

Đề cương ôn tập học kỳ I

SCOPE

TOPIC

1. Unit 1: A long and healthy life
2. Unit 2: The generation gap
3. Unit 3: Cities of the future
4. Unit 4: ASEAN and Viet Nam
5. Unit 5: Global Warming

GRAMMAR

1. Past simple vs Present perfect
 2. Modal verbs: must, have to, and should
 3. Stative verbs in the continuous form; Linking verbs
 4. Gerunds as subjects and objects
 5. Present participle and past participle clauses
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I. Pronunciation

Find the word which has a different sound in the part underlined.

- | | | | |
|----------------------------|----------------------|-------------------------|-------------------------|
| 1. A. <u>m</u> edia | B. <u>r</u> ecipe | C. <u>r</u> egular | D. <u>g</u> eneration |
| 2. A. <u>s</u> uffer | B. <u>c</u> ulture | C. <u>i</u> nfluence | D. <u>m</u> um |
| 3. A. <u>a</u> vailable | B. <u>r</u> adiation | C. <u>g</u> eography | D. <u>i</u> nhabitant |
| 4. A. <u>o</u> rganism | B. <u>e</u> nergy | C. <u>g</u> ap | D. <u>i</u> ngredient |
| 5. A. <u>n</u> etwork | B. <u>d</u> weller | C. <u>w</u> aste | D. <u>o</u> vercrowded |
| 6. A. <u>d</u> iet | B. <u>n</u> utrient | C. <u>s</u> trength | D. <u>t</u> reatment |
| 7. A. <u>m</u> ind | B. <u>h</u> igh-rise | C. <u>l</u> ifestyle | D. <u>t</u> raditional |
| 8. A. <u>o</u> ccupy | B. <u>d</u> isposal | C. <u>o</u> ptimistic | D. <u>p</u> opulation |
| 9. A. <u>i</u> nfection | B. <u>a</u> ctivity | C. <u>d</u> ifferent | D. <u>e</u> xtended |
| 10. A. <u>e</u> lectricity | B. <u>a</u> dvanced | C. <u>p</u> rocessing | D. <u>c</u> ommercial |
| 11. A. <u>s</u> pace | B. <u>c</u> hange | C. <u>e</u> scape | D. <u>d</u> amage |
| 12. A. <u>e</u> vent | B. <u>m</u> ember | C. <u>r</u> egret | D. <u>r</u> epresent |
| 13. A. <u>d</u> estruct | B. <u>p</u> roduct | C. <u>s</u> uggest | D. <u>s</u> unshine |
| 14. A. <u>e</u> nergy | B. <u>m</u> ainly | C. <u>q</u> ualify | D. <u>e</u> quality |
| 15. A. <u>E</u> arth | B. <u>t</u> heme | C. <u>m</u> ethane | D. <u>w</u> eather |
| 16. A. <u>c</u> ollect | B. <u>c</u> ondition | C. <u>r</u> emoval | D. <u>p</u> ollution |
| 17. A. <u>a</u> ctivity | B. <u>a</u> pply | C. <u>h</u> istory | D. <u>e</u> veryone |
| 18. A. <u>d</u> eath | B. <u>t</u> hreaten | C. <u>w</u> eather | D. <u>l</u> eadership |
| 19. A. <u>s</u> cenario | B. <u>v</u> acation | C. <u>c</u> onservation | D. <u>c</u> onsequently |
| 20. A. <u>n</u> itrogen | B. <u>s</u> urgery | C. <u>g</u> reenhouse | D. <u>g</u> eneration |

Find the word which has a different stress pattern from the others.

- | | | | |
|-------------------|----------------|----------------|-------------------|
| 1. A. organ | B. parent | C. promote | D. transport |
| 2. A. family | B. reaction | C. opinion | D. essential |
| 3. A. benefit | B. exercise | C. honesty | D. understand |
| 4. A. familiar | B. generate | C. pollutant | D. assignment |
| 5. A. renewable | B. sustainable | C. environment | D. infrastructure |
| 6. A. yoga | B. adapt | C. effort | D. public |
| 7. A. citizen | B. dynamic | C. eliminate | D. respectful |
| 8. A. popular | B. curious | C. occasion | D. skyscraper |
| 9. A. organizer | B. populated | C. technology | D. comfortable |
| 10. A. exhibition | B. innovative | C. residential | D. pessimistic |
| 11. A. global | B. propose | C. approve | D. provide |
| 12. A. escape | B. favour | C. severe | D. request |
| 13. A. greenhouse | B. warming | C. project | D. exchange |
| 14. A. scientist | B. insecure | C. wonderful | D. temperature |

- | | | | |
|----------------------|----------------|------------------|------------------|
| 15. A. emission | B. encourage | C. agriculture | D. inaccurate |
| 16. A. nation | B. reuse | C. farmland | D. honour |
| 17. A. program | B. damage | C. release | D. country |
| 18. A. depend | B. impact | C. wonder | D. strengthen |
| 19. A. renewable | B. conditional | C. commentator | D. relationship |
| 20. A. qualification | B. association | C. deforestation | D. environmental |

II. Vocabulary & Grammar

Choose the best option A, B, C, or D to complete the sentences.

