

Họ và tên học sinh:.....; Lớp:

Mark the letter A, B, C, or D on your answer sheet to indicate the word whose underlined part differs from the other three in pronunciation in each of the following sentences.

Question 1: A. social B. curious C. electronic D. culture

Question 2: A. habit B. honest C. healthy D. helpful

Read the following advertisement/announcement and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 3 to 5.

Bridging the Generation Gap

Are you struggling to connect (3)_____ your teenager? Do you feel like there's a gap between your generation and theirs? At "Bridging the Gap", we offer (4)_____ workshops designed to help parents and teens understand each other better. Our expert facilitators use proven techniques to foster communication and mutual (5)_____. Join us for our next session and start building a stronger family bond today!

Question 3: A. with B. on C. in D. of

Question 4: A. A B. An C. The D. Ø (no article)

Question 5: A. respectful B. respected C. respectable D. respect

ANNOUNCEMENT OF FAMILY DAY EVENT

The School Youth Union would like to announce:

- All students (6) _____ to bring their family members to the Family Day event on June 15.
- Each family is encouraged to prepare a dish for the Family Potluck. Each dish should serve at least 4 people.
- Each family is invited to (7) _____ one game or activity to share with others during the event.
- (8)___ you have any questions, please contact your class monitor.

Question 6: A. are requested B. requesting C. request D. have requested

Question 7: A. suggest B. organize C. bring D. provide

Question 8: A. Will B. unless C. Had D. Should

Mark the letter A, B, C, or D on your answer sheet to indicate the word that differs from the other three in the position of stress in each of the following questions.

Question 9: A. control B. upset C. allow D. damage

Question 10: A. historical B. economic C. creative D. traditional

Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of the sentences to make a meaningful paragraph/letter in each of the following questions.

Question 11:

- Maintaining a balanced diet rich in fruits, vegetables, and whole grains ensures the body gets essential nutrients.
- Additionally, regular physical activity helps maintain a healthy weight and reduces the risk of chronic diseases.
- Firstly, getting enough sleep is crucial for overall health and well-being.
- Finally, managing stress through techniques like meditation and mindfulness promotes mental and emotional health.
- Living a long and healthy life requires a combination of good habits and lifestyle choices.

- A. e - c - a - b - d
C. c - e - b - a - d

- B. a - c - d - e - b
D. b - e - b - a - d

Question 12:

- a. I've come to realize how important it is to cherish and maintain our mental health.
b. Engaging in regular exercise not only benefits the body but also boosts mental well-being.
c. Moreover, surrounding oneself with positive relationships can have a profound impact on overall happiness.
d. Dear Alex, I hope you're doing well! Lately, I've been thinking a lot about our conversations on mental health.
e. Lastly, taking time for hobbies and activities we enjoy can greatly enhance our quality of life.
f. I look forward to hearing your thoughts on this.

- A. b - d - a - e - c - f
C. d - a - b - c - e - f

- B. d - a - c - e - b - f
D. a - d - c - e - b - f

Mark the letter A, B, C or Don your answer sheet to indicate the correct option that best fits each of the numbered blanks.

There are many things you can do to help reduce plastic pollution. Firstly, you should reduce your use of plastic. (13) ____ you should avoid single-use plastic products such as straws or takeaway (14) _____. Instead, choose reusable products made from bamboo or metal. Besides, you should use strong, reusable shopping bags made from other materials rather than plastic. Secondly, you should reuse plastic. (15) _____, make sure you use them many times. For example, you can refill water bottles and (16) _____. Finally, you should recycle plastic whenever (17) _____. Before you buy anything sold in plastic, look over its label and (18) _____. Always try to recycle plastic items instead of throwing them away in the rubbish bin. Remember that there are many things that are made from recycled plastic.

Question 13. A. This meaning that B. Meaning that C. Which means that D. This means that

Question 14. A. coffee cups B. cups coffee C. cup coffee D. coffee cup

Question 15.

