

Họ và tên thí sinh :Lớp.....

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.

The Value of Walking

New research reveals that walking just 9.5 kilometers (6 miles) a week may keep your brain sharper as you get older. Scientists suggest that walking may protect aging brains from growing smaller and, in turn, preserve memory in old age.

‘Brain size shrinks in late adulthood, which can cause memory problems,’ study author Kirk Erickson of the University of Pittsburgh said in a news release. ‘Our findings should encourage further well-designed scientific trials of physical exercise in older adults as a very (1) _____ approach for preventing dementia and Alzheimer’s disease.’ For the study, the team asked 299 dementia-free seniors to record the distance they walked (2) _____ week.

Four years later, the participants were tested to see if they had developed signs of dementia. Then after nine years had passed, scientists scanned the participants’ brains to measure size. At the four-year test, researchers discovered subjects who walked the most had reduced their risk of developing memory problems by 50%. At the nine-year checkpoint, those (3) _____ walked at least 9.5 kilometers a week, had brains with a (4) _____ volume than those who didn’t walk as much.

This is not the first study to promote the benefits of walking in seniors. (5) _____, last spring, Harvard University found that women who walked regularly at a brisk pace had an almost 40% lower risk of stroke.

- | | | | |
|--------------------------|----------------|----------------|---------------|
| Question 1. A. fortunate | B. ideal | C. promising | D. indicative |
| Question 2. A. each | B. all | C. another | D. many |
| Question 3. A. whom | B. which | C. who | D. where |
| Question 4. A. larger | B. large | C. largest | D. more large |
| Question 5. A. Therefore | B. For example | C. In addition | D. However |

Read the following advertisement/announcement and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 6 to 11.

Discover the Future of Parenting with Our New App!

Are you a parent struggling to manage your child's screen time? Do you worry (6) _____ the impact of technology on their development? (7) _____ new app, ParentWise, is here to help! Designed with modern parenting challenges in mind, ParentWise offers a range of features to support you in raising well-rounded children.

Features include:

- Setting flexible screen time limits
- Monitoring online activities
- Providing educational content and activities
- Connecting with other parents for support

Download ParentWise today and take the first step towards effective screen time management!

(8) _____ you have any questions, please contact us.

- Question 6: A. for B. to C. about D. with
 Question 7: A. Our B. Their C. His D. Her
 Question 8: A. Should B. Had C. Were D. Do

Community Youth Program Announcement

Attention all parents and teenagers in the community! We are excited to announce the launch of our new Youth Empowerment Program, designed to support the younger generation in developing (9)_____ life skills. This program offers a variety of workshops, mentoring sessions, and recreational activities aimed at (10)_____ personal growth and community engagement.

Program Highlights:

- Life skills workshops
- One-on-one mentoring sessions
- Group recreational activities
- Community service projects

(11)_____ your teens today and help them unlock their full potential!

- Question 9: A. curious B. honest C. individual D. essential
 Question 10: A. foster B. fostering C. to foster D. to fostering
 Question 11: A. Promote B. Argue C. Enroll D. Connect

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

- Question 12. My sister _____ home late last night.
 A. comes B. came C. come D. has come
 Question 13. Fortunately, they successfully _____ the fire and rescued all of the children.
 A. put out B. brought off C. brought out D. put off
 Question 14. You _____ tell anyone what I've revealed to you. It's still a secret.
 A. mustn't B. had better not C. needn't D. don't have to
 Question 15. Generation _____ is the difference in the thoughts and viewpoints among generations living together.
 A. distance B. gap C. space D. All are correct
 Question 16. A poor diet, with low nutrient snacks can lead to nutritional _____.
 A. shortages B. lacks C. deficiencies D. inadequacies

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 17.

- a. There will be buffet and of course singing and dancing.
 b. Dear Kate, I've passed the entrance exam to Hanoi University of Science.
 c. I look forward to your joining our party. I'm very happy if you say "Yes".
 d. On this occasion, I am celebrating a warm party at home on Saturday, September 18th at 5 p.m. Would you like to come?
 e. I also invite most of our classmates to come. This is an opportunity for all of us to meet each other for such a long time.
 f. Love,
 A. b — c — a — e — d — f B. b — d — e — a — c — f
 C. b — e — d — a — c — f D. b — a — d — e — c — f

Question 18.

