



Cô Vũ Thị Mai Phương

## CHUẨN BỊ CHO KÌ THI TỐT NGHIỆP THPT QUỐC GIA

Bài thi: NGOẠI NGỮ; Môn thi: TIẾNG ANH

DỰ ĐOÁN MỨC ĐỘ ĐỀ THI THẬT

ĐỀ SỐ 01

Thời gian làm bài: 50 phút, 40 câu hỏi trắc nghiệm

Read the following post and mark the letter A, B, C, or D to indicate the correct option that best fits each of the numbered blanks from 1 to 6.

### Expert Advice on Staying Healthy

Maintaining a (1) \_\_\_\_\_ is one of the top tips health experts recommend for staying healthy. They say that the key (2) \_\_\_\_\_ long-term well-being lies in building healthy daily habits. This includes eating nutritious meals, exercising regularly, and getting enough sleep.

Staying healthy also requires a high level of self-discipline. It's not always easy to make the right choices, but (3) \_\_\_\_\_ is essential. Experts advise people to (4) \_\_\_\_\_ into account their age, health conditions, and lifestyle when creating a wellness routine.

Making healthy decisions means (5) \_\_\_\_\_ harmful habits like smoking or overeating. It also involves managing stress and staying mentally active. In addition, experts encourage social connections, saying they play a big role in overall health. Spending time with family, friends, and (6) \_\_\_\_\_ supportive people can boost both mood and motivation. By following these tips, you can build a strong foundation for a healthier life.

Question 1. A. balanced plan diet  
C. diet balanced plan

B. balanced diet plan  
D. plan balanced diet

Question 2. A. for B. with

C. of D. to

Question 3. A. flexibility B. consistency

C. adaptability D. persistence

Question 4. A. make B. keep

C. put D. take

Question 5. A. avoiding B. to avoiding

C. to avoid D. avoid

Question 6. A. another B. the others

C. others D. other

Read the following advertisement and mark the letter A, B, C, or D to indicate the correct option that best fits each of the numbered blanks from 7 to 12.

### Build Your Future at Sunrise Vocational School

Looking for practical skills and job readiness? (7) \_\_\_\_\_ spending years at a traditional university, consider Sunrise Vocational School - where education meets opportunity.

We offer hands-on training programmes (8) \_\_\_\_\_ to meet real-world industry needs. Our courses cover fields like automotive technology, culinary arts, IT, and healthcare. Each (9) \_\_\_\_\_ programme is taught by experienced professionals who focus on giving you the skills employers value most.

Graduates receive a recognised diploma or degree, opening doors to immediate employment and career (10) \_\_\_\_\_. Our programmes equip students with the tools and knowledge they need to succeed in a competitive job market.

With modern facilities and industry-standard equipment, we help you (11) \_\_\_\_\_ the latest trends and technologies. Join a growing (12) \_\_\_\_\_ of students choosing skill-based education and start building your future today.

*Sunrise Vocational School – Learn, Train, Succeed.*

- |                                     |                |                   |                |
|-------------------------------------|----------------|-------------------|----------------|
| <b>Question 7.</b> A. In terms of   | B. Rather than | C. With a view to | D. Except for  |
| <b>Question 8.</b> A. designed      | B. that design | C. designing      | D. to design   |
| <b>Question 9.</b> A. excitingly    | B. exciting    | C. excitement     | D. excited     |
| <b>Question 10.</b> A. influence    | B. approach    | C. stability      | D. response    |
| <b>Question 11.</b> A. keep up with | B. make up for | C. drop out of    | D. put up with |
| <b>Question 12.</b> A. amount       | B. level       | C. handful        | D. number      |

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

**Question 13.**

Dear City Council,

- a. One way to do this is by restoring damaged buildings and putting up signs that explain their historical value - this method will help people understand their importance.
- b. With the right efforts, we can protect our shared history and keep it alive for future generations.
- c. Another useful approach is to involve local schools in preservation projects, which would raise awareness among young people.
- d. Our local heritage sites have been ignored for years, and I think we should take action to preserve them.
- e. Holding cultural festivals at these sites could also attract more visitors and encourage community pride.

