

KỶ THI OLYMPIC TRẠI HÈ HÙNG VƯƠNG**LẦN THỨ XIX, NĂM 2025****HDC Tiếng Anh_10_07***(Đề thi gồm 19 trang)***HDC MÔN: Tiếng Anh – LỚP: 10****Thời gian làm bài: 180 phút***(không kể thời gian giao đề)***SECTION I. LISTENING (50/200 points: 2 points/each correct answer)****Part 1. (14 points: 2 points/each correct answer)**

1. Sunday 2nd July/ Sun 2nd July	2. MARINA/Marina	3. 9.30/9.30 am/9:30/9:30 am/nine thirty	4. 1000/1,000/a thousand/one thousand
5. Hong Kong	6. parent permission/ parents' permission	7. life jackets	

Part 2. (16 points: 2 points/each correct answer)

8. symptoms	9. controversy	10. food diary	11. release
12. Frozen foods	13. shampoos	14. Blogs	15. vitamin C

Part 3. (10 points: 2 points/each correct answer)

16. T	17. T	18. F	19. F	20. T
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Part 4. (10 points: 2 points/each correct answer)

21. D	22. D	23. A	24. C	25. B
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SECTION II. GRAMMAR AND VOCABULARY (30/200 points: 1 point/each correct answer)**Part 1. (15 points: 1 point/each correct answer)**

26. C	27. B	28. A	29. A	30. D
31. B	32. B	33. C	34. A	35. D
36. C	37. C	38. B	39. C	40. B

Part 2. (5 points: 1 point/each correct answer including correction)

No	Mistake	Correction
41	to establish	establishing
42	well-intending	well-intentioned
43	have	has
44	avoid	void

45	unnoticeable	unnoticed
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Part 3. (10 points: 1 point/each correct answer)

46. flashpoints	47. atrophying	48. photosensitivity	49. oversights	50. cost-effective
51. inadequacy	52. self- renouncing	53. immediacy/ immediateness	54. bribery	55. unfailingly

SECTION III. READING COMPREHENSION (60/200 points)

Part 1. (10 points: 1 point/each correct answer)

56. D	57. C	58. C	59. C	60. A
61. D	62. A	63. B	64. D	65. B

Part 2. (10 points: 1 point/each correct answer)

66. other	67. common	68. for	69. named/called	70. not/hardly
71. did	72. how	73. usual	74. few	75. after

Part 3. (10 points: 1 point/each correct answer)

76. B	77. C	78. A	79. C	80. B
81. B	82. C	83. B	84. C	85. B

Part 4. (20 points: 2 points/each correct answer)

86. ii	87. i	88. vii	89. vi	90. authentic
91. elegant	92. widespread	93. NOT GIVEN	94. TRUE	95. FALSE

Part 5. (10 points: 1 point/each correct answer)

96. E	97. D	98. A	99. E	100. B
101. C	102. B	103. A	104. C	105. D

SECTION IV. WRITING: 60/200

Part 1: 20 pts

The mark given to part 1 is based on the following criteria:

1. Contents (10 points)

- The report **MUST** cover the following points:
 - Introduce the chart (2 points) and state the striking features (2 points)
 - Describe main features with relevant data from the charts and make relevant comparisons (6 points)
- The report **MUST NOT** contain personal opinions. (A penalty of 1 point to 2 points will be given to personal opinions found in the answer.)

2. Language use (10 points)

The report should:

- demonstrate a wide variety of lexical and grammatical structures,
- have correct use of words (verb tenses, word forms, voice, ...); and mechanics (spelling, punctuations, ...).

Part 2: 40 pts

The mark given to part 2 is based on the following criteria:

1. Task achievement (10 points)

- All requirements of the task are sufficiently addressed.
- Ideas are adequately supported and elaborated with relevant and reliable explanations, examples, evidence, personal experience, etc.

2. Organization (10 points)

- Ideas are well organized and presented with coherence, cohesion, and unity.
- The essay is well-structured:
 - Introduction is presented with a clear thesis statement introducing the points to be developed.
 - Body paragraphs develop the points introduced with unity, coherence, and cohesion. Each body paragraph must have a topic sentence and supporting details and examples when necessary.
 - Conclusion summarizes the main points and offers personal opinions (prediction, recommendation, consideration, ...) on the issue.

