suddenly increase
- (B) their energy does not drop after an energy boost
- (C) they can maintain the liquid they have consumed
- (D) the carbohydrates they consume do not decrease
- (E) they can keep boosting their energy

Text II

(1) _____ (2) Loaded with fragments of HIV or other pathogens, the bacteria act as a radical new kind of cheap vaccine that can be swallowed instead of injected. (3) If the vaccine causes any problems, antibiotics will destroy it. (4) The problems can vary from mild cases such as osteoarthritis to serious ones such as brain cancer. (5) One such HIV vaccine, developed by David Hone and his colleagues at the University of Maryland, Biotechnology Institute in Baltimore, is based on a weakened form of *Salmonella typhi*, the bacterium that caused typhoid fever. (6) Hone hopes to start testing the vaccine later this year in Nigeria and Uganda. (7) The other, developed by Yvonne Paterson and her colleagues at the University of Pennsylvania Medical School in Philadelphia, is based on *Listeria monocytogenes*. (8) This bacterium can cause pregnant women to miscarry and triggers meningitis in people with weakened immunity. (9) But otherwise, it poses few problems in healthy people.

56. With which of the following sentences should the paragraph begin?

- (A) There are two types of bacteria that can be used to produce vaccines against deadly diseases, including AIDS.
- (B) There are certain characteristics of vaccines which are used against deadly diseases, including AIDS.
- (C) Bacteria that cause typhoid or miscarriages are being developed to produce vaccines against deadly diseases, including AIDS.
- (D) Several problems may arise in the development of vaccines against deadly diseases, including AIDS.
- (E) There are several disadvantages of using bacteria to produce vaccines against deadly diseases, including AIDS.

57. The sentence which is irrelevant to the topic is sentence number ____.

- (A) 3
- (B) 4
- (C) 5
- (D) 6
- (E) 7

Text III

All great coffee comes from the same tree, coffea Arabica. The distinguishing taste of coffee is a product of the climate, air, and soil in which it is grown. The perfect climate for coffee production exists between the latitudes of 25 degrees north and 25 degrees south of equator. The coffee plant is particular about temperature, and changes of more than 20 degree in twenty-four hours, or temperatures of over 70 degrees Fahrenheit, tend to have harmful effects on production. In general, coffee trees are comfortable where people are. If people feel too cold or hot, especially during flowering and fruit development, the trees are not likely to do well. Altitude is an important factor, and most coffee producing countries grade their coffees according to the altitude at which they were grown. _____.

58. what is the topic of the paragraph?
- (A) The characteristics of coffee plantation.
 - (B) The influence of human life on the production of coffee.
 - (C) The use of different methods to grow coffee.
 - (D) Required natural conditions for growing coffee.
 - (E) The importance of proper temperature in growing coffee.
59. With which of the following sentences should the paragraph end?
- (A) In conclusion, the taste of coffee depends on the flowering and fruit development.
 - (B) Therefore, different types of coffee may be grown on the same plantation.
 - (C) So, changes in temperature greatly affect the coffee produced.
 - (D) Thus, certain conditions of the soil do not necessarily determine the quality of coffee.
 - (E) To conclude, coffee growers must be aware of the conditions which are necessary for yielding good coffee.

Text IV

Sister Cities International is an organization that brings together communities from different areas and different cultures. Sister city ____ (60) ____ can help communities learn from other and solve problems together. These partnerships are often based on ____ (61) ____ project or exchanges. People share their knowledge in areas like education, government, business or technology.

Building sister-city relationships was one of the ideas for the People-to-People Program created by President Dwight Eisenhower. He established the program at a White House conference ____ (62) ____ on September 11th and 12th 1956. President Eisenhower wanted to connect citizens who shared an interest in other cultures. He wanted to increase international understanding and ____ (63) ____ through educational, cultural and humanitarian activities. He believed that citizen diplomats could help build peace.

Today, 700 American communities have partnerships with almost 1,800 communities in other countries. Atlanta, Georgia, ____ (64) ____, has 18 sister-city partnerships. One is with Brussels, Belgium. Another is with Lagos, Nigeria. These two relationships ____ (65) ____ for more than thirty years. The areas they involve include economic development and trade.

Sister-city partnerships usually result from local connections. Local governments also become involved and ____ (66) ____ provide some leadership. ____ (67) ____, citizen groups are generally responsible for organizing and supporting partnerships.

60. (A) relate
(B) relative
(C) related
(D) relationship
(E) relating
61. (A) special
(B) specialty
(C) specialization
(D) specialist
(E) specialize

62. (A) holding
(B) to be held
(C) held
(D) being held
(E) to hold
63. (A) agreement
(B) competition
(C) dependence
(D) friendship
(E) necessity
64. (A) for example
(B) however
(C) indeed
(D) therefore
(E) such as
65. (A) exist
(B) are existing
(C) have existed
(D) were existing
(E) existed
66. (A) must
(B) May
(C) Should
(D) Would rather
(E) Had better
67. (A) Moreover
(B) Therefore
(C) In addition
(D) However
(E) As a result

TATA BAHASA

Petunjuk : Soal nomor 68 sampai dengan nomor 75 tidak berhubungan dengan bacaan.

68. 'I need the report immediately, so why don't you use your laptop computer?'
'I can't the battery _____'
(A) is charging
(B) to be charged
(C) is to charge
(D) is being charged
(E) charged
69. As soon as the news of the killing of the innocent prisoner spread out, people ran through the streets, breaking windows, setting fire to cars, and _____.
(A) the destruction was on everything in their path
(B) the destroying of everything was in their path
(C) destroying everything in their path
(D) everything in their path was in destruction
(E) everything in their path was destroyed

70. 'Many in Sidoarjo are looking forward to _____ a good solution to the mud problem.
(A) witness
(B) witnessing
(C) being witnessed
(D) be witnessing
(E) have witnessed
71. 'We are planning to develop a program for marking language tests.' ' _____ '
(A) That's not surprising
(B) How difficult is it?
(C) Have you heard?
(D) How fast can it go?
(E) What's so good about it?
72. 'Have you offered your guest something to drink?'
'Yes. I have. I have asked her _____ she'd like coffee or tea.'
(A) what
(B) that
(C) which
(D) whether
(E) why
73. I couldn't understand the manual of the videophone, so I _____ for me.
(A) Had translated it with my friend
(B) Had to translate it without problems
(C) Had my friend translate it
(D) Had translated it by my friend
(E) Had to translate it with my friend
74. _____ the biggest star in the sky, the Dog Star has an absolute magnitude about twenty-three times that of the Sun.
(A) To be
(B) Being
(C) It is
(D) Be
(E) Which is
75. If I miss the math class, I don't feel sorry, for _____ anyway.
(A) I don't have to study math
(B) it is not a easy subject
(C) the class is too big
(D) I don't like it
(E) the teacher is very smart