

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 1 to 5.

Abu Dhabi

Why go: A blockbuster year of cultural openings – plus new theme park excitement

A sense of anticipation is hanging in the desert air. After years of development, the city's Saadiyat Cultural District, a project first signalled by the opening of Louvre Abu Dhabi in 2017, (1) _____.

The world's largest digital art museum, TeamLab Phenomena, has recently opened, followed by the landmark Zayed National Museum. (2) _____. Pearl diving wasn't invented in the Emirates, but it has a huge story to tell, as does the influence of Islam, the spread of Arabic and the vision of the country's founding father: the late Sheikh Zayed bin Sultan Al Nahyan.

(3) _____, which rises above the Arabian Gulf as a succession of giant sugar cubes and is inspired by the region's geology. And then there's the much-talked-about, much-delayed, largest-ever Guggenheim Abu Dhabi. Expect the cavernous modern art gallery in late 2026 or even later. (Just don't mention the projected US\$1bn/£751m cost.)

(4) _____. Yas Island's vast entertainment zone is expanding, with Warner Bros. World Abu Dhabi adding a Harry Potter extension and Yas Waterworld building an additional mega-zone of slides and rides. Plans are also progressing for the Middle East's first Disneyland, set to break ground on Yas in the coming years. It's all an ambitious experiment that's a long way from the yards and (5) _____.

(Adapted from *BBC News*)

Question 1.

- A. is finally entering its defining phase.
B. having entered its defining phase.
C. that has entered its defining phase.
D. when it entered its defining phase

Question 2.

- A.** where visitors can see what the collated dreams of the nation looked like before it struck rich with oil
B. where visitors can see how the collated dreams of the nation looked like before it struck rich with oil
C. whose visitors can see how the collated dreams of the nation were like before it struck rich with oil.
D. which helped visitors see how were the collated dreams of the nation like before it struck rich with oil.

Question 3.

- A.** Equally new amid the museum scrum is Natural History Museum Abu Dhabi
B. Natural History Museum Abu Dhabi is equally new amid the museum scrum
C. Natural History Museum Abu Dhabi is as new as the other museums
D. There is another museum, Natural History Museum Abu Dhabi new, too

Question 4.

- A.** Beyond culture, Abu Dhabi is doubling down on theme park tourism.
B. However, Abu Dhabi is doubling down on theme park tourism.
C. On the other hand, Abu Dhabi is cutting down on theme park tourism.
D. In addition to culture, Abu Dhabi is decreasing theme park tourism.

Question 5.

- A. sand forts that once defined the city.
B. sand forts once defined the city.
C. sand forts that was once defined the city.
D. sand forts having been defined the city.

Read the 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 6 to 13.

If you misplace your keys on a regular basis, you're not alone. Increased forgetfulness is a common part of ageing and there is a widespread belief that our cognitive abilities will decline as we get older. But cognitive impairments are not an inevitable part of ageing. There are steps we can all take to live well for longer, protecting our brains in the process.

In early **infancy**, our brain constantly builds new connections between neurons or strengthens existing ones. As children, more than one million new neural connections are formed every second in our first few years. But as we age this starts to slow down, especially when some of these connections are no longer needed.

One recent study showed that our brains go through five major "epochs" in our lifetime, with key turning points happening on average at the ages of 9, 32, 66 and 83 years old. **It found that our brains only hit their "adult" phase in our 30s as our brain regions become more compartmentalised while the architecture begins showing signs of ageing in our mid-60s.**

But these transitions in the way our brains are wired aren't the same for everyone, nor are **they** set in stone. Just as we exercise muscles to keep them strong, maintaining brain connections requires us to keep our minds active. One large study found that an active lifestyle can significantly delay or even help people avoid **dementia**. The team showed that education, socialising, work and leisure activities helped build up what's known as "cognitive reserve", which refers to the brain's ability to withstand any damage from ageing, as the brain can find new pathways to compensate, making the brain more resilient against any age-related decline.

I've spent the last few months delving into the science of how we can age better and speaking to experts for our brand-new newsletter course, Live Well For Longer, launching on 17 January 2026. We have packed it full of simple but actionable, science-backed exercises designed to give you a health boost that lasts.

(Adapted from <https://www.bbc.com/>)

Question 6. The word **infancy** in the sentence can be best replaced by _____.

- A. adulthood B. childhood C. old age D. maturity

Question 7. The word **dementia** in the passage is **OPPOSITE in meaning to** _____.