3. Language use (15 points)

- Demonstration of a variety of topic-related vocabulary
- Excellent use and control of grammatical structures

4. Punctuation, spelling, and handwriting (5.0 points)

- Correct punctuation, no spelling mistakes, and legible handwriting.

LISTENING TAPESCRIPTS:

PART 1. (IELTS PRACTICE TESTS PLUS 1 – Test 4, Section 1)

Female: Scope charity office, how can I help you?

Male: Oh hello. I'm ringing about the Dragon Boat Race that you're asking people to take part in

Female: Oh yes, we still need a few more teams. Are you interested in joining the race?

Male: Yes, we want to enter a team but we don't know anything about it? Could I ask you for some more information first?

Female: Of course.

Male: I don't even know when it's being held.

Female: **It's taking place on the 2nd July (Q1)** ...

Male: Is that a Saturday?

Female: No, it's a **Sunday (Q1)**. It's a much more popular day and more people can take part then.

Male: Right. And where's it being held?

Female: ... at the **Brighton Marina.**

Male: Oh, I'm an overseas student ... Could you spell that for me?

Female: Yes, it's **Brighton Marina**, that's **MARINA (Q2)**. Do you know where it is?

Male: I'm not sure.

Female: It's a couple of miles past the Palace Pier.

Male: Oh yes, I know it.

Female: You take a right turning off the coast road or you can cycle along the seafront.

Male: That's good. What time does the race start?

Female: Well, the first heats begin at 10.00am – but **you need to register half an hour before the t – at 9.30 (Q3)** and we really recommend that you aim to be there by 9. It's a good idea to arrange a meeting place for your team.

Male: Right ... And the race is to help raise money for charity?

Female: It is. We're asking every team member to try and raise £35 by getting friends and/or relatives to sponsor them. **Every crew member will receive a free tournament t-shirt if your team manages to raise £1,000 or more. (Q4)**

Male: Oh that's quite good.

Female: Also we're holding a raffle ... every crew member who takes part in the race this season will be entered into a free Prize Draw.

Male: Oh, what's the prize?

Female: It's pretty good – **it's a holiday in Hong Kong (Q5)**.

Male: Sounds great.

Female: Is there anything else you need to know?

Male: Could you just tell me a little bit more about the teams?

Female: Well, you need to have a crew of 20 people for your dragon boat... and you then need to agree on who's going to be the team captain... That would probably be you...

Male: Fine. Um, I've got a group of 20 people who are interested ... do all the team members have to be a certain age?

Female: Well there's no age limit as such but **if you have a team member who's under 18 then they have to get their parents' permission to take part. (Q6)**

Male: Yes, that makes sense.

Female: It isn't dangerous but we do have boats that turn over in the water and for that reason **we insist that everyone wears a life jacket as well and you can hire life jackets from us when your team arrives. (Q7)**

Male: What do you advise people to wear?

Female: Well, most people wear a t-shirt, shorts and trainers. I certainly wouldn't recommend that you wear jeans or boots. In fact, it's a very good idea to bring some spare clothes.

Male: OK.

Female: It can get quite cold and wet if the weather's bad. And there's quite a bit of hanging around especially if you qualify for the semi-finals or the final ...

Male: I see what you mean.

Female: Have you got a name for your team?

Male: Oh, not yet, no.

Female: Male: Oh OK.

Female: Well you need to decide on one and then put it on the entrance form which I'll send you... So if you'd like to give me your address...

PART 2: (Listening C2 – Six more practice tests for the Cambridge C2 Proficiency – Test 3, Part 2)

Today, I'm here to talk to you about histamine in food. Now, people associate histamine with allergies, and rightly so, but histamine is also our friend. It helps us stay awake and alert, and our bodies need it, but it's also essential to have it in the right quantity.

Rather than delving into allergies, today I'm going to be talking about histamine intolerance. While this is the official term, I'm not sure it's really accurate as its 'intolerance' in this sense is not particularly a *rejection* of histamine, but more an *overload*. Quite simply, some people cannot break it down effectively and end up with a longer-term reaction in their bodies. This reaction can range from anything – from headaches to stomach upsets or skin rashes. **The symptoms are virtually endless, and therefore hard to pin down, and unfortunately there is no known effective cure (Q8).**

It's a relatively new field of study at the moment, and has been embraced with enthusiasm in the nutrition and wellness world, yet it's still very much a bone of contention amongst many in the medical profession. This controversy stems from the fact that there's no test to diagnose it and not a great deal of scientific evidence for it – so far, anyway – but don't let that put you off (Q9).

