

NGUYỄN MINH PHÁT-VÕ MINH NHÍ

KỶ THI TỐT NGHIỆP THPT NĂM 2025

**ĐỀ SỐ 22**

(Đề thi có 06 trang)

MÔN: TIẾNG ANH

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

Họ, tên thí sinh: .....

Số báo danh: .....

*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 1 to 6.*

**Introducing the SmartFit Pro Watch – Your Perfect Fitness Partner!**

Are you looking for a way to improve your health and stay active every day? The SmartFit Pro Watch is the ideal solution for anyone who wants to track their fitness goals easily. Designed with advanced technology, this smartwatch helps you (1)\_\_\_\_\_ an eye on your heart rate, count your steps, and monitor your sleep. It also comes with a long-lasting battery, (2)\_\_\_\_\_ you don't have to worry about charging it every few hours. One of the best things about this watch is that it connects to your phone, allowing you (3)\_\_\_\_\_ notifications instantly. There is even a special feature that reminds you to move if you have been sitting for too long. Whether you are running, cycling, or just walking, the SmartFit Pro Watch provides (4)\_\_\_\_\_ data that helps you improve your performance.



This product is perfect for anyone who wants to live a healthier lifestyle. Its sleek design makes it comfortable to wear all day, and it is water-resistant, so you don't have to take it (5)\_\_\_\_\_ when washing your hands. Get yours today and start taking control of (6)\_\_\_\_\_!

(Adapted from <https://www.extra.com>)**Question 1:** A. keep

B. give

C. take

D. throw

**Question 2:** A. to mean

B. meaning

C. which mean

D. that means

**Question 3:** A. receiving

B. to receive

C. receive

D. received

**Question 4:** A. accurately

B. inaccurately

C. inaccurate

D. accurate

**Question 5:** A. on

B. down

C. off

D. after

**Question 6:** A. your fitness journey

B. your journey fitness

C. fitness your journey

D. journey your fitness

*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 7 to 12.*

**How to Improve Your Public Speaking Skills**

Public speaking is an essential skill that helps people communicate effectively. Whether you are a student or a professional, improving your speaking skills can boost your confidence and career prospects. Here are (7)\_\_\_\_\_ practical tips to help you become a better speaker:

**1. Prepare Thoroughly**

- ✓ Before (8)\_\_\_\_\_, take time to plan your speech. Outline your main points and support them with relevant examples. (9)\_\_\_\_\_ useful tip is to practice in front of a mirror or record yourself. This will help you identify areas for improvement.

**2. Engage Your Audience**

- ✓ One of the most important aspects of public speaking is keeping your audience engaged. To do this, make eye contact, use gestures, and vary your tone of voice. (10)\_\_\_\_\_, reading directly from notes can make your speech less interesting.

**3. Overcome Nervousness**

✓ Feeling nervous before a speech is natural, but there are ways to manage it. Take deep breaths and (11)\_\_\_\_\_ your message. Many others have faced the same fear, yet they have successfully overcome it. The more you practice, the easier it will become. If needed, you can (12)\_\_\_\_\_ techniques from experienced speakers to improve your delivery.

➤ By following these tips, you will become a more confident speaker. Keep practicing, and don't give up!

(Adapted from <https://www.ticketmaster.com>)

Question 7: A. many

B. few

C. some

D. all

Question 8: A. giving a presentation

B. making a decision

C. telling the truth

D. having a look

Question 9: A. Other

B. Another

C. Others

D. The other

Question 10: A. At the same time

B. with regard to

C. As a result of

D. On the other hand

Question 11: A. Taking up

B. fall apart

C. focus on

D. get over

Question 12: A. lend

B. hire

C. rent

D. borrow

Mark the letter A, B, C or D on your answer sheet to indicate the best arrangement of utterances or sentences to make a meaningful exchange or text in each of the following questions from 13 to 17.

Question 13: a. Mark: Yes, I have! It sounds like a great way to help the environment. Are you planning to join?

b. Anna: Hey Mark, have you heard about the Green Earth Cleanup Day this weekend?

c. Anna: Definitely! I think it will be fun and rewarding to clean up the park and plant some trees. How about you?