- A. Having plastic items C. To have plastic items
B. Have plastic items D. If you have plastic items

Question 16.

- A. reusing lunch boxes C. to reuse lunch boxes
B. to reusing lunch boxes D. reuse lunch boxes

Question 17. A. they can B. you can C. I can D. we can

Question 18.

- A. check the recycling symbols C. to check the recycling symbols
B. we check the recycling symbols D. the recycling symbols are checked

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct word or phrase that best fits each of the numbered blanks.

Psychologists have long known that having a set of cherished companions is crucial to mental well-being. A recent study by Australian investigators concluded that our friends even help to prolong our lives. The study concentrated on the (19)____ environment, general health, and lifestyle of 1,477 persons older than 70 years. The participants were asked how (20)_____ contact they had with friends, children, relatives and acquaintances. Researchers were surprised to learn that friendships increased life (21) _____ to a far greater extent than frequent contact with children and other relatives. This benefit held true even after these friends had moved away to another city and was independent of factors such as socioeconomic status, health, and way of life. According to scientists, the ability to have relationships with people to (22) _____ one is important has a positive effect on physical and mental health. Stress and tendency towards depression are reduced, and behaviors that are damaging to health, such as smoking and drinking, occur less frequently. (23)_____, our support networks, in times of calamity in particular, can raise our moods and feelings of self-worth and offer helpful strategies for dealing with difficult personal challenges.

(Source: *Academic Vocabulary in Use* by Michael McCarthy and Felicity O'Dell)

- Question 19:** A. able B. interesting C. social D. mental
Question 20: A. much B. many C. few D. so many
Question 21: A. expectation B. insurance C. expectancy D. assurance
Question 22: A. Who B. Whom C. what D. That
Question 23: A. Otherwise B. For example C. Moreover D. However

Mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions.

- Question 24:** We're having milk for our breakfast, _____?
A. were we B. do we C. aren't we D. can't we
Question 25: I have a lot of homework _____ tonight, so I cannot go out with you.
A. to do B. do C. doing D. done
Question 26: We _____ through the park when we heard the bomb explode.
A. have run B. ran C. were running D. are running
Question 27: Students are expected to _____ discussions and express personal opinions.
A. catch up with B. get on with C. put up with D. take part in
Question 28: Taking a flight is _____ than travelling by train.
A. most expensive B. more expensive C. as expensive D. the more expensive

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.

Going to the gym offers numerous benefits beyond just improving physical appearance. It is a **comprehensive** physical activity that combines strength training and cardio exercises, contributing to overall health and well-being.

One of the most noticeable benefits of going to the gym is the improvement in physical health. Regular exercise strengthens the cardiovascular system, reducing the risk of heart-related diseases such as high blood pressure and stroke. Additionally, gym workouts help build and maintain muscle mass, increase flexibility, and improve balance. Exercises like weightlifting, squats, and planks are particularly effective in preventing osteoporosis and other bone-related issues.

Gym workouts also have a significant positive impact on mental health. During exercise, the body produces endorphins, **which** are hormones that reduce stress and induce feelings of happiness. This can alleviate symptoms of mental health conditions such as depression and anxiety. Furthermore, achieving small fitness goals can boost self-confidence and provide a sense of personal accomplishment.

Regularly going to the gym enhances overall quality of life. Maintaining a consistent workout routine improves sleep quality, leading to better rest and more energy throughout the day. It also promotes a healthier lifestyle by encouraging better dietary habits and a structured daily routine. Social interactions at the gym can lead to new friendships and a supportive community, further enhancing mental and emotional well-being.

