
(Đề thi có 05 trang)

Thời gian làm bài: 50 phút
(không kể thời gian phát đề)

Họ và tên:

Mã đề 111

Số báo danh:

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.

In today's fast-paced world, maintaining a healthy lifestyle has become more important than ever before. A healthy lifestyle involves making conscious choices about what we eat, how much we exercise and how we prioritise sleep. By adopting healthy habits, we can prevent chronic diseases, improve our physical and mental health, and live a happier and more fulfilling life.

A balanced diet is the foundation of a healthy lifestyle. Eating a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats can provide the essential nutrients needed to maintain good health. Processed foods, sugary drinks, and saturated fats should be avoided as they can lead to obesity, heart disease, and other chronic illnesses.

Regular exercises are also crucial for a healthy lifestyle. They help in strengthening muscles and bones, improving cardiovascular health, and reducing the risk of chronic diseases. Exercises also release endorphins, which are natural mood boosters and can help reduce stress levels. Experts recommend at least 30 minutes of moderate intensity exercises per day for adults.

Adequate sleep is another important aspect of a healthy lifestyle. Getting 7-8 hours of sleep per night can improve cognitive function, enhance memory, and promote physical and emotional health. A regular sleep routine, avoiding caffeine and electronics before bedtime, and creating a relaxing sleep environment can help improve sleep quality.

In conclusion, a healthy lifestyle requires a balanced diet, regular exercises and adequate sleep. By making small changes to our lifestyle, we can significantly reduce the risk of chronic diseases, improve our physical and mental health, and live a happier and more fulfilling life. It is essential to prioritise healthy habits and make **them** a part of our daily routine.

Question 1. According to the passage, people should avoid _____ before bedtime to have a good sleep.

- A. caffeine B. whole grains C. endorphins D. processed food

Question 2. Which of the following can be the best title for the passage?

- A. Our Daily Routine B. How to Have a Healthy Lifestyle
C. The Well-being of the Brain D. The Importance of Exercises

Question 3. Which of the following is NOT true according to the passage?

- A. Adequate sleep can help enhance memory.
B. Endorphins help reduce stress.
C. People should avoid all kinds of fats to maintain good health.
D. Adults are advised to exercise moderately for 30 minutes every day.

Question 4. The word "**them**" in the last paragraph is referred to _____.

- A. healthy habits B. diseases C. regular exercises D. small changes

Question 5. The word "**adequate**" in paragraph 4 is closest in meaning to _____.

- A. bad B. lack of C. enough D. poor

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

Question 6. The doctor has just _____ the patients and fortunately the treatment is working.

- A. suffered B. discharged C. examined D. operated



Question 7. You _____ respect older people. You can learn some valuable lessons from them.

- A. mustn't B. must C. shouldn't D. don't have to

Question 8. There _____ a lot of progress in technology since people _____ the Internet.

- A. have been – invented B. were – invented
C. have been - have invented D. are - are inventing

Question 9. The fish tastes _____. I want some more, please.

- A. as wonderful B. wonderfully C. more wonderfully D. wonderful

Question 10. A balanced diet and regular exercise can help expand your life _____.

- A. expecting B. expectation C. expected D. expectancy

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.

GENERATION GAP

The generation gap, which refers to a broad **difference** between one generation and another, especially between young people and their parents, usually leads to numerous conflicts. Such family conflicts can seriously threaten the relationship between parents and children at times.

It goes without saying that, however old their children are, parents still regard **them** as small kids and keep in mind that their offspring are too young to protect themselves cautiously or have wise choices. Therefore, they tend to make a great attempt to help their children to discover the outside world. Nevertheless, they forget that as children grow up, they want to be more independent and develop their own identity by creating their own opinions, thoughts, styles and values about life.

One common issue that drives conflicts is the clothes of teenagers. While teens are keen on wearing fashionable clothes which try to catch up with the youth trends, parents who value traditional clothes believe that those kinds of clothing violate the rules and the norms of the society. It becomes worse when the expensive brand name clothes teens choose seem to be beyond the financial capacity of parents.

Another reason contributing to conflicts is the interest in choosing a career path or education between parents and teenagers. Young people are told that they have the world at their feet and that bright future opportunities are just waiting for them to **seize**. However, their parents try to impose their choices of university or career on them regardless of their children's preference.

Indeed, conflicts between parents and children are the everlasting family phenomena. It seems that the best way to solve the matter is open communication to create mutual trust and understanding.

Question 11. The word "**seize**" in the fourth paragraph is **closest** in meaning to _____.

- A. catch B. give C. buy D. sell

Question 12. Which of the following is **NOT** true according to the passage?

- A. The generation gap usually leads to numerous conflicts.
B. Parents often try to impose their choices of university or career on their children regardless of their preference.
C. One common problem that creates conflicts is the clothes of teenagers.
D. Family conflicts cannot affect the relationship between parents and their children.

Question 13. The word "**difference**" in the first paragraph is **opposite** in meaning to _____.

- A. diversity B. contrast C. similarity D. variety

Question 14. What can be inferred from the passage?

- A. Parents always agree with the career choices that their children make.
B. Parents and children should communicate openly to solve the conflicts.
C. Expensive clothes help children become more confident.

D. Parents often like the clothes their children choose to wear.

Question 15. Why do most parents still regard their teenage children like small kids?

A. Because they think that children are too young to live independently.

B. Because children usually make mistakes

C. Because they think that children are too young to protect themselves well.

D. Because children often like wearing fashionable clothes.

Question 16. Which can be the best title for the passage?

A. How are children different from their parents?

B. How do we bridge the generation gap?

C. The reasons of parent-child conflicts.

D. Parents and their children: Similarities and differences.

Question 17. The word "them" in the second paragraph refers to ____.

A. their mind

B. their choices

C. their parents

D. their children

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

Many inventions have been created throughout history. Many of them have changed our lives. In my opinion, the most important is the internet.

I think the internet is important because it has changed our lives in many ways. For example, the way we communicate has changed significantly. We can communicate with each other instantly using the internet. Many people even spend more time connecting with family, friends and (18) _____. You will probably see most people are communicating with their phones and laptops instead of talking to the person next to them (19) _____.

The internet has also (20) _____ together in a way that was impossible before, such as working from home and working with people from other countries. (21) _____.

By connecting their computer to the internet, people can access the same resources wherever they are in the world. Today, people from all over the globe can work together closely without ever meeting face-to-face, sharing views more easily and (22) _____.

Although the internet is quite a new invention, it now plays an important role in (23) _____. Without it, things would be very different.

Question 18.

A. relatives on the internet than in real life

B. from relatives on the internet than in real life

C. relatives in real life than on the internet

D. from relatives in real life than on the internet

Question 19.

A. going to a busy café today

B. if you go to a busy café today

C. when you go to a busy café today

D. having gone to a busy café today

Question 20.

A. allowed us to work

B. to allow us to work

C. allowing us working

D. allowed us work

Question 21.

A. It makes both ways of working become more popular.

B. This makes both ways of working become more popular.

C. Making both ways of working become more popular.

D. Which makes both ways of working become more popular.

Question 22.

A. spend less time to travel

B. spending less time travel

C. spend to less time traveling

D. spending less time traveling

Question 23.

Mã đề 111

A. this lives

B. our lives

C. their lives

D. your lives

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

Question 24.

A. advice

B. urban

C. dweller

D. sensor

Question 25.

A. negative

B. livable

C. interesting

D. efficient

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.

HEALTHY LIVING

Millions of people today are overweight and out of shape. This is due in part to their diet, (26) _____ is often high in sugars and fats. Another reason is that too many of us spend our evenings glued (27) _____ the television, instead of doing something to keep ourselves fit. Today hectic lifestyles also prevent us from spending as much time as we should on staying in shape. Convenience food, such as frozen meals and canned vegetables, saves time but is often (28) _____. Fast food and takeaways are also (29) _____ for (30) _____ health problems.

Question 26.

A. that

B. it

C. what

D. which

Question 27.

A. in

B. at

C. on

D. to

Question 28.

A. healthy

B. organic

C. unhealthy

D. wealthy

Question 29.

A. reacted

B. attributed

C. responsible

D. responsive

Question 30.

A. an

B. many

C. a

D. much

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

Question 31.

A. sensor

B. smart

C. sustain

D. reason

Question 32.

A. illness

B. city

C. fitness

D. virus

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.

Hotel Receptionist wanted for Plaza Hotel

We need a young and enthusiastic person to work as (33) _____ receptionist at our hotel in Ha Noi from 20th May to 15th August.

Working hours are (34) _____ 8 a.m. to 4 p.m.

(35) _____ include receiving guests and visitors, checking them in and out, taking bookings, and answering the phone.

Ability to speak English is an advantage.

Please contact: The manager, Plaza Hotel

21 Vu Ngoc Duong, Hai Ba Trung, Ha Noi.

Question 33.

A. X

B. the

C. an

D. a

Question 34.

A. on

B. to

C. from

D. at

Question 35.

Mã đề 111

A. Responsibly

B. Responses

C. Responsibilities

D. Responsible

HEALTHY LIFESTYLE CAMPAIGN

Join us for (36) _____ Healthy Lifestyle Campaign at our school. Throughout the month, we'll be organizing various activities and initiatives to promote physical and mental well-being.

On the campaign, you can engage in interactive workshops, fitness classes, and awareness sessions that focus on the importance of maintaining a healthy lifestyle. These activities aim to raise (37) _____ of the benefits of exercise, proper nutrition, and stress management.

(38) _____ you want to get more involved, keep in touch with our campaign coordinator who will provide more information on upcoming events and guide you on how to adopt a healthier lifestyle.

Question 36.

A. a

B. Ø

C. the

D. an

Question 37.

A. education

B. awareness

C. investment

D. supporting

Question 38.

A. Had

B. Were

C. Unless

D. Should

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 39.

a. Additionally, we've started a garden to provide a safe space for local wildlife to thrive.

b. Warm regards.

c. I'm excited to share some great news about recent initiatives at our school to protect wildlife.

d. Lastly, students are actively involved in organising awareness campaigns and fundraisers to support wildlife conservation efforts.

e. Dear John, I hope this letter finds you well!

f. Overall, these initiatives reflect our commitment to preserving biodiversity and making a positive impact on the environment.

g. Firstly, our school has implemented a recycling programme to reduce waste and protect habitats.

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

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

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

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

Question 40.

a. Secondly, doing chores together can actually be fun and it makes the work go faster.

b. Dear Mike, I hope you are well! I've been thinking about why it's important for children to help with housework.

c. It's a good way for families to spend time together and learn new skills.

d. In the first place, it teaches us responsibility and how to take care of our own things.

e. Also, when we help our parents, it shows them respect and gratitude for all they do for us.

f. Best wishes.

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

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

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

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

----- THE END -----



(Đề thi có 05 trang)

Họ và tên:
Số báo danh:

Mã đề 112

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

Question 1. They _____ lots of friendly people since they _____ to that village.

- A. have met – came
B. were meeting - have come
C. met - have been coming
D. meet - are coming

Question 2. A balanced diet can help improve your _____ and fitness.

- A. strongly
B. strengthen
C. strength
D. strong

Question 3. It's also important to eat a _____ diet with lots of fruits, vegetables, and protein.

