

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

Boost Your Health with Nutritious Food!

Eating well is the foundation of a healthy lifestyle. Food rich (1) nutrients, such as fruits, vegetables, and whole grains, provides your body with essential vitamins and minerals. These nutrients play a vital role in (2) physical health and improving mental clarity. Eating a balanced diet (3) a variety of food, helps reduce the risk of chronic diseases.

Our (4), carefully designed by experts, offer all - natural ingredients that support your overall well - being. By incorporating them into your routine, you can improve your energy levels and strengthen your immune system.

Instead of relying on (5) food, choose fresh, wholesome meals that are rich in essential nutrients. (6) attention to what you eat — healthy eating habits are the key to long - term health. Start today and feel the difference!

✨ Healthy food = A healthier you!



- Question 1:** A. with B. for C. by D. in
Question 2: A. maintained B. maintaining C. maintain D. maintenance
Question 3: A. including B. to include C. which include D. included
Question 4: A. products premium nutritional B. nutritional products premium
C. premium nutritional products D. nutritional premium products
Question 5: A. processable B. processed C. process D. processing
Question 6: A. Drawing B. Take C. Give D. Pay

Read the following leaflet 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.

Stay Fit, Stay Healthy: Discover the Power of Regular Exercise!

Boost Your Well - being with Daily Activity

Regular exercise is not just about fitness; it's a pathway to a healthier, happier life. With just 30 minutes of physical activity each day, you can enhance your mental and physical well - being.

Why Exercise Matters

Exercise boosts your energy levels, helping you get through day with greater focus and vitality. It strengthens your heart, fortifies your immune system, and supports a healthy weight. Plus, regular exercise releases endorphins, lifting your mood and lowering stress and anxiety. , a lifestyle can lead to feelings of fatigue, stress, and higher susceptibility to illness.

Simple Steps for Big Gains

Whether it's walking, cycling, or swimming, any movement helps. Regular exercise keeps your body active, reducing the risk of chronic diseases like diabetes, heart disease, and osteoporosis. On the contrary, on physical activity could increase the likelihood of health problems down the road.

Start Today and Feel the Difference!

Small, consistent efforts yield lasting rewards. Begin your to a healthier, happier life today - take a step, make a plan, and experience the difference!

- Question 7:** A. significantly B. totally C. critically D. increasingly
Question 8: A. many B. few C. every D. each
Question 9: A. In spite of B. In order that C. For the purpose of D. On the other hand
Question 10: A. sedentary B. stressful C. vibrant D. bustling

Question 11: A. look up B. get out C. pick up D. missing out
Question 12: A. voyage B. cruise C. journey D. trip

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

Question 13:

- a. Win:** Yes, and in the Mediterranean, people live long lives too because of their healthy food and relaxed lifestyle.
b. Nick: It's amazing how different cultures approach aging, but they all focus on health and community.
c. Nick: In many cultures, like in Okinawa, Japan, longevity is linked to a healthy diet and strong social connections. Have you heard about this?

A. c – b – a **B.** a – b – c **C.** c – a – b **D.** a – c – b

Question 14:

- a. Mark:** Absolutely! Early diagnosis can lead to more effective treatments and increase our chances of living a longer, healthier life.
b. Lisa: Exactly, and they also give us a chance to discuss lifestyle changes with our doctors to maintain our well – being.
c. Lisa: Regular health check – ups are essential for detecting early signs of illness. They can help prevent serious conditions down the line.
d. Mark: Right, staying proactive about our health is a key factor in improving longevity. Regular check – ups definitely make a big difference.

A. b – a – c – d **B.** c – a – b – d **C.** d – c – a – b **D.** c – d – b – a

Question 15:

Dear Win,

- a.** Thanks so much for the recommendation; I'm sure it'll be a hit at the next dinner party!
b. I love how flexible lasagna is; it's amazing that it can be adapted for both meat – eaters and vegetarians.
c. I've been thinking a lot about your suggestion to serve baked lasagna at the dinner party. It's such a great idea, and I can see how it would be both convenient and delicious for any gathering.
d. A simple green salad and Italian bread seem like the perfect sides to complement the dish, and of course, a dessert to wrap things up!
e. I'm definitely going to try making it the night before so I don't have to worry about cooking the day of.

