

(Đề thi gồm 15 trang)

KỶ THI CHỌN HỌC SINH GIỎI
LẦN THỨ XVII, NĂM 2026
ĐỀ THI MÔN: TIẾNG ANH - LỚP 10
Thời gian làm bài: 180 phút
(không kể thời gian giao đề)

I. LISTENING

Part 1. You are going to hear a radio programme about a colour exhibition. For questions 1-5, complete the table below. Write ONE word for each answer.

Eye for colour Exhibition

Section	Aim	Examples of activities
'Seeing colour'		View the gallery through a huge (1)_____
'Colour in culture'	To connect colour and (2)_____	Go to the colour café Learn how a (3)_____ affects sight
'Colour in nature'	To look at the natural world	Put on a camouflage suit and pick a suitable (4)_____ See through the eyes of a dog or fish
'The mood room'	To show how colours make us feel	Listen to music as the colours and (5)_____ change

Part 2. You will hear a man talking about coffee. For questions 6-10, decide whether the following statements are true (T) or false (F). Write your answers in the corresponding numbered boxes provided.

6. The first record of coffee use was in Ethiopia before the 1400s.
7. Due to caffeine content, coffee plants hold no attraction for animals.
8. Coffee was already popular in the Middle East before being brought to court in the 16th century.
9. Coffeehouses appeared in Central London in the 1650s and continued to thrive as centers of discussion despite a royal ban.
10. Concerns over the working conditions of coffee workers caused a drop in coffee production in the "Bean Belt".

Part 3. For questions 11-15, listen to an interview with Penny and Giles, who have both just returned to Britain after travelling around the world and choose the correct answer A, B, C or D which fits best according to what you hear. Write your answers in the corresponding numbered boxes provided.

11. *Why did Giles decide to stay abroad for more than one year?*
- A. to decide which country he would eventually settle in
 - B. to gain work experience in a number of countries
 - C. to try and get his articles published in different countries
 - D. to become familiar with the cultures of other countries
12. *What did Penny and Giles both find unexpected about their time abroad?*
- A. how little they knew about other countries
 - B. how difficult it was to learn other languages
 - C. how unadventurous they were about food
 - D. how many people were willing to talk to them
13. *What aspect of tourism does Penny criticise?*
- A. the motives that some tourists have for travelling
 - B. its effect on traditional crafts
 - C. the physical changes that are made to some places
 - D. its economic impact on an area
14. *Giles's reference to an incident that happened in Thailand is probably intended to illustrate*
- A. his wish to avoid commitments.
 - B. his pleasure in making new friends.
 - C. his sense of responsibility.
 - D. his difficulty in learning foreign languages.
15. *In relation to what he does in the future, Giles has decided*
- A. to work abroad for a period as a journalist.
 - B. to go ahead with his plan of becoming a travel journalist.
 - C. to maximise his chances of getting work eventually.
 - D. to change to a career in politics.

Part 4. *For questions 16-25, listen to a piece of news about the Louvre jewellery heist and complete the summary. Write NO MORE THAN THREE WORDS taken from the recording for each space.*

- Just 30 minutes after opening, thieves used a(n) (16)_____ and a(n) _____ to break into the Louvre Apollo Gallery.
- (17)_____ is considered unlikely because these people typically enter discreetly whereas this theft was carried out with (18)_____.
- Four suspects allegedly gained access to a room displaying (19)_____ and stole pieces of jewelry dating to the Royal French Napoleonic era.
- Professor of art crime Erin Thompson states that the stolen pieces are likely bound for the black market, where these precious metals are disguised, melted down, or recut for sale because they are extremely valuable, ostentatious and (20)_____.
- The thieves dropped several (21)_____ before fleeing on two scooters.

- In such heists, the intruders are typically (22)_____ while the masterminds remain anonymous and are harder to catch.
- Officials acknowledged an alarming lapse in (23)_____ at the museum and pointed out inadequate surveillance systems in the (24)_____.
- This heist has also revealed that museums face high risk of (25)_____ because operating security systems there is costly and they rely heavily on visitor behavior.