- A. unhealthy
B. poor
C. strict
D. balanced

Question 4. Tom sounded _____ when I spoke to him on the phone

- A. to be happy
B. happy
C. happily
D. to be happily

Question 5. Students _____ cheat during the examination.

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

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

Question 6.

- A. extended
B. dweller
C. media
D. regular

Question 7.

- A. garden
B. giant
C. generation
D. digital

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 8.

- a. Moreover, engaging in household chores teaches valuable life skills, including time management and organisation.
b. Finally, sharing household responsibilities promotes teamwork and fosters a sense of unity within the family.
c. Encouraging kids to do household chores offers numerous benefits.
d. Additionally, it fosters a strong work ethic and independence as children learn to complete tasks on their own.
e. By assigning tasks such as tidying up their rooms or helping with meal preparation, children learn the importance of contributing to the family's well-being.
f. Overall, involving kids in household chores helps them develop essential life skills while contributing positively to family dynamics.
g. Initially, it instils a sense of responsibility from a young age.

- A. c-a-g-d-e-b-f
B. g-e-a-d-b-c-f
C. c-g-e-a-d-b-f
D. c-g-b-a-e-d-f

Question 9.

- a. Best wishes.
b. First of all, self-study gives learners more freedom. They decide what they should study and how to learn depending on their abilities.

- c. Dear Lucy, I hope you are well. I am thinking about the advantages of self-study - learning at home without a teacher.
- d. Secondly, they can make learners responsible. They set their learning goals and make study plans to achieve them.
- e. Finally, it makes them more confident. Completing tasks and solving problems on their own boost learners' confidence.

A. b-d-a-c-e

B. d-b-a-c-e

C. c-b-e-d-a

D. c-b-d-e-a

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.

REVIEWS WANTED

Have you visited (10) _____ wonderful or awful cafe recently?

Now is your chance to write about it. We are looking (11) _____ reviews of cafes.

Describe your experience at the cafe that you visited.

Say why you were (12) _____ or dissatisfied with it.

We will publish the most interesting reviews.

Question 10.

A. an

B. the

C. a

D. Ø

Question 11.

A. for

B. up

C. after

D. at

Question 12.

A. satisfaction

B. satisfied

C. satisfy

D. satisfactory

OUTDOOR CINEMA

The cinema is (13) _____ by hills and there are beautiful views. It's possible to watch the sunset during a film.

Cinema visitors (14) _____ to take a cushion with them to sit on. It's good idea to have a picnic when the film is over.

Cinema tickets can be bought online at [www. CITYENTS.org](http://www.CITYENTS.org).

(15) _____ you have any questions, please contact us on 8302195.

Question 13.

A. located

B. situated

C. made

D. surrounded

Question 14.

A. are advised

B. advise

C. advising

D. have advised

Question 15.

A. Had

B. Do

C. Should

D. Were

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

Question 16.

A. traditional

B. economic

C. historical

D. creative

Question 17.

A. homework

B. muscle

C. disease

D. treatment

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

It is natural for young people to be critical of their parents at times and to blame them for most of the misunderstandings between them. They have always complained, more or less justly, that their parents are old-fashioned, possessive and dominant; (18) _____; that they talk too much

about certain problems and that they have no sense of humor, at least in parent-child relationships. I think it is true that parents often underestimate (19) _____ and also forget how they themselves felt (20) _____.

Young people often irritate their parents with their choices in clothes and hairstyles, in entertainers and music. This is not their motive. They feel cut off from the adult world into which they have not yet been accepted. So they create a culture and society of their own. Then, if it turns out that their music or entertainers or vocabulary or clothes or (21) _____, this gives them additional enjoyment. They feel they are superior, at least in a small way, and that they are leaders in style and taste.

If you plan (22) _____, co-operation can be part of that plan. You can charm others, especially parents, into doing things the ways you want, and (23) _____ with your sense of responsibility and initiative, so that they will give you the authority to do what you want to do.

Question 18.

- A. which they do not trust their children to deal with obstacles
- B. that it does not trust their children to deal with obstacles
- C. that they do not trust their children to deal with obstacles
- D. that does not trust their children to deal with obstacles

Question 19.

- A. our teenage children
- B. his teenage children
- C. your teenage children
- D. their teenage children

Question 20.

- A. as well as they are young
- B. when they were young
- C. when they are young
- D. after they were young

Question 21.

- A. irritates their parents hairstyles
- B. hairstyles irritating their parents
- C. hairstyles irritate their parents
- D. their parents hairstyles irritate

Question 22.

- A. to be control your life
- B. to control your life
- C. controlled your life
- D. controlling your life

Question 23.

- A. to impress others
- B. impressing others
- C. impress others
- D. others be impressed

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.

CITIES GOING GREEN

As more and more people concentrate in cities, planners are looking for ways to transform cities into better living spaces, (24) _____ can be done by improving existing infrastructure while also creating more public (25) _____ that are both beautiful and green. This can be hard to accomplish, especially in cities with a haphazard fashion. Some cities have been created with the idea of a green city as the goal. One such city, Masdar City in the United Arab Emirates, aims to become a model for (26) _____ cities to follow. It is being known as a truly green city that relies strictly on renewable sources such as solar energy to provide all of its energy needs. (27) _____, it will be a zero waste city in which everything that is used can be recycled. Whether it will truly (28) _____ its goal remains to be seen, but it will also act as an experiment for environmentally friendly areas to be tested.

Question 24.

- A. why
- B. when
- C. which
- D. that

Question 25.

- A. breaks
- B. spaces
- C. places
- D. rooms

Question 26.

- A. another
- B. every
- C. one
- D. other



Question 27.

- A. However B. In addition C. Although D. Therefore

Question 28.

- A. create B. follow C. plan D. accomplish

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.

HEALTH BENEFITS OF YOGA

Yoga is a healthy lifestyle. One of the benefits of yoga is that you can choose a yoga style that is suitable for your lifestyle, such as hot yoga, power yoga, relaxation yoga, etc. If you are a yoga beginner, Hatha Yoga, which focuses on basic postures at a comfortable pace, would be great for you. If you want to increase **strength** through using more of your own body's resistance, Power Yoga may be right for you.

Improved flexibility is one of the first and most obvious benefits of yoga. During your first class, you probably won't be able to touch your toes. But if you stick with it, you'll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. Each of the yoga poses is built to reinforce the muscles around the spine, the very center of your body, which is the core from which everything else operates. When the core is working properly, posture is improved, thus **relieve** back, shoulder, and neck pain.

Strong muscles do more than look good. **They** also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when you build strength through yoga, you balance it with flexibility. If you just went to the gym and lifted weights, you might build strength at the expense of flexibility.

Yoga gets your blood flowing. More specifically, the relaxation exercises you learn in yoga can help your circulation, especially in your hands and feet. Yoga also gets more oxygen to your cells, which function better as a result. Twisting poses are thought to wring out venous blood from internal organs and allow oxygenated blood to flow in once the twist is related.

Many studies found that a consistent yoga practice improved depression and led to greater levels of happiness and better immune function.

Question 29. Which of the following is **NOT** true according to the passage?

- A. Hatha Yoga is suitable for beginners.
B. You can choose a yoga style that is suitable for your lifestyle.
C. Yoga helps your blood circulation.
D. If you go to the gym and lift weights, your flexibility will be improved.

Question 30. The word "**relieve**" in the second paragraph is **closest** in meaning to ____.

- A. worsen B. increase C. raise D. reduce

Question 31. What can be inferred from the passage?

- A. The less you practice yoga, the better looking you are.
B. Blood flows more slowly when you practice yoga.
C. Regular yoga practice can help you improve some health problems.
D. Doing yoga makes your cells use more oxygen.

Question 32. What is the main idea of this passage?

- A. Negative health effects of yoga.
B. Positive health benefits yoga bring to us.
C. Yoga helps build strong muscles.
D. Your flexibility will be improved with yoga.

Question 33. The word "**strength**" in the first paragraph is **opposite** in meaning to ____.

- A. health B. energy C. power D. weakness

Question 34. What do strong muscles do?

- A. They make us look bad.

- B. They help us touch our knees.
- C. They enable us to focus on basic postures of yoga.
- D. They protect us from conditions like arthritis and back pain.

Question 35. The word "they" in the third paragraph refers to ____.

- A. elderly people
- B. weights
- C. strong muscles
- D. flexibilities

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.

Family conflicts are an inherent part of human relationships, stemming from the diverse personalities, perspectives, and dynamics within a family unit. These conflicts can arise due to various factors, including differences in values, communication styles, and expectations.

One common source of family conflict is different values and beliefs. Each family member may have their own set of values and principles, influenced by their upbringing, personal experiences, and social influences. These differences can lead to disagreements, particularly when it comes to important decisions or lifestyle choices.

Communication breakdowns also contribute to family conflicts. Ineffective communication, whether it be through misinterpretation, misunderstandings, or lack of active listening, can exacerbate tensions and escalate conflicts within the family. Different communication styles and approaches further complicate matters, as individuals may have varying preferences for directness, assertiveness, or emotional expression.

Moreover, unfulfilled expectations often become a source of conflict within families. Each family member may have their own set of expectations regarding roles, responsibilities, and behaviours. When these expectations are not met, it can lead to disappointment, resentment, and conflicts.

Resolving family conflicts requires open and honest communication and empathy. Active listening, seeking to understand others' perspectives, and finding common ground can help bridge the gaps and foster understanding within the family unit. Family members should also be willing to adapt and adjust their expectations for peaceful coexistence.

Question 36. The word "exacerbate" in paragraph 3 is closest in meaning to ____.

- A. worsen
- B. improve
- C. better
- D. fix

Question 37. Which of the following is **NOT** true?

- A. The differences in communication styles can lead to family conflicts.
- B. Family members need to listen and find common ground to understand each other better.
- C. Conflicts may result from people feeling disappointed when their expectations are not met.
- D. People don't have to give up their desires to get along with each other.

Question 38. A person's beliefs and principles are **NOT** influenced by ____.

- A. upbringing environment
- B. personal experiences
- C. social factors
- D. disagreements

Question 39. Which of the following can be the best title for the passage?

- A. How to Avoid Family Conflicts
- B. Reasons for Family Conflicts
- C. How Conflicts Affect Family
- D. Disadvantages of Conflicts

Question 40. The word "it" in paragraph 3 refers to ____.

- A. tension
- B. ineffective communication
- C. belief
- D. family conflict

----- THE END -----

(Đề thi có 05 trang)

Thời gian làm bài: 50 phút
(không kể thời gian phát đề)

Họ và tên:

Số báo danh:

Mã đề 113

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.

In today's fast-paced world, maintaining a healthy lifestyle has become more important than ever before. A healthy lifestyle involves making conscious choices about what we eat, how much we exercise and how we prioritise sleep. By adopting healthy habits, we can prevent chronic diseases, improve our physical and mental health, and live a happier and more fulfilling life.

A balanced diet is the foundation of a healthy lifestyle. Eating a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats can provide the essential nutrients needed to maintain good health. Processed foods, sugary drinks, and saturated fats should be avoided as they can lead to obesity, heart disease, and other chronic illnesses.

Regular exercises are also crucial for a healthy lifestyle. They help in strengthening muscles and bones, improving cardiovascular health, and reducing the risk of chronic diseases. Exercises also release endorphins, which are natural mood boosters and can help reduce stress levels. Experts recommend at least 30 minutes of moderate intensity exercises per day for adults.