Best,

Huy

[Adapted from [Explore New Worlds](#)]

A. b – d – c – e – a **B.** c – d – b – e – a **C.** c – e – b – d – a **D.** b – c – e – d – a

Question 16:

- a.** Instead, try to follow a healthy lifestyle by paying attention to portion sizes and choosing organic foods when possible.
b. A balanced diet full of nutritious foods, such as fruits, vegetables, and whole grains, provides the necessary nutrients and minerals the body needs to function optimally.
c. It's important to cut down on fast food, which is often high in unhealthy ingredients like trans fats and sugars.
d. Regularly choosing healthful foods will help you avoid unhealthy habits and support long – term health and fitness.
e. Healthy eating habits are essential not only for maintaining physical health but also for promoting mental well – being, as what we eat directly influences our energy levels and mood.

A. e – d – b – a – c **B.** e – b – c – a – d **C.** b – a – d – e – c **D.** e – d – c – b – a

Question 17:

Tips for Better Sleep Hygiene

- a.** To ensure better sleep, it's crucial to maintain a regular bedtime routine, which helps your body get used to a specific sleep schedule.
b. Reducing exposure to screens before bedtime allows your brain to relax and prepares you for rest.
c. Lastly, calming activities like reading or practicing deep breathing can help you unwind, improving both your physical and mental well – being for a restful night.

d. A comfortable sleep environment, such as keeping your room dark, quiet, and cool, also plays a significant role in enhancing your sleep quality.

e. It's important to avoid heavy meals and caffeine right before bed as they can disrupt your sleep cycle.

A. c - b - d - e - a

B. a - d - e - b - c

C. a - b - e - d - c

D. c - b - e - d - a

Read the following passage about regular dental check - ups 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 11 to 15.

Regular dental check - ups, a cornerstone of healthcare, **(18)** _____. Since their establishment as a routine practice in modern dentistry, these visits have played a pivotal role in identifying and addressing oral health concerns before they escalate. One noteworthy aspect is professional cleaning, **(19)** _____.

Dental check - ups are not merely about cleaning teeth, they also serve to detect early signs of oral diseases such as cavities, gum disease, and even oral cancer. With advancements in dental technology, dentists utilize cutting - edge diagnostic tools to provide precise treatment. **(20)** _____.

Promoting regular visits and preventive care, **(21)** _____. This proactive approach helps maintain not only oral health but also overall well - being, as research increasingly links dental hygiene to systemic health conditions such as heart disease and diabetes.

Unfortunately, many individuals nowadays tend to delay or avoid visiting the dentist due to misconceptions, financial constraints, or dental anxiety. **(22)** _____.

[Adapted from <https://www.betterhealth.vic.gov.au>]

Question 18:

A. of which a precautionary measure to an essential part of well - being has been transitioned

B. that had a precautionary measure to an essential part of well - being transitioned

C. having transitioned from a precautionary measure to an essential part of well - being

D. have transitioned from a precautionary measure to an essential part of well - being

Question 19:

A. removes plaque and tartar buildup that regular brushing cannot do

B. during which was the plaque and tartar buildup that regular brushing cannot do

C. which removes plaque and tartar buildup that regular brushing cannot do

D. to remove plaque and tartar buildup that regular brushing cannot do

Question 20:

A. This ensures that patients receive comprehensive care tailored to their specific needs

B. Enhancing patient comfort, regular check - ups are now less intrusive

C. Patients prefer to avoid these new technologies for better results

D. These advancements are irrelevant to oral hygiene practices

Question 21:

A. consistent check - ups underscore the vital connection between oral and overall health

B. the vital connection between oral and overall health is underscored

C. preventive care underscores the vital connection between oral and overall health

D. oral and overall health underscores consistent check - ups

Question 22:

A. Delaying dental visits, individuals may face less severe consequences later on

B. As brushing your teeth is enough to maintain oral health, individuals rarely go to the doctor for regular check - ups

C. These barriers can exacerbate existing oral health issues, leading to more invasive and costly treatments in the future

D. Although regular visits are essential, people prefer to do other activities instead of caring for their teeth

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

Goal setting is a crucial process that involves careful consideration of what you want to **accomplish** and requires persistent effort to make it a reality. Establishing goals gives you a target to strive for and helps to keep

you motivated throughout the process. Goals also provide you with a focus and a way to measure your progress and accomplishments.

In the pursuit of a healthy lifestyle, setting realistic goals is the key to success.

However, it is important to be realistic with yourself when setting these goals. If you want to quit smoking, lose a significant amount of weight, or run a marathon, it is unlikely to happen overnight, or even in a few months or a year.

Not reaching those goals might be **discouraging** and lead to giving up altogether. To avoid feeling overwhelmed, it is advisable to start small and concentrate on one goal at a time. If you want to lose weight, make small and achievable goals. For example, you can start by working out at least three times a week or adding more vegetables to your meals when you want seconds.

By keeping a journal or using a tracking app on your phone, you can monitor your progress and ensure that you stay on track. Once these small goals become part of your routine, you can gradually add new **ones**, such as limiting eating out to twice a week or incorporating weightlifting into your exercise routine. These small goals are easier to achieve and will eventually lead to meeting your main goal.

[Adapted from Global Success]

Question 23: The word **accomplish** in paragraph 1 is closest in meaning to _____.

- A. attempt B. continue C. achieve D. access

Question 24: Which of the following is **NOT** mentioned as a benefit of setting goals?

- A. Keeping you motivated throughout the process B. Providing you with a way to measure progress
C. Helping you accomplish goals overnight D. Giving you a target to strive for

Question 25: Which of the following best paraphrases the underlined sentence in paragraph 2?

- A. The pursuit of a healthy lifestyle is only possible when achievable goals are set.
B. Establishing attainable goals plays a crucial role in achieving a healthy lifestyle.
C. Setting goals for a healthy lifestyle requires focusing on success above all else.
D. Achieving a healthy lifestyle depends entirely on overcoming unrealistic challenges.

Question 26: The word **discouraging** in paragraph 3 is **OPPOSITE** in meaning to _____.

- A. overwhelming B. independent C. concerning D. motivating

Question 27: The word **ones** in paragraph 4 refers to _____.

- A. small goals B. routines C. meals D. seconds

Question 28: Which of the following is **TRUE** according to the passage?

- A. Using a tracking app makes sure that you can achieve your goals sooner.
B. Tough goals should be included in your routine to achieve your main goal.
C. It is recommended to begin with small goals and focus on one goal at a time.
D. Adding vegetables to your daily diet can help you lose weight quickly.

Question 29: In which paragraph does the author imply the need for patience?

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

Question 30: In which paragraph does the writer explore methods to track progress toward goals?

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

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

OUR PERSONAL BODY CLOCK

[I] You might be a 'lark' who likes to go to bed early and **get out of bed** early, or you might be an 'owl' who prefers to go to bed late and get up late. **[II]** Or somewhere in between.

A. [III] 6AM – 9A.M. Your body is waking up. It stops producing melatonin, the hormone which makes you feel sleepy. Blood vessels are stiffer and less flexible. Your blood is thicker and stickier and your blood pressure is at its highest, so it's not the best time to exercise. **[IV]**

B. 9AM – 12P.M. You're at your most alert at this time in the morning. Tests show that short – term memory is at its best right now.

C. 12 P.M. – 3 P.M. Your stomach is full and working hard after lunch. You become much less alert and probably feel a bit sleepy. More road accidents happen at this time of day than at any other, particularly involving older 15 people.