Although blood tests can indicate a predisposition to this intolerance, it's better to keep a food diary and see if you could be having a reaction to high-histamine foods (Q10). If you can see a difference from your diet, then you've got to the bottom of the issue yourself. My philosophy is this: if you notice that foods high in histamine bother you, you don't need a doctor to prove you right.

So, let's talk about what foods are high in histamine... The simple answer is A LOT – cheese, chocolate, smoked meats – and even if the food doesn't have a high histamine content in itself, it may trigger a histamine release in our bodies (Q11), which is the case with produce such as tomatoes, walnuts, citrus fruits and many additives.

In addition to this, if you don't consume food when it's fresh, histamine can grow on it. This is why storing leftovers can be so problematic for people with histamine intolerance in comparison with frozen foods, which block that histamine production (Q12). And, unfortunately, it's not just food that can increase your histamine levels either. Chemicals and additives might contribute to this too, including even chlorine in swimming pools and additives in shampoos (Q13).

I can understand this might seem a little depressing at first, but if you think you might suffer from histamine intolerance, firstly educate yourself about what you can and can't eat. The number of cookery books on the subject are pitifully few at the moment. But that's not to say there isn't advice – you can come across lots of blogs on the subject with a quick search, which can help you adapt your daily menu and make you feel a hundred times better (Q14).

Also, there are lots of supplements that can be beneficial. Antihistamines, albeit effective in the short-term, aren't the best place to start, as they might cause a rebound. Drinking water certainly helps, but vitamin C supplements are certainly the star when it comes to countering histamine intolerance. I recommend these two things for all my patients (Q15).

Finally, understanding what foods do and don't work for you is a completely personal thing, and it must be remembered that what raises one person's histamine might not affect another's. It's really all about trial and error at first, but if you stick to it you'll discover the perfect diet for you.

PART 3: TED-Ed

From the Chinese Loong to the Filipino Bakunawa, the Scottish Beithir to the Greek Hydra, dragons have inflamed imaginations for millennia. Their ubiquity across world mythology has led many scholars to ponder their possible origins. Could it be that tales of dragons were crafted to make sense of violent weather events like storms or tornadoes? Did ancient peoples interpret volcanic eruptions or the unearthing of strange-looking bones as evidence that fire-breathing

beasts lurked nearby? Questions like these are central to geomythology, which examines the connections between myths and the geology of the regions where they originated. It's based on the idea that legends are more than just fiction; they're also preserved records of the past. And these stories can contain valuable insights into our ancestors' understanding of the natural world.

Beyond questioning the origins of mythical beasts like griffins, minotaurs, and dragons, geomythology can be a catalyst for scientific discovery. In Australia, for instance, researchers followed the clues in an ancient Indigenous Dreamtime legend, which recounts a star falling into a waterhole, to locate a previously uncharted meteor impact site (Q16). And the field has also helped to correct geological timelines.

Stories of Pele, the Hawaiian goddess of volcanoes, for example, led scientists to rethink the natural history of the Kīlauea volcano. Following the events in the goddess's journey, they recalibrated when it's believed the volcano first collapsed, forming the vast active caldera still present today.

So, what has geomythology uncovered about dragons? As far as we know, fire-breathing reptilian creatures never existed. And while it's unlikely that this diverse set of creatures shares a single origin, it's believed that some tales might be tied to the fossils of prehistoric animals. One such story is the Greek myth of Cadmus who, according to legend, defeated a fierce water dragon and sewed its jagged teeth into soil. It's known that the remains of mastodons, including their large and pointy molars, are abundantly scattered across Europe. This has led some to suggest that ancient storytellers may have crafted Cadmus's tale after unearthing these mastodon fossils. Paleontologists have similarly dug up mastodon bones in Chios, a Greek island that was once said to have been terrorized by another jagged-toothed dragon (Q17).

What's even more compelling is that the distinct physical features of dragons from different regions often mirror local fossil finds. The antlers of the auspicious and celebrated Chinese Loong may have been influenced by fossilized Pliocene deer skulls, which are commonly found in northern China. In the Siwalik Hills of Pakistan, legends of dragons with unique jeweled crests may have been inspired by the calcite crystals often embedded in local fossils, such as the Sivatherium, an extinct giraffe species (Q18).