II. LEXICO - GRAMMAR

Part 1. For questions 26-45, choose the word or phrase that best completes each sentence. Write the letter A, B, C, or D in the numbered boxes provided.

26. Many families have limited their recreational activities because they have very little _____ income to spend on such things.
A. eligible **B.** disposable **C.** unrestricted **D.** replaceable
27. Although the workshop I attended was interesting, I would _____ up for something more creative.
A. rather be signing **B.** prefer it to sign
C. sooner have signed **D.** like having signed
28. There was no evidence that directly _____ him, so the police were forced to release him.
A. discriminated **B.** targeted **C.** uncovered **D.** incriminated
29. _____ the button, the elevator started to move up to the fourth floor.
A. Pushing **B.** The moment I pushed
C. Having pushed **D.** On pushing
30. Jackson _____ fired because I saw him earlier today in his office.
A. mustn't be **B.** is unlikely to be
C. can't have been **D.** looks as if he
31. Equipped with a map and GPS technology, we felt certain that _____ during the expedition.
A. to get lost wasn't possible **B.** we weren't impossibly lost
C. we weren't possibly lost **D.** it was impossible to get lost
32. The rates of extreme poverty have halved in recent decades. But 1.2 million people still live _____.
A. on the breadline **B.** on the tenterhooks
C. on the house **D.** on the cards
33. I personally never _____ the idea that to be attractive you have to be thin.
A. dream up **B.** hold back **C.** buy into **D.** fall out
34. James didn't take _____ to your suggestion that she was mean with money.
A. kindly **B.** pleasantly **C.** cheerfully **D.** agreeably

35. The researchers determined that concentration effects are applicable to overrepresented minorities living in _____ impoverished ghettos.
A. severely **B.** strictly **C.** sharply **D.** harshly
36. She won her claim for _____ dismissal because she had been pressured into resigning.
A. negative **B.** positive **C.** constructive **D.** casual
37. _____ talking of running for election again, after such a crushing defeat, is surely proof of his resilience.
A. Should he be **B.** That he is **C.** Had he been **D.** That he were
38. In order to capture netizens' attention, some have _____ celebrities' scandals from their context, thus, caused ambiguities among people.
A. obliterated **B.** deracinated **C.** extinguished **D.** extorted
39. Temporarily, the pernicious impact of light pollution on our life has ceased to worsen, but some experts state that there are more problems _____.
A. carrying the day **B.** coming down the pike
C. arriving on the scene **D.** drifting with the tide
40. My mother decided to _____ early yesterday while I stayed up to watch Korean movies.
A. doze off **B.** let up **C.** get off **D.** turn in
41. Suddenly Tom looked across the room and saw a woman who made his heart _____.
A. swing **B.** flutter **C.** sway **D.** slip
42. I've tried asking Stephanie, but she's proving difficult to _____ to a particular date.
A. pin down **B.** crack up **C.** nail down **D.** stand up
43. The meals are prepared in the local community centre kitchen and distributed by people who have _____ donated their time.
A. favourably **B.** cordially **C.** graciously **D.** gratuitously
44. It is one thing to simply tell a white lie, James, but you have been downright _____; I will never be able to trust you again.
A. prudent **B.** reclusive **C.** precipitous **D.** mendacious
45. In the acting career, the moment when one first cut his _____ will be the most memorable with embarrassment and pride bubbling up inside.
A. teeth **B.** fingers **C.** hair **D.** legs

Part 2. For questions 46-55, fill each gap with the correct form of the words in brackets. Write your answer in the boxes provided.

46. (ABSENT) _____ is an issue of growing concern among employers in the UK owing to changing legislation, but there is virtually no robust data on its direct or indirect costs.
47. The sandwich shop she's opening is a (STAFF) _____ alternative to the town's male-dominated coffee shop culture.
48. Under (APART) _____, white people were not allowed to marry their non-white counterparts.
49. The teacher threatened to (FISCAL) _____ their phones if they kept using them in class.
50. You should dress in a way that (FIT) _____ a woman of your age, which is not so gaudy.
51. She was (LOOK) _____ for the position because the interviewing panel felt there were other candidates with more relevant experience.
52. We live in a (TECHNOLOGY) _____ where progress involves the mastering of increasingly complex data.
53. The move has triggered a (SHUFFLE) _____ of responsibilities among some of the group's most senior executives.
54. When my favorite team lost the big game, I was _____ and did not leave my seat for an hour. (MUSE)
55. The headmaster decided to expel the rough boy from our school. His behaviour was really _____ (OBJECT).