Adequate sleep is another important aspect of a healthy lifestyle. Getting 7-8 hours of sleep per night can improve cognitive function, enhance memory, and promote physical and emotional health. A regular sleep routine, avoiding caffeine and electronics before bedtime, and creating a relaxing sleep environment can help improve sleep quality.

In conclusion, a healthy lifestyle requires a balanced diet, regular exercises and adequate sleep. By making small changes to our lifestyle, we can significantly reduce the risk of chronic diseases, improve our physical and mental health, and live a happier and more fulfilling life. It is essential to prioritise healthy habits and make **them** a part of our daily routine.

Question 1. According to the passage, people should avoid _____ before bedtime to have a good sleep.

- A. endorphins B. whole grains C. processed food D. caffeine

Question 2. The word "**adequate**" in paragraph 4 is closest in meaning to _____.

- A. enough B. bad C. poor D. lack of

Question 3. Which of the following is NOT true according to the passage?

- A. People should avoid all kinds of fats to maintain good health.
B. Adequate sleep can help enhance memory.
C. Adults are advised to exercise moderately for 30 minutes every day.
D. Endorphins help reduce stress.

Question 4. Which of the following can be the best title for the passage?

- A. The Well-being of the Brain B. Our Daily Routine
C. How to Have a Healthy Lifestyle D. The Importance of Exercises

Question 5. The word "**them**" in the last paragraph is referred to _____.

- A. small changes B. regular exercises C. diseases D. healthy habits

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

Many inventions have been created throughout history. Many of them have changed our lives. In my opinion, the most important is the internet.

Mã đề 113

I think the internet is important because it has changed our lives in many ways. For example, the way we communicate has changed significantly. We can communicate with each other instantly using the internet. Many people even spend more time connecting with family, friends and (6) _____. You will probably see most people are communicating with their phones and laptops instead of talking to the person next to them (7) _____.

The internet has also (8) _____ together in a way that was impossible before, such as working from home and working with people from other countries. (9) _____.

By connecting their computer to the internet, people can access the same resources wherever they are in the world. Today, people from all over the globe can work together closely without ever meeting face-to-face, sharing views more easily and (10) _____.

Although the internet is quite a new invention, it now plays an important role in (11) _____. Without it, things would be very different.

Question 6.

- A. from relatives on the internet than in real life
- B. relatives on the internet than in real life
- C. from relatives in real life than on the internet
- D. relatives in real life than on the internet

Question 7.

- A. having gone to a busy café today
- B. when you go to a busy café today
- C. going to a busy café today
- D. if you go to a busy café today

Question 8.

- A. allowed us to work
- B. allowing us working
- C. to allow us to work
- D. allowed us work

Question 9.

- A. It makes both ways of working become more popular.
- B. Making both ways of working become more popular.
- C. This makes both ways of working become more popular.
- D. Which makes both ways of working become more popular.

Question 10.

- A. spend less time to travel
- B. spending less time travel
- C. spend to less time traveling
- D. spending less time traveling

Question 11.

- A. our lives
- B. your lives
- C. their lives
- D. this lives

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

Question 12.

- A. smart
- B. reason
- C. sensor
- D. sustain

Question 13.

- A. virus
- B. fitness
- C. city
- D. illness

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.

**Hotel Receptionist wanted
for Plaza Hotel**

We need a young and enthusiastic person to work as (14) _____ receptionist at our hotel in Ha Noi from 20th May to 15th August.

Working hours are (15) _____ 8 a.m. to 4 p.m.

(16) _____ include receiving guests and visitors, checking them in and out, taking bookings, and answering the phone.

Ability to speak English is an advantage.

Please contact: The manager, Plaza Hotel
21 Vu Ngoc Duong, Hai Ba Trung, Ha Noi.

Question 14.

- A. a B. the C. X D. an

Question 15.

- A. to B. at C. on D. from

Question 16.

- A. Responsibly B. Responsibilities C. Responses D. Responsible

HEALTHY LIFESTYLE CAMPAIGN

Join us for (17) _____ Healthy Lifestyle Campaign at our school. Throughout the month, we'll be organizing various activities and initiatives to promote physical and mental well-being. On the campaign, you can engage in interactive workshops, fitness classes, and awareness sessions that focus on the importance of maintaining a healthy lifestyle. These activities aim to raise (18) _____ of the benefits of exercise, proper nutrition, and stress management. (19) _____ you want to get more involved, keep in touch with our campaign coordinator who will provide more information on upcoming events and guide you on how to adopt a healthier lifestyle.

Question 17.

- A. a B. an C. Ø D. the

Question 18.

- A. investment B. supporting C. education D. awareness

Question 19.

- A. Were B. Unless C. Had D. Should

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.

HEALTHY LIVING

Millions of people today are overweight and out of shape. This is due in part to their diet, (20) _____ is often high in sugars and fats. Another reason is that too many of us spend our evenings glued (21) _____ the television, instead of doing something to keep ourselves fit. Today hectic lifestyles also prevent us from spending as much time as we should on staying in shape. Convenience food, such as frozen meals and canned vegetables, saves time but is often (22) _____. Fast food and takeaways are also (23) _____ for (24) _____ health problems.

Question 20.

- A. that B. it C. what D. which

Question 21.

- A. at B. to C. on D. in

Question 22.

- A. healthy B. organic C. unhealthy D. wealthy

Question 23.

- A. reacted B. responsive C. responsible D. attributed

Question 24.

- A. an B. a C. much D. many

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 25.

- a. Secondly, doing chores together can actually be fun and it makes the work go faster.
- b. Dear Mike, I hope you are well! I've been thinking about why it's important for children to help with housework.
- c. It's a good way for families to spend time together and learn new skills.
- d. In the first place, it teaches us responsibility and how to take care of our own things.
- e. Also, when we help our parents, it shows them respect and gratitude for all they do for us.
- f. Best wishes.

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

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

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

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

Question 26.

- a. Additionally, we've started a garden to provide a safe space for local wildlife to thrive.
- b. Warm regards.
- c. I'm excited to share some great news about recent initiatives at our school to protect wildlife.
- d. Lastly, students are actively involved in organising awareness campaigns and fundraisers to support wildlife conservation efforts.
- e. Dear John, I hope this letter finds you well!
- f. Overall, these initiatives reflect our commitment to preserving biodiversity and making a positive impact on the environment.
- g. Firstly, our school has implemented a recycling programme to reduce waste and protect habitats.

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

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

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

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

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.

GENERATION GAP

The generation gap, which refers to a broad difference between one generation and another, especially between young people and their parents, usually leads to numerous conflicts. Such family conflicts can seriously threaten the relationship between parents and children at times.

It goes without saying that, however old their children are, parents still regard them as small kids and keep in mind that their offspring are too young to protect themselves cautiously or have wise choices. Therefore, they tend to make a great attempt to help their children to discover the outside world. Nevertheless, they forget that as children grow up, they want to be more independent and develop their own identity by creating their own opinions, thoughts, styles and values about life.

One common issue that drives conflicts is the clothes of teenagers. While teens are keen on wearing fashionable clothes which try to catch up with the youth trends, parents who value traditional clothes believe that those kinds of clothing violate the rules and the norms of the society. It becomes worse when the expensive brand name clothes teens choose seem to be beyond the financial capacity of parents.

Another reason contributing to conflicts is the interest in choosing a career path or education between parents and teenagers. Young people are told that they have the world at their feet and that bright future opportunities are just waiting for them to seize. However, their parents try to impose their choices of university or career on them regardless of their children's preference.

Indeed, conflicts between parents and children are the everlasting family phenomena. It seems that the best way to solve the matter is open communication to create mutual trust and understanding.

Question 27. Which can be the best title for the passage?

- A. How do we bridge the generation gap?
- B. Parents and their children: Similarities and differences.
- C. The reasons of parent-child conflicts.
- D. How are children different from their parents?

Question 28. What can be inferred from the passage?

- A. Parents always agree with the career choices that their children make.
 - B. Parents often like the clothes their children choose to wear.
 - C. Expensive clothes help children become more confident.
 - D. Parents and children should communicate openly to solve the conflicts.
- Question 29.** Which of the following is **NOT** true according to the passage?
- A. The generation gap usually leads to numerous conflicts.
 - B. Family conflicts cannot affect the relationship between parents and their children.
 - C. Parents often try to impose their choices of university or career on their children regardless of their preference.
 - D. One common problem that creates conflicts is the clothes of teenagers.
- Question 30.** The word "**seize**" in the fourth paragraph is **closest** in meaning to ____.
- A. catch
 - B. sell
 - C. give
 - D. buy
- Question 31.** The word "**them**" in the second paragraph refers to ____.
- A. their children
 - B. their mind
 - C. their parents
 - D. their choices
- Question 32.** The word "**difference**" in the first paragraph is **opposite** in meaning to ____.
- A. similarity
 - B. contrast
 - C. variety
 - D. diversity
- Question 33.** Why do most parents still regard their teenage children like small kids?
- A. Because children often like wearing fashionable clothes.
 - B. Because they think that children are too young to protect themselves well.
 - C. Because they think that children are too young to live independently.
 - D. Because children usually make mistakes

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

- Question 34.** The fish tastes _____. I want some more, please.
- A. wonderful
 - B. more wonderfully
 - C. wonderfully
 - D. as wonderful
- Question 35.** A balanced diet and regular exercise can help expand your life _____.
- A. expecting
 - B. expectation
 - C. expectancy
 - D. expected
- Question 36.** There _____ a lot of progress in technology since people _____ the Internet.
- A. have been – invented
 - B. were – invented
 - C. are - are inventing
 - D. have been - have invented
- Question 37.** The doctor has just _____ the patients and fortunately the treatment is working.
- A. operated
 - B. examined
 - C. suffered
 - D. discharged
- Question 38.** You _____ respect older people. You can learn some valuable lessons from them.
- A. shouldn't
 - B. mustn't
 - C. must
 - D. don't have to

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

- Question 39.**
- A. urban
 - B. advice
 - C. dweller
 - D. sensor
- Question 40.**
- A. interesting
 - B. livable
 - C. negative
 - D. efficient

----- THE END -----



(Đề thi có 05 trang)

Thời gian làm bài: 50 phút
(không kể thời gian phát đề)

Họ và tên:

Số báo danh:

Mã đề 114

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.

CITIES GOING GREEN

As more and more people concentrate in cities, planners are looking for ways to transform cities into better living spaces, (1) _____ can be done by improving existing infrastructure while also creating more public (2) _____ that are both beautiful and green. This can be hard to accomplish, especially in cities with a haphazard fashion. Some cities have been created with the idea of a green city as the goal. One such city, Masdar City in the United Arab Emirates, aims to become a model for (3) _____ cities to follow. It is being known as a truly green city that relies strictly on renewable sources such as solar energy to provide all of its energy needs. (4) _____, it will be a zero waste city in which everything that is used can be recycled. Whether it will truly (5) _____ its goal remains to be seen, but it will also act as an experiment for environmentally friendly areas to be tested.

Question 1.

- | | | | |
|--------|---------|----------|---------|
| A. why | B. when | C. which | D. that |
|--------|---------|----------|---------|

Question 2.

- | | | | |
|-----------|-----------|----------|-----------|
| A. places | B. breaks | C. rooms | D. spaces |
|-----------|-----------|----------|-----------|

Question 3.