- He seemed a bit _____ yesterday.
A. badly B. awfully C. strange D. strangely
- My mom _____ aerobics ten years ago.
A. does B. did C. has done D. is doing
- All employees _____ late for work.
A. must B. mustn't C. have to D. don't have to
- No one can prevent them _____ supporting her.
A. from B. against C. off D. on
- People who live in towns and cities live in an _____ environment.
A. rural B. remote C. urban D. suburban
- She left a message with a request _____ in the contract.
A. don't sign B. not sign C. to not sign D. not to sign
- The government _____ to increase taxes on private cars.
A. just decides B. just decided C. had just decided D. has just decided
- I think you _____ do exercise regularly in order to keep your body in good shape.
A. should B. shouldn't C. must D. have to
- My parents don't let me get married until I graduate from university and they never _____ their mind about that.
A. keep B. change C. impose D. sustain
- The Internet of Things (IoT) allows the city planners and leaders to make cities more sustainable and provide enough _____.
A. accommodate B. accommodated C. accommodating D. accommodation
- I expect my parents not to be too _____ with me.
A. strict B. strictly C. easily D. seriously
- The idea of smart cities _____ in the 21st century.
A. started B. has started C. starts D. is starting
- If you want to maintain a healthy weight, you _____ have snacks between meals.
A. must B. don't have to C. should D. shouldn't
- Doctors are trying out a new treatment _____ depression.
A. with B. to C. about D. for
- She _____ finish her English essay, so she can't go out with us.
A. has to B. had to C. doesn't have to D. should
- Local authorities should find ways to limit the use of private cars and encourage city _____ to use public transport.
A. planners B. dwellers C. customers D. commuters
- The government should _____ the infrastructure of big cities to boost the economy.
A. improving B. improved C. improve D. improvement
- Nam looks so _____. What's the matter with him?
A. angrily B. happily C. friendly D. angry

19. I _____ Disneyland Paris with my friends last weekend.
A. visit B. is visiting C. visited D. has visited
20. Cities in poorer countries often lack basic _____. Without it, they are unable to function properly as cities.
A. condition B. structure C. infrastructure D. construction
21. The report is very accurate and very _____.
A. global B. poisonous C. qualified D. eye-opening
22. ASEAN people don't feel like they are a part of the community of Southeast Asian _____.
A. areas B. nations C. events D. associations
23. So far, global warming and its effects have been _____ the health of older people and children.
A. threat B. threaten C. threatening D. threatened
24. Tourists enjoy _____ handmade souvenirs on their trips to ASEAN countries.
A. buy B. to buy C. bought D. buying
25. _____ enough information about the causes of global warming, we started our report.
A. Given B. Give C. Giving D. Having given
26. Worried about the consequences of deforestation, some farmers _____ burning trees to create farmland.
A. stop B. stopped C. has stopped D. are stopping
27. _____ about the impact of global warming, we decided to save more energy.
A. Learning B. Is learning C. Learned D. Have learned
28. His dream job is _____ a good leader in the future.
A. become B. became C. becoming D. having become
29. _____ for ASEAN scholarships online is more convenient for students.
A. Applied B. Applies C. Apply D. Applying
30. Since first imported _____ Australia many years ago, the rabbit has become a serious pest because it has no natural enemies there.
A. in B. to C. into D. from
31. For students with a hearing loss, new technology and the Internet can be used to _____ many gaps.
A. link B. build C. bridge D. connect
32. The Football _____ is planning to enter men's and women's Great Britain teams at the next Olympic Games.
A. Project B. Connection C. Association D. Community
33. The earth is getting warmer and _____.
A. warm B. warmer C. warmly D. more warmer
34. Workers decided _____ their carbon footprint by cycling to the plant.
A. to reduce B. reducing C. reduce D. having reduced
35. _____ confident about her singing talent, Lisa decides to enter the music competition at her school.
A. Feeling B. Have felt C. Is feeling D. Felt
36. _____ in huge amounts, carbon dioxide causes air pollution and climate change.
A. Have produced B. Produce C. Produced D. Producing
37. I turned off the lights before _____ the room.
A. leave B. leaving C. left D. have left
38. After inventing the light bulb, Thomas Edison went on _____ many other useful inventions.
A. created B. to create C. have created D. creating
39. _____ might satisfy his desire for new experiences.
A. Having travelled B. Travelled C. Travel D. Travelling

40. I am looking forward _____ hearing from you soon.

- A. to B. from C. on D. at

III.. Arrangement

Question 1. a. Tom: Hi, Linda! Long time no see. What have you been up to?

b. Tom: Wow, that's awesome! Any big projects coming up?

c. Linda: Hi, Tom! I've been working on a new app with my team at work.

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

Question 2. a. Mia: I'm really excited for the trip next month!

b. Lisa: The food there is amazing! You'll love it.

c. Lisa: Absolutely! What are you most looking forward to?

d. Mia: I can't wait to see the beaches and try the local food.

e. Mia: I'm sure I will. How about you?

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

Question 3. Hi Daniel,

a. You really helped me focus on improving my writing skills.

b. Thanks a lot for the tips you gave me during our last study session.

c. It was challenging, but I feel much more confident now.

d. I still need some practice, though, especially with grammar.

e. Hope we can meet up again soon for another session!

Best,

Laura

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

Question 3. a. I also enjoy the flexibility of working from anywhere.

b. Over the past year, I've discovered that remote work suits me perfectly.

c. It allows me to balance my personal life while staying productive at work.

d. In addition, it's great for reducing my commuting time and expenses.

e. Overall, I've found it to be a highly rewarding experience.

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

Question 4. a. Although the population has increased, public transportation hasn't improved much.

b. The city has grown rapidly in the last decade.

c. New shopping centers, apartments, and parks have been built.

d. Actually, traffic congestion has also become a serious problem.

e. This is mainly due to the lack of sufficient infrastructure to handle the growing number of residents.

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

Question 5. Hi Sophie,

a. I've just finished reading the book you recommended.

b. It was such a gripping story! I couldn't put it down.

c. The characters were so well-developed, and the plot twists were unexpected.

d. Thanks again for the recommendation — I loved it!

e. Let's catch up soon and talk more about it.

