

ĐỀ MINH HỌA SỐ 31
KỶ THI TỐT NGHIỆP TRUNG HỌC PHỔ THÔNG NĂM 2025
Môn thi: TIẾNG ANH

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

Read the following advertisement and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 1 to 6.

Discover the Joy of Cycling Adventures!

I had the opportunity to go on a cycling trip (1) _____ my friends last summer. It was an absolutely (2) _____ experience. We rode through some breathtaking landscapes and enjoyed the cool breeze. I especially remember a (3) _____ with tall, green trees along the roadside, (4) _____ a stunning view. The entire journey was filled with moments that we will never forget. The places were simply beautiful and gave us a sense of peace. Throughout the trip, we made sure to stop at the best spots for photos and food. We also decided (5) _____ a few challenges along the way, like climbing steep hills and riding through the rain. It wasn't just a fun trip, but also a great way to (6) _____ new friends and strengthen bonds with the old ones.

- Question 1:** A. with B. for C. to D. in
Question 2: A. excited B. exciting C. excite D. excitement
Question 3: A. beautiful route cycling B. beautiful cycling route
C. route beautiful cycling D. cycling beautiful route
Question 4: A. that create B. created C. is created D. creating
Question 5: A. to take B. taking C. take D. to taking
Question 6: A. take B. give C. make D. do

Read the following leaflet 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 7 to 12.

Stay Safe: Protect Your Facebook Account

The Threat

Recently, there have been reports of people hacking Facebook accounts and sending messages to relatives asking them to (7) _____ money. This situation is quite alarming because (8) _____ individuals are not aware of the risks associated with their online security. It's important for everyone to use strong passwords to protect their accounts.

How to Stay Safe

Users should be cautious about (9) _____ suspicious messages, especially those that seem urgent. (10) _____ responding immediately, it is better to verify the message with the other person directly. Many online security breaches can (11) _____ a significant loss of personal information and money, so it is crucial to take a (12) _____ of necessary precautions. By being aware and staying proactive, users can help safeguard their accounts.

- Question 7:** A. transport B. transfer C. transmit D. translate
Question 8: A. every B. little C. many D. other
Question 9: A. receiving B. attending C. monitoring D. reporting
Question 10: A. In spite of B. In light of C. In terms of D. Instead of
Question 11: A. turn out B. take in C. result in D. bring out
Question 12: A. level B. number C. amount D. quantity

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

Question 13:

- a. Maria: Mostly a mix of cardio and strength training; it's challenging but rewarding.
- b. Maria: I've started a new fitness routine, and I'm feeling more energized!
- c. David: That's great! What kind of exercises are you doing?

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

Question 14:

- a. Rachel: That sounds amazing! I'd love to join and learn more about sustainability.
- b. Mark: They'll have workshops on recycling and clean-up drives in the parks.
- c. Rachel: Have you heard about the environmental awareness campaign downtown this weekend?
- d. Rachel: What activities will they be organizing during the campaign?
- e. Mark: Yes, I'm planning to volunteer! It's a great way to help the community.

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

Question 15:

Dear Emily,

- a. Your thoughtfulness truly made my birthday extra special this year, and it meant a lot to me that you remembered.
- b. I was genuinely surprised and thrilled to receive your thoughtful gift in the mail! Thank you so much for taking the time to send it!
- c. I really appreciate you taking the time to select something so meaningful for me; you know me so well!
- d. I can't wait to use the beautiful journal you chose; it's perfect for my writing and has such a lovely design.
- e. Let's definitely get together soon so I can hear about what's new with you!

Write back soon.

Lily

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

Question 16:

- a. While many cakes are high in sugar and fat, leading to potential health risks, there are also healthier versions that incorporate fruits and whole grains.
- b. Enjoying cake in moderation can contribute to social events and celebrations, enhancing the experience without excessive indulgence.
- c. Cakes can be delightful treats that bring joy, but their nutritional content raises questions about whether they are good or bad for health.
- d. As a solution, making mindful choices regarding cake can allow individuals to enjoy this dessert while maintaining a balanced diet.
- e. In conclusion, the perception of cakes as good or bad largely depends on the ingredients used and the frequency of consumption.