- | | | | |
|------------|--------|----------|----------|
| A. another | B. one | C. every | D. other |
|------------|--------|----------|----------|

Question 4.

- | | | | |
|------------|----------------|-------------|--------------|
| A. However | B. In addition | C. Although | D. Therefore |
|------------|----------------|-------------|--------------|

Question 5.

- | | | | |
|-----------|---------|---------------|-----------|
| A. follow | B. plan | C. accomplish | D. create |
|-----------|---------|---------------|-----------|

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.

Family conflicts are an inherent part of human relationships, stemming from the diverse personalities, perspectives, and dynamics within a family unit. These conflicts can arise due to various factors, including differences in values, communication styles, and expectations.

One common source of family conflict is different values and beliefs. Each family member may have their own set of values and principles, influenced by their upbringing, personal experiences, and social influences. These differences can lead to disagreements, particularly when it comes to important decisions or lifestyle choices.

Communication breakdowns also contribute to family conflicts. Ineffective communication, whether it be through misinterpretation, misunderstandings, or lack of active listening, can exacerbate tensions and escalate conflicts within the family. Different communication styles and approaches further complicate matters, as individuals may have varying preferences for directness, assertiveness, or emotional expression.

Moreover, unfulfilled expectations often become a source of conflict within families. Each family member may have their own set of expectations regarding roles, responsibilities, and behaviours. When these expectations are not met, it can lead to disappointment, resentment, and conflicts.

Resolving family conflicts requires open and honest communication and empathy. Active listening, seeking to understand others' perspectives, and finding common ground can help bridge



the gaps and foster understanding within the family unit. Family members should also be willing to adapt and adjust their expectations for peaceful coexistence.

Question 6. The word "**exacerbate**" in paragraph 3 is closest in meaning to _____.

- A. improve B. worsen C. fix D. better

Question 7. Which of the following is **NOT** true?

- A. The differences in communication styles can lead to family conflicts.
B. People don't have to give up their desires to get along with each other.
C. Conflicts may result from people feeling disappointed when their expectations are not met.
D. Family members need to listen and find common ground to understand each other better.

Question 8. Which of the following can be the best title for the passage?

- A. How Conflicts Affect Family B. Disadvantages of Conflicts
C. How to Avoid Family Conflicts D. Reasons for Family Conflicts

Question 9. A person's beliefs and principles are **NOT** influenced by _____.

- A. disagreements B. upbringing environment
C. personal experiences D. social factors

Question 10. The word "**it**" in paragraph 3 refers to _____.

- A. ineffective communication B. tension
C. family conflict D. belief

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

It is natural for young people to be critical of their parents at times and to blame them for most of the misunderstandings between them. They have always complained, more or less justly, that their parents are old-fashioned, possessive and dominant; (11) _____; that they talk too much about certain problems and that they have no sense of humor, at least in parent-child relationships. I think it is true that parents often underestimate (12) _____ and also forget how they themselves felt (13) _____.

Young people often irritate their parents with their choices in clothes and hairstyles, in entertainers and music. This is not their motive. They feel cut off from the adult world into which they have not yet been accepted. So they create a culture and society of their own. Then, if it turns out that their music or entertainers or vocabulary or clothes or (14) _____, this gives them additional enjoyment. They feel they are superior, at least in a small way, and that they are leaders in style and taste.

If you plan (15) _____, co-operation can be part of that plan. You can charm others, especially parents, into doing things the ways you want, and (16) _____ with your sense of responsibility and initiative, so that they will give you the authority to do what you want to do.

Question 11.

- A. which they do not trust their children to deal with obstacles
B. that they do not trust their children to deal with obstacles
C. that does not trust their children to deal with obstacles
D. that it does not trust their children to deal with obstacles

Question 12.

- A. his teenage children B. your teenage children
C. their teenage children D. our teenage children

Question 13.

- A. when they were young B. when they are young
C. as well as they are young D. after they were young

Question 14.

- A. their parents hairstyles irritate B. hairstyles irritating their parents
C. irritates their parents hairstyles D. hairstyles irritate their parents

Question 15.

- A. controlling your life B. to be control your life

C. controlled your life
Question 16.

- A. others be impressed
C. impress others

D. to control your life

- B. impressing others
D. to impress others

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.

REVIEWS WANTED

Have you visited (17) _____ wonderful or awful cafe recently?
Now is your chance to write about it. We are looking (18) _____ reviews of cafes.
Describe your experience at the cafe that you visited.
Say why you were (19) _____ or dissatisfied with it.
We will publish the most interesting reviews.

Question 17.

- A. an B. a C. the D. Ø

Question 18.

- A. for B. up C. at D. after

Question 19.

- A. satisfy B. satisfied C. satisfaction D. satisfactory

OUTDOOR CINEMA

The cinema is (20) _____ by hills and there are beautiful views. It's possible to watch the sunset during a film.
Cinema visitors (21) _____ to take a cushion with them to sit on. It's good idea to have a picnic when the film is over.
Cinema tickets can be bought online at [www. CITYENTS.org](http://www.CITYENTS.org).
(22) _____ you have any questions, please contact us on 8302195.

Question 20.

- A. surrounded B. made C. located D. situated

Question 21.

- A. are advised B. advising C. advise D. have advised

Question 22.

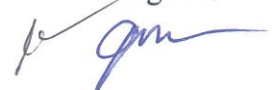
- A. Should B. Had C. Were D. Do

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.

HEALTH BENEFITS OF YOGA

Yoga is a healthy lifestyle. One of the benefits of yoga is that you can choose a yoga style that is suitable for your lifestyle, such as hot yoga, power yoga, relaxation yoga, etc. If you are a yoga beginner, Hatha Yoga, which focuses on basic postures at a comfortable pace, would be great for you. If you want to increase **strength** through using more of your own body's resistance, Power Yoga may be right for you.

Improved flexibility is one of the first and most obvious benefits of yoga. During your first class, you probably won't be able to touch your toes. But if you stick with it, you'll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. Each of the yoga poses



is built to reinforce the muscles around the spine, the very center of your body, which is the core from which everything else operates. When the core is working properly, posture is improved, thus **relieve** back, shoulder, and neck pain.

Strong muscles do more than look good. **They** also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when you build strength through yoga, you balance it with flexibility. If you just went to the gym and lifted weights, you might build strength at the expense of flexibility.

Yoga gets your blood flowing. More specifically, the relaxation exercises you learn in yoga can help your circulation, especially in your hands and feet. Yoga also gets more oxygen to your cells, which function better as a result. Twisting poses are thought to wring out venous blood from internal organs and allow oxygenated blood to flow in once the twist is related.

Many studies found that a consistent yoga practice improved depression and led to greater levels of happiness and better immune function.

Question 23. Which of the following is **NOT** true according to the passage?

- A. Hatha Yoga is suitable for beginners.
- B. If you go to the gym and lift weights, your flexibility will be improved.
- C. Yoga helps your blood circulation.
- D. You can choose a yoga style that is suitable for your lifestyle.

Question 24. The word "**they**" in the third paragraph refers to ____.

- A. elderly people B. flexibilities C. strong muscles D. weights

Question 25. The word "**strength**" in the first paragraph is **opposite** in meaning to ____.

- A. power B. health C. weakness D. energy

Question 26. The word "**relieve**" in the second paragraph is **closest** in meaning to ____.

- A. reduce B. raise C. increase D. worsen

Question 27. What can be inferred from the passage?

- A. Doing yoga makes your cells use more oxygen.
- B. The less you practice yoga, the better looking you are.
- C. Blood flows more slowly when you practice yoga.
- D. Regular yoga practice can help you improve some health problems.

Question 28. What is the main idea of this passage?

- A. Yoga helps build strong muscles.
- B. Positive health benefits yoga bring to us.
- C. Your flexibility will be improved with yoga.
- D. Negative health effects of yoga.

Question 29. What do strong muscles do?

- A. They enable us to focus on basic postures of yoga.
- B. They help us touch our knees.
- C. They make us look bad.
- D. They protect us from conditions like arthritis and back pain.

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

Question 30.

- A. giant B. generation C. digital D. garden

Question 31.

- A. media B. extended C. dweller D. regular

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

Question 32.

- A. creative B. historical C. traditional D. economic

Question 33.

- A. treatment B. homework C. disease D. muscle

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

Question 34. Students _____ cheat during the examination.

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

Question 35. It's also important to eat a _____ diet with lots of fruits, vegetables, and protein.

- A. poor B. balanced C. strict D. unhealthy

Question 36. A balanced diet can help improve your _____ and fitness.

- A. strengthen B. strength C. strongly D. strong

Question 37. They _____ lots of friendly people since they _____ to that village.

- A. have met – came B. were meeting - have come
C. meet - are coming D. met - have been coming

Question 38. Tom sounded _____ when I spoke to him on the phone

- A. to be happy B. happily C. happy D. to be happily

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 39.

- a. Moreover, engaging in household chores teaches valuable life skills, including time management and organisation.
- b. Finally, sharing household responsibilities promotes teamwork and fosters a sense of unity within the family.
- c. Encouraging kids to do household chores offers numerous benefits.
- d. Additionally, it fosters a strong work ethic and independence as children learn to complete tasks on their own.
- e. By assigning tasks such as tidying up their rooms or helping with meal preparation, children learn the importance of contributing to the family's well-being.
- f. Overall, involving kids in household chores helps them develop essential life skills while contributing positively to family dynamics.
- g. Initially, it instils a sense of responsibility from a young age.

- A. c-a-g-d-e-b-f B. c-g-b-a-e-d-f C. c-g-e-a-d-b-f D. g-e-a-d-b-c-f

Question 40.

- a. Best wishes.
- b. First of all, self-study gives learners more freedom. They decide what they should study and how to learn depending on their abilities.
- c. Dear Lucy, I hope you are well. I am thinking about the advantages of self-study - learning at home without a teacher.
- d. Secondly, they can make learners responsible. They set their learning goals and make study plans to achieve them.
- e. Finally, it makes them more confident. Completing tasks and solving problems on their own boost learners' confidence.

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

----- THE END -----



(Đề thi có 05 trang)

Họ và tên:

Số báo danh:

Mã đề 115

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.

In today's fast-paced world, maintaining a healthy lifestyle has become more important than ever before. A healthy lifestyle involves making conscious choices about what we eat, how much we exercise and how we prioritise sleep. By adopting healthy habits, we can prevent chronic diseases, improve our physical and mental health, and live a happier and more fulfilling life.

A balanced diet is the foundation of a healthy lifestyle. Eating a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats can provide the essential nutrients needed to maintain good health. Processed foods, sugary drinks, and saturated fats should be avoided as they can lead to obesity, heart disease, and other chronic illnesses.

Regular exercises are also crucial for a healthy lifestyle. They help in strengthening muscles and bones, improving cardiovascular health, and reducing the risk of chronic diseases. Exercises also release endorphins, which are natural mood boosters and can help reduce stress levels. Experts recommend at least 30 minutes of moderate intensity exercises per day for adults.

Adequate sleep is another important aspect of a healthy lifestyle. Getting 7-8 hours of sleep per night can improve cognitive function, enhance memory, and promote physical and emotional health. A regular sleep routine, avoiding caffeine and electronics before bedtime, and creating a relaxing sleep environment can help improve sleep quality.

