**2025 FORMAT - PRACTICE TEST 10**

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

1. A. teenager B. privacy C. irritation D. hatred
2. A. adolescent B. independence C. distrust D. education

**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 the position of primary stress in each of the following sentences.**

1. A. improve B. prepare C. handle D. provide
2. A. confident B. successful C. elderly D. arrogant

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

1. Nobody will trust you if you keep \_\_\_\_\_\_\_ your words.
A. putting up with B. making up for
C. going back on D. getting through with
2. We’d be better off spending more time \_\_\_\_\_\_\_ hobbies together. That way we can understand each other more.
A. taking B. doing C. having D. playing
3. This guideline gives you advice on how to \_\_\_\_\_\_\_ safe when you are out.
A. keep B. play C. live D. stay
4. Regular exercise and sensible diet are the key to \_\_\_\_\_\_\_ a healthy lifestyle.
A. maintaining B. retaining C. containing D. detaining
5. I believe you will dearly \_\_\_\_\_\_\_ your family and your pet before long.
A. lose B. miss C. remind D. memorise

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

10. a. Many teenagers now spend too much time on digital devices. I firmly believe that parents should stricly limit their screen time for some following reasons.

b. Finally, looking at a computer or smartphone screen for a long time can change teenagers’ behaviour negatively. They are easy to lose their temper when getting addicted to intelligent tools.

c. Firstly, teenagers who spend a lot of time on screen are less likely to finish their homework and lower their studying performance at school.

d. Additionally, using smart digital devices too much make young students inactive and indifferent to interpersonal interactions with their friends and other family members.

e. Also, too much screen time is bad for teenagers’s health. This can damage their eyesight and cause headache.

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

11. a. Dear Peter, I hope you are well! I have been thinking about why it is important for us to preserve our heritage and how to do it.

b. Some reasons and ways above are to help preserve and develop the heritage sites with cultural and natural values.

c. Firstly, learning about culture heritage at school can help students understand the value of cultural heritage sites.

d. Besides, introducing cutural heritage to foreign visitors through tourism activities will make it more widely known to people around the world.

e. Also, promoting heritage of culture on social media may urge to spread information to more people quickly and effectively.

f. Best wishes.

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

**Read the following advertisement / school annoucement** and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer **that best fits each of the numbered blanks.**

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| --- |
| **CALL FOR VOLUNTEERS**Are you free for the next summer holiday? Are you fond\_(12)\_\_\_\_\_\_\_ helping the disadvantaged children and exploring cultures in the mountainous areas?Apply to The Green Summer Campaign of ABC Community Club. We call for volunteers for summer activities for the community.* Enthusiasm and \_\_\_\_\_(13)\_\_\_\_\_\_\_\_\_good health needed
* No payment
* Training and full instructions before doing tasks

Contact us with the phone number: 0979069787Visit our website for further\_\_\_\_\_(14)\_\_\_\_\_\_\_\_ |

1. A. of B. with C. for D. to
2. A. Ø (no article) B. a C. an D. the
3. A. inform B. information C. informative D. informatively

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| **ANNOUCEMENT OF TET EXPERIENCING FESTIVAL** * The school Youth Union would like to annouce:
* All students \_\_\_\_\_ (15) \_\_\_\_\_\_to be present at 7:30 on January 30.
* Each class is to prepare materials for cooking traditional kinds of food at The Tet. Doing the cooking typical foods on this occasion lasts 5 hours.
* Each class is to \_\_\_\_ (16) \_\_\_ one student to take part in the “King and Queen of Folk Dancing” event.
* If you have any questions, please contact your head teacher and class monitor.
* \_\_\_ (17) \_\_\_\_ it rain, the festival will be held in the hall with 3 representatives from each class.
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1. **A.** are supposed **B.** supposed **C.** supposing **D.** have supposed
2. **A.** communicate **B.** nominate **C.** appreciate **D.** activate
3. **A.** Did **B.** Had **C.** Were **D.** Should

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

There are more than one billion cows in the world, and cow farming is a large source of methane emissions. This colorless and odorless gas \_\_\_\_ (18) \_\_\_\_ at warming the earth.

Farmers and companies are developing solutions for \_\_\_ (19) \_\_\_\_\_. In Canada and Brazil, farmers started adding a special ingredient to their animals' feed to reduce cows' methane production. In New Zealand, scientists are working on a vaccine which can cut methane emissions. Rather than stopping methane emissions, a UK company has designed face masks to catch the gas\_\_\_ (20) \_\_\_\_\_\_.

The masks will allow cows to continue \_\_\_\_\_ (21) \_\_\_\_ but will turn methane into CO2 and water. They can fit comfortably on the cow's head and can be adjusted to different head sizes. Sensors on the masks can notice when methane comes out of the cow's mouth and provide the percentage of the gas\_\_\_\_(22)\_\_\_\_\_. This information can also be useful for farmers who can use it to identify the early signs of disease. For example, \_\_\_\_\_ (23) \_\_\_\_\_, but produces more methane than usual, it may have a health problem.

It is predicted that the need for beef and dairy products will go up in the coming years. The company developing the methane-catching masks hopes that farmers will start using their invention, which will slow down global warming.