A. c – a – b

B. a – b – c

C. b – a – c

D. b – c – a

Question 14: a. Sarah: No, I haven't. But I've heard it's beautiful. Was the hike difficult?

b. Sarah: Hi Tom, how was your weekend?

c. Tom: It was great, thanks! I went hiking with some friends. We went to a mountain nearby. Have you ever been there?

d. Tom: It was a bit challenging, but the view at the top was worth it. We could see the whole city from there. I really enjoyed it!

e. Sarah: That sounds amazing! I love hiking, but I haven't done it in a while. Maybe I should join you next time.

A. e – c – a – b – d

B. b – c – a – e – d

C. b – c – a – d – e

D. e – b – a – d – c

Question 15: Hi Emma,

I hope you're doing well!

a. It's been a while since we last talked, and I wanted to catch up with you. How have you been?

b. By the way, I'm planning to visit our "dream" city next month. Let me know if you're available.

c. I've been keeping busy with work, but everything is going well.

d. Last weekend, I went to the beach with my family. It was a nice break, and we had a great time swimming and relaxing by the sea.

e. How about you? What have you been up to lately?

Looking forward to hearing from you.

Best wishes,

Minh Phat

A. d – c – b – e – a

B. d – a – c – b – e

C. a – d – c – e – b

D. a – c – d – e – b

- Question 16:** a. First, it helps you connect with people from different cultures and understand their way of life.  
 b. Learning a new language can be challenging, but it is also very rewarding.  
 c. Overall, the benefits of learning a new language far outweigh the challenges, and it can truly enrich your life.  
 d. Although it takes time and effort to master a new language, regular practice and patience are key to improvement.  
 e. Additionally, knowing a second language can open up more job opportunities and increase your chances of success in the global market.
- A.** b – a – e – d – c      **B.** d – b – c – a – e      **C.** b – e – a – d – c      **D.** d – a – e – b – c

- Question 17:** a. However, this average masks substantial disparities across regions.  
 b. These disparities underscore the importance of addressing educational inequalities to promote global development.  
 c. Globally, the literacy rate for individuals aged 15 and above stands at 86.3%, with males at 90% and females at 82.7%.  
 d. Literacy is a fundamental skill that significantly influences individual and societal development.  
 e. In developed nations, literacy rates are exceptionally high, often exceeding 99%, reflecting robust educational systems. Conversely, sub-Saharan Africa faces challenges, with literacy rates around 64%, highlighting the need for targeted educational interventions.
- A.** d – c – a – e – b      **B.** b – c – d – a – e      **C.** b – d – a – c – e      **D.** d – e – a – c – b

*Read the following passage about humanoid robots 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 18 to 22.*

Social media has become a central part of teenagers' lives, shaping their emotions, behaviors, and overall well-being in both positive and negative ways. On the positive side, platforms like Instagram, TikTok, and Snapchat **(18)** \_\_\_\_\_, share their experiences, and express themselves creatively. For example, many teens use these platforms to post photos, videos, or artwork, which can help them build confidence and find communities that share their interests. Additionally, social media can be a valuable source of information, providing access to educational content, news, and even mental health resources. This can be especially helpful for teens who feel isolated or need support.

However, the negative effects of social media are significant and cannot be overlooked. One major issue is the tendency for teenagers to compare themselves to others online. **(19)** \_\_\_\_\_ can lead to feelings of inadequacy, low self-esteem, and anxiety. This constant comparison often makes teens feel like they are not good enough, which can harm their mental health. Another problem is the impact of excessive screen time on sleep and stress levels. Many teenagers stay up late scrolling through social media, **(20)** \_\_\_\_\_. Moreover, spending too much time online can reduce face-to-face interactions, which are essential for developing strong social skills and meaningful relationships. Over time, this can lead to feelings of loneliness and isolation, **(21)** \_\_\_\_\_.

In conclusion, while social media offers many benefits, such as creativity, connection, and access to information, it also poses risks to teenagers' mental health and well-being. **(22)** \_\_\_\_\_, it is important for teens to use social media mindfully, set limits on screen time, and prioritize real-life interactions.

(Adapted from <https://www.newportacademy.com>)

- Question 18:** **A.** help young people keeping in touch with their friends.  
**B.** give teens the opportunity to stay close to their friends.

- C. allow teenagers to staying connected with friends
- D. enable teens maintain relationships with their peers.