- a- First, it helps you reduce stress.
 b- Finally, it strengthens immune system.
 c- When you are physically active your mind gets a chance to unplug from daily stresses and strains of life.
 d- Playing sports brings a lot of advantages.
 e- Also, sports enable you to build better relationships with people.
 f- Doing sports with colleagues is a good opportunity to build better relationships and networks that may help you in your job.
 g- To sum up, people should play sports regularly because it brings lots of advantages.
 h- When playing sports, the body is protected from different types of harmful bacteria and virus.
- A. d- b - a- c-e-f- -h-g B. a - d- c-e-f- b-h-g C. a- g-d- c-e-f- b-h D. d- a- c-e-f- b-h-g

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

- Question 19. A. high B. price C. bike D. win
 Question 20. A. chip B. ache C. choose D. chease

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

- Question 21. A. morning B. actress C. village D. machine
 Question 22. A. historical B. economic C. creative D. traditional

Mark the letter A, B, C, or D on your answer sheet to indicate the best answer to complete the text

It is important to understand that obesity is not just an uncomfortable condition of the body. (23)_____. Many people are not aware of these problems, so they do not try to prevent the problems before they appear. This is unfortunate, since prevention (24) _____, though difficult. One of the worst health problems caused by obesity is Type 2 diabetes. One study found that about 80 percent of people with Type 2 diabetes are obese. People with diabetes do not have insulin (25)_____. Insulin helps the body to absorb, or take in, sugar. If the body cannot absorb sugar, several bad things, can happen. A person with diabetes can suffer from seizures (losing control of the body) or (26)_____. A number of other problems related to obesity have also been found. Obesity can cause heart disease. Heart disease happens when the vessels that deliver blood to the heart become blocked. (27)_____ that such people will suffer from heart attacks, which take place when the heart loses blood supply and (28)_____. Furthermore, obesity causes problems with breathing, especially when sleeping. Obese people are at high risk for arthritis as well as certain kinds of cancers. All of these problems, and others, can be prevented. Of course, losing weight is very difficult. Changing a lifestyle is hard and often painful. Even so, the results of obesity are much worse.

Question 23.

- A. It can cause serious health problems B. Causing serious health problems
 C. Which can cause serious health problems D. Serious health problems can cause obesity

Question 24.

- A. is possible B. has possibility
 C. makes it possible D. with possibility

Question 25.

- A. on his bodies B. to their bodies
 C. in its bodies D. in their bodies

Question 26.

- A. a coma fall into B. to fall into a coma
 C. fall into a coma D. falling a coma into

Question 27.

- A. This makes it more likely B. Making it more likely
 C. Which makes it more likely D. This makes more likely

Question 28.

- | | |
|--------------------------|-------------------------|
| A. hard to pump properly | B. pump properly cannot |
| C. cannot pump properly | D. not pumping properly |

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.

Hawaii is often considered to be one place in the world where you can find paradise. But when I arrived in Hawaii, I was shocked to discover beaches were covered in plastic rubbish washed up from around the world. As I dug through the sand, I realised the sandy beach was being **transformed** into a plastic beach. A chill went down my spine. From the beaches of Hawaii to the seas around Britain, we are polluting our own environment.

Beaches are now covered in more rubbish than ever before. The plastic we see on our beaches is just a small amount of the plastic waste that exists in our oceans. Scientists believe that sea currents have created five huge garbage areas in our oceans, including the one in the North Atlantic. This is a global problem for which we are all responsible.

Plastic makes our life easier, but its production and use are completely out of control. Because plastic rubbish in the oceans looks like food, it is being eaten by small fish, which in turn is eaten by large fish, which in turn is eaten by us. Plastic is damaging our beaches, polluting the oceans, and poisoning our food chain. The consequences are still not fully understood, but **they** are likely to be terrible.

We need to stop using plastic bags for packaging and single-use water bottles. These make up most of the plastic garbage in the oceans. In Bangladesh and Kenya, they have stopped using plastic bags completely. The UK has put a tax on plastic bags. Many supermarkets around the world are not packing goods in plastic.

The future of our beaches, our seas, and the food chain is **at risk**. This is an environmental problem that we need to solve immediately.