In conclusion, a healthy lifestyle requires a balanced diet, regular exercises and adequate sleep. By making small changes to our lifestyle, we can significantly reduce the risk of chronic diseases, improve our physical and mental health, and live a happier and more fulfilling life. It is essential to prioritise healthy habits and make **them** a part of our daily routine.

Question 1. According to the passage, people should avoid _____ before bedtime to have a good sleep.

- A. caffeine B. endorphins C. whole grains D. processed food

Question 2. The word "**them**" in the last paragraph is referred to _____.

- A. regular exercises B. diseases C. small changes D. healthy habits

Question 3. The word "**adequate**" in paragraph 4 is closest in meaning to _____.

- A. poor B. bad C. lack of D. enough

Question 4. Which of the following is NOT true according to the passage?

- A. People should avoid all kinds of fats to maintain good health.
B. Endorphins help reduce stress.
C. Adults are advised to exercise moderately for 30 minutes every day.
D. Adequate sleep can help enhance memory.

Question 5. Which of the following can be the best title for the passage?

- A. How to Have a Healthy Lifestyle B. Our Daily Routine
C. The Importance of Exercises D. The Well-being of the Brain

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.

GENERATION GAP

The generation gap, which refers to a broad **difference** between one generation and another, especially between young people and their parents, usually leads to numerous conflicts. Such family conflicts can seriously threaten the relationship between parents and children at times.

It goes without saying that, however old their children are, parents still regard **them** as small kids and keep in mind that their offspring are too young to protect themselves cautiously or have wise choices. Therefore, they tend to make a great attempt to help their children to discover the outside world. Nevertheless, they forget that as children grow up, they want to be more independent and develop their own identity by creating their own opinions, thoughts, styles and values about life.

One common issue that drives conflicts is the clothes of teenagers. While teens are keen on wearing fashionable clothes which try to catch up with the youth trends, parents who value traditional clothes believe that those kinds of clothing violate the rules and the norms of the society. It becomes worse when the expensive brand name clothes teens choose seem to be beyond the financial capacity of parents.

Another reason contributing to conflicts is the interest in choosing a career path or education between parents and teenagers. Young people are told that they have the world at their feet and that bright future opportunities are just waiting for them to **seize**. However, their parents try to impose their choices of university or career on them regardless of their children's preference.

Indeed, conflicts between parents and children are the everlasting family phenomena. It seems that the best way to solve the matter is open communication to create mutual trust and understanding.

Question 6. What can be inferred from the passage?

- A. Parents often like the clothes their children choose to wear.
- B. Parents and children should communicate openly to solve the conflicts.
- C. Parents always agree with the career choices that their children make.
- D. Expensive clothes help children become more confident.

Question 7. Which can be the best title for the passage?

- A. How do we bridge the generation gap?
- B. Parents and their children: Similarities and differences.
- C. How are children different from their parents?
- D. The reasons of parent-child conflicts.

Question 8. Why do most parents still regard their teenage children like small kids?

- A. Because children often like wearing fashionable clothes.
- B. Because children usually make mistakes
- C. Because they think that children are too young to protect themselves well.
- D. Because they think that children are too young to live independently.

Question 9. The word "**difference**" in the first paragraph is **opposite** in meaning to ____.

- A. contrast
- B. similarity
- C. diversity
- D. variety

Question 10. The word "**seize**" in the fourth paragraph is **closest** in meaning to ____.

- A. sell
- B. give
- C. buy
- D. catch

Question 11. The word "**them**" in the second paragraph refers to ____.

- A. their mind
- B. their parents
- C. their children
- D. their choices

Question 12. Which of the following is **NOT** true according to the passage?

- A. Family conflicts cannot affect the relationship between parents and their children.
- B. The generation gap usually leads to numerous conflicts.
- C. Parents often try to impose their choices of university or career on their children regardless of their preference.

D. One common problem that creates conflicts is the clothes of teenagers.

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.

HEALTHY LIVING

Millions of people today are overweight and out of shape. This is due in part to their diet, (13) _____ is often high in sugars and fats. Another reason is that too many of us spend our evenings gluing (14) _____ the television, instead of doing something to keep ourselves fit. Today hectic lifestyles also prevent us from spending as much time as we should on staying in shape. Convenience food, such as frozen meals and canned vegetables, saves time but is often (15) _____. Fast food and takeaways are also (16) _____ for (17) _____ health problems.

Question 13.

- A. which B. that C. it D. what

Question 14.

- A. on B. in C. at D. to

Question 15.

- A. organic B. wealthy C. healthy D. unhealthy

Question 16.

- A. attributed B. responsive C. responsible D. reacted

Question 17.

- A. a B. much C. an D. many

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

Many inventions have been created throughout history. Many of them have changed our lives. In my opinion, the most important is the internet.

I think the internet is important because it has changed our lives in many ways. For example, the way we communicate has changed significantly. We can communicate with each other instantly using the internet. Many people even spend more time connecting with family, friends and (18) _____. You will probably see most people are communicating with their phones and laptops instead of talking to the person next to them (19) _____.

The internet has also (20) _____ together in a way that was impossible before, such as working from home and working with people from other countries. (21) _____.

By connecting their computer to the internet, people can access the same resources wherever they are in the world. Today, people from all over the globe can work together closely without ever meeting face-to-face, sharing views more easily and (22) _____.

Although the internet is quite a new invention, it now plays an important role in (23) _____. Without it, things would be very different.

Question 18.

- A. relatives on the internet than in real life
B. relatives in real life than on the internet
C. from relatives in real life than on the internet
D. from relatives on the internet than in real life

Question 19.

- A. if you go to a busy café today B. when you go to a busy café today
C. going to a busy café today D. having gone to a busy café today

Question 20.

- A. allowed us to work B. allowing us working
C. to allow us to work D. allowed us work

Question 21.



- A. It makes both ways of working become more popular.
- B. Which makes both ways of working become more popular.
- C. This makes both ways of working become more popular.
- D. Making both ways of working become more popular.

Question 22.

- A. spend less time to travel
- B. spending less time travel
- C. spending less time traveling
- D. spend to less time traveling

Question 23.

- A. their lives
- B. our lives
- C. your lives
- D. this lives

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

Question 24. There _____ a lot of progress in technology since people _____ the Internet.

- A. are - are inventing
- B. were – invented
- C. have been - have invented
- D. have been - invented

Question 25. A balanced diet and regular exercise can help expand your life _____.

- A. expected
- B. expectation
- C. expecting
- D. expectancy

Question 26. The fish tastes _____. I want some more, please.

- A. wonderful
- B. wonderfully
- C. more wonderfully
- D. as wonderful

Question 27. You _____ respect older people. You can learn some valuable lessons from them.

- A. don't have to
- B. mustn't
- C. must
- D. shouldn't

Question 28. The doctor has just _____ the patients and fortunately the treatment is working.

- A. operated
- B. suffered
- C. discharged
- D. examined

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

Question 29.

- A. livable
- B. interesting
- C. efficient
- D. negative

Question 30.

- A. advice
- B. sensor
- C. urban
- D. dweller

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.

**Hotel Receptionist wanted
for Plaza Hotel**

We need a young and enthusiastic person to work as (31) _____ receptionist at our hotel in Ha Noi from 20th May to 15th August.

Working hours are (32) _____ 8 a.m. to 4 p.m.

(33) _____ include receiving guests and visitors, checking them in and out, taking bookings, and answering the phone.

Ability to speak English is an advantage.

Please contact: The manager, Plaza Hotel
21 Vu Ngoc Duong, Hai Ba Trung, Ha Noi.

Question 31.

- A. X
- B. a
- C. an
- D. the

Question 32.

- A. to
- B. from
- C. at
- D. on

Question 33.

- A. Responsibilities
- B. Responsible
- C. Responsibly
- D. Responses

HEALTHY LIFESTYLE CAMPAIGN

Join us for (34) _____ Healthy Lifestyle Campaign at our school. Throughout the month, we'll be organizing various activities and initiatives to promote physical and mental well-being.

On the campaign, you can engage in interactive workshops, fitness classes, and awareness sessions that focus on the importance of maintaining a healthy lifestyle. These activities aim to raise (35) _____ of the benefits of exercise, proper nutrition, and stress management.

(36) _____ you want to get more involved, keep in touch with our campaign coordinator who will provide more information on upcoming events and guide you on how to adopt a healthier lifestyle.

Question 34.

- A. Ø B. a C. an D. the

Question 35.

- A. education B. supporting C. awareness D. investment

Question 36.

- A. Had B. Unless C. Should D. Were

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 37.

- a. Secondly, doing chores together can actually be fun and it makes the work go faster.
b. Dear Mike, I hope you are well! I've been thinking about why it's important for children to help with housework.
c. It's a good way for families to spend time together and learn new skills.
d. In the first place, it teaches us responsibility and how to take care of our own things.
e. Also, when we help our parents, it shows them respect and gratitude for all they do for us.
f. Best wishes.

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

Question 38.

- a. Additionally, we've started a garden to provide a safe space for local wildlife to thrive.
b. Warm regards.
c. I'm excited to share some great news about recent initiatives at our school to protect wildlife.
d. Lastly, students are actively involved in organising awareness campaigns and fundraisers to support wildlife conservation efforts.
e. Dear John, I hope this letter finds you well!
f. Overall, these initiatives reflect our commitment to preserving biodiversity and making a positive impact on the environment.
g. Firstly, our school has implemented a recycling programme to reduce waste and protect habitats.

- A. e-c-g-a-d-f-b B. e-c-f-g-a-d-b C. e-g-a-d-c-f-b D. e-c-a-g-d-f-b

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

Question 39.

- A. city B. virus C. fitness D. illness

Question 40.

- A. sensor B. susustain C. reason D. smart

----- THE END -----



(Đề thi có 05 trang)

Họ và tên:

Số báo danh:

Mã đề 116

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

Question 1. A balanced diet can help improve your _____ and fitness.

- A. strength B. strong C. strongly D. strengthen

Question 2. They _____ lots of friendly people since they _____ to that village.

- A. were meeting - have come B. met - have been coming
C. have met - came D. meet - are coming

Question 3. It's also important to eat a _____ diet with lots of fruits, vegetables, and protein.

- A. balanced B. strict C. poor D. unhealthy

Question 4. Tom sounded _____ when I spoke to him on the phone

- A. happy B. to be happy C. to be happily D. happily

Question 5. Students _____ cheat during the examination.

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

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.

CITIES GOING GREEN

As more and more people concentrate in cities, planners are looking for ways to transform cities into better living spaces, (6) _____ can be done by improving existing infrastructure while also creating more public (7) _____ that are both beautiful and green. This can be hard to accomplish, especially in cities with a haphazard fashion. Some cities have been created with the idea of a green city as the goal. One such city, Masdar City in the United Arab Emirates, aims to become a model for (8) _____ cities to follow. It is being known as a truly green city that relies strictly on renewable sources such as solar energy to provide all of its energy needs. (9) _____, it will be a zero waste city in which everything that is used can be recycled. Whether it will truly (10) _____ its goal remains to be seen, but it will also act as an experiment for environmentally friendly areas to be tested.

Question 6.

- A. that B. when C. which D. why

Question 7.

- A. spaces B. breaks C. rooms D. places

Question 8.

- A. one B. every C. another D. other

Question 9.

- A. Although B. However C. Therefore D. In addition

Question 10.