Part 3. The passage below contains 06 mistakes. The first one (0) has been done as an example. For questions 56-60, identify the other FIVE mistakes and write your answers in the numbered boxes provided on the answer sheet.

Example: 0. Line 1: are → is

Line	Easter Island
1	What we are suggesting are that Easter Island might have originally been settled in
2	order to serve as a sort of geographical beacon, a marker - fulfilling some as yet
3	unguessable function in an ancient global system of astrological sky-ground
4	coordination that linked many great centres of early civilisation. We have
5	encountered elements of this system in Egypt and in Cambodia. Its greatest mystery
6	is the way in which it constantly mingles the most esoteric forms of spiritual inquiry
7	with a highly scientific approach to observational astronomy and earth-measuring.
8	We do not claim to know when this culture first arrived on Easter Island but we think
9	that evidence supports that it became estranged by its sources, and perhaps forgotten,
10	that it was then subjected to a very long period of impenetrable isolation, during
11	which time it underwent a gradual enfeeblement and disillusion. By the time of the
12	first European contacts, which only hastened the process of collapse, there was a

13	little left of either the spiritual or of the scientific aspects of the system.
14	

III. READING

Part 1. *For questions 61-70, read the passage below and decide which answer (A, B, C or D) best fits each space. Write the letter A, B, C or D in the corresponding numbered boxes provided.*

Children's Advertising – Do We Underestimate Our Children?

Should children's advertising be banned? Does it leave children (61)_____ to abuse and deception? Does it expose parents to more relentless pestering by their (62)_____?

Despite the imposition by some governments of bans on television advertisements (63)_____ at children of primary school age because they are deemed to be too young to be exposed to marketing, research suggests that, by the age of seven or eight, (64)_____ have a good grasp of the purpose of advertising.

Even more telling, (65)_____, is the research evidence which makes it clear that parents are no less the (66)_____ of pester power in countries where children's advertising is banned. Playground competitiveness puts (67)_____ to any hope of keeping children in the dark. News of the latest toys spreads fast along the (68)_____. What is more, toys in countries which ban advertising tend to be much more expensive.

Of course, regulations to protect consumers from (69)_____ advertising should and do exist – and tough ones at that. And which approach is more likely to teach children to discriminate and to accept that there are limits to what they can demand: cocooning them from any market influences, or letting them get to (70)_____ with the real world?

- | | | | |
|------------------|----------------|---------------|-----------------|
| 61. A. receptive | B. vulnerable | C. admissible | D. suggestive |
| 62. A. siblings | B. offspring | C. progeny | D. issue |
| 63. A. aimed | B. projected | C. marked | D. forced |
| 64. A. infants | B. youths | C. toddlers | D. youngsters |
| 65. A. though | B. however | C. moreover | D. therefore |
| 66. A. problems | B. accomplices | C. victims | D. perpetrators |
| 67. A. grist | B. sold | C. paid | D. end |
| 68. A. pipeline | B. network | C. media | D. grapevine |
| 69. A. underhand | B. intrusive | C. evasive | D. understated |
| 70. A. grips | B. terms | C. odds | D. deals |

Part 2. *For questions 71-80, read the following passage and fill in each of the numbered spaces with ONE suitable word and write in the corresponding numbered boxes provided.*

FASHION

Clothes have become more and more international, and as trends cut (71)_____ borders it is becoming increasingly difficult to identify people's nationality from the way they dress. Fashion has become yet (72)_____ aspect of our lives that has been affected by globalisation.