Other beastly characteristics, like flame blowing, may have been connected to geothermal features like volcanoes and hot springs. Take the Chimera, a hybrid of a lion, goat, and dragon, supposedly originating in what's now Turkey. According to legend, the beast was slain by the hero Bellerophon, who thrust a block of lead into its fiery throat, choking it. Some scholars hypothesize that the fire-spitting natural gas vents in southern Turkey may have sparked stories of this flame-blowing beast (Q19). Similarly, the seemingly burnt landscapes of western Turkey, which are the result of ancient volcanic activity, could have stirred stories of the epic clash of Zeus and the hundred-headed Typhon. In fact, some tellings say the land itself was scorched by Zeus' bolts during their deadly duel. And more can be gleaned from

dragon myths than just their possible origins. In China, paleontologists often plan digs in regions well known for their supposed dragon bone deposits. **In fact, one of the richest areas in the world for finding dinosaur tracks is called Huanglonggou, which translates to Yellow Dragon Valley (Q20).** So while these mythical beasts may never have prowled our caves, skies, or seas, their tales continue to be a source of inspiration—in both fantasy and science alike.

PART 4: (Listening C2 – Six more practice tests for the Cambridge C2 Proficiency – Test 3, Part 3)

Interviewer Today, I'm talking to Ari Goldberg and Selina Garcia from the Climate Change Movement about an unusual renewable energy source which can power our cities. Firstly, can you clarify what is meant by 'unusual', Ari?

Speaker 1 Well, whereas you might have heard all about solar and wind energy, and perhaps even energy generated from tidal movements, we're talking about sewage – or 'wastewater' as it's also known. This by-product comes from household sources like flushing toilets, doing laundry and so on, as well as from industrial processes. **What's hard to grasp is that until recently all this energy just vanished into thin air (Q21).**

Interviewer And I presume that people in the Climate Change Movement are fully on board with this idea, Selina?

Speaker 2 Whether we like it or not, reliance on fossil fuels has to come to an end. I know that there have been some headlines saying the public might find the concept of utilising our wastewater a little distasteful, but the origin of our energy sources is frankly neither here nor there. **I mean, historically, the vast majority of the public has shown little interest in how our energy is produced by dirty industries like oil and coal, so the suggestions that they might be disgusted about energy made from sewage get on my nerves a bit (Q22).**

Speaker 1 **I think we should be entirely practical about it and put our emotions to one side (Q23).** The bottom line is that wastewater contains massive amounts of thermal energy and the supply is endless, so harnessing it seems a 'no brainer'. And, besides, it's already been implemented and is paying dividends in countries such as Sweden and Canada.

Interviewer Oh, really? Well, how have they managed to get everyone behind it if it's seen as controversial here in the media?

Speaker 1 The key to it is government policy more than technical know-how. The decision-makers are rarely scientists in their own right, and while they may have a workable knowledge of chemistry, say, they're likely to be out of their depth on these projects. **However, it's on us to make sure city planners and politicians know that they bring a l**

ot to the table, and we need their expertise too. Both sides kind of have to take a leap of faith, and this is what happened in these places.

Speaker 2 And it's also about getting the right tone. So, if we look at how people and politicians there were encouraged to think more positively about the costs, for example it's interesting. When it is explained effectively to citizens that their concerns are outweighed by the gains for the community, and when words like 'climate-friendly', 'sustainable' and 'renewable' are thrown around in discussions, you get their attention – for the right reasons (Q24).

Interviewer Ah, yes. I can see how that puts a much more positive spin on the whole idea. And are there any lessons to be learnt from these success stories, Selina?

Speaker 2 We have plenty of case studies to consult that help to work out the technical feasibility of the intended location. The cities that have moved to more of a circular system, where energy is used and reused, are great at working with others – they show how small-scale examples, like a water-treatment facility using the heat from the wastewater in its processing procedures to power the facility itself, can be scaled up across an urban area.

Speaker 1 Sharing what has and hasn't worked in the energy community is fundamental to scaling this up rapidly on the global stage. There's no point in countries keeping their technology and know-how to themselves as we're all in this together, fundamentally (Q25).

Interviewer Well, thank you both for your valuable insights into a fascinating topic.