1. A. is more much powerful than CO2. B. is much more powerful than CO2.

 C. is much powerful than CO2. D. is much powerful more than CO2.

19. A. decreasing cows' methane emissions.

 B. to be decreasing cows' methane emissions.

 C. to decrease cows' methane emissions

 D. decrease cows' methane emissions.

20. A. before it being released. B. before being released it.

 C. before they are released. D. before it is released.

21. A. their normal diet B. its normal diet C. our normal diet D. this normal diet

22. A. who can cut methane emissions. B. what can cut methane emissions.

 C. which can cut methane emissions. D. which can be cut methane emissions.

23. A. if a cow ate less. B. if only a cow eats less.

 C. if a cow eats less. D. unless a cow eats less.

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 The most important (24)\_\_\_\_\_\_\_ of a person’s life is the first few years when he/she is a child. It is in these years (25)\_\_\_\_\_\_\_ the brain grows the fastest. The brain makes more than one million new connections every second. In actual fact, it is widely held that 80 percent of the brain is formed by the time a child (26)\_\_\_\_\_\_\_ three. A child needs food, play and love to grow mentally and physically. Half of each meal a baby eats is used to (27)\_\_\_\_\_\_\_ his/her brain. All the energy from the meal is devoted to making the brain connections. A child learns a lot during his/her playtime and develops a sense of security in his/her parent’s love. (28)\_\_\_\_\_\_\_, as parents, one should never underestimate the power of nutritious food, playtime and food.

1. A. part B. phase C. era D. season
2. A. that B. when C. which D. where
3. A. develops B. becomes C. turns D. has
4. A. build B. built C. building D. have built
5. A. However B. Moreover C. Lastly D. Therefore

**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.**

Adolescent rebellion is commonplace, and a lot of research has been done into its causes. Biologically, adolescents have their prefrontal cortex, part of the human brain, put into practice. This results in teenagers’ arguing, testing boundaries. In other words, adolescents make their own decisions and mistakes to develop prefrontal cortex fully. Besides, hormonal changes may urge them to misbehave or become more impulsive. In view of this, a son’s rebellion may be against his own wishes. On top of that, adolescents want more independence, which is often confused with rebellion. They also want to be in control of their own lives, making their own decisions. The more forceful a parent is, the more counterproductive it is now. Similarly, adolescents seek acceptance and attention. They want to fit in with their friends and want others to take notice of them as well. **Meanwhile**, parents tend to be overworrying and makes things even worse, let alone see their teenage children through this hard time.

1. What is the main idea of the passage?
A. Some causes of teenagers’ rebellion B. Some effects of teenagers’ rebellion
C. Some solutions to teenagers’ rebellion D. Some research on teenagers’ rebellion
2. Which of the following is NOT true according to the passage?
A. Teenagers’ rebellion causes the hormones to change.
B. Teenagers may not be in control of their rebellion.
C. Teenagers’ rebellion is a natural part of their development.
D. Teenagers’ rebellion has been the subject of a lot of research.
3. Teenagers want \_\_\_\_\_\_\_.
A. dependence on their parents B. the right to decide for themselves
C. difference from all others D. arguments and boundaries
4. It can be inferred from the passage that \_\_\_\_\_\_\_.
A. Teenagers often irritate their parents on purpose.
B. Parents must not let children make decisions on their own.
C. Parents should not feel depressed about their children’s rebellion.
D. Parents’ overworrying does teenagers and their development good.
5. What does “meanwhile” mean?
A. On the contrary B. As a result C. At the time D. In other words

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 “Blue Zones” refers to some few places on Earth where people live the longest and tend to enjoy good health and function in their old age. It is claimed that Blue Zones have a lot of geographical and cultural differences, but the residents in **these areas** have many health behaviours in common. They eat more beans and greens, enjoying diets that are high in carbohydrates. Animal products such as fish, poultry, eggs and cheese are consumed in moderation whereas processed food and sugar-sweetened drinks are non-existent. These eating behaviours help reduce heart diseases, cancers and diabetes. Additionally, meals are never eaten in haste. Meals are considered a life pleasure and the people stop their meal when they are 80% full. Their meals can be described as a time to practice mindfulness. Another factor that contributes to people’s longevity is their regular natural exercise. Their daily life involves a lot of physical activity. They move around all day as their environments are set up that way. It is also observed that the people in Blue Zones never **resort to** medications to deal with the unavoidable stress. Instead, they turn to others to get through the tough times. Last but not least, the Blue Zones’ populations are more likely to belong and contribute to the community. They value relationships and they make a point of resting, joining leisure activities and maintaining social support.

1. The passage is mainly about \_\_\_\_\_\_\_.
A. the factors that lead to longevity B. the characteristics of centenarians
C. Blue Zones and their populations’ longevity D. the eating habits of centenarians
2. What does “these areas” refer to?
A. Blue Zones B. cultural differences C. places on Earth D.
3. Residents in Blue Zones \_\_\_\_\_\_\_.
A. are healthy at their old age B. are different in terms of health behaviours
C. need a lot of help at the end of their life D. live the longest in Europe
4. Residents in Blue Zones normally eat a lot of \_\_\_\_\_\_\_.
A. cokes B. fish C. meat D. vegetables
5. Residents in Blue Zones \_\_\_\_\_\_\_ their mealtime.
A. dislike B. minimise C. enjoy D. maximise
6. What does “resort to” mean?
A. refuse B. use C. buy D. prescribe
7. It is most likely that residents in Blue Zones \_\_\_\_\_\_\_.
A. work very long hours at harvest time B. move around in their cars or by bike
C. treasure family and neighbours’ company D. live very lonely boring life

**---THE END OF THE TEST---**

**Keys:**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. B
 | 5- C | 9- B | 13- A | 17- D  | 21- A  | 25- A  | 29- A  | 33- C | 37- D |
| 1. D
 | 6- B | 10- A | 14- B | 18- B | 22- C | 26- C | 30- A | 34- A  | 38- C |
| 1. C
 | 7- D | 11- D | 15- A | 19- A | 23- C | 27- A | 31- B | 35- A | 39- B |
| 1. B
 | 8- A | 12- A | 16- B | 20- D | 24- B | 28- D | 32- C | 36- A | 40- C |