- A. cognitive reserve B. memory impairment
C. mental deterioration D. neurological disorder

Question 8. The word "**they**" in the sentence refers to _____.

- A. our brains B. everyone C. these transitions D. the ways

Question 9. Which of the following best paraphrases the sentence:

"It found that our brains only hit their "adult" phase in our 30s as our brain regions become more compartmentalised while the architecture begins showing signs of ageing in our mid-60s." ?

- A. The human brain only becomes fully mature in our 30s, while signs of structural ageing start to appear in the mid-60s.
B. The human brain reaches its adult stage in early adulthood, and brain ageing begins gradually from the 60s onward.
C. The human brain finishes developing in the teenage years, while structural changes linked to ageing emerge later in life.
D. The human brain matures at the age of 30 because brain regions become more compartmentalised and begins ageing during middle age.

Question 10. Which of the following is **NOT** mentioned in paragraph 4 as a way to build cognitive reserve?

- A. education B. socialising C. physical exercise D. leisure activities

Question 11. According to the passage, which of the following is **TRUE** about brain development?

- A. The brain stops forming new connections after childhood.
B. Neural connections increase most rapidly in old age.
C. Brain development continues but slows down as people age.
D. Brain connections weaken immediately after infancy.

Question 12. Which paragraph mentions that the brain goes through several major developmental stages at specific ages across a lifetime?

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

Question 13. Which paragraph mentions that keeping mentally active can help delay age-related cognitive decline?

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

Mark the letter A, B, C or D on your answer sheet to indicate the best arrangement of utterances or sentences to make a cohesive and coherent exchange or text in each of the following questions from 14 to 18.

Question 14.

- a. Susan: No way! I want a dog like that. My cat only sleeps and eats all day.
b. Tim: Do you see that man in the red hat? He's dancing with his dog in the rain!
c. Tim: Wait, now the man is singing! Oh, I think that's our new teacher for tomorrow...
A. a-c-b B. a-b-c C. b-a-c D. c-b-a

Question 15.

- a. Mary: That sounds good, and I have some bread in my bag, so we can feed the ducks too.
b. Mary: I like this park because it has many beautiful flowers, and the trees are very tall.
c. Mary: We can sit on that bench over there, or we can walk around the lake if you want.
d. David: Me too, but I think the playground is the best part, and my little sister loves the swings.
e. David: I'm a bit tired, so I prefer to sit down, and we can watch the ducks on the water.
A. b-d-c-e-a B. a-e-b-c-d C. d-a-c-b-e D. c-d-e-b-a

Question 16.

- If we learn about the products we buy, we can make choices that match our values, even though it takes more time and effort.
- Some clothing brands now share information about their factories because customers want to know who makes their clothes and how they are treated.
- Companies that protect the environment use materials that don't harm our planet, while others create pollution that affects everyone's health.
- When we choose items that are made in ethical ways, we help people who need safe working conditions, although these products might cost more.
- Many products we buy every day are cheap because workers in other countries do not receive fair pay, which is a serious problem.

A. e-c-d-b-a

B. e-a-c-b-d

C. e-d-c-b-a

D. e-c-d-a-b

Question 17.

Dear Maria,

I hope you are doing well. I wanted to tell you about something that happened last weekend.

- I was invited to a friend's house for dinner, but I made a small mistake because of cultural differences.
- Next time, I will make sure to observe what others do before I start eating.
- I didn't know this, so I started eating first. Everyone was kind, but I could tell they were surprised.
- In my country, it is polite to start eating as soon as the food is served. However, in their culture, it is important to wait until the oldest person begins eating.
- Later, my friend explained the custom to me, and I felt embarrassed. Still, I was happy to learn something new.

Have you ever experienced confusion like this when visiting another culture? I would love to hear your story.

Best wishes,

A. d - e - b - a - c

B. a - d - c - e - b

C. b - d - a - e - c

D. c - a - d - e - b

Question 18.

- People with malabsorption syndrome suffer from an impaired ability to absorb nutrients due to damage to the lining of their gut.
- This can be caused by a variety of different reasons, including Inflammatory bowel disease, celiac disease, radiotherapy and chemotherapy.
- Liver disease can also prevent the release of bile into the small intestine. Bile helps to digest fats, and without dietary fats, the body cannot absorb fat-soluble vitamins.
- In chronic pancreatitis, patients can no longer produce the enzymes that are crucial for digesting fats, proteins and carbohydrates.
- There are some people who face problems with getting vitamins from their food.