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

Question 17:

- a. Furthermore, cities that invest in infrastructure for alternative transport options often experience a significant decrease in road-related accidents.
- b. Implementing public transportation systems can reduce the number of cars on the road, potentially cutting traffic congestion by up to 30%.
- c. Encouraging the use of bicycles and walking can also promote a healthier lifestyle while further alleviating traffic issues.
- d. Addressing road traffic is essential for improving urban living conditions and decreasing pollution levels in cities.
- e. In conclusion, a multi-faceted approach that includes public transportation, cycling, and walking can effectively reduce road traffic.

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

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 16 to 22.

Vietnamese Women's Day, (18) _____, is an occasion to honor the contributions and achievements of women in society. This day serves as a reminder that highlights how essential women are in shaping families and communities. On this special day, many organizations hold events (19) _____, fostering a sense of empowerment among women. Additionally, gifts and flowers are given to women (20) _____. Celebrations often include gatherings where men express their gratitude and admiration, (21) _____. Ultimately, on top of highlighting the significance of women, (22) _____.

Question 18:

- A. having celebrated on October 20th each year
- B. was celebrated on October 20th each year
- C. celebrated on October 20th each year
- D. of which celebration is on October 20th each year

Question 19:

- A. aimed at celebrating women's achievements and raising awareness about gender equality issues
- B. designed exclusively for men to learn about women's roles in society and business
- C. featuring speeches that encourage women to step back from leadership roles in organizations
- D. focused on discussing women's historical contributions without addressing current challenges

Question 20:

- A. went to great lengths to achieve awards and special acknowledgments for their efforts
- B. succeeded in acquiring awards and special acknowledgments for their efforts
- C. whose achievements are recognized through special acknowledgments for their efforts
- D. of which awards and special acknowledgments are distributed to women for their efforts

Question 21:

- A. acknowledging the hard work and dedication of women in various fields and communities
- B. centering on discussing men's contributions while sidelining women's achievements in society
- C. denouncing women for not meeting traditional expectations in their personal and professional lives
- D. ignoring the importance of recognizing women's rights and addressing ongoing gender disparities

Question 22:

- A. a more equitable society which can be achieved thanks to a deeper understanding
- B. this day encourages a deeper understanding in building a more equitable society
- C. a deeper understanding derived from building a more equitable society on women's day
- D. encouraging a deeper understanding in building a more equitable society

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the best answer to each of the following questions from 23 to 30.

Most of us have taken a selfie at one time or another, be it a photo of ourselves in a beautiful place, during a performance by our favourite band, or on a memorable night out with friends. But today, more and more people are putting their lives at risk in an attempt to get the most shocking pictures to share on social media. In several cases, this action has had *disastrous* consequences.

Take, for example, the Spaniard who was killed by a bull *while* he was taking a selfie during the annual bull run in a village near his hometown, or the Singaporean tourist who died when he fell from cliffs on the coast of Bali. Such incidents have led to the death toll from selfie-related incidents reaching double figures for the first time in 2015, *overtaking* the number of victims of shark attacks.

Despite the risks, social media is full of pictures featuring near misses that could have been fatal under other circumstances. Under the caption 'Most dangerous selfie ever', a woman posing at a stadium can be seen narrowly

avoiding being hit in the head by a baseball approaching her. Yet the photo has received thousands of "likes", and the comments below it suggest that this behavior is something to be admired.

In response to the increasing threat posed by the selfie, the authorities have started to take action. The Russian Interior Ministry, for instance, and launched a public education campaign advising selfie-takers against balancing on dangerous surfaces or posing with their pets, among other things. But if instructions like this are really necessary, then perhaps it is about time we asked ourselves which is more important, a 'like' or a life?

(Adapted from *Solution – Third Edition* by Tim Falla and Paul A Davies)

Question 23: According to the passage, all of the following are benefits of positive self-talk EXCEPT _____.

- A. getting teenagers to follow social distancing guidelines
- B. helping teenagers cope with missing important school events
- C. organizing fun educational activities for teenagers at home
- D. assisting teenagers with remote learning from home

Question 24: The word *disastrous* in paragraph 1 is OPPOSITE in meaning to _____.