Best,

James

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

Question 6:

a. Also, volunteering helps students connect with the community, making them aware of the needs around them.

b. Finally, doing volunteer work can be a rewarding experience, as students feel good about helping others.

c. High school students benefit from doing voluntary work in many ways.

d. Additionally, students develop such important skills as teamwork and communication ones while they volunteer.

e. Firstly, students who do voluntary work gain valuable real-world experience which can help in their future careers.

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

Question 7:

- a. Regularly engaging in hobbies and personal interests can have a profound impact on overall well-being.
- b. These activities provide a much-needed break from the routine of daily life, offering a sense of refreshment and rejuvenation.
- c. Dear Sam, I've been reflecting on our discussion about balancing work and personal life, and I wanted to emphasize the importance of hobbies.
- d. Hobbies also allow for personal growth and skill development, which can be fulfilling and rewarding.
- e. Best regards.
- f. Whether it's gardening, painting, or playing a musical instrument, these activities can also foster creativity and boost self-esteem.

A. c-a-b-f-d-e

B. c-f-b-d-a-e

C. c-b-d-f-a-e

D. c-d-f-b-a

Question 8.

- a. Finally, difficulties in communication and forming genuine connections due to social media and technology dependence are common among teens.
- b. Additionally, cyberbullying and online harassment present significant challenges in the digital age.
- c. Teens often face various social challenges.
- d. Firstly, peer pressure can lead to risky behaviors such as substance abuse, smoking, or involvement in harmful activities.
- e. Moreover, mental health issues, including anxiety and depression, are prevalent among teenagers due to academic stress or social pressures.

A. d – e – b – a – c

B. c – d – e – b – a

C. d – b – e – a – c

D. c – d – b – e – a

Question 9.

- a. Also, when we do chores like sweeping or washing dishes, we're moving our bodies, which is good for our health.
- b. Dear Mike, I hope you are well! I've been thinking about why it's important for children to share the household chores with their parents.
- c. Sharing the household chores is really a good way to help us have more time to do fun things together.
- d. Firstly, it helps keep our home tidy and clean, making it a nicer place to live.
- e. Additionally, children learn to be responsible and take care of our things when they help with tasks at home.
- f. Best wishes.

A. b-c-a-e-d-f

B. b-d-a-e-c-f

C. b-a-d-e-c-f

D. b-e-d-a-c-f

IV. Reading**1. Announcement / Advertisement****EX 1:****Meeting with General Secretary Nguyen Phu Trong**

We are pleased to announce a significant bilateral meeting between General Secretary Nguyen Phu Trong of (1) _____ Communist Party of Vietnam and President Joseph R. Biden Jr. of the United States. This historic occasion marks the 10th anniversary of the Vietnam-U.S. Comprehensive Partnership. The leaders will discuss bilateral ties, (2) _____ issues, and further strengthen the bonds of friendship between our nations. The meeting will take place in Hanoi, Vietnam, and underscores the importance of cooperation and (3) _____ development in the region and the world.

Question 1. A. the

B. an

C. a

D. no article

Question 2. A. internationally

B. nationality

C. international

D. nation

Question 3. A. sustainable

B. rare

C. accessible

D. cutting-edge

EX2:**IMPORTANT NOTICE: PRODUCT RETURN**

Fancy Foods wishes to inform the public that pieces of metal have been found in some jars of Fancy Foods Chicken Curry (Spicy). The batches of the jars involved have numbers from J6617 to J6624. The batch number (1) _____ on the bottom of each jar.

(2) _____ you have any jars with these batch numbers, please return them (preferably unopened) to the supermarket where you purchased them.

No payment will be (3) _____ for empty jars, which do not need to be returned. However, the Retailing Manager will be interested to hear from people who have consumed chicken curry from any of the above batch numbers.

- | | | | | |
|--------------------|----------------------|------------------|-----------------------|--------------------|
| Question 1. | A. is printed | B. prints | C. has printed | D. printing |
| Question 2. | A. Do | B. Were | C. Should | D. Had |
| Question 3. | A. pay | B. made | C. taken | D. done |

EX 3:**Adopt a Healthy Lifestyle in Urban Areas!**

Living in the city doesn't mean sacrificing your health! It's important to mind (1) _____ healthy habits into your daily routine. With stress and pollution often controlled, urban living can be invigorating and beneficial. Focusing on nutritious eating and regular exercise, (2) _____ us to boost your well-being, is considered good for health. Our cities are becoming more (3) _____ to those seeking a balanced lifestyle, offering parks and fitness facilities at every corner. Don't let a busy schedule allow your health to (4) _____ down; prioritize self-care and wellness. Engaging in community activities like yoga classes and farmer's markets promotes a sense of belonging and support. The benefits of (5) _____ are endless, from improved mental health to increased energy levels. Join the movement toward a healthier you! Embrace the vibrant opportunities urban life has to offer while taking care (6) _____ your body and mind. Start your journey to wellness today!

- | | | | |
|----------------------------------|---------------------|------------------------------|-----------------------|
| 1. A. to incorporate | B. to incorporating | C. incorporating | D. to be incorporated |
| 2. A. which help | B. helped | C. that was helped | D. helping |
| 3. A. friendliness | B. friendly | C. friendship | D. friend |
| 4. A. have | B. bring | C. run | D. catch |
| 5. A. a healthy urban lifestyles | | B. healthy urban lifestyle | |
| C. an urban lifestyle healthy | | D. a healthy urban lifestyle | |
| 6. A. from | B. on | C. in | D. of |

EX4:**Envision a Sustainable City for the Future!**

Imagine a world where every community thrives in harmony with nature. We hope to create spaces (1) _____ sustainability and promote eco-friendly living. Many innovations in urban planning have been embraced to support greener lifestyles. Focus on (2) _____ parks and green roofs that enhance air quality and provide pleasant environments (3) _____ residents. In this city, children can (4) _____ wild in safe, green playgrounds, fostering a love for the outdoors. The benefits of sustainable living extend beyond the environment; they also improve our health and well-being. By investing in (5) _____ energy and efficient public transport, we can reduce our carbon footprint and create a cleaner, healthier future. Join us in this exciting journey toward (6) _____ where everyone can thrive! Together, we can

turn this vision into reality, making a positive impact for generations to come. Your involvement matters—let's make a difference today!