Best regards,

Rose Nylund

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

**Question 14.**

- a. **Nam:** Good idea. It's not worth the trouble just to fit in.
- b. **Huy:** Yeah, I felt bad for her. It's hard to say no when the whole group is doing it.
- c. **Huy:** Same here. That's why I've started avoiding situations like that.
- d. **Nam:** I used to give in to others' demands, but it never felt right.
- e. **Nam:** Did you see how everyone was pressuring Linh to skip class yesterday?

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

**Question 15.**

- a. Despite these challenges, the trend towards remote work continues to grow and reshape the modern workplace.
- b. This shift has also allowed businesses to reduce costs related to office space and utilities.
- c. Telecommuting has become increasingly popular in recent years, especially with the rise of digital technology.
- d. Many companies now offer employees the option to work from home, which provides greater flexibility and saves commuting time.
- e. However, not everyone benefits equally, as some workers struggle with distractions or lack the proper equipment.

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

**Question 16.**

- a. With the help of my friends and family, I managed to stay strong and slowly recover.  
b. I didn't expect that the picture I posted on Facebook the other day would lead to such a painful experience.  
c. The hurtful words spread quickly, and I found myself overwhelmed by the negativity.  
d. In the end, I realised how important it is to be kind online and not let others define your worth.  
e. At first, a few people liked it, but then some strangers began leaving harsh and insulting comments.
- A. c – a – b – e – d      B. e – a – c – b – d      C. b – e – c – a – d      D. a – b – c – e – d

**Question 17.**

- a. **Mark:** Same with Jake - I've found it helps when I talk to him during a walk instead of sitting him down.  
b. **Linda:** I've been trying to get Emma to open up, but all I get are one-word answers.  
c. **Linda:** That's a good idea. Maybe I need to change how I approach the conversation.
- A. c – b – a      B. a – b – c      C. b – a – c      D. c – a – b

*Read the following passage about table manners and mark the letter A, B, C, or D to indicate the correct option that best fits each of the numbered blanks from 18 to 22.*

Table manners, which are deeply embedded in cultural identity, serve as a window into the traditions and social norms of a society, a concept that travellers often overlook until faced with an embarrassing faux pas. In Japan, for instance, slurping noodles loudly is not merely tolerated but encouraged, a practice (18) \_\_\_\_\_. Similarly, in India, eating with one's hands - specifically the right hand, as the left is traditionally considered unclean - is not just customary but deeply symbolic, reinforcing the connection between food and spirituality.

In Middle Eastern cultures, communal dining is a cornerstone of hospitality, with dishes placed at the centre of the table for all to share. The act of eating from the same platter, a tradition dating back centuries, (19) \_\_\_\_\_. Hands, rather than utensils, are often used to grab food, creating an intimate dining experience. However, strict rules govern this practice: the left hand must never touch the meal, and bread should be torn, not cut with a knife. (20) \_\_\_\_\_.

Western dining etiquette, by contrast, emphasises precision and restraint. Knives and forks are used in a specific order, and elbows must remain off the table - a rule enforced since childhood. (21) \_\_\_\_\_. Napkins, carefully placed on the lap, serve both practical and symbolic purposes, signalling refinement. These conventions, though seemingly rigid, reflect a broader cultural emphasis on order and self-discipline.

Understanding and adapting to local table manners is crucial for cross-cultural interactions. Ignorance of these customs can lead to awkward situations. Observed carefully, (22) \_\_\_\_\_.