- A. powerful
- B. beneficent
- C. detrimental
- D. insignificant

Question 25: The word *overtaking* in paragraph 2 could be best replaced by _____.

- A. dealing with
- B. becoming greater than
- C. competing with
- D. becoming better than

Question 26: Which of the following best paraphrases the underlined sentence in paragraph 4?

- A. Due to the rising popularity of selfies, officials have taken steps to address the issues involved.
- B. Authorities have begun to implement measures in reaction to the growing danger related to selfies.
- C. The Rising concern over selfies has prompted officials to respond with new regulations.
- D. In light of the dangers that selfies pose, authorities used to make efforts to tackle this issue.

Question 27: The word **it** in **paragraph 3** refers to _____.

- A. the photo
- B. the head
- C. a baseball
- D. a stadium

Question 28: Which of the following is NOT TRUE according to the passage?

- A. Taking a selfie with pets is considered the most dangerous.
- B. Pictures of near misses are popular on social media.
- C. Action has been taken to warn selfie-takers against dangerous situations.
- D. There was an increase in the number of selfie-related deaths in 2015.

Question 29: In which paragraph does the writer mention the death toll from selfie-related incidents?

- A. Paragraph 1
- B. Paragraph 2
- C. Paragraph 3
- D. Paragraph 4

Question 30: In which paragraph does the writer discuss the actions taken by authorities in response to selfie-related dangers?

- A. Paragraph 1
- B. Paragraph 2
- C. Paragraph 3
- D. Paragraph 4

Read the following passage and mark the letter A, B, C, D on your answer sheet to indicate the best answer to each of the following questions from 31 to 40.

[I] Do you find yourself yawning all day at school? You probably need more sleep. [II] However, it is not just how much sleep you get that is important. [III] What you do before bedtime also has a huge effect on how you feel the next day. [IV] If you spend time chatting to someone on social media, or reading a book on your e-reader, you are not alone.

All devices' screens give out a large amount of blue light, which affects the body's production of the sleep hormone, melatonin, which can change your sleep patterns. So it is not just getting to sleep that becomes hard, but the quality of your sleep also **suffers**. The result is that you can wake up several times during the night, and have difficulty getting up in the morning.

Sleep is food for the brain, so not sleeping well can be a **severe** problem for anyone, especially for teenagers, because their brains are still developing. When you do not sleep well, it can be difficult to concentrate at school, which makes it harder to learn and get good grades. It can also affect your mood, making you feel sad or anxious.

So, it is clear you should not use your phone before you go to sleep. Why not leave it in another room? Nothing on social media is so important that it cannot wait a few hours! You should rediscover paper books and enjoy feeling tired and sleepy before bedtime rather than wondering why your best friend has not liked your photo! How will you wake up? You do not have to use the alarm on your phone. Go and buy yourself an old-fashioned alarm clock! **The negative effects that screen time is having on sleep have been in the news a lot recently, so manufacturers of smartphones and tablets have added a feature to the mobile devices that can help reduce these.** Most new phones have a night-time setting that changes the colour of the screen so that it gives out less blue light. If you really cannot avoid going onto social media at bedtime, think about turning on this setting on your phone.

Question 31: Where in paragraph 1 does the following sentence best fit?

Experts recommend that teenagers get at least 8 to 10 hours of sleep each night.

- A. [I] B. [II] C. [III] D. [IV]

Question 32: The word **it** in paragraph 4 refers to _____.

- A. alarm B. bedtime C. your phone D. your photo

Question 33: The word **severe** in paragraph 3 is OPPOSITE in meaning to _____.

- A. potential B. serious C. trivial D. obvious

Question 34: According to the passage, which of the following is NOT mentioned as a consequence of poor sleep?

- A. feeling sad or anxious B. improved academic performance
C. difficulty concentrating at school D. changes in sleep hormone production

Question 35: Which of the following best summarizes paragraph 3?