- | | | | |
|--------------------------|---------------------|-----------------------|----------------------|
| 1. A. prioritizing | B. that prioritized | C. prioritized | D. that prioritizing |
| 2. A. to develop | B. to developing | C. developing | D. to be developing |
| 3. A. for | B. about | C. with | D. to |
| 4. A. catch | B. have | C. run | D. bring |
| 5. A. renews | B. renewed | C. renew | D. renewable |
| 6. A. a city sustainable | | B. a sustainably city | |
| C. a sustainable cities | | D. a sustainable city | |

EX5:

Healthy Eating for a Better You

Do you want to improve your eating habits and feel more energized throughout the day? Follow these practical tips for a healthier lifestyle.

Nutritional Insights: Many people are unaware that skipping meals can actually slow down your metabolism and (7)_____ your ability to burn calories. It's also important to consume a balanced diet with the right nutrients, as over 50% of adults fail to (8)_____ the daily recommended amount of vegetables.

Healthy Habits to Start Today!

- Eat breakfast! A nutritious meal in the morning can help maintain steady energy (9)_____ the day.
- Choose whole grains! Swap refined carbs with whole grains like oats or brown rice to (10)_____ a more balanced diet.
- Stay hydrated! Drink water regularly to avoid dehydration, which can (11)_____ your energy and focus.
- Avoid sugary snacks! Too much sugar can lead to a quick spike in energy, followed by a crash that leaves you feeling tired and (12)_____.

- | | | | | |
|---------------------|--------------|-------------|---------------|--------------|
| Question 7. | A. enhance | B. reduce | C. strengthen | D. affect |
| Question 8. | A. reach | B. limit | C. meet | D. exceed |
| Question 9. | A. across | B. after | C. at | D. through |
| Question 10. | A. ensure | B. change | C. increase | D. decrease |
| Question 11. | A. increase | B. lower | C. boost | D. monitor |
| Question 12. | A. energized | B. sluggish | C. strong | D. energetic |

2. Phrase-or-sentence filling

EX 1:

Many scientists believe our love of sugar may be an addiction. (1) _____, the sugar enters our blood and affects parts of our brain. (2) _____. Then the good feeling goes away, leaving us wanting more. All tasty foods do this, but sugar has a (3) _____. In this way, it is in fact an addictive drug, one that doctors recommend we all cut down on. "It seems like every time I study an illness and (4) _____, to the first cause, I find (5) _____, back to sugar," says scientist Richard Johnson. One-third of adults worldwide have high blood pressure, and up to 347 million have diabetes. Why? "Sugar, we believe, is one of the culprits, if not the major culprit," says Johnson. So what is the solution? It's obvious that we need to eat less sugar. Many schools are replacing sugary desserts with healthier options like fruit. Other schools are growing their own foods in gardens, or (6) _____, like walking tracks so students and others in the community can exercise.

- Question 1.** A. As we will eat or drink sugary foods
 B. Eating and drinking sugary foods
 C. After we ate or drank sugary foods
 D. When we eat or drink sugary foods
- Question 2.** A. This makes us feel good
 C. Which makes us feel good
 B. It makes us to feel good
 D. Making us to feel good
- Question 3.** A. strong particularly effect
 C. particularly strong effect
 B. particularly effect strong
 D. effect strong particularly
- Question 4.** A. trace a path
 B. a path to be traced
 C. tracing a path
 D. a path tracing
- Question 5.** A. my way B. our way C. their way D. his way
- Question 6.** A. facilities to build
 C. to build facilities
 B. build facilities
 D. building facilities

EX 2:

Many intentions have been created throughout history. Many of them have changed our lives. In my opinion, the most important is the internet.

I think the internet is important because it has changed our lives in many ways. For example, the way we communicate has changed significantly. We can communicate with each other instantly using the internet. Many people even spend more time connecting with family, friends and (1) _____. You will probably see most people are communicating with their phones and laptops instead of talking to the person next to them (2) _____.

The internet has also (3) _____ together in a way that was impossible before, such as working from home and working with people from other countries. (4) _____.

By connecting their computer to the internet, people can access the same resources wherever they are in the world. Today, people from all over the global can work together closely without ever meeting face-to-face, sharing views more easily and (5) _____.

Although the internet is quite a new invention, it now plays an important role in (6) _____. Without it, things would be very different.

Question 1:

- A. from relatives on the internet than in real life
 B. relatives on the internet than in real life
 C. relatives in real life than on the internet
 D. from relatives in real life than on the internet

Question 2:

- A. when you go to a busy café today
 B. going to a busy café today
 C. if you go to a busy café today
 D. having gone to a busy café today

Question 3:

- A. allowing us working
 B. allowed us to work
 C. allowed us work
 D. to allow us to work

Question 4:

- A. This makes both ways of working become more popular.
 B. Which makes both ways of working become more popular.
 C. Making both ways of working become more popular.
 D. It makes both ways of working become more popular.

