



Taking small, consistent steps can lead to significant improvements in your health. Remember, your body is your most valuable asset— (12) \_\_\_\_\_ it!

- Q7: A. Therefore      **B. However**      C. As a result      D. In addition to  
Q8: A. another      B. the others      **C. other**      D. others  
Q9: **A. processed**      B. organic      C. fresh      D. clean  
Q10: A. even      B. equitable      C. fair      **D. balanced**  
Q11: A. a little      **B. a few**      C. much      D. every  
Q12: **A. take care of**      B. put off      C. come over      D. go up

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

**Q13.**

- a. Mary: Hi, Sarah! There's a volunteer event this Saturday at the local community center. Do you want to join me?  
b. Mary: We'll help with art workshops and tutoring sessions. It's a great way to give back and have fun at the same time.  
c. Sarah: That sounds wonderful! What kind of activities will we be doing?

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

**Q14.**

- a. Anna: I'm considering becoming a teacher, but I'm a bit worried about whether it's the right fit.  
b. John: Yeah, I want to become an engineer because I love solving problems and working with technology. How about you?  
c. Anna: Hey, John, have you thought about what career you want to pursue in the future?  
d. Anna: That's right  
e. John: Maybe you should explore more options before deciding!

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

**Q 15.**

**Dear Laura,**

- a. Then we'll have lots of delicious food and drinks. We'll also play some fun games to make the evening more special.  
b. I'm excited to invite you to my birthday party this Sunday evening at 7 PM at my house.  
c. Please let me know if you can make it. The party would be meaningless without you. I really hope to see you!  
d. How about getting a small reward if we win the games? That would be interesting, right?  
e. I will also invite some friends that we are all close to. First, we sing our favorite songs together.

**Best wishes,**

**Mai**

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

**Q 16.**

- a. In summary, achieving gender equality involves taking one step at a time. With collective action, we can create a more equitable world for everyone.  
b. First, providing equal access to education is essential. For example, when girls are educated, they are more likely to secure better jobs and contribute to society.  
c. Second, governments must implement policies to address systemic inequalities. Such policies create a framework for equality that benefits all.  
d. Achieving gender equality requires a clear and structured approach.

e. Lastly, raising awareness about gender stereotypes and biases is critical. For instance, highlighting stories of women in science, politics, and other male-dominated fields can inspire future generations to break barriers.

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

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

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

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

**Q 17.**

d. Ecotourism has become an increasingly popular way to explore destinations while preserving their natural beauty and cultural heritage.

b. To begin with, ecotourism highlights the unique features of a region, such as its natural landscapes, wildlife, and traditional practices.

c. Furthermore, ecotourism supports sustainable economic development by creating employment opportunities for local residents as well as attracting eco-conscious travelers with eco-friendly events.

e. To effectively promote local ecotourism, it is essential to raise awareness about its benefits. By combining these efforts, destinations can position themselves as sustainable travel hotspots.

a. In conclusion, promoting local ecotourism can greatly benefit both the environment and the community.

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

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

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

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

**Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 18 to 22.**

**How to use the Internet effectively?**

The Internet has become an indispensable part of modern life, offering endless opportunities for learning, entertainment, and connection. (18) \_\_\_\_\_.

First and foremost, the Internet is a vast source of knowledge, but not all information found online is reliable. Users need to learn (19) \_\_\_\_\_ and verify the accuracy of information. Utilizing the Internet for studying and research can save time and broaden understanding across various fields when approached with a critical mindset.

Secondly, the Internet is a powerful tool for communication, (20) \_\_\_\_\_. Social media platforms can strengthen relationships, but overuse or misuse may lead to issues like procrastination, misinformation, or even cyberbullying. Setting boundaries on screen time and engaging in meaningful online interactions can help maintain a healthy balance.

Moreover, protecting personal information is a crucial aspect of Internet usage. Users should avoid oversharing, use strong and unique passwords, and stay updated on the latest cybersecurity practices. (21) \_\_\_\_\_.

Lastly, effective Internet use benefits not only individuals but also contributes to a healthier digital environment. Promoting positive behaviors, such as sharing helpful content and avoiding online conflicts, (22) \_\_\_\_\_.

In conclusion, the Internet is a tool that can empower us when used wisely. By being selective, secure, and purposeful in our online activities, we can harness its potential for personal growth and the betterment of society.

**Q 18. A.** Thus, skills and awareness should not be responsible for creating Internet users.

**B.** However, only those with skills and knowledge can use the Internet.

**C. However, using the Internet effectively and responsibly requires skills and awareness.**

**D.** Therefore, if you do not have skills and knowledge, you must not use the Internet.

**Q 19. A.** how they create trustworthy sources

**B. how to identify credible sources**

**C.** how identifying reliable sources

**D.** how to trust the sources they identify



**C. You can showcase yourself as the perfect fit for the position confidently.**

D. You are not the right candidate for the job, even if you are confident.

Q 28. Which of the following is TRUE according to the passage?

A. Job descriptions prevent you from aligning your skills and experience with the employer's needs.

B. A firm handshake, maintaining eye contact and a friendly smile can convey a lack of confidence and enthusiasm.

C. Don't forget to ask personal questions about the leader to show your genuine interest.

**D. Sending a thank-you email to express your appreciation for the opportunity and reaffirm your excitement about the role creates a lasting positive impression.**

Q 29. In which paragraph does the writer mention the STAR method?