D. 3P.M. – 6PM. This is a very good time to exercise. Body temperature increases in the late afternoon. Your heart and lungs work better and muscles are six per cent stronger than at their lowest point in the day. Some sportspeople believe that if you try to break a world record at this time of day, you'll have a greater chance of success.

E. 6PM – 9PM. By now you'll be getting hungry. But don't eat too late! In the evening, our bodies struggle to **digest** fats and sugars. Studies show that people will lose more weight if **they** have their main meal at lunchtime rather than in the evening. (But how much you eat is always more important than when you eat.)

F. 9PM – 12AM. It's getting near to bedtime. Your body temperature is falling and your body clock is telling you that it's time for bed. Your body is producing lots of melatonin to help you go to sleep. It can be difficult to sleep with the light on because light reduces the amount of melatonin in your body. **Blue light is particularly effective at keeping us awake.** And mobile phones, computer screens and flat – screen TVs emit large amounts of blue light. So, turn off those gadgets!

G. A.M. – 3A.M. Your body really wants to be asleep. Melatonin reaches its maximum level. Your stomach has stopped working and your brain is at rest.

H. 3A.M. – 6A.M. Melatonin levels are still high, and you are in deep sleep. Your body temperature is much cooler than at any other time of the day.

[Adapted from [Friends Global](#)]

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

“Each of us has our own personal body clock, which makes us more alert in the morning or more alert in the evening.”

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

Question 32: The phrase “**get out of bed**” in paragraph G could be best replaced by _____.

- A. get into bed** **B. rise from bed** **C. sit up on bed** **D. rise and shine**

Question 33: The word “**they**” in paragraph F refers to _____.

- A. computer screens** **B. gadgets** **C. blue lights** **D. mobile phones**

Question 34: According to the passage, which of the following is **NOT** mentioned as a potential consequence of eating late at night?

- A. The body may have difficulty processing fatty and sugary foods.**
B. Individuals may gain weight more easily.
C. Eating late can disrupt optimal metabolic functioning.
D. Consuming food late improves brain alertness.

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

- A. A lower body temperature in the late afternoon limits athletic capacity.**
B. The late afternoon is unsuitable for sports due to fatigue.
C. Physical strength and efficiency peak in the late afternoon.
D. Athletes usually perform worse in the evening.

Question 36: The word “**digest**” in paragraph E is **OPPOSITE** in meaning to _____.

- A. absorb** **B. reject** **C. process** **D. accept**

Question 37: Which of the following statements is **TRUE** according to the passage?

- A. Blue light enhances melatonin production during sleep.**
B. Eating large meals late at night improves energy storage.
C. Mental sharpness reaches its peak in the evening.
D. The body begins lowering temperature as bedtime approaches.

Question 38: What can be inferred from paragraph C?

- A. Older adults are especially vulnerable to drowsiness – related accidents after lunch.**
B. Drivers are most alert in the afternoon.
C. Visibility is the main reason for more afternoon crashes.
D. Sleepiness only occurs when heavy meals are consumed.

Question 39: Which of the following best paraphrases the sentence: “Blue light is particularly effective at keeping us awake.”?

- A. Blue light strongly enhances melatonin levels to make us sleep deeply.**
B. Blue light can make people feel drowsy when used before bedtime.

C. Exposure to blue light increases alertness and delays the need to sleep.

D. Blue light reduces energy levels, causing insomnia over time.

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

A. Your body goes through changes in alertness, digestion, and sleepiness across the day, and late – night habits can disrupt natural cycles.

B. Your personal body clock determines when your body is most alert, performs best, or needs rest during the day, and it is influenced by light, meals, and physical activity.

C. Different times of the day are suitable for different activities like eating, working, or exercising, depending on hormone levels and sleep patterns.

D. The best way to improve your health is to follow your body clock, avoid eating late, and reduce screen time at night for better sleep.

----- The end -----