- A. plan B. create C. follow D. accomplish

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

It is natural for young people to be critical of their parents at times and to blame them for most of the misunderstandings between them. They have always complained, more or less justly, that their parents are old-fashioned, possessive and dominant; (11) _____; that they talk too much

about certain problems and that they have no sense of humor, at least in parent-child relationships. I think it is true that parents often underestimate (12) _____ and also forget how they themselves felt (13) _____.

Young people often irritate their parents with their choices in clothes and hairstyles, in entertainers and music. This is not their motive. They feel cut off from the adult world into which they have not yet been accepted. So they create a culture and society of their own. Then, if it turns out that their music or entertainers or vocabulary or clothes or (14) _____, this gives them additional enjoyment. They feel they are superior, at least in a small way, and that they are leaders in style and taste.

If you plan (15) _____, co-operation can be part of that plan. You can charm others, especially parents, into doing things the ways you want, and (16) _____ with your sense of responsibility and initiative, so that they will give you the authority to do what you want to do.

Question 11.

- A. that it does not trust their children to deal with obstacles
- B. that does not trust their children to deal with obstacles
- C. that they do not trust their children to deal with obstacles
- D. which they do not trust their children to deal with obstacles

Question 12.

- A. their teenage children
- B. his teenage children
- C. your teenage children
- D. our teenage children

Question 13.

- A. as well as they are young
- B. when they are young
- C. after they were young
- D. when they were young

Question 14.

- A. hairstyles irritating their parents
- B. hairstyles irritate their parents
- C. their parents hairstyles irritate
- D. irritates their parents hairstyles

Question 15.

- A. to be control your life
- B. controlling your life
- C. to control your life
- D. controlled your life

Question 16.

- A. impressing others
- B. others be impressed
- C. to impress others
- D. impress others

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.

REVIEWS WANTED

Have you visited (17) _____ wonderful or awful cafe recently?
Now is your chance to write about it. We are looking (18) _____ reviews of cafes.
Describe your experience at the cafe that you visited.
Say why you were (19) _____ or dissatisfied with it.
We will publish the most interesting reviews.

Question 17.

- A. Ø
- B. the
- C. a
- D. an

Question 18.

- A. up
- B. for
- C. after
- D. at

Question 19.

- A. satisfied
- B. satisfy
- C. satisfactory
- D. satisfaction

gm

OUTDOOR CINEMA

The cinema is (20) _____ by hills and there are beautiful views. It's possible to watch the sunset during a film.

Cinema visitors (21) _____ to take a cushion with them to sit on. It's good idea to have a picnic when the film is over.

Cinema tickets can be bought online at [www. CITYENTS.org](http://www.CITYENTS.org).

(22) _____ you have any questions, please contact us on 8302195.

Question 20.

- A. surrounded B. made C. situated D. located

Question 21.

- A. are advised B. advise C. have advised D. advising

Question 22.

- A. Should B. Were C. Had D. Do

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.

Family conflicts are an inherent part of human relationships, stemming from the diverse personalities, perspectives, and dynamics within a family unit. These conflicts can arise due to various factors, including differences in values, communication styles, and expectations.

One common source of family conflict is different values and beliefs. Each family member may have their own set of values and principles, influenced by their upbringing, personal experiences, and social influences. These differences can lead to disagreements, particularly when it comes to important decisions or lifestyle choices.

Communication breakdowns also contribute to family conflicts. Ineffective communication, whether it be through misinterpretation, misunderstandings, or lack of active listening, can exacerbate tensions and escalate conflicts within the family. Different communication styles and approaches further complicate matters, as individuals may have varying preferences for directness, assertiveness, or emotional expression.

Moreover, unfulfilled expectations often become a source of conflict within families. Each family member may have their own set of expectations regarding roles, responsibilities, and behaviours. When these expectations are not met, it can lead to disappointment, resentment, and conflicts.

Resolving family conflicts requires open and honest communication and empathy. Active listening, seeking to understand others' perspectives, and finding common ground can help bridge the gaps and foster understanding within the family unit. Family members should also be willing to adapt and adjust their expectations for peaceful coexistence.

Question 23. Which of the following can be the best title for the passage?

- A. How to Avoid Family Conflicts B. Reasons for Family Conflicts
C. Disadvantages of Conflicts D. How Conflicts Affect Family

Question 24. The word "exacerbate" in paragraph 3 is closest in meaning to _____.

- A. improve B. worsen C. better D. fix

Question 25. A person's beliefs and principles are **NOT** influenced by _____.

- A. disagreements B. personal experiences
C. social factors D. upbringing environment

Question 26. The word "it" in paragraph 3 refers to _____.

- A. ineffective communication B. tension
C. family conflict D. belief

Question 27. Which of the following is **NOT** true?

- A. People don't have to give up their desires to get along with each other.
B. The differences in communication styles can lead to family conflicts.



- C. Conflicts may result from people feeling disappointed when their expectations are not met.
- D. Family members need to listen and find common ground to understand each other better.

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.

HEALTH BENEFITS OF YOGA

Yoga is a healthy lifestyle. One of the benefits of yoga is that you can choose a yoga style that is suitable for your lifestyle, such as hot yoga, power yoga, relaxation yoga, etc. If you are a yoga beginner, Hatha Yoga, which focuses on basic postures at a comfortable pace, would be great for you. If you want to increase **strength** through using more of your own body's resistance, Power Yoga may be right for you.

Improved flexibility is one of the first and most obvious benefits of yoga. During your first class, you probably won't be able to touch your toes. But if you stick with it, you'll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. Each of the yoga poses is built to reinforce the muscles around the spine, the very center of your body, which is the core from which everything else operates. When the core is working properly, posture is improved, thus **relieve** back, shoulder, and neck pain.

Strong muscles do more than look good. **They** also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when you build strength through yoga, you balance it with flexibility. If you just went to the gym and lifted weights, you might build strength at the expense of flexibility.

Yoga gets your blood flowing. More specifically, the relaxation exercises you learn in yoga can help your circulation, especially in your hands and feet. Yoga also gets more oxygen to your cells, which function better as a result. Twisting poses are thought to wring out venous blood from internal organs and allow oxygenated blood to flow in once the twist is related.

Many studies found that a consistent yoga practice improved depression and led to greater levels of happiness and better immune function.

Question 28. The word "**strength**" in the first paragraph is *opposite* in meaning to ____.

- A. weakness
- B. power
- C. health
- D. energy

Question 29. The word "**relieve**" in the second paragraph is *closest* in meaning to ____.

- A. increase
- B. worsen
- C. raise
- D. reduce

Question 30. What can be inferred from the passage?

- A. Doing yoga makes your cells use more oxygen.
- B. Blood flows more slowly when you practice yoga.
- C. The less you practice yoga, the better looking you are.
- D. Regular yoga practice can help you improve some health problems.

Question 31. The word "**they**" in the third paragraph refers to ____.

- A. elderly people
- B. weights
- C. strong muscles
- D. flexibilities

Question 32. What do strong muscles do?

- A. They enable us to focus on basic postures of yoga.
- B. They make us look bad.
- C. They protect us from conditions like arthritis and back pain.
- D. They help us touch our knees.

Question 33. What is the main idea of this passage?

- A. Positive health benefits yoga bring to us.
- B. Your flexibility will be improved with yoga.
- C. Negative health effects of yoga.
- D. Yoga helps build strong muscles.

Question 34. Which of the following is **NOT** true according to the passage?

- A. Hatha Yoga is suitable for beginners.

- B. Yoga helps your blood circulation.
- C. You can choose a yoga style that is suitable for your lifestyle.
- D. If you go to the gym and lift weights, your flexibility will be improved.

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

Question 35.

- | | | | |
|---------------|-----------|----------|------------|
| A. generation | B. garden | C. giant | D. digital |
|---------------|-----------|----------|------------|

Question 36.

- | | | | |
|----------|------------|-------------|------------|
| A. media | B. dweller | C. extended | D. regular |
|----------|------------|-------------|------------|

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

Question 37.

- | | | | |
|-------------|-------------|---------------|----------------|
| A. economic | B. creative | C. historical | D. traditional |
|-------------|-------------|---------------|----------------|

Question 38.

- | | | | |
|-----------|-------------|------------|--------------|
| A. muscle | B. homework | C. disease | D. treatment |
|-----------|-------------|------------|--------------|

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 39.

- a. Best wishes.
- b. First of all, self-study gives learners more freedom. They decide what they should study and how to learn depending on their abilities.
- c. Dear Lucy, I hope you are well. I am thinking about the advantages of self-study - learning at home without a teacher.
- d. Secondly, they can make learners responsible. They set their learning goals and make study plans to achieve them.
- e. Finally, it makes them more confident. Completing tasks and solving problems on their own boost learners' confidence.

- | | | | |
|--------------|--------------|--------------|--------------|
| A. c-b-e-d-a | B. b-d-a-c-e | C. c-b-d-e-a | D. d-b-a-c-e |
|--------------|--------------|--------------|--------------|

Question 40.

- a. Moreover, engaging in household chores teaches valuable life skills, including time management and organisation.
- b. Finally, sharing household responsibilities promotes teamwork and fosters a sense of unity within the family.
- c. Encouraging kids to do household chores offers numerous benefits.
- d. Additionally, it fosters a strong work ethic and independence as children learn to complete tasks on their own.
- e. By assigning tasks such as tidying up their rooms or helping with meal preparation, children learn the importance of contributing to the family's well-being.
- f. Overall, involving kids in household chores helps them develop essential life skills while contributing positively to family dynamics.
- g. Initially, it instils a sense of responsibility from a young age.

- | | | | |
|------------------|------------------|------------------|------------------|
| A. g-e-a-d-b-c-f | B. c-g-e-a-d-b-f | C. c-a-g-d-e-b-f | D. c-g-b-a-e-d-f |
|------------------|------------------|------------------|------------------|

----- THE END -----

(Đề thi có 05 trang)

Họ và tên:

Số báo danh:

Mã đề 117

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

Question 1. There _____ a lot of progress in technology since people _____ the Internet.

A. were – invented

B. have been - have invented

C. are - are inventing

D. have been - invented

Question 2. The fish tastes _____. I want some more, please.

A. more wonderfully

B. wonderfully

C. as wonderful

D. wonderful

Question 3. The doctor has just _____ the patients and fortunately the treatment is working.

A. suffered

B. examined

C. operated

D. discharged

Question 4. You _____ respect older people. You can learn some valuable lessons from them.

A. mustn't

B. must

C. shouldn't

D. don't have to

Question 5. A balanced diet and regular exercise can help expand your life _____.

A. expected

B. expecting

C. expectation

D. expectancy

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

Many inventions have been created throughout history. Many of them have changed our lives. In my opinion, the most important is the internet.

I think the internet is important because it has changed our lives in many ways. For example, the way we communicate has changed significantly. We can communicate with each other instantly using the internet. Many people even spend more time connecting with family, friends and (6) _____. You will probably see most people are communicating with their phones and laptops instead of talking to the person next to them (7) _____.

The internet has also (8) _____ together in a way that was impossible before, such as working from home and working with people from other countries. (9) _____.

By connecting their computer to the internet, people can access the same resources wherever they are in the world. Today, people from all over the globe can work together closely without ever meeting face-to-face, sharing views more easily and (10) _____.

Although the internet is quite a new invention, it now plays an important role in (11) _____. Without it, things would be very different.

Question 6.