Question 5:

- A. spending less time traveling B. spend to less time traveling

C. spending less time travel

D. spend less time to travel

Question 6: A. their lives

B. this lives

C. your lives

D. our lives

EX 3:

Protecting Vietnamese Culture

Vietnamese culture is rich and diverse, shaped by thousands of years of history. (1) _____. The government, along with various organizations, actively promotes traditional customs, music, and festivals to ensure they are passed down to future generations. Events such as the Tet Festival and the Mid-Autumn Festival are celebrated widely, showcasing the country's unique heritage. These events not only bring communities together but also serve as a reminder of Vietnam's cultural identity (2) _____.

Education plays a crucial role in preserving cultural values. (3) _____. Schools often incorporate lessons about Vietnamese history, literature, and art into their curricula, fostering a sense of pride and belonging among students.

However, globalization poses challenges to cultural preservation. (4) _____. It is essential for individuals and communities to actively engage in cultural activities and advocate for the importance of heritage.

Local artisans are also vital in this effort. (5) _____. By supporting traditional crafts, people can help sustain the livelihoods of artisans while keeping cultural practices alive.

Question 1.

- A. It is essential to recognize its significance in a globalized world
- B. Many efforts have been made to safeguard it
- C. The beauty of its traditions is celebrated worldwide
- D. Local communities contribute to its preservation

Question 2.

- A. which highlight the importance of cultural heritage
- B. enabling people to connect with their roots
- C. that help raise awareness about local traditions
- D. reflecting the values and beliefs of the community

Question 3.

- A. Educational programs are designed to include cultural studies
- B. Students are encouraged to explore their cultural heritage
- C. Schools provide resources for learning about traditional practices
- D. This awareness helps foster respect for different cultures

Question 4.

- A. Many people prefer modern lifestyles over traditional practices
- B. The influence of foreign cultures is often welcomed
- C. Efforts to preserve culture are sometimes met with resistance
- D. Cultural homogenization threatens local identities

Question 5.

- A. Artisans often face challenges in a competitive market
- B. Their crafts are showcased in various exhibitions
- C. By learning traditional techniques, young people can continue the legacy
- D. Community support helps sustain these crafts

EX 4: Fill each of the numbered blanks in the following passage with the most suitable word.

Millions of people today are overweight and out of shape. This is due in part to their diet, which is often high in sugars and fats. Another (1) _____ is that too many of us spend our evenings

gluing (2) _____ the television, instead of doing something to keep ourselves fit. Today hectic lifestyles also prevent us from spending as much time as we (3) _____ on staying in shape. Long hours at school and work don't leave us (4) _____ time for healthy eating. Convenience food, such as (5) _____ meals and canned vegetables, saves time but is often (6) _____. Fast food and takeaways are also responsible (7) _____ many health problems. In order to enjoy good health, a regular programme of (8) _____ is essential.

- | | | | |
|----------------|--------------|----------------|----------------|
| 1. A. effect | B. reason | C. result | D. consequence |
| 2. A. to | B. on | C. at | D. in |
| 3. A. mustn't | B. have to | C. should | D. shouldn't |
| 4. A. little | B. few | C. many | D. much |
| 5. A. freeze | B. freezing | C. frozen | D. unfrozen |
| 6. A. healthy | B. healthful | C. healthfully | D. unhealthy |
| 7. A. for | B. to | C. about | D. with |
| 8. A. homework | B. housework | C. exercise | D. exercises |

EX 5: Fill each of the numbered blanks in the following passage with the most suitable word.

Peter (1) _____ a car. It is very luxurious and (2) _____. He often (3) _____ his car to work. However, he goes to work (4) _____ bus today. His car (5) _____ some trouble. He is very sad to leave the (6) _____ in the garage to be fixed. The mechanic said it took some days

(7) _____ it. Therefore, he (8) _____ take the bus to work these days.

- | | | | |
|---------------|--------------------|----------------|----------------|
| 1. A. has | B. does | C. is | D. have |
| 2. A. comfort | B. comforted | C. comfortable | D. comfortably |
| 3. A. drive | B. drives | C. drove | D. driving |
| 4. A. on | B. in | C. with | D. by |
| 5. A. had | B. has | C. is having | D. has had |
| 6. A. car | B. bus | C. it | D. they |
| 7. A. fix | B. to fix | C. fixing | D. fixed |
| 8. A. has to | B. doesn't have to | C. should | D. shouldn't |

EX 6: Fill each of the numbered blanks in the following passage with the most suitable word.

The (1) _____ of the ASEAN Economic Community (AEC) in 2015 is a major milestone in the regional (2) _____ integration agenda in ASEAN. The AEC Blueprint 2025 seeks to achieve the vision of (3) _____ an AEC by 2025, that is highly (4) _____ and cohesive; competitive, innovative and dynamic; with enhanced connectivity and sectoral (5) _____; and a more resilient, inclusive and people-oriented, people-centred community, integrated (6) _____ the global economy. It (7) _____ seeks to ensure that the 10 countries are sustainably and (8) _____ integrated in the global economy, thus contributing to the goal of shared prosperity.

- | | | | |
|------------------|----------------|------------------|-----------------|
| 1. A. establish | B. established | C. establishment | D. establishing |
| 2. A. cultural | B. economic | C. historic | D. political |
| 3. A. having | B. have | C. has | D. to have |
| 4. A. integrated | B. integrating | C. integrate | D. integration |
| 5. A. separation | B. innovation | C. production | D. cooperation |
| 6. A. about | B. in | C. into | D. with |
| 7. A. and | B. also | C. but | D. only |
| 8. A. gain | B. gainful | C. gainfully | D. gainer |

3. READING COMPREHENSION

EX 1: Read the passage and choose the correct answer A, B, C, or D to each question.