- A. Sleep is essential for brain development and influences academic performance and mood.
B. Poor sleep can lead to difficulties in learning and cause mood disorders in teenagers.
C. Teenagers need more sleep than adults to function effectively in school and manage their emotions.
D. Concentrating at school becomes easier with proper sleep, which enhances learning and grades.

Question 36: The word **suffers** in paragraph 2 could be best replaced by _____.

- A. gets longer B. improves C. maintains D. becomes worse

Question 37: Which of the following is NOT TRUE according to the passage?

- A. Sleeping well is very important to the development of the brain.
B. Reading printed books makes it difficult to fall asleep.
C. Exposure to blue light before bedtime does harm to sleep quality.
D. Poor sleep quality is likely to result in sadness and anxiety.

Question 38: Which of the following best paraphrases the underlined sentence in paragraph 4?

- A. Recent studies have shown that screen time has a positive effect on sleep, leading manufacturers to enhance device features.
B. The detrimental effects of screen time on sleep have attracted attention in recent news, leading smartphone and

tablet manufacturers to add features that help alleviate these issues.

C. Many people are unaware of how screen time impacts their sleep, which has resulted in a lack of new features in mobile devices.

D. The relationship between screen time and sleep has been relatively ignored by media outlets, leading manufacturers to concentrate on improving battery life.

Question 39: Which of the following can be inferred from the passage?

A. The effects of blue light on sleep are still controversial.

B. Tech companies have taken users' health into consideration.

C. An old-fashioned alarm clock is more popular than a new phone.

D. Chatting to others on social media should be avoided, especially for teenagers.

Question 40: Which of the following best summarizes the passage?

A. Social media interactions are more important than sleep, leading to increased screen time at night.

B. Teenagers often struggle with sleep due to their lifestyle, but modern devices offer solutions.

C. The impact of blue light on sleep seems to be exaggerated, and it is unnecessary to change bedtime habits.

D. Sleep is crucial for health, and avoiding screens before bedtime can help improve sleep quality.

STT	Từ vựng	Phiên âm	Nghĩa
1	spot	/spɒt/	phát hiện, nhận ra 1. đốm, vết 2. địa điểm
2	strengthen	/'streŋθən/	củng cố, làm mạnh thêm
3	route	/ru:t/	tuyến đường, lộ trình
4	relative	/'relətɪv/	1. họ hàng 2. tương đối
5	transfer	/træns'fɜ:r/	chuyển giao, di chuyển
6	transmit	/trænz'mɪt/	truyền, phát (thông tin, bệnh tật)
7	translate	/træns'leɪt/	dịch, chuyển đổi
8	turn out	/tɜ:rn aʊt/	hóa ra, xảy ra
9	take in	/teɪk ɪn/	1. hấp thụ 2. tiếp thu kiến thức 3. lừa gạt
10	result in	/rɪ'zʌlt ɪn/	dẫn đến, gây ra
11	bring out	/brɪŋ aʊt/	làm nổi bật, phát hành
12	feature	/'fi:tʃər/	(n) đặc điểm, tính năng (v) có, đóng vai trò nổi bật
13	acknowledge	/ək'nɒlɪdʒ/	thừa nhận, công nhận
14	denounce	/dɪ'nəʊns/	tố cáo, lên án
15	equitable	/'ekwɪtəbl/	công bằng, hợp lý
16	disastrous	/dɪ'zɑ:stɹəs/	thảm khốc, tai hại
17	overtake	/,oʊvər'teɪk/	vượt qua, bắt kịp
18	huge	/hju:dʒ/	to lớn, khổng lồ
19	suffer	/'sʌfər/	chịu đựng, trải qua khó khăn
20	severe	/sɪ'vɪər/	nghiêm trọng, gay gắt
21	manufacturer	/,mænʃə'fæktʃərər/	nhà sản xuất
22	recommend	/'rekə'mend/	đề nghị, giới thiệu
23	academic	/'ækə'demɪk/	thuộc về học thuật
24	exposure	/'ɪkspoʊʒər/	sự tiếp xúc, phơi bày
25	detrimental	/'detrɪ'mentl/	có hại, bất lợi
26	exaggerate	/'ɪg'zædʒəreɪt/	phóng đại, cường điệu

NEW WORDS AND PHRASES