Even the least fashion-conscious among us, those who make a determined (73)_____ to ignore the latest craze, are insidiously influenced by fashion. Our favourite jacket (74)_____ on a dowdy air as we become brain-washed by what we see in shop windows and around us in the street.

We begin to suspect that fashion gurus with degrees in psychology are conspiring (75)_____ us, trying to come up with ways to separate us from our hard-earned money (76)_____ producing cunning new fashions which are subtly different each year. Young people are especially vulnerable as they, in (77)_____, feel the need to be accepted by peers and (78)_____ be excluded. However disagreeable this may be to consumers, though, it is a good thing for the millions of people who are employed in the fashion industry and would find (79)_____ out of work (80)_____ long if the present state of affairs happened to change radically.

Part 3. Read the text about Nutritional Psychiatry. For questions 81–90, choose the correct answer A, B, C or D to write in the corresponding numbered boxes provided.

Nutritional Psychiatry

Think about it. Your brain is always 'on'. It takes care of your thoughts and movements, your breathing and heartbeat, your senses - it works hard 24/7, even while you're asleep. This means your brain requires a constant supply of fuel. That 'fuel' comes from the foods you eat - and what's in that fuel makes all the difference. Put simply, what you eat directly affects the structure and function of your brain and, ultimately, your mood.

Like an expensive car, your brain functions best when it gets only premium fuel. Eating high-quality foods that contain lots of vitamins, minerals and antioxidants nourishes the brain and protects it from oxidative stress - the 'waste' (also known as free radicals) produced when the body uses oxygen, which can damage cells. Unfortunately, just like an expensive car, your brain can be damaged if you ingest anything other than premium fuel. If substances from 'low-premium' fuel (such as what you get from processed or refined foods) get to the brain, it has little ability to get rid of them. Diets high in refined sugars, for example, are harmful to the brain. In addition to worsening your body's regulation of insulin, they also promote inflammation and oxidative stress. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function - and even a worsening of symptoms of mood disorders, such as depression.

It makes sense. If your brain is deprived of good-quality nutrition, or if free radicals or damaging inflammatory cells are circulating within the brain's enclosed space, further

contributing to brain tissue injury, consequences are to be expected. What's interesting is that for many years, the medical field did not fully acknowledge the connection between mood and food. Today, relatively new to academia, the **burgeoning** field of nutritional psychiatry is finding there are correlations between what you eat, how you feel and ultimately how you behave.

So how does the food you eat affect how you feel? Serotonin is a neurotransmitter that helps regulate sleep and appetite, mediate moods and inhibit pain. Since about 95% of your serotonin is produced in your gastrointestinal tract, and your gastrointestinal tract is lined with a hundred million nerve cells, or neurons, it makes sense that the inner workings of your digestive system don't just help you digest food but also guide your emotions. What's more, the function of these neurons - and the production of neurotransmitters like serotonin - is influenced by the billions of 'good' bacteria that make up your intestinal microbiome. These bacteria play an essential role in your health.

Evidence has shown that when people take probiotics (supplements containing the good bacteria), their anxiety levels, perception of stress and mental outlook improve, compared with people who did not take probiotics. Academics who have compared "traditional" diets, like the Mediterranean diet, to modern 'Western' diets have observed that the risk of depression is 25% to 35% lower in those who eat a traditional diet. Scientists account for this difference because these traditional diets tend to be high in vegetables, fruits, unprocessed grains and fish and seafood, and to contain only modest amounts of lean meats and dairy.

This may sound implausible, but the notion that good bacteria in the gut not only influence digestion and body processes but also mental well-being, is gaining traction amongst academics. The results so far have been quite amazing, so go ahead and give a 'clean' diet a try. You might just be surprised at how good it makes you feel!

81. According to the text, the human brain

- A. drastically reduces its work load and functionality during deep sleep.
- B. requires less sustenance than other more active organs like the heart.
- C. is directly influenced by the quality of nutrition that the body receives.
- D. is the only organ that functions at full capacity twenty four hours a day.

82. The text states that free radicals

- A. cause inflammation in the brain.
- B. are created by poor nutrition.
- C. use high levels of oxygen.
- D. are harmful to the brain.