The generation gap, which refers to a broad difference between one generation and another, especially between young people and their parents, usually leads to numerous conflicts. Such family conflicts can seriously threaten the relationship between parents and children at times.

It goes without saying that, however old their children are, parents still regard them as small kids and keep in mind that their **offspring** are too young to protect themselves cautiously or have wise choices. Therefore, they tend to make a great attempt to help their children to discover the outside world. Nevertheless, they forget that as children grow up, they want to be more independent and develop their own identity by creating their own opinions, thoughts, styles and values about life.

One common issue that drives conflicts is the clothes of teenagers. While teens are keen on wearing fashionable clothes which try to catch up with the youth trends, parents who value traditional clothes believe that those kinds of attire violate the rules and the norms of the society. It becomes worse when the expensive brand name clothes teens choose seem to be beyond the financial capacity of parents.

Another reason contributing to conflicts is the interest in choosing a career path or education between parents and teenagers. Young people are told that they have the world at their feet and that dazzling future opportunities are just waiting for them to **seize**. However, their parents try to impose their choices of university or career on them regardless of their children's preference.

Indeed, conflicts between parents and children are the everlasting family phenomena. It seems that the best way to solve the matter is open communication to create mutual trust and understanding.

1. Why do most parents still treat their teenage children like small kids?
 - A. Because children usually make mistakes.
 - B. Because they think that children can't protect themselves well.
 - C. Because they think that children are too young to live independently.
 - D. Because they think that children often quarrel with them.
2. The word "**offspring**" in paragraph 2 refers to _____.
 - A. mind
 - B. children
 - C. parents
 - D. grandparents
3. What do parents usually do to help their children as they are young?
 - A. They take care of their children carefully.
 - B. They prepare everything for their children.
 - C. They want their children to be independent.
 - D. They encourage their children to explore the outside world.
4. Which kinds of clothes do teenagers want to wear?
 - A. casual clothes
 - B. traditional clothes
 - C. latest fashionable clothes
 - D. expensive sports clothes
5. The word "**seize**" in paragraph 4 is closest in meaning to _____.
 - A. catch
 - B. find
 - C. impose
 - D. choose
6. What is the best way to solve conflicts between parents and children?
 - A. It is an everlasting family phenomena.
 - B. It is creating mutual trust.
 - C. It is creating mutual understanding.
 - D. Both B and c are correct.

EX 2: Read the passage and choose the correct answer A, B, C, or D to each question.

City dwellers know the value of green space. Residents of Tokyo seek out Ueno Park for rest, relaxation, and recreation. On a visit to the park complete with ancient buildings, trees and flowers, they can get away from the hustle and bustle of the busy city. In New York City, tourists and locals alike make use of Central Park. Four kilometers long and nearly a kilometer wide, the park offers meadows, playing fields, and trails for walking, running, or biking. Around the world, cities have begun to preserve or **extend** their green space - a good thing because recent research indicates just how important nature is to our mental health.

Overall, nature seems to have positive effects on people's emotions and thinking. It helps calm and focus the mind. And, being exposed to nature has been shown to reduce negative emotions like frustration and stress.

In addition to the calming effect of nature, it seems to have the ability to help people focus. One reason may be that there is much less visual input, or things to pay attention to, in nature. When you walk down a city street, paying attention can be a **laborious** process. There are so many things competing for your attention all at once: traffic lights, honking cars, taxis picking up passengers, and the wail of police and ambulance sirens. You're constantly focusing on one thing, and then the next, trying to decide what you really need to pay attention to. In a related study at the University of Michigan, students were tested in one of two situations: walking through a park or walking down a busy city street. Those who had walked through the park had better moods and did better on a test of attention and working memory than those who had walked through the city.

Research is helping us understand the reasons why parks appeal to city residents so much. Policymakers and city planners should pay attention. Parks are not just pretty - they reduce stress, frustration, and violence. **They** help people focus and remember better. Not only are individuals happier and calmer, but cities as a whole may function better.

1. Which can best serve as the title for the passage?
A. The Busy Life of Cities B. Green Space and Rural Life
C. The Power of Urban Nature D. Nature and Its Effects on Students
2. The word "**extend**" in paragraph 1 is closest in meaning to _____.
A. reduce B. examine C. keep quieter D. make wider
3. Which of the following is NOT mentioned as a positive effect of nature?
A. It reduces noise from traffic. B. It reduces frustration and stress.
C. It makes people feel calm. D. It helps people focus better.
4. The word "**laborious**" in paragraph 3 most probably means _____.
A. simple B. tough C. pleasant D. mindless
5. Which of the following is true according to the passage?
A. In the city, there are far fewer things and it is harder to focus.
B. Policymakers and city planners should know that parks are not pretty.
C. When in the city, you shouldn't pay much attention to the things around.
D. Spending time in nature can improve our thinking and our emotional health.
6. The word "**They**" in paragraph 4 refers to _____.
A. Parks B. Reasons C. Planners D. Residents

EX 3: Read the passage and choose the correct answer A, B, C, or D to each question.

Cooperation is the common endeavor of two or more people to perform a task or reach a jointly **cherished** goal. Like competition and conflict, there are different forms of cooperation, based on group organization and attitudes.

The first form, known as primary cooperation, is group and individual fuse. The group contains nearly all of each individual's life. The rewards of the group's work are shared with each member. There is an interlocking identity of individual, group and task performed. Means and goals become one, for cooperation itself is valued.

While primary cooperation is most often characteristic of preliterate societies, secondary cooperation is characteristic of many modern societies. In secondary cooperation, individuals devote only part of their lives to the group. Cooperation itself is not a value. Most members of the group feel loyalty, but the welfare of the group is not the first consideration. Members perform tasks so that they can separately enjoy the fruits of their cooperation in the form of salary, prestige, or power. Business offices and professional athletic teams are examples of secondary cooperation.