A. Paragraph 1

B. Paragraph 2

C. Paragraph 3

**D. Paragraph 4**

Q 30. In which paragraph does the writer emphasize making a good impression by dressing appropriately and being on time?

A. Paragraph 1

B. Paragraph 2

**C. Paragraph 3**

D. Paragraph 4

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

As people age, **maintaining** good health becomes increasingly important to ensure a high quality of life. For older adults, staying healthy involves a combination of physical activity, proper nutrition, mental stimulation, and social connections. By focusing on these aspects, seniors can lead fulfilling and independent lives.

[I] Firstly, regular physical activity plays a vital role in preserving mobility and strength. [II] Simple exercises such as walking, yoga, or tai chi can improve balance, flexibility, and cardiovascular health. [III] . It is essential for the elderly to choose activities that suit **their** fitness levels and consult with healthcare professionals if necessary. [IV].

Secondly, **a well-balanced diet rich in nutrients is crucial for maintaining health in older age.** Foods high in vitamins, minerals, and fiber, such as fruits, vegetables, whole grains, and lean proteins, support overall well-being. Staying hydrated and limiting the **intake** of salt, sugar, and unhealthy fats can also prevent common health issues.

Mental health is equally important. Engaging in activities that challenge the brain, such as puzzles, reading, or learning new skills, can keep the mind sharp and reduce the risk of cognitive decline. Additionally, maintaining strong social connections with family and friends helps combat feelings of loneliness and depression, which are common among the elderly.

Finally, regular medical check-ups are essential for early detection and management of potential health problems. With a proactive approach to health and well-being, older adults can enjoy a happier and more active lifestyle. Maintaining health is not just about living longer but also about living better.

Q 31. The word "**maintaining**" in paragraph 1 could be best replaced by \_\_\_\_\_.

A. containing

**B. sustaining**

C. pretending

D. attending

Q 32. Where in paragraph 2 does the following sentence best fit?

**These physical activities also reduce the risk of chronic diseases like diabetes, hypertension, and arthritis.**

A. [I]

B. [II]

**C. [III]**

D. [IV]

Q 33. The word "**their**" in paragraph 2 refers to \_\_\_\_\_

A. exercises

B. activities

**C. the elderly**

D. professionals

Q 34. According to the passage, which of the following is NOT a way to stay healthy?

A. physical activity

**B. social distancing**

C. proper nutrition

D. mental stimulation

Q 35. The word "**intake**" in paragraph 3 is OPPOSITE in meaning to\_\_\_\_\_.

- A. consumption      **B. elimination**      C. ingestion      D. absorption

Q 36. Which of the following best paraphrases the underlined sentence in paragraph 3?

- A. Despite having a nutritious and balanced diet, the elderly are still unable to maintain health.  
B. The elderly are too weak to maintain a nutritious and balanced diet.  
C. Without maintaining a nutritious and balanced diet, the elderly can still live a healthy life.  
**D. A nutrient-rich, well-balanced diet is essential for sustaining health in later years.**

Q 37. Which of the following best summarizes paragraph 4?

A. Solving puzzles, reading books or learning new skills cannot help keep the mind sharp and reduce the risk of cognitive decline.

B. Maintaining strong social connections with family and friends cause feelings of loneliness and stress.

**C. Mental health is vital for the elderly, with brain-stimulating activities and social connections reducing cognitive decline and loneliness.**

D. Engaging in brain-challenging activities and maintaining social connections are not necessary for older adults.

Q 38. Which of the following can be inferred from the last paragraph?

A. Checking the health when the elderly notice any signs of instability helps them live happily.

B. The focus is on prolonging life, not on ensuring that the elderly live healthy.

**C. Prevention is key: Regular medical check-ups help detect and address health issues early, ensuring that older adults live well and stay active.**

D. Older adults can enjoy a happier and more active lifestyle without taking a proactive approach to health and well-being.

Q 39. Which of the following best summarizes the passage?

**A. Maintaining health in old age through exercise, proper nutrition, mental stimulation, social connections, and regular check-ups promotes independence, happiness, and a better quality of life.**

B. Not only the elderly, but also young people need to have a good diet, exercise, and social connections to improve their health when they are old.

C. To live happily, healthily, and usefully when they are old, people must exercise diligently and eat as much as possible.

D. To increase longevity, people need to improve their health from a young age, so that when they are older, they do not need to spend too much effort to prolong their life.

Q 40. Which of the following could be best title for the passage?

**A. Maintaining health for the elderly**

B. Physical activity - the key to maintaining health

C. Elderly and Diet

D. Social relationships of the elderly

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1. A	2. C	3. B	4. D	5. A	6. C	7. B	8. C	9. A	10. D
11. B	12. A	13. D	14. A	15. B	16. A	17. A	18. C	19. B	20. D
21. B	22. A	23. D	24. A	25. B	26. A	27. C	28. D	29. D	30. C
31. B	32. C	33. C	34. B	35. B	36. D	37. C	38. C	39. A	40. A