83. According to the text, why are substances from 'low-premium' fuel harmful to the brain?

- A. They prevent the brain from receiving enough oxygen.
- B. The brain is not efficient at eliminating them.
- C. They directly destroy nerve cells in the brain.
- D. The body converts them into harmful bacteria.

84. *Research about the impact of our diet focuses on*

- A.** the relationship between processed foods and mental health.
- B.** the potential harm of overusing vitamin and mineral supplements.
- C.** the impact harmful bacteria in our food has on our mood and behavior.
- D.** the deterioration of the body's natural ability to control insulin levels.

85. *The intestinal microbiome*

- A.** consists of beneficial bacteria that are vital for the body.
- B.** controls the production of neurotransmitters.
- C.** breaks down and absorbs nutrients from food.
- D.** inhibits the performance of neurons.

86. *In the text it is stated that traditional diets*

- A.** can incorporate modern alternatives with little detrimental effect.
- B.** tend to lead to an increased consumption of high quality dairy products.
- C.** can reduce propensity for depression and sadness.
- D.** usually improve the ability to handle stress.

87. *'Burgeoning' in paragraph three can best be replaced by*

- A.** blooming.
- B.** surging.
- C.** developing.
- D.** budding.

88. *According to the text, the idea that probiotics can boost mental processes is*

- A.** increasingly accepted.
- B.** widely criticised.
- C.** warmly welcomed.
- D.** surprisingly misunderstood.

89. *The text suggests that an improved diet*

- A.** could have unexpected impacts on your mood.
- B.** will give a boost to your stamina and energy.
- C.** dramatically affects the rate of digestion.
- D.** should be focused solely around probiotic supplements.

90. *Which of the following best summarises the main argument of the text?*

- A.** Modern diets are the primary cause of most mental health disorders.
- B.** The brain's performance depends largely on genetic rather than dietary factors.
- C.** Diet plays a significant role in influencing brain function and emotional well-being.
- D.** Probiotic supplements are the main focus of the text.

Exercise 4. *Read the passage and do the tasks that follow.*

TITANIUM

A marvellous metal

One of the most useful substances in modern industry – titanium – is the ninth most common element found in the Earth's crust. Despite its abundance, titanium wasn't discovered until 1791. More than a century went by before anybody found a way to extract the metal titanium from titanium ore, and it wasn't until the mid-20th century that a method of doing this was invented that made it possible to use titanium metal commercially. Since then, it's been used

in everything from bicycles and hockey sticks to ships and aeroplane engines. It's an ideal material for anything that needs to be hard-wearing yet light – titanium is, in fact, as strong as steel, but only 45% as heavy, and it's highly resistant to corrosion. It was seen as such a valuable material in the 1950s and 1960s that attempts were made to monopolise the world titanium market and prevent access to it. This didn't work though, as it was accessed secretly via overseas companies which agreed to cover up the transactions.

Titanium metal, however, makes up only a small percentage of titanium usage. The vast majority of titanium that is mined remains in its naturally occurring oxide form. Known as titanium dioxide, it provides a white pigment that is often used in paints and as a covering for plastics. Because of its ability to absorb ultraviolet rays, titanium dioxide is a component of many sunscreens. It's also used, controversially, to whiten toothpastes and food products such as chewing gum, marshmallows and sweets. Although small amounts of titanium occur naturally in the human body, there are concerns that titanium dioxide could be harmful if ingested in large quantities by people with certain health conditions relating to their digestive systems. We know that titanium dioxide can damage the intestines of mice and, although there's no evidence humans are similarly affected by it, people who have existing problems in that area should probably avoid products containing titanium dioxide.

A newer form of titanium has appeared which has been designed especially for use in the treatment of bones injuries. Known as TiFoam, it is made by covering a foam structure with titanium powder. Once the titanium has stuck to the whole of the material, the foam is destroyed, leaving behind a strong titanium mesh. TiFoam is used to create implants which stabilise broken bones while they heal. Titanium rods have been used to repair bones for some time, but the foam form is a significant advancement because it encourages the bone to grow into, rather than rely on, the implant. Because solid titanium implants are stiffer than the surrounding bone, they tend to take over when the patient gets active. This means the bone can fail to regain its original strength, or even become weaker. TiFoam implants, on the other hand, are as flexible as human bone, and allow bone cells and blood vessels to grow into them.