Reference: <https://www.mayoclinic.org/>

- Question 29:** What would be the best title for the passage?
A. The Importance of Cardio Exercises B. Benefits of Going to the Gym
C. How to Build Muscle Mass D. Improving Mental Health through Exercise
Question 30: What does the word "**comprehensive**" in the first paragraph mostly mean?
A. detailed B. complete C. limited D. confusing
Question 31: What does the word "**which**" in the third paragraph refer to?
A. feelings B. workouts C. body D. endorphins
Question 32: Which of the following is NOT mentioned as a benefit of going to the gym?
A. improving sleep quality B. reducing high blood pressure
C. increasing creativity D. building muscle mass
Question 33: According to the passage, what is a mental health benefit of going to the gym?
A. reducing symptoms of anxiety B. promoting social interactions
C. encouraging a structured routine D. improving cardiovascular health

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.

Grandparents are becoming the forgotten generation, with youngsters now too busy to listen to their stories from the olden days.

A study of 1,000 five- to 18-year-olds reveals just 21 per cent will visit their older relatives to hear about how their lives were different in the past; such as where they worked, how it was living in the war, and how they met the love of their life. More than half of youths have no idea what job their grandparent did before retirement. Sadly, one in ten **admit** they are simply not interested in their grandmother's or grandad's talents and interests, and a quarter only turn up to see **them** for pocket money. But 23 percent claim the reason they don't know anything about their older relatives is that they don't really get the chance to talk properly.

Researchers found that although 65 per cent of youngsters do see their grandparents every single week, 37 per cent claim this is only because their parents want them to. And while 39 per cent talk to their grandparents on the phone, Facebook or Skype at least once a week - 16 per cent once a day - conversation is rarely focused on what they are doing or have done in the past. Four in 10 kids have no idea what their grandparent's proudest achievements are, while 30 per cent don't know if they have any special skills or talents. And 42 per cent don't spend any time talking about their grandparent's history -and are therefore clueless about what their grandmother or grandad was like when they were younger. Perhaps due to this lack of communication and respect, just six per cent of children say they **look up to** their grandparents as a role model and inspiration.

Question 34: Which of the following could be the main idea of the passage?

- A. Young people's tendency to neglect their grandparents
- B. Grandparents' loneliness in their old age
- C. Grandparents' attitudes towards youngsters
- D. Young people's disinterest in their grandparents' stories

Question 35: According to the study in paragraph 2, which information is **NOT true**?

- A. Nearly a quarter of young people don't have suitable opportunities to talk to older relatives.
- B. Over 50% of the young don't know about their older relatives' past professions.
- C. Most of youths visit their grandparents to ask for pocket money.
- D. Merely one fifth of people in the survey keep asking about the bygone time of their grandparents.

Question 36: According to the last paragraph, the proportion of the young voluntarily visiting their older family members every week is _____.

- A. 39%
- B. 27%
- C. 28%
- D. 65%

Question 37: The word '**admit**' in paragraph 2 is **CLOSEST** in meaning to _____.

- A. dissent
- B. refuse
- C. conceal
- D. confess

Question 38: The word '**them**' in paragraph 2 refers to _____.

- A. relatives
- B. youngsters
- C. talents
- D. grandparents

Question 39: The phrase '**look up to**' in paragraph 3 is **OPPOSITE** in meaning to?

- A. dread
- B. disrespect
- C. imagine
- D. admire

Question 40: Which of the following can be inferred from the last paragraph?

- A. Youngsters nowadays are too indifferent to their grandparents' lives in the past.
- B. Most young people use modern technology to keep in touch with their older generation.
- C. Children's lack of communication with grandparents leads to mutual misunderstanding.
- D. Grandchildren never care for their elderly relatives' special skills and talents.

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- a. Maintaining a balanced diet rich in fruits, vegetables, and whole grains ensures the body gets essential nutrients.
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 c. Firstly, getting enough sleep is crucial for overall health and well-being.
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 e. Living a long and healthy life requires a combination of good habits and lifestyle choices.

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- a. I've come to realize how important it is to cherish and maintain our mental health.
 b. Engaging in regular exercise not only benefits the body but also boosts mental well-being.
 c. Moreover, surrounding oneself with positive relationships can have a profound impact on overall happiness.
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40

A

A

C

A