- Question 19:** A. Being looked at polished representations of perfect lifestyles, bodies, and goals.  
 B. To watching staged images of ideal lives, appearances, and accomplishments.  
 C. Seeing carefully curated images of perfect lives, bodies, and achievements  
 D. Having viewed highly edited photos of perfect lives, bodies, and accomplishments.
- Question 20:** A. which disrupts their sleep patterns and leaves them feeling tired and irritable  
 B. that interrupts their sleep cycles and leaves them feeling exhausted and moody.  
 C. affecting their sleep routines and leaves them feeling fatigued and irritable.  
 D. who disrupts their rest patterns and causes them to feel weary and grumpy.
- Question 21:** A. as young people may seem extremely connected digitally.  
 B. since teens appearing to be highly networked on the web.  
 C. so young people may seem extremely connected digitally.  
 D. even though teens may appear to be highly connected online.
- Question 22:** A. Ensuring a steady balance  
 B. Being upheld a healthy stability  
 C. Preserved a proper stability  
 D. To maintain a healthy balance

*Read the following passage about coffee 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.*

Snacking is a common practice, with over 70% of individuals reporting they snack at least twice daily. In the UK and US, snacks contribute approximately 25% of daily energy intake. However, the impact of snacking on health depends largely on the quality of snacks and the timing of consumption. Recent research from King's College London, as part of the ZOE PREDICT project, has shed light on how these factors influence our well-being.

The study found that consuming high-quality snacks rich in nutrients is associated with better blood fat and insulin responses. Such snacks include fresh fruits, vegetables, nuts, and whole grains, which provide essential nutrients and promote satiety. In contrast, those high in refined carbohydrates and low in fiber and protein, often found in highly processed foods, can lead to negative health outcomes. Therefore, choosing nutrient-dense snacks over processed options is beneficial for maintaining good health.

Timing of snacking also plays a crucial role. Late-night snacking has been linked to unfavorable blood glucose and lipid levels. This may be due to extended eating periods and shorter overnight fasting, which can disrupt metabolic processes. To support better health outcomes, it's advisable to avoid late-night snacks and instead opt for snacks during daytime hours.

In summary, both the quality and timing of snacks are important factors influencing health. Selecting nutrient-rich snacks and consuming them at appropriate times can contribute positively to blood fat and insulin levels, thereby supporting overall well-being. Being mindful of these aspects can help individuals make informed choices about their snacking habits.

(Adapted from <https://www.nursinginpractice.com>)

- Question 23:** The word those in paragraph 2 refers to \_\_\_\_\_.  
 A. vegetables                      B. snacks                      C. nutrients                      D. carbohydrates
- Question 24:** The word crucial in paragraph 1 is OPPOSITE in meaning to \_\_\_\_\_.  
 A. insignificant                      B. important                      C. necessary                      D. essential
- Question 25:** The phrase nutrient-dense in paragraph 2 could best be replaced by \_\_\_\_\_.  
 A. low in nutrients always                      B. rich in essential substances

C. high in sugar and fat

D. lacking vitamins often

**Question 26:** Which of the following is NOT mentioned as a benefit of high-quality snacks?

A. Better blood fat response.

B. Improved insulin levels.

C. Faster digestion process.

D. Increased satiety feeling.

**Question 27:** Which of the following best paraphrases the underlined sentence in paragraph 4?

A. Choosing healthy snacks and timing them well can improve blood fat, insulin levels, and overall health.

B. Nutrient-dense snacks like nuts, fruits, and yogurt can help stabilize blood sugar and reduce unhealthy cholesterol.

C. Avoiding sugary, processed snacks helps prevent insulin resistance and promotes healthier blood fat levels in the long run.

D. Timing snacks wisely and selecting nutrient-dense options can enhance insulin sensitivity and support healthier blood fat profiles effectively.

**Question 28:** According to the passage, which of the following is TRUE about the impact of late-night snacking?

A. It improves insulin function well.

B. It worsens blood glucose control.

C. It increases metabolic activity.

D. It shortens fasting overnight.

**Question 29:** In which part of the text does the author mention the effect of snacking on metabolism?

A. Paragraph 1

B. Paragraph 2

C. Paragraph 3

D. Paragraph 4

**Question 30:** In which part of the text does the author mainly discuss the role of snack timing?

A. Paragraph 1

B. Paragraph 2

C. Paragraph 3

D. Paragraph 4

*Read the following passage about powering 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 31 to 40.*

Early childhood education and care (ECEC) play a crucial role in the development of young children. During the first few years of life, children's brains grow rapidly, and they learn skills that will help them throughout their lives. ECEC programs provide a safe and stimulating environment where children can explore, play, and interact with others. These experiences help children develop social, emotional, and cognitive skills, which are essential for their future success in school and life.