A. from relatives on the internet than in real life

B. from relatives in real life than on the internet

C. relatives in real life than on the internet

D. relatives on the internet than in real life

Question 7.

A. going to a busy café today

B. having gone to a busy café today

C. when you go to a busy café today

D. if you go to a busy café today

Question 8.

A. allowed us to work

B. to allow us to work

C. allowing us working

D. allowed us work

Question 9.

A. It makes both ways of working become more popular.

B. Which makes both ways of working become more popular.

C. Making both ways of working become more popular.

D. This makes both ways of working become more popular.

Question 10.

A. spend less time to travel

B. spend to less time traveling

C. spending less time traveling

D. spending less time travel

Question 11.

A. this lives

B. their lives

C. your lives

D. our lives

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

Question 12.

A. smart

B. reason

C. sensor

D. sustain

Question 13.

A. fitness

B. illness

C. virus

D. city

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.

GENERATION GAP

The generation gap, which refers to a broad difference between one generation and another, especially between young people and their parents, usually leads to numerous conflicts. Such family conflicts can seriously threaten the relationship between parents and children at times.

It goes without saying that, however old their children are, parents still regard them as small kids and keep in mind that their offspring are too young to protect themselves cautiously or have wise choices. Therefore, they tend to make a great attempt to help their children to discover the outside world. Nevertheless, they forget that as children grow up, they want to be more independent and develop their own identity by creating their own opinions, thoughts, styles and values about life.

One common issue that drives conflicts is the clothes of teenagers. While teens are keen on wearing fashionable clothes which try to catch up with the youth trends, parents who value traditional clothes believe that those kinds of clothing violate the rules and the norms of the society. It becomes worse when the expensive brand name clothes teens choose seem to be beyond the financial capacity of parents.

Another reason contributing to conflicts is the interest in choosing a career path or education between parents and teenagers. Young people are told that they have the world at their feet and that bright future opportunities are just waiting for them to seize. However, their parents try to impose their choices of university or career on them regardless of their children's preference.

Indeed, conflicts between parents and children are the everlasting family phenomena. It seems that the best way to solve the matter is open communication to create mutual trust and understanding.

Question 14. The word "them" in the second paragraph refers to ____.

A. their parents

B. their choices

C. their children

D. their mind

Question 15. Which of the following is **NOT** true according to the passage?

A. The generation gap usually leads to numerous conflicts.

B. One common problem that creates conflicts is the clothes of teenagers.

C. Parents often try to impose their choices of university or career on their children regardless of their preference.

D. Family conflicts cannot affect the relationship between parents and their children.

Question 16. What can be inferred from the passage?

A. Parents often like the clothes their children choose to wear.

- B. Parents always agree with the career choices that their children make.
- C. Expensive clothes help children become more confident.
- D. Parents and children should communicate openly to solve the conflicts.

Question 17. The word “**difference**” in the first paragraph is *opposite* in meaning to ____.

- A. contrast
- B. diversity
- C. variety
- D. similarity

Question 18. Which can be the best title for the passage?

- A. The reasons of parent-child conflicts.
- B. How are children different from their parents?
- C. How do we bridge the generation gap?
- D. Parents and their children: Similarities and differences.

Question 19. Why do most parents still regard their teenage children like small kids?

- A. Because children often like wearing fashionable clothes.
- B. Because they think that children are too young to live independently.
- C. Because they think that children are too young to protect themselves well.
- D. Because children usually make mistakes

Question 20. The word “**seize**” in the fourth paragraph is *closest* in meaning to ____.

- A. sell
- B. buy
- C. catch
- D. give

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.

In today’s fast-paced world, maintaining a healthy lifestyle has become more important than ever before. A healthy lifestyle involves making conscious choices about what we eat, how much we exercise and how we prioritise sleep. By adopting healthy habits, we can prevent chronic diseases, improve our physical and mental health, and live a happier and more fulfilling life.

A balanced diet is the foundation of a healthy lifestyle. Eating a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats can provide the essential nutrients needed to maintain good health. Processed foods, sugary drinks, and saturated fats should be avoided as they can lead to obesity, heart disease, and other chronic illnesses.

Regular exercises are also crucial for a healthy lifestyle. They help in strengthening muscles and bones, improving cardiovascular health, and reducing the risk of chronic diseases. Exercises also release endorphins, which are natural mood boosters and can help reduce stress levels. Experts recommend at least 30 minutes of moderate intensity exercises per day for adults.

Adequate sleep is another important aspect of a healthy lifestyle. Getting 7-8 hours of sleep per night can improve cognitive function, enhance memory, and promote physical and emotional health. A regular sleep routine, avoiding caffeine and electronics before bedtime, and creating a relaxing sleep environment can help improve sleep quality.

In conclusion, a healthy lifestyle requires a balanced diet, regular exercises and adequate sleep. By making small changes to our lifestyle, we can significantly reduce the risk of chronic diseases, improve our physical and mental health, and live a happier and more fulfilling life. It is essential to prioritise healthy habits and make **them** a part of our daily routine.

Question 21. According to the passage, people should avoid _____ before bedtime to have a good sleep.

- A. whole grains
- B. processed food
- C. endorphins
- D. caffeine

Question 22. Which of the following is NOT true according to the passage?

- A. Adequate sleep can help enhance memory.
- B. People should avoid all kinds of fats to maintain good health.
- C. Adults are advised to exercise moderately for 30 minutes every day.
- D. Endorphins help reduce stress.

Question 23. The word “**them**” in the last paragraph is referred to ____.

- A. small changes
- B. healthy habits
- C. diseases
- D. regular exercises

Question 24. The word “**adequate**” in paragraph 4 is closest in meaning to ____.

- A. poor B. enough C. lack of D. bad

Question 25. Which of the following can be the best title for the passage?

- A. How to Have a Healthy Lifestyle B. Our Daily Routine
C. The Well-being of the Brain D. The Importance of Exercises

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.

HEALTHY LIVING

Millions of people today are overweight and out of shape. This is due in part to their diet, (26) _____ is often high in sugars and fats. Another reason is that too many of us spend our evenings gazing (27) _____ the television, instead of doing something to keep ourselves fit. Today hectic lifestyles also prevent us from spending as much time as we should on staying in shape. Convenience food, such as frozen meals and canned vegetables, saves time but is often (28) _____. Fast food and takeaways are also (29) _____ for (30) _____ health problems.

Question 26.

- A. which B. it C. that D. what

Question 27.

- A. at B. to C. on D. in

Question 28.

- A. wealthy B. organic C. unhealthy D. healthy

Question 29.

- A. attributed B. responsive C. reacted D. responsible

Question 30.

- A. a B. much C. an D. many

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

Question 31.

- A. negative B. efficient C. interesting D. livable

Question 32.

- A. sensor B. urban C. advice D. dweller

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.

Hotel Receptionist wanted for Plaza Hotel

We need a young and enthusiastic person to work as (33) _____ receptionist at our hotel in Ha Noi from 20th May to 15th August.

Working hours are (34) _____ 8 a.m. to 4 p.m.

(35) _____ include receiving guests and visitors, checking them in and out, taking bookings, and answering the phone.

Ability to speak English is an advantage.

Please contact: The manager, Plaza Hotel
21 Vu Ngoc Duong, Hai Ba Trung, Ha Noi.

Question 33.

- A. X B. an C. a D. the

Question 34.

- A. to B. from C. at D. on

Question 35.

- A. Responses B. Responsible C. Responsibilities D. Responsibly

HEALTHY LIFESTYLE CAMPAIGN

Join us for (36) _____ Healthy Lifestyle Campaign at our school. Throughout the month, we'll be organizing various activities and initiatives to promote physical and mental well-being.

On the campaign, you can engage in interactive workshops, fitness classes, and awareness sessions that focus on the importance of maintaining a healthy lifestyle. These activities aim to raise (37) _____ of the benefits of exercise, proper nutrition, and stress management.

(38) _____ you want to get more involved, keep in touch with our campaign coordinator who will provide more information on upcoming events and guide you on how to adopt a healthier lifestyle.

Question 36.

- A. a B. an C. Ø D. the

Question 37.

- A. awareness B. supporting C. education D. investment

Question 38.

- A. Were B. Had C. Unless D. Should

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 39.

- a. Additionally, we've started a garden to provide a safe space for local wildlife to thrive.
b. Warm regards.
c. I'm excited to share some great news about recent initiatives at our school to protect wildlife.
d. Lastly, students are actively involved in organising awareness campaigns and fundraisers to support wildlife conservation efforts.
e. Dear John, I hope this letter finds you well!
f. Overall, these initiatives reflect our commitment to preserving biodiversity and making a positive impact on the environment.
g. Firstly, our school has implemented a recycling programme to reduce waste and protect habitats.
- A. e-c-a-g-d-f-b B. e-c-g-a-d-f-b C. e-c-f-g-a-d-b D. e-g-a-d-c-f-b

Question 40.

- a. Secondly, doing chores together can actually be fun and it makes the work go faster.
b. Dear Mike, I hope you are well! I've been thinking about why it's important for children to help with housework.
c. It's a good way for families to spend time together and learn new skills.
d. In the first place, it teaches us responsibility and how to take care of our own things.
e. Also, when we help our parents, it shows them respect and gratitude for all they do for us.
f. Best wishes.
- A. b-d-f-a-c-e B. a-d-c-f-b-e C. b-d-a-c-e-f D. d-b-a-c-f-e

----- THE END -----

(Đề thi có 05 trang)

Họ và tên:
Số báo danh:

Mã đề 118

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

Question 1.

- A. dweller B. regular C. extended D. media

Question 2.

- A. giant B. garden C. digital D. generation

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

Question 3. It's also important to eat a _____ diet with lots of fruits, vegetables, and protein.

- A. unhealthy B. balanced C. poor D. strict

Question 4. Tom sounded _____ when I spoke to him on the phone

- A. to be happy B. happily C. to be happily D. happy

Question 5. A balanced diet can help improve your _____ and fitness.

- A. strength B. strengly C. streng D. strengthen

Question 6. Students _____ cheat during the examination.

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

Question 7. They _____ lots of friendly people since they _____ to that village.

- A. met - have been coming B. meet - are coming
C. have met - came D. were meeting - have come

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 8.

- a. Best wishes.
b. First of all, self-study gives learners more freedom. They decide what they should study and how to learn depending on their abilities.
c. Dear Lucy, I hope you are well. I am thinking about the advantages of self-study - learning at home without a teacher.
d. Secondly, they can make learners responsible. They set their learning goals and make study plans to achieve them.
e. Finally, it makes them more confident. Completing tasks and solving problems on their own boost learners' confidence.

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

Question 9.

- a. Moreover, engaging in household chores teaches valuable life skills, including time management and organisation.
b. Finally, sharing household responsibilities promotes teamwork and fosters a sense of unity within the family.
c. Encouraging kids to do household chores offers numerous benefits.
d. Additionally, it fosters a strong work ethic and independence as children learn to complete tasks on their own.
e. By assigning tasks such as tidying up their rooms or helping with meal preparation, children learn

the importance of contributing to the family's well-being.

f. Overall, involving kids in household chores helps them develop essential life skills while contributing positively to family dynamics.

g. Initially, it instils a sense of responsibility from a young age.

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

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

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

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

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.

REVIEWS WANTED

Have you visited (10) _____ wonderful or awful cafe recently?

Now is your chance to write about it. We are looking (11) _____ reviews of cafes.