**Question 18.**

- A. shows gratitude for the food  
B. of which the way to show respect for the dish  
C. that signifies appreciation for the meal  
D. expresses thanks for the meal

**Question 19.**

- A. that builds a sense of trust and connection
- B. fosters trust and solidarity among diners
- C. encouraging mutual respect and bonding at the table
- D. whose closer relationships and unity are promoted

**Question 20.**

- A. Breaking these customs, people can offend the link between etiquette and cultural respect
- B. Breaking these customs may offend, showing the link between etiquette and cultural respect
- C. But for these offensive customs, the link between etiquette and cultural respect would die
- D. Despite these offensive customs, the link between etiquette and cultural respect is clear

**Question 21.**

- A. Encouraging conversation, it is considered rude to chew with one's mouth open
- B. It is considered rude to encourage conversation without chewing with one's mouth open
- C. The encouragement of conversation makes chewing with one's mouth open rude
- D. Conversation is encouraged, but chewing with one's mouth open is considered rude

**Question 22.**

- A. a society's values and traditions are shown through cultural dining etiquette
- B. we are aware of a society's values and traditions through cultural dining etiquette
- C. cultural dining etiquette reveals much about a society's values and traditions
- D. there is a link between cultural dining etiquette and a society's values and traditions

*Read the following passage about not attending university and mark the letter A, B, C, or D to indicate the correct answer to each of the questions from 23 to 30.*

Not everyone chooses to go to university, and there are many reasons for this decision. Some people prefer to start working right after school to gain practical experience and earn money. Others may pursue vocational training or apprenticeships in fields like plumbing, carpentry, or healthcare, where hands-on skills are more valuable than a degree. Additionally, university can be expensive, and not everyone wants to **take on** student debt.

Another reason some avoid university is that they are unsure about their career path. Instead of spending years studying a subject they might not enjoy, they explore different jobs or start their own business. Many successful entrepreneurs, artists, and skilled workers never attended university but still built **fulfilling** careers. Self-learning, online courses, and networking can also provide valuable knowledge and opportunities without a formal degree.

However, not going to university comes with difficulties. **Some employers require degrees for certain positions, limiting job options.** Without higher education, career advancement might be slower, and salaries could be lower in some fields. Still, many industries value experience and skills over qualifications, allowing hardworking individuals to succeed.

The decision depends on personal goals and circumstances. University is a great path for some, but **it** is not the only way to build a successful future. With determination and the right opportunities, people can thrive without a degree.

**Question 23.** Which of the following is NOT mentioned as a field for students pursuing vocational training?

- A. healthcare
- B. business
- C. carpentry
- D. plumbing

**Question 24.** The phrase "**take on**" in paragraph 1 mostly means \_\_\_\_\_.

- A. avoid
- B. support
- C. face
- D. match

**Question 25.** The word “fulfilling” in paragraph 2 is opposite in meaning to \_\_\_\_\_.

- A. expensive                      B. dishonest                      C. terrible                      D. uncertain

**Question 26.** Which of the following best paraphrases the underlined sentence in paragraph 3?

**Some employers require degrees for certain positions, limiting job options.**

- A. If there were a requirement for degrees for specific jobs, job opportunities would be scarce.  
B. Job options are limited because some employers only hire degree holders for specific roles.  
C. Requiring degrees for certain jobs means restricting job opportunities for some employers.  
D. Most employers refuse to hire people without degrees, making job opportunities scarce.

**Question 27.** The word “it” in paragraph 4 refers to \_\_\_\_\_.

- A. decision                      B. path                      C. degree                      D. university

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

- A. Without a formal degree, job applicants have to rely on self-learning to network.  
B. Only by showing determination can people achieve success without a university degree.  
C. Joining the labour market is a more popular option than pursuing vocational education.  
D. Those working in sectors that prioritise practical experience still have a chance to thrive.

**Question 29.** In which paragraph does the writer mention examples of successful non-university paths?

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

**Question 30.** In which paragraph does the writer explore the challenges of not attending university?

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

*Read the following passage about stars of the vlogsphere and mark the letter A, B, C, or D to indicate the correct answer to each of the questions from 31 to 40.*

Helicopters circled the sky above Piccadilly Circus as the police officers below struggled to control the thousands of fans on the streets outside the bookstore. Who were the thousands of fans waiting for? That latest pop sensation? No, a 'vlogger' - a video blogger.