One of the main benefits of ECEC is that it helps reduce inequalities. Children from disadvantaged backgrounds often face challenges that can affect their development. ECEC programs give these children access to quality education and care, which can help them catch up with their peers. By providing equal opportunities for all children, ECEC promotes fairness and inclusion in society. This is especially important because early disadvantages can have long-term effects on a child's life.

Another important aspect of ECEC is that it supports parents, especially working mothers. [I] When parents have access to affordable and reliable childcare, they can balance work and family life more easily. [II] In other words, it not only benefits families but also contributes to the economy. [III] Governments and communities should invest in ECEC to ensure that all families have access to these services. [IV] Without such support, many parents, particularly women, may struggle to participate fully in the workforce.

In conclusion, early childhood education and care are vital for children's development, reducing inequalities, and supporting families. By investing in ECEC, societies can create a stronger foundation for future generations. Governments, communities, and families must work together to ensure that every child has the opportunity to thrive. The benefits of ECEC extend beyond individual children, contributing to a more equitable and prosperous society for all.

(Adapted from <https://www.unicef.org>)**Question 31:** The word "inequalities" in paragraph 2 is OPPOSITE in meaning to \_\_\_\_\_.

A. fairness

B. differences

C. disadvantages

D. imbalances

**Question 32:** The phrase "stimulating environment" in paragraph 1 could best be replaced by \_\_\_\_\_.

- A.** boring surroundings  
**C.** quiet peaceful area
- B.** active engaging space  
**D.** challenging atmosphere

**Question 33:** Where in paragraph 3 does the following sentence best fit?

**“This support allows parents to focus on their careers while ensuring their children are well cared for.”**

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

**Question 34:** Which of the following best paraphrases the underlined sentence in paragraph 1?

- A.** ECEC programs help children develop skills important for future success in school and life.
- B.** ECEC programs are only useful for children who struggle with social and emotional skills.
- C.** Children who attend ECEC programs will always perform better in school than others.
- D.** ECEC programs focus solely on academic skills, ignoring social and emotional development.

**Question 35:** The word "**them**" in paragraph 2 refers to \_\_\_\_\_.

- A.** education                      **B.** care                      **C.** children                      **D.** peers

**Question 36:** Which of the following best summarises paragraph 3?

- A.** ECEC programs help parents, especially working mothers, by providing affordable childcare.  
**B.** ECEC programs are expensive and only available to wealthy families, creating inequality.  
**C.** Working mothers are the only group that benefits from ECEC programs for their careers.  
**D.** Governments should not invest in ECEC programs as they lack long-term family benefits.

**Question 37:** According to the passage, which of the following is NOT true about ECEC?

- A.** ECEC programs help reduce inequalities among children from different backgrounds.  
**B.** ECEC programs are only beneficial for children from wealthy and privileged families.  
**C.** ECEC supports parents by providing reliable and affordable childcare options.  
**D.** ECEC contributes to the economy by enabling parents to work and earn income.

**Question 38:** Which of the following is TRUE according to the passage?

- A.** ECEC programs are only important for children's academic development and success.  
**B.** Governments and communities should invest in ECEC to support families and children.  
**C.** ECEC programs have no impact on reducing inequalities in society for disadvantaged children.  
**D.** Working mothers do not benefit from ECEC programs as they can manage without them.

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

- A.** ECEC programs are essential for creating a fairer and more inclusive society for all.  
**B.** Children from disadvantaged backgrounds do not need ECEC programs to succeed in life.  
**C.** ECEC programs are only useful for children under the age of three and not older.  
**D.** Governments should prioritize other areas over investing in ECEC for long-term benefits.

**Question 40:** Which of the following best summarises the passage?

- A.** Early childhood education and care are vital for children’s development and reducing inequalities.  
**B.** ECEC programs are only important for working mothers and have no impact on children’s futures.  
**C.** Governments should avoid investing in ECEC programs because they are too expensive.  
**D.** ECEC programs focus solely on academic skills and ignore social and emotional development.

----- **THE END** -----

- Thí sinh không được sử dụng tài liệu;

- Giám thi không giải thích gì thêm.