Describe your experience at the cafe that you visited.

Say why you were (12) _____ or dissatisfied with it.

We will publish the most interesting reviews.

Question 10.

A. the

B. Ø

C. a

D. an

Question 11.

A. for

B. after

C. up

D. at

Question 12.

A. satisfaction

B. satisfactory

C. satisfied

D. satisfy

OUTDOOR CINEMA

The cinema is (13) _____ by hills and there are beautiful views. It's possible to watch the sunset during a film.

Cinema visitors (14) _____ to take a cushion with them to sit on. It's good idea to have a picnic when the film is over.

Cinema tickets can be bought online at [www. CITYENTS.org](http://www.CITYENTS.org).

(15) _____ you have any questions, please contact us on 8302195.

Question 13.

A. surrounded

B. located

C. situated

D. made

Question 14.

A. advise

B. have advised

C. are advised

D. advising

Question 15.

A. Were

B. Had

C. Should

D. Do

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

It is natural for young people to be critical of their parents at times and to blame them for most of the misunderstandings between them. They have always complained, more or less justly, that their parents are old-fashioned, possessive and dominant; (16) _____; that they talk too much about certain problems and that they have no sense of humor, at least in parent-child relationships. I think it is true that parents often underestimate (17) _____ and also forget how they themselves felt (18) _____.

Young people often irritate their parents with their choices in clothes and hairstyles, in entertainers and music. This is not their motive. They feel cut off from the adult world into which they have not yet been accepted. So they create a culture and society of their own. Then, if it turns out that their music or entertainers or vocabulary or clothes or (19) _____, this gives them

additional enjoyment. They feel they are superior, at least in a small way, and that they are leaders in style and taste.

If you plan (20) _____, co-operation can be part of that plan. You can charm others, especially parents, into doing things the ways you want, and (21) _____ with your sense of responsibility and initiative, so that they will give you the authority to do what you want to do.

Question 16.

- A. that they do not trust their children to deal with obstacles
- B. that does not trust their children to deal with obstacles
- C. that it does not trust their children to deal with obstacles
- D. which they do not trust their children to deal with obstacles

Question 17.

- A. his teenage children
- B. our teenage children
- C. their teenage children
- D. your teenage children

Question 18.

- A. as well as they are young
- B. when they are young
- C. when they were young
- D. after they were young

Question 19.

- A. hairstyles irritating their parents
- B. irritates their parents hairstyles
- C. hairstyles irritate their parents
- D. their parents hairstyles irritate

Question 20.

- A. controlling your life
- B. to control your life
- C. controlled your life
- D. to be control your life

Question 21.

- A. impress others
- B. impressing others
- C. to impress others
- D. others be impressed

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.

HEALTH BENEFITS OF YOGA

Yoga is a healthy lifestyle. One of the benefits of yoga is that you can choose a yoga style that is suitable for your lifestyle, such as hot yoga, power yoga, relaxation yoga, etc. If you are a yoga beginner, Hatha Yoga, which focuses on basic postures at a comfortable pace, would be great for you. If you want to increase **strength** through using more of your own body's resistance, Power Yoga may be right for you.

Improved flexibility is one of the first and most obvious benefits of yoga. During your first class, you probably won't be able to touch your toes. But if you stick with it, you'll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. Each of the yoga poses is built to reinforce the muscles around the spine, the very center of your body, which is the core from which everything else operates. When the core is working properly, posture is improved, thus **relieve** back, shoulder, and neck pain.

Strong muscles do more than look good. **They** also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when you build strength through yoga, you balance it with flexibility. If you just went to the gym and lifted weights, you might build strength at the expense of flexibility.

Yoga gets your blood flowing. More specifically, the relaxation exercises you learn in yoga can help your circulation, especially in your hands and feet. Yoga also gets more oxygen to your cells, which function better as a result. Twisting poses are thought to wring out venous blood from internal organs and allow oxygenated blood to flow in once the twist is related.

Many studies found that a consistent yoga practice improved depression and led to greater levels of happiness and better immune function.

Question 22. The word "**relieve**" in the second paragraph is *closest* in meaning to ____.

- A. raise B. reduce C. increase D. worsen

Question 23. Which of the following is **NOT** true according to the passage?

- A. Yoga helps your blood circulation.
B. If you go to the gym and lift weights, your flexibility will be improved.
C. Hatha Yoga is suitable for beginners.
D. You can choose a yoga style that is suitable for your lifestyle.

Question 24. The word "**strength**" in the first paragraph is **opposite** in meaning to ____.

- A. power B. energy C. health D. weakness

Question 25. What can be inferred from the passage?

- A. The less you practice yoga, the better looking you are.
B. Blood flows more slowly when you practice yoga.
C. Doing yoga makes your cells use more oxygen.
D. Regular yoga practice can help you improve some health problems.

Question 26. The word "**they**" in the third paragraph refers to ____.

- A. strong muscles B. weights C. elderly people D. flexibilities

Question 27. What do strong muscles do?

- A. They enable us to focus on basic postures of yoga.
B. They protect us from conditions like arthritis and back pain.
C. They help us touch our knees.
D. They make us look bad.

Question 28. What is the main idea of this passage?

- A. Your flexibility will be improved with yoga.
B. Negative health effects of yoga.
C. Yoga helps build strong muscles.
D. Positive health benefits yoga bring to us.

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

Question 29.

- A. creative B. economic C. historical D. traditional

Question 30.

- A. muscle B. homework C. disease D. treatment

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.

Family conflicts are an inherent part of human relationships, stemming from the diverse personalities, perspectives, and dynamics within a family unit. These conflicts can arise due to various factors, including differences in values, communication styles, and expectations.

One common source of family conflict is different values and beliefs. Each family member may have their own set of values and principles, influenced by their upbringing, personal experiences, and social influences. These differences can lead to disagreements, particularly when it comes to important decisions or lifestyle choices.

Communication breakdowns also contribute to family conflicts. Ineffective communication, whether **it** be through misinterpretation, misunderstandings, or lack of active listening, can **exacerbate** tensions and escalate conflicts within the family. Different communication styles and approaches further complicate matters, as individuals may have varying preferences for directness, assertiveness, or emotional expression.

Moreover, unfulfilled expectations often become a source of conflict within families. Each family member may have their own set of expectations regarding roles, responsibilities, and behaviours. When these expectations are not met, it can lead to disappointment, resentment, and conflicts.

Resolving family conflicts requires open and honest communication and empathy. Active listening, seeking to understand others' perspectives, and finding common ground can help bridge the gaps and foster understanding within the family unit. Family members should also be willing to adapt and adjust their expectations for peaceful coexistence.

Question 31. Which of the following is **NOT** true?

- A. People don't have to give up their desires to get along with each other.
- B. The differences in communication styles can lead to family conflicts.
- C. Family members need to listen and find common ground to understand each other better.
- D. Conflicts may result from people feeling disappointed when their expectations are not met.

Question 32. The word "**it**" in paragraph 3 refers to _____.

- A. ineffective communication
- B. family conflict
- C. tension
- D. belief

Question 33. The word "**exacerbate**" in paragraph 3 is closest in meaning to _____.

- A. improve
- B. fix
- C. better
- D. worsen

Question 34. Which of the following can be the best title for the passage?

- A. How to Avoid Family Conflicts
- B. How Conflicts Affect Family
- C. Reasons for Family Conflicts
- D. Disadvantages of Conflicts

Question 35. A person's beliefs and principles are **NOT** influenced by _____.

- A. social factors
- B. upbringing environment
- C. personal experiences
- D. disagreements

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.

CITIES GOING GREEN

As more and more people concentrate in cities, planners are looking for ways to transform cities into better living spaces, (36) _____ can be done by improving existing infrastructure while also creating more public (37) _____ that are both beautiful and green. This can be hard to accomplish, especially in cities with a haphazard fashion. Some cities have been created with the idea of a green city as the goal. One such city, Masdar City in the United Arab Emirates, aims to become a model for (38) _____ cities to follow. It is being known as a truly green city that relies strictly on renewable sources such as solar energy to provide all of its energy needs. (39) _____, it will be a zero waste city in which everything that is used can be recycled. Whether it will truly (40) _____ its goal remains to be seen, but it will also act as an experiment for environmentally friendly areas to be tested.

Question 36.

- A. when
- B. which
- C. that
- D. why

Question 37.

- A. spaces
- B. rooms
- C. breaks
- D. places

Question 38.

- A. one
- B. another
- C. every
- D. other

Question 39.

- A. In addition
- B. Therefore
- C. However
- D. Although

Question 40.

- A. create
- B. accomplish
- C. plan
- D. follow

----- THE END -----

**SỞ GIÁO DỤC & ĐÀO TẠO
TRƯỜNG THPT NGUYỄN QUỐC TRINH**

**ĐÁP ÁN ĐỀ KIỂM TRA GIỮA HỌC KỲ I – TIẾNG ANH 11
NĂM HỌC 2024 – 2025**

**Đề lẻ (Mã trộn: 111, 113, 115, 117)
Đề chẵn (Mã trộn: 112, 114, 116, 118)**

Đề/câu	Gốc đề lẻ	Gốc đề chẵn	111	113	115	117	112	114	116	118
1	C	D	A	D	A	D	A	C	A	D
2	A	C	B	A	D	D	C	D	C	B
3	D	A	C	A	D	B	D	D	A	B
4	A	B	A	C	A	B	B	B	A	D
5	D	A	C	D	A	D	B	C	D	A
6	A	C	C	B	B	D	C	B	C	D
7	A	A	B	D	D	D	A	B	A	C
8	B	C	A	A	C	A	C	D	D	C
9	C	A	D	C	B	D	D	A	D	D
10	C	A	D	D	D	C	C	A	D	C
11	B	B	A	A	C	D	A	B	C	A
12	C	C	D	B	A	B	B	C	A	C
13	C	B	C	A	A	C	D	A	D	A
14	A	A	B	A	D	C	A	D	B	C
15	A	A	C	D	D	D	C	D	C	C
16	B	B	C	B	C	D	B	C	D	A
17	C	C	D	D	D	D	C	B	C	C
18	B	A	A	D	A	A	C	A	B	C
19	C	B	B	D	A	C	D	B	A	C
20	C	D	A	D	A	C	B	A	A	B
21	B	D	B	B	C	D	C	A	A	A
22	D	A	D	C	C	B	B	A	A	B
23	B	D	B	C	B	B	C	B	B	B
24	C	B	A	D	D	B	C	C	B	D
25	B	C	D	C	D	A	B	C	A	D
26	A	A	D	A	A	A	D	A	A	A
27	A	D	D	C	C	B	B	D	A	B
28	D	A	C	D	D	C	D	B	A	D
29	A	A	C	B	C	D	D	D	D	B
30	B	D	B	A	A	D	D	D	D	C
31	D	C	D	A	B	B	C	A	C	A
32	A	B	D	A	B	C	B	D	C	A
33	C	C	D	B	A	C	D	C	A	D
34	C	A	C	A	D	B	D	D	D	C
35	B	C	C	C	C	C	C	B	B	D
36	D	B	C	A	C	D	A	B	A	B
37	A	D	B	B	A	A	D	A	A	A
38	C	B	D	C	A	D	D	C	C	D
39	A	D	C	B	B	B	B	C	C	A
40	A	A	B	D	C	C	B	A	B	B