In the third type called tertiary cooperation or accommodation, latent conflict underlies the shared work. The attitudes of the cooperating parties are purely opportunistic: the organization is loose and **fragile**. Accommodation involves common means to achieve antagonistic goals: it breaks down when the common means cease to aid each party in reaching its goals. This is not, strictly speaking cooperation at all, and hence the somewhat contradictory term antagonistic cooperation is sometimes used for this relationship.

1. What is the author's main purpose in the first paragraph of the passage?
 - A. To urge readers to cooperate more often
 - B. To offer a brief definition of cooperation
 - C. To explain how cooperation differs from competition and conflict
 - D. To show the importance of group organization and attitudes
2. The word "**cherished**" in paragraph 1 is closest in meaning to _____.
 - A. defined
 - B. agreed on
 - C. prized
 - D. set up
3. Which of the following statements about primary cooperation is supported by information in the passage?
 - A. It is usually the first stage of cooperation achieved by a group of individuals attempting to cooperate.
 - B. It is most commonly seen among people who have not yet developed reading and writing skills.
 - C. It is an ideal that can never be achieved
 - D. It was confined to prehistoric times
4. According to the passage, why do people join groups that practice secondary cooperation?
 - A. To experience the satisfaction of cooperation
 - B. To associate with people who have similar backgrounds
 - C. To get rewards for themselves
 - D. To defeat a common enemy
5. Which of the following is an example of the third form of cooperation as it is defined in the fourth paragraph?
 - A. Students form a study group so that all of them can improve their grades.
 - B. Members of a farming community share work and the food that they grow.
 - C. Two rival political parties temporarily work together to defeat a third party.
 - D. A new business attempts to take customers away from an established company.
6. The word "**fragile**" in paragraph 4 is closest in meaning to _____.
 - A. involuntary
 - B. poorly planned
 - C. inefficient
 - D. easily broken

V. Writing

Ex 1. Rewrite the following sentences as long as the meaning is unchanged

1. The last time she came back to her hometown was 4 years ago.
→ She hasn't _____
2. He started working as a bank clerk 3 months ago.
→ He has _____
3. I last had my hair cut in November.
→ I haven't _____
4. The last time we called each other was 5 months ago.
→ We haven't _____
5. It has been a long time since we last met.
→ We haven't _____

6. When did you have it?

→ How long _____?

7. This is the first time I had such a delicious meal.

→ I have never _____

8. I haven't seen him for 8 days.

→ The last _____

→ I last _____

1. She hasn't come back to her hometown E QR 4 years

2. He has worked as a bank clerk FOR 3 months

3. We haven't had my hair cut SINCE November

4. We haven't called each other FOR 5 months

5. We haven't met FOR a long time

6. How long have you had it?

7. I have never had such a delicious meal before

8. The last time I saw him was 8 days ago

I last saw him 8 days ago

Ex 2. Rewrite the following sentences as long as the meaning is unchanged

1. I **advise** him to stop wasting money on lottery.

He _____

2. It's **necessary** for you to finish your homework before going to bed

You _____

3. It isn't **necessary** for you to bring food and drink for lunch.

You _____

4. Fishing is **not allowed** in this park.

You _____

5. Every receptionist in our hotel is **obliged** to wear a uniform.

Every receptionist in our hotel _____

6. It's **forbidden for shops** to sell cigarettes to children.

Shops _____

7. It's **optional** for waiters to wear a tie.

Waiters _____

8. His doctor **advises** him not to drink too much alcohol.

He _____

9. It's **obligatory** for every employee to keep the company's information secret.

Every employee _____

10. Teachers **advise** me to study English to get a good job

I _____

KEY

1. He **ought to/ should stop** wasting money on lottery.

2. You **must finish** your homework before going to bed

3. You **don't have to** bring food and drink for lunch

4. You **mustn't fish** in this park

5. Every receptionist in our hotel **has to** wear a uniform

6. Shops **mustn't sell** cigarettes to children.

7. Waiters **don't have to** wear a tie

8. **He shouldn't/ oughtn't to drink too much alcohol**
9. **Every employee has to keep the company's information secret**
10. **I ought to/ should study English to get a good job**

Ex 3. Rewrite the following sentences as long as the meaning is unchanged

1. I like living in a smart city more than living in the countryside
⇒ I prefer _____.
2. Although the air in the city is polluted, he still wants to become a city dweller
In spite _____.
3. The police let him leave after they had questioned him.
The police allowed _____.
4. The room in the skyscraper was so expensive that I didn't buy it.
⇒ The room in the skyscraper was too _____.
5. It took us only ten minutes to finish the homework.
⇒ We spent _____.
6. I find it difficult to find a better solution to that problem.
⇒ I have _____.

KEY

1. **I prefer living in a smart city TO living in the countryside**
2. **In spite of the polluted air in the city, he still wants to become a city dweller**
3. **The police allowed him to leave after they had questioned him.**
4. **The room in the skyscraper was too expensive for me to buy**
5. **We spent only ten minutes finishing the homework.**
6. **I have difficulty (in) finding a better solution to that problem.**

Ex 4. Rewrite the following sentences as long as the meaning is unchanged

1. "Why don't we go to the cinema?"
He suggested _____.
2. It takes Thanh 3 hours a day to do her homework
Thanh spends _____.
3. I would like to do the laundry every day
I am interested _____.
4. It is necessary to check your health every six months
Checking _____.
5. Hoa managed to lose weights to keep in shape
Hoa succeeded _____.
6. He would rather eat vegetables and fruits than eat meat
He prefers _____.
7. My sister expects to meet me next summer in Hanoi.
My sister looks forward _____.
8. We want to play football with our close friends at weekends.
We feel like _____.
9. Shall we go for a walk?
What about _____.
10. It is really quite easy to learn English.
Learning _____.