A. e-a-b-d-c

B. b-a-e-c-d

C. e-c-a-b-d

D. a-b-c-d-e

Read the following passage about the workforce of the future 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 19 to 28.

The Truth About Sugar-Free Diets

In recent years, sugar-free diets have gained popularity, with consumers increasingly aware of the health risks linked to excessive sugar intake. From diabetes to tooth decay and weight gain, the dangers are well recognized. In response, a booming market of diet sodas, low-calorie snacks, and sugar-free products has **emerged**. [I] But despite their growing appeal, many of these products may not deliver the expected health benefits.

A recent study published by researchers from the Harvard T.H. Chan School of Public Health warns that some artificial sweeteners may contribute to weight gain and metabolic issues. [II] The study found that while people often turn to sugar **substitutes** such as **aspartame or sucralose** in hopes of cutting calories, these chemicals may disrupt the body's natural hunger cues, increasing the risk of overeating and long-term weight gain.

[III] The findings also highlight that sugar-free products are often misunderstood by consumers. Though they lack sugar, they frequently contain preservatives, additives, and unhealthy fats. Some desserts marketed as "healthy" alternatives are high in trans fats – substances that have been linked to heart disease, obesity, and elevated cholesterol. **The research warns that an over-reliance on "sugar-free" labels can lead to dangerous dietary shortcuts.**

Nutritionist Dr. Helen Martin, one of the co-authors of the study, said the key lies in balance. "Cutting sugar alone won't solve the problem," she explained. "It's not just what you remove from your diet, but what you put in. Whole, nutrient-rich foods are essential for long-term health."

Still, for many consumers, the appeal of sugar-free products is hard to resist. In supermarkets and cafés, sugar-free items are often promoted as guilt-free options. [IV] As a result, people tend to consume larger portions, a phenomenon known as the “**health halo**” effect. The perception that these foods are healthier leads to overeating and can undermine weight management efforts.

In the society where dieting is becoming more and more popular, the focus on “sugar-free” foods might divert attention from more general nutritional knowledge. While sugar intake has decreased in some Western countries due to public health campaigns, the availability and marketing of low-sugar or sugar-free products continue to fuel misconceptions about healthy eating.

Experts now urge a shift in mindset. Instead of chasing quick fixes, they advocate for a sustainable approach: eating a balanced diet rich in vegetables, fruits, whole grains, and lean proteins. Reducing sugar is important—but only as part of a wider, more informed nutritional strategy.

(Adapted from <https://nutritionsource.hsph.harvard.edu>)

Question 19. The word “**substitutes**” in the passage 2 is closest in meaning to:

- A. replacements B. restorations C. nutrients D. vitamins

Question 20. Why does the author mention *aspartame* and *sucralose* in paragraph 2?

- A. To recommend using them in cooking B. To show how they help reduce calories
C. To explain the popularity of sugar-free foods D. To illustrate examples of artificial sweeteners

Question 21. Where would the following sentence best fit?

“This assumption, however, has been proven to be misleading by scientific evidence.”

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

Question 22. Which of the following best paraphrases the underlined sentence?

“The research warns that an over-reliance on “sugar-free” labels can lead to dangerous dietary shortcuts.”

- A. Only when consumers stop trusting “sugar-free” labels will they cut down on their sugary diet which is dangerous for their health.
B. The study cautions that depending too heavily on “sugar-free” claims may cause people to make risky choices in their eating habits.
C. Hardly had people relied on “sugar-free” labels when they began to follow proper dietary habits.
D. “Sugar-free” labels are always misleading and therefore should be banned to protect public health.

Question 23. According to paragraph 3, why can sugar-free desserts still be unhealthy?

- A. They are usually made from whole grains B. They often contain natural sweeteners
C. They are high in harmful fats and additives D. They lack flavor and cause cravings

Question 24. The term “**health halo**” in paragraph 5 refers to:

- A. The feeling of being energetic after eating sugar-free food
B. The benefit of natural sugars over added sugars
C. The belief that certain foods are healthy, leading to overeating
D. A special category of healthy food in In supermarkets and cafés.

Question 25. Which of the following best summarises the paragraph 6?