One of the main reasons titanium has become common in surgery is its compatibility with the human body. It doesn't cause any kind of irritation to human tissue, and it combines well with bone. Titanium – in non-foam form – is even helping to make one of the most complex types of surgery – brain surgery – more effective and safe via 3D printing technology. In the past, brain surgery patients who needed to have part of their skull replaced with a piece of metal were given a plate which was hammered and cut to something approximately the right shape, and then adjusted during the procedure. These plates never produced a perfect fit and one in ten people who were given them developed an infection. Now, however, it's possible to scan a person's head and then produce titanium plates which will fit their skull perfectly. A 3D printer produces the plates by gradually building up layers of very fine titanium powder.

These 3D-printed titanium skull plates are both faster and more economical to produce than hand-made ones.

Titanium is perhaps even more ideal for dentistry. Because it's lightweight and doesn't react with chemicals or other metals, it's practical and perfectly safe for installing in a mouth. It's also much cheaper, of course, than the likes of gold for tooth crowns and, unlike gold, its price stays stable rather than fluctuating according to demand and world markets. Artificial teeth made of titanium fuse very well to the jaw, and, as with the skull plates, reduce the risk of infection compared with traditionally used materials. Teeth-straightening braces are far more comfortable when made out of titanium than heavy steel – and much less likely to break.

Given its range of qualities, it seems fitting that Titanium was named after the Titans, part of the family of Greek gods. It may not have supernatural powers, but it certainly is a super-useful material.

Questions 91-94. *Do the following statements agree with the claims of the writer in the passage?*

Write

YES if the statement agrees with the claims of the writer

NO if the statement contradicts the claims of the writer

NOT GIVEN if it is impossible to say what the writer thinks about this

91. The conversion of titanium dioxide to metal is an expensive process.

92. The consumption of titanium dioxide is considered perfectly safe.

93. TiFoam technology was designed with medical applications in mind.

94. The strength of solid titanium implants is actually detrimental to bones.

Questions 95-97. *Choose ONE WORD ONLY from the passage for each answer.*

95. For the field of _____, titanium seems to be a perfect material.

96. Titanium teeth _____ easily with the bones that support them.

97. The lightness of titanium makes braces more _____ than they used to be.

Questions 98-100. *Complete the summary below.*

Choose ONE WORD ONLY from the passage for each answer.

The history of the exploitation of titanium as a resource

Titanium is a(n) **(98)** _____ that is not at all rare, yet it was discovered relatively late. Many decades went by after its discovery before it became commercially available. Titanium was considered so important that attempts were made to **(99)** _____ its use. These attempts failed, however, because of secret **(100)** _____ between countries.

Part 5. *Read the magazine article describing healthy eating habits for children.*

For questions 101-110, choose from the sections of the article (A–I). Some of the choices may be required more than once.

Which paragraph talks about:

- | | |
|--|------------|
| undesired effects brought on by certain foods or ingredients? | 101. _____ |
| an activity which provides knowledge about nature? | 102. _____ |
| behaviour that a percentage of mothers and fathers fail to understand? | 103. _____ |
| guarding against consuming too many foods containing additives? | 104. _____ |
| the long-term results of parental guidance? | 105. _____ |
| allowing children to actively participate in preparing meals? | 106. _____ |
| the importance of parents spending time with their children? | 107. _____ |
| taking additional measures to boost children's vitamin intake | 108. _____ |
| setting a good example? | 109. _____ |
| promoting good eating habits through organisation? | 110. _____ |

Nourishing Our Children

Here are some guidelines for parents who want to teach their children good dietary habits.

A

The most effective way to get children to eat healthily is for you to eat healthily! Young people are most influenced by what they see and experience, not by what they're told. Therefore, what you do – how you live – has the greatest effect on shaping your children's behaviour and their diets. Remember that the habits your children form while they're young will probably last with them for life.