KEY

1. **I suggested going to the cinema**
2. **Thanh spends 3 hours a day doing her homework**
3. **I am interested in doing the laundry every day**
4. **Checking your health every six months is necessary**
5. **Hoa succeeded in losing weights to keep in shape**
6. **He prefers eating vegetables and fruits to eating meat**
7. **My sister looks forward to meeting me next summer in Hanoi.**
8. **We feel like playing football with our close friends at weekends**
9. **What about going for a walk?**
10. **Learning English is really quite easy**

Ex 5. Rewrite the following sentences as long as the meaning is unchanged

1. She was talking to her friend and forgot everything around her.

Talking _____

2. Since we watch the news every day we know what's going on in the world.

Watching _____

3. They are vegetarians and don't eat meat.

Being _____

4. The dog wagged its tail and bit the postman.

Wagging _____

5. While she was tidying up her room she found some old photos.

Tidying _____

6. **Talking to her friend, she forgot everything around her.**

7. **Watching the news every day, we know what's going on in the world.**

8. **Being vegetarians, they don't eat meat.**

9. **Wagging its tail, the dog bit the postman.**

10. **Tidying up her room, she found some old photos.**

Ex 6. Rewrite the following sentences as long as the meaning is unchanged

1. He was accused of murder and arrested.

Accused _____

2. She was shocked by the bad news and burst into tears.

Shocked _____

3. The event is organised by our team and will surely be a great success.

Organised _____

4. The film is based on real events and tells the story of a reporter.

Based _____

5. She was born in Hollywood and knows all the famous movie stars.

Born _____

6. **Accused of murder, he was arrested.**

7. **Shocked by the bad news, she burst into tears.**

8. **Organised by our team, the event will surely be a great success.**

9. Based on real events, the film tells the story of a reporter.
10. Born in Hollywood, she knows all the famous movie stars.

Ex 7. Rewrite the following sentences as long as the meaning is unchanged

1. As she was on holiday, she couldn't go to the party.
→ **Being** _____
2. While she was preparing dinner, she cut her finger.
→ **While** _____
3. When I travel around Ireland, I always stay in youth hostels.
→ **When** _____
4. Since she didn't hear the doorbell, she missed the delivery.
→ **Not** _____
5. Since he didn't feel well, he stayed in bed.
→ **Not** _____
6. **Being on holiday, she couldn't go to the party.**
7. **While preparing dinner, she cut her finger.**
8. **When travelling around Ireland, I always stay in youth hostels.**
9. **Not hearing the doorbell, she missed the delivery.**
10. **Not feeling well, he stayed in bed.**

Ex 8. Complete the following sentences with the correct forms of the words in capitals

1. Many people are trying to adopt a _____ lifestyle these days. (**HEALTH**)
 2. Stay healthy by eating well and exercising _____ (**REGULAR**)
 3. Just taking vitamin tablets will not turn an _____ diet into a good one. (**HEALTH**)
 4. She stays so _____ although she is 70 years old now (**ACT**)
 5. A _____ diet contains an adequate amount of all the nutrients required by the body to grow, remain healthy and be disease-free (**BALANCE**)
- | | |
|---------------------|--------------------|
| 1. healthy | 4. active |
| 2. regularly | 5. balanced |
| 3. unhealthy | |
1. He shouldn't treat his parents _____. (**DISRESPECT**)
 2. My wife is _____ for cooking meals. (**RESPONSIBILITY**)
 3. We are in need of _____ professionals for this subject. (**EXPERIENCE**)
 4. There are at least three _____ living under the same roof in my family. (**GENERATIONAL**)
 5. Members of Generation Z born in a time of great technological developments and changes are called _____ natives (**DIGIT**)
- | | |
|---------------------------|-----------------------|
| 1. disrespectfully | 4. generations |
| 2. responsible | 5. digital |
| 3. experienced | |
1. _____ will be a key consideration in urban planning and development. (**SUSTAINABLE**)
 2. Private vehicles will be replaced by more efficient and _____ public transport systems (**SUSTAIN**)

3. There will be electric buses, trains, and trams that produce no or low _____
(**EMIT**)
4. The paintings are on display at an _____ which opened on Friday. (**EXHIBIT**)
5. Environmentalists say there is a high risk of _____ from the landfill site.
(**POLLUTE**)

1.sustainability

4. exhibition

2. sustainable

5. pollution

3.emissions

1. The _____ for a new high-speed railway met with strong opposition.
(**PROPOSE**)
2. The interesting activities are what makes the volunteer work so _____.
(**FORGET**)
3. She is professionally _____ for social worker. (**QUALIFY**)
4. The women are demanding full _____ with the men of their community
(**EQUAL**)
5. His plan does not offer a real _____ to the problem. (**SOLVE**)

1. **Proposal**

4. **Equality**

2. **Unforgettable**

5. **Solution**

3. **Qualified**

1. Heat-trapping _____ are known as greenhouse gases and they result in greenhouse effect (**POLLUTE**)

2. Many people are very concerned about the _____ of the rainforests. (**DESTROY**)

3. Farming contributes more than 30 percent of the total greenhouse gas _____.
(**EMIT**)

4. The overuse of chemical fertilizer _____ the environment. (**THREAT**)

5. The main cause of _____ warming is the burning of fossil fuels, such as natural gas, oil, and coal. (**GLOBE**)

1. **Pollutants**

4. **Threatens**

2. **Destruction**

5. **Global**

3. **Emissions**