(Adapted from *Headway* by Soars, Soars and Hancock)

Question 29. Which of the following is the best title for the passage?

- | | |
|---------------------------------|---------------------------------|
| A. A Planet Poisoned by Plastic | B. Benefits of Plastic Products |
| C. Common Plastic Products | D. A Green Lifestyle |

Question 30. The word **transformed** in paragraph 1 is closest in meaning to_____.

- | | | | |
|-----------|-----------|------------|------------|
| A. broken | B. placed | C. changed | D. checked |
|-----------|-----------|------------|------------|

Question 31. The word **they** in paragraph 3 refers to_____.

- | | | | |
|-----------|-----------------|------------|---------|
| A. oceans | B. consequences | C. beaches | D. fish |
|-----------|-----------------|------------|---------|

Question 32. According to paragraph 4, both Bangladesh and Kenya_____.

- | | |
|---|--|
| A. have produced a lot of plastic bags. | B. have used more and more plastic bags. |
| C. encourage the use of plastic bags. | D. do not use plastic bags any more. |

Question 33. Which of the following is NOT true according to the passage?

- A. Production and use of plastic are now out of control.
- B. The UK has introduced a tax on plastic bags.
- C. Hawaii is protected from plastic rubbish.
- D. One huge garbage area in the oceans is in the North Atlantic.

Question 34. The phrase **at risk** in paragraph 5 is closest in meaning to_____.

- | | | | |
|--------------|---------------|------------|-------------|
| A. developed | B. threatened | C. refused | D. accepted |
|--------------|---------------|------------|-------------|

Question 35. Which of the following can be inferred from the passage?

- A. Plastic helps maintain the natural food chain in the oceans.
- B. People in the past were more concerned about the effects of plastic waste.
- C. There is far more plastic waste on the beaches than in the oceans.
- D. The environment in Hawaii was not as good as the writer had expected.

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.

Broadcasting, perhaps the greatest invention of the last century, has come a long way; and the BBC is one of the most important and trusted broadcasters in the world today.

The British Broadcasting Company was **established** in 1922. Four years later, it changed its name to the British Broadcasting Corporation, better known as the BBC. It was not the world's first radio station. There had already been public radio broadcasts in Britain before 1920.

From the beginning the BBC was a public service radio, but also an independent operator. In the early days of BBC radio, there was not a lot of news on the radio. There were music, drama, discussions and children's programs; but news was not broadcast until after 7 p.m., to avoid competition with the newspapers!

In 1936 the BBC began the world's first television service. Only a few thousand people in London could receive those first flickering images. Nevertheless, people liked what they saw, and as the number of transmitters increased, more and more people went out to buy new television sets. In 1937, tennis was broadcast from Wimbledon for the first time. Then in 1938, football's Cup Final could be seen, live, by hundreds of thousands of people for the first time ever. Since 1946, the BBC has become one of Britain's most famous institutions. Today **it** has several national television channels, lots of radio channels and a growing number of international services.

(Adapted from <https://linguapress.com>)

Question 36. What is the passage mainly about?

- | | |
|---------------------------|-------------------------------|
| A. The founder of the BBC | B. The limitations of the BBC |
| C. The aims of the BBC | D. The development of the BBC |

Question 37. The word "**established**" in the second paragraph is closest in meaning to _____ .

- | | | | |
|----------|-----------|-----------|----------|
| A. moved | B. formed | C. shared | D. heard |
|----------|-----------|-----------|----------|

Question 38. According to paragraph 3, all of the following programs were broadcast on BBC radio EXCEPT _____

- | | | | |
|----------------|----------|-----------|----------|
| A. discussions | B. music | C. tennis | D. drama |
|----------------|----------|-----------|----------|

Question 39. According to paragraph 4, which of the following was the reason why more people bought new TV sets?

- A. They could receive the first flickering images.
- B. Tennis was broadcast for the first time.
- C. They could see football's Cup Final.
- D. There was a rise in the number of transmitters.

Question 40. The word "**it**" in paragraph 4 refers to _____ .

- | | | | |
|------------|------------|------------|------------|
| A. service | B. the BBC | C. Britain | D. channel |
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----- **THE END** -----

(Thí sinh không được sử dụng tài liệu, giám thị không giải thích gì thêm)