B

Provide your children with a balanced diet. Natural tastes for food develop early. If children eat real food and develop a taste for fruits, vegetables, and other delicious flavours from nature, they won't depend on the stronger, enhanced flavour of processed foods. Prepare tasty foods and make sure your children eat their nutritional foods first before allowing treats or desserts. A balanced diet for you and your children includes 70 to 80 percent wholesome, natural foods. Limit treats and watch out for excess sugar and caffeine in fizzy drinks and chocolates, and heavily processed foods laced with chemicals like artificial colourings and preservatives.

C

Don't bribe your children with sugar and other treats; instead encourage them with healthy foods and snacks. It is so easy to forget to take the time to deal with the true needs of children – love and attention. When you're busy, it's tempting to give them fizzy drinks, sweets and the like, even TV, instead of you. This can create the habit of satisfying emotional needs with food or material things, so avoid this instant gratification and concentrate more on identifying their real needs.

D

Have healthy snacks around the house for your children - organic sliced apples, oranges, grapes, or bananas; raisins or dates; almonds or other nuts; yoghurts; pieces of cheese with healthy crackers; and more. It's good practice to offer your children healthy snacks at least a couple of times a day, such as mid-morning or at lunchtime, and then after school (at time some call the witching hour as, while parents recognise that their children have become cranky and irritable, they often don't realise that they may simply be fatigued or that their blood sugar levels have dropped).

E

Get your children involved in shopping for and making the foods that they like. When you go shopping with them, let them choose a few appropriate treats. You could give them a budget to spend on good choices when they help you shop for family groceries. Most children will appreciate learning to cook food that they like. Younger ones will be enthusiastic about playing 'kitchen' and 'restaurant' with their older siblings or their parents. Be creative; together you may find some new tasty treats.

F

Help your children learn about the Earth and gain the personal, first-hand experience of growing their own food. Grow fruit and vegetables in your garden with your children if you have the space; if not, join with neighbours in a community garden. If you only have a balcony, you can use window boxes or hydroponic equipment to cultivate organic, quick-growing produce, such as tomatoes, strawberries, herbs and lettuce. It's fascinating for children to watch things grow and eat foods fresh. Or get your children to help you grow tasty, nourishing and vital sprouts from seeds or beans, such as alfalfa, sunflower or lentils.

G

Set up your refrigerator and cupboards in a way that allows the young ones to have easy access to the nourishing foods that they want or that you want them to have. This makes it less easy for them to reach the foods that you want to limit. Even if their eating habits leave a lot to be desired when they're at their friends or out of the house, encourage them to eat well whenever they can at home. It will be worth it for you, too, in the long run!

H

Look out for food allergies and reactions that are common in children. They may manifest themselves in ways that are not typically thought to be food-related. You will notice that when children limit foods causing adverse reactions, they will usually become more alert and healthier. The delayed type of food allergy can cause more hidden reactions that may not appear until later that day or the next.

I

Consider giving your children nutrient supplements. Children don't need a lot of extra vitamins and minerals, especially if they eat a healthy, balanced diet. However, the requirement for many nutrients is higher when growing up, so it's a good idea to provide additional insurance by giving your children a few additional supplements over and above the diet. I suggest an age-appropriate multi-vitamin and mineral combination, preferably one

from natural sources and without preservatives, sugar, or artificial food colouring. There are a variety of brands available at wholefood stores and through catalogues, and some chemists may have good choices.

IV. WRITING

Part 1. *The chart below shows the percentage of households using different energy sources in a European country from 2005 to 2025.*

The table presents the average monthly cost (in euros) of these energy sources in 2025.

Summarise the information by selecting and reporting the main features, and make comparisons where relevant.

Write at least 150 words.