- A. Public health campaigns in Western countries have successfully eliminated sugar consumption and improved eating habits.
B. The popularity of sugar-free products may mislead people into ignoring broader principles of healthy nutrition.
C. Food companies promote sugar-free products mainly because sugar consumption has already become rare in modern society.
D. The decrease in sugar intake proves that dieting trends are more effective than nutritional education.

Question 26. What does the author suggest about sugar-free labels?

- A. They should be removed from products B. They are not enough to determine if a food is healthy
C. They guarantee weight loss results D. They are useful for tracking protein

Question 27. The word **They** in the last paragraph refers to _____.

- A. fixes B. experts C. foods D. products

Question 28. Which of the following best summarises the passage?

- A. In recent years, sugar-free diets have gained a lot of popularity because more and more consumers are fully aware that sugar poses more health problems than other ingredients, which leads to healthier eating habits and a decline in obesity rates.
B. Although sugar-free diets are widely promoted as a solution to sugar-related diseases, research suggests that artificial sweeteners and misleading “healthy” labels may cause overeating and other health risks unless balanced nutrition is maintained.

C. Artificial sweeteners have been scientifically proven to be more harmful than sugar, so governments should restrict sugar-free products and encourage people to return to traditional diets.

D. The growing popularity of dieting in modern society has forced food companies to develop healthier sugar-free products, helping consumers reduce sugar intake and improve metabolic health.

Read the following announcement 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 29 to 34.

Low-emission rice opens new avenues for Vietnamese agriculture in the global market

Hanoi properly implemented low-emission rice production emerging as a strategic pathway for Vietnam to (29) _____ its climate commitments while unlocking new opportunities (30) _____ a sustainable, high-value national rice brand. In the context of accelerating global climate change, reducing greenhouse gas emissions in agricultural production has become (31) _____ long-term and consistent national priority rather than an optional choice.

As one of the world's leading rice exporters, Vietnam faces growing pressure to maintain competitiveness in increasingly demanding global markets. (32) _____, the shift towards green, low-emission and sustainable agricultural models is essential, especially as global concerns over food security and climate change continue to (33) _____. International attention on Vietnam reflects rising confidence in the country's potential and leadership in climate solutions, particularly within the rice sector.

Following its commitment at COP26 to achieve net-zero emissions by 2050, Vietnam has identified agriculture as a priority sector for transformation. Rice production plays a central role in this process, as it underpins national food security and supports the livelihoods of millions of farmers. In recent years, the country has gradually moved away from a volume-driven production model towards one (34) _____ prioritises quality, added value and climate-smart practices, including improved water management and reduced input use.

(Adapted from <https://vietnamnews.vn>)

Question 29. A. meet

B. need

C. do

D. take

Question 30. A. build

B. buiding

C. to build

D. built

Question 31. A. a

B. an

C. the

D. Ø

Question 32. A. Therefore

B. However

C. Moreover

D. Furthermore

Question 33. A. decrease

B. intensify

C. mitigate

D. diminish

Question 34. A. who

B. where

C. when

D. that

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 35 to 40.

BEING A GLOBAL CITIZEN

What is a Global Citizen?

There is a great deal of debate and discussion around this question, as there is around the whole concept of globalisation.

A useful working definition, however, is offered by Oxfam: A Global Citizen is someone who:

- is aware of the wider world and feels a sense of their own role within it.
- respects and values (35) _____.
- has an understanding of how the world works.
- is outraged by (36) _____ and won't stand by in silence
- participates in the community from local to global levels
- is willing to take action to build a fairer, more (37) _____ world
- takes responsibility for their choices and actions

Why it matters for young people

To be effective Global Citizens, young people must be flexible, creative, and proactive. They need to (38) _____ solutions to problems, make decisions, think critically, communicate clearly, and work effectively in teams. These essential life skills are now widely (39) _____ as key to success in 21st-century workplaces.

How to develop these skills

These qualities grow best (40) _____ active learning, where students learn by doing, working together, and reflecting on real experiences.

(Adapted from <https://www.oxfam.org.uk/education>)

Question 35. A. equality

B. honesty

C. economy

D. diversity

Question 36. A. social justice issues

B. justice social issues

C. issues justice social

D. social issues justice

Question 37. A. sustain

B. sustainable

C. sustainably

D. sustainability

Question 38. A. put out

B. take out

C. work out

D. carry out

Question 39. A. recognised

B. expected

C. realised

D. discovered

Question 40. A. in

B. on

C. at

D. through

KEY

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