What makes vloggers so popular? Successful vloggers share some common characteristics. [I] They are outgoing, quick-witted and spontaneous in front of their webcams. There is also a lot of interaction with the audience and feedback on their videos. [II] This means vloggers can adapt the content of their videos to keep their viewers happy. [III] It is material that is made by young people for young people without any intrusion from media corporations. [IV] All these ingredients have created a two-way relationship between vloggers and their subscribers based on shared interests and trust that cannot be found between the providers and users of other media.

**However, it appears that those shared interests and that trust might become negatively affected by money.** Some of the big-name vloggers can earn up to £20,000 for displaying an advertisement on their channel. They also earn a lot for mentioning or reviewing a product in a vlog. About 1,000 vloggers around the world earn at least £100,000 a year from their YouTube income. And profits are sometimes earned at the expense of honesty.

So, will vlogs go the way of many TV programmes and films? Not according to the vloggers, who emphasise their creative independence over making money. However, Zoella, one of the few vloggers in the public eye in Britain, caused a scandal after publishing a book and claiming that it had always been her dream to write a novel. Shortly later, she had to admit that she had not written it alone and her name was just being used to sell it. Many media experts saw it as a sign that vlogging had lost its innocence and that large media corporations were taking control.



**Question 31.** Which of the following best summarises paragraph 1?

- A. Thousands of fans crowded Piccadilly Circus for a vlogger, not a pop star, overwhelming police and drawing helicopters.
- B. Police and helicopters controlled crowds in Piccadilly Circus for the arrival of a famous vlogger, not the latest pop sensation.
- C. Police were unable to manage large crowds of fans who gathered to meet a famous video blogger.
- D. Helicopters flew over Piccadilly Circus, where a popular vlogger made their first public appearance.

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

**What is more, thanks to the accessibility of modern technology, the vlogs can be watched anywhere at any time.**

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

**Question 33.** According to paragraph 2, which of the following is NOT true about a vlogger?

- A. They are smart and able to think quickly.
- B. They can do things without planning ahead.
- C. They are friendly and enjoy meeting people.
- D. They only target young social media users.

**Question 34.** The word “intrusion” in paragraph 2 is closest in meaning to \_\_\_\_\_.

- A. opposition
- B. interference
- C. discrimination
- D. violation

**Question 35.** Which of the following best paraphrases the underlined sentence in paragraph 3?

**However, it appears that those shared interests and that trust might become negatively affected by money.**

- A. Shared interests and trust will definitely suffer if money becomes involved.
- B. Common interests and trust seem to thrive when there’s no financial influence.
- C. It seems that money could impact shared interests and trust in a negative way.
- D. Trust and shared interests are strengthened when financial matters aren’t considered.

**Question 36.** The word “honesty” in paragraph 3 is opposite in meaning to \_\_\_\_\_.

- A. truthfulness
- B. awareness
- C. dependence
- D. deception

**Question 37.** The word “it” in paragraph 4 refers to \_\_\_\_\_.

- A. money
- B. dream
- C. book
- D. independence

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

- A. Vloggers can adjust the content of their videos based on their audience’s feedback.
- B. Zoella was one of very few vloggers who gained attention through a scandal.
- C. Every vlogger can make a good fortune by endorsing a product on their channel.
- D. The relationship between vloggers and their subscribers is mainly based on profits.

**Question 39.** It can be inferred from the passage that \_\_\_\_\_.

- A. becoming a vlogger is a profit-making career that will become a trend in years to come
- B. TV and film industries have already followed a path where profit compromises quality.
- C. vloggers like Zoella are examples of those trying to maintain their creative independence
- D. it is only the matter of time before vlogging is dominated by large media corporations

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

- A. Vloggers appeal to young audiences with independent, interactive content, largely affected by commercial pressures.
- B. Vlogging's popularity is built on a strong viewer connection but is mainly determined by financial interests.
- C. Young viewers favour vlogs over traditional media for their genuine, responsive style, free from corporate influence.
- D. Vloggers' popularity stems from engaging content and viewer interaction, but rising profits risk their authenticity.