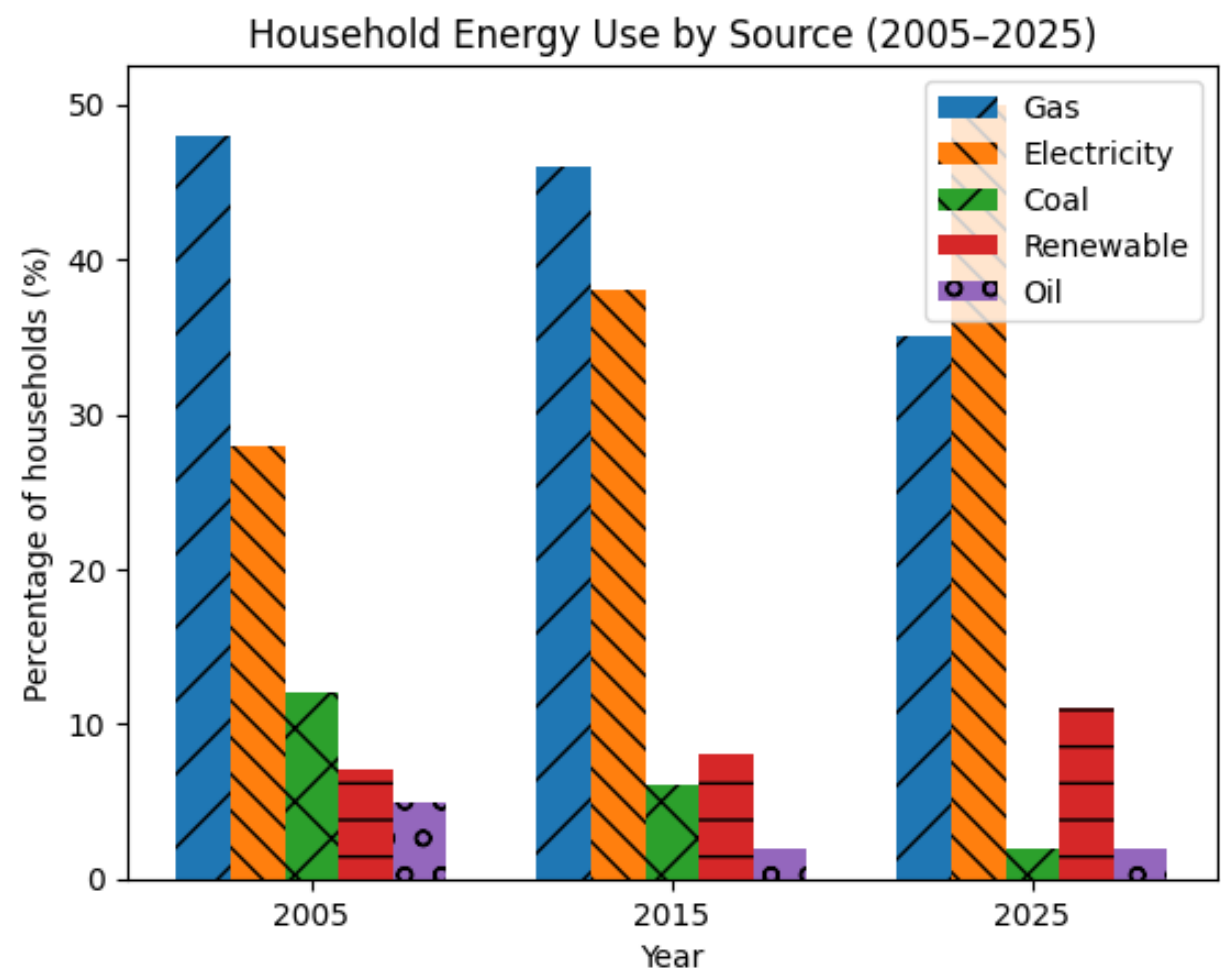


Table: Average monthly cost by energy source (2025)

Energy source	Cost (€/month)
Gas	105
Electricity	120
Coal	75
Renewable	140
Oil	110

Part 2. Write an essay of at least 250 words on the following topic.

The popularity of short-form content (videos on Tiktok and Instagram Reels) has changed the way people consume information. Some believe it makes learning faster and more accessible, while others argue it reduces attention span and deep thinking.

Discuss both views and give your own opinion.

---THE END---