



SKILLS

READING



VIII. Read and complete each numbered blank in the passage with the correct answer A, B, C, or D.

Exercise and Teenagers

Lifestyles that are learned in childhood are more likely to stay with the child into (1) \_\_\_\_\_. The best way to promote healthy lifestyles is for the whole family to become involved.

A daily exercise program is a fun way to share (2) \_\_\_\_\_ activity with family members while establishing good habits. Parents can help teens choose and plan appropriate activities. Teenagers need at least 60 minutes of physical activities on most days to maintain good health and weight. Some vigorous activities for the (3) \_\_\_\_\_ family are brisk walking, running, or cycling. Even low-to-moderate ones like pleasure walking, climbing stairs or dancing can be helpful. During physical activity, parents should encourage teens to drink fluid regularly. Also, they should have (4) \_\_\_\_\_ drink much water or other fluid with no added sugar after the activity is completed.

Exercise is an important part of keeping teens healthy. Parents should encourage healthy habits by replacing sedentary activities with activities that require more (5) \_\_\_\_\_ in the family.

- |                |              |                  |             |
|----------------|--------------|------------------|-------------|
| 1. A. life     | B. teenagers | C. adulthood     | D. future   |
| 2. A. physical | B. mental    | C. mind          | D. gesture  |
| 3. A. whole    | B. total     | C. main          | D. major    |
| 4. A. him      | B. them      | C. her           | D. you      |
| 5. A. sitting  | B. fun       | C. communication | D. movement |

IX. Read the passage and complete each sentence with no more than two words taken from the passage.

Now more than ever, teens are under immense pressure to look a certain way. Studies show that social media significantly increases the risk of body dissatisfaction in teens. Contents on social media may contain unrealistic beauty standards as well as dangerous "diet advice". Many teens give priority to achieving such standards, so they imitate the eating patterns of influencers, models, and celebrities. This can harm their physical and mental health.



It is completely normal for everyone to want to fit in and look a certain way. However, it is essential to never put one's health at risk in order to lose weight or change the body shape. Teens should be aware that their body will change as they grow and develop, and there can be fluctuations in body weight during adolescence. Eating nutritious foods and staying active can keep them healthy and happy.

If teens struggle with their body image or body weight, they should tell a healthcare counsellor or other adult. If they are not comfortable telling an adult in their life, they can reach out to a health hotline for support and resources rather than following untrusted diet advice on social media.

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

1. Many \_\_\_\_\_ which social media promote these days are unrealistic.
2. A lot of teens copy \_\_\_\_\_ of celebrities in the hope of achieving a beautiful body image.
3. Teens should not put their health \_\_\_\_\_ in order to change their body shape.
4. If teens want to be healthy and happy, they should be active and eat \_\_\_\_\_.
5. If teens need advice on body image, they should talk to an adult they know or a \_\_\_\_\_, or call a health hotline.

**X. Read the passage and choose the correct answer A, B, C, or D.**

**How social media affect teens' mental health**

In a recent study, more than one-third of teens say that they are using social media sites such as YouTube, TikTok, Instagram and Facebook. There are certain risks to teens' mental health when they overuse social media.

First, too much use of social media can occupy their time for other important activities. They may be reluctant to be in person with friends and family or not get enough sleep. If these problems continue in a long time, teens may suffer from stress and anxiety. Second, contents on social media may be violent, dangerous or inaccurate. Watching violent acts may give teens the sense that aggression is normal and acceptable. This may lead them to behave aggressively as what they see online. Social media can also present idealised images of people, which may result in increasing worries about body image in teens.

All in all, it is important that parents encourage healthy social media habits for their teens. They may do so by establishing family rules about social media use, being a role model of healthy internet use, and having ongoing conversations with teens about their activities on social networking sites. These should be done on a regular basis.

1. According to the text, about \_\_\_\_\_ of teens are using social media.  
A. 33%                      B. 25%                      C. 20%                      D. 13%
2. The lack of \_\_\_\_\_ and in-person contact with friends may lead to teens' stress and anxiety.  
A. family                      B. social media                      C. contents                      D. sleep
3. Seeing violence on social media sites may result in teens' \_\_\_\_\_ behaviours.  
A. normal                      B. acceptable                      C. anxious                      D. aggressive
4. Parents should establish good social media \_\_\_\_\_ for their teens.  
A. sites                      B. habits                      C. image                      D. safety
5. The word ongoing in the last paragraph is closest in meaning with \_\_\_\_\_.  
A. moving                      B. never-ending                      C. regular                      D. immediate

### SPEAKING

XI. Choose the best option A, B, C, or D to indicate the most suitable response to complete each of the following exchanges.

1. Tom: Are you going to the counselling meeting this afternoon?  
Peter: \_\_\_\_\_  
Tom: Are you going to the counselling meeting this afternoon?  
A. Sorry?                      B. Yes, I am.  
C. No, I'm not.                      D. I don't know.
2. Jenny: I don't sleep well these days.  
Nick: \_\_\_\_\_  
A. I don't feel well.  
B. You should try to have better sleep.  
C. Do you use your mobile phone before going to sleep?  
D. That's good for you.
3. George: Excuse me, where can I buy the monthly bus ticket?  
Man: \_\_\_\_\_  
George: Do you know where I can buy the monthly bus ticket?  
A. Go to the ticket box at the gate.                      B. Bus tickets are really cheap.  
C. Sure, please go this way.                      D. I beg your pardon.



4. Nam: \_\_\_\_\_

Ben: You can. Don't delay studying until the night before the exam.

- A. What can I study for Maths?
- B. I can't learn all these pages for the test!
- C. How can I hand in my assignment to the teacher?
- D. Can you tell me the exam time?

5. Trang: \_\_\_\_\_

Kim: I eat fewer fattening foods and more vegetables.

- A. Does he keep a well-balanced life?
- B. How do you look after your physical health?
- C. What foods are expensive, mum?
- D. You should give your brain a rest.



## LISTENING

XII. Listen and choose the correct answer A, B, C, or D. 

1. The speaker says that the teenage years are \_\_\_\_\_.  
 A. energetic                      B. lonely                      C. busy                      D. happy
2. According to the speaker, what does a lack of sleep cause to teenagers?  
 A. Energy boost                      B. Concentration loss  
 C. Pressure                      D. Stress
3. According to the speaker, what may happen if teens use energy drinks on a daily basis?  
 A. More sleeping problems                      B. Increasing caffeine  
 C. Addiction to sugar                      D. Heart diseases
4. The speaker says that foods which are rich in \_\_\_\_\_ can bring about good energy for teens.  
 A. water                      B. vitamin                      C. fat                      D. iron
5. What is the main idea of the talk?  
 A. Good energy drinks for health  
 B. Advice on increasing energy level for teens  
 C. New kinds of energy drinks without sugar  
 D. Bad impact of caffeine on teens' energy level

**XIII. Make complete sentences from the clues.**

1. Time management / important skill / students.  
\_\_\_\_\_
2. Keeping / task planner / good way / you / manage / work.  
\_\_\_\_\_
3. It / hard / maintain / well-balanced life / if / have many things / do.  
\_\_\_\_\_
4. avoid distractions, / you / turn / cell phone / when / study.  
\_\_\_\_\_
5. You / optimistic / you want / improve / mental health.  
\_\_\_\_\_

**WRITING**

**XIV. Circle the correct answer A, B, C, or D which is closest in meaning to the original one.**

1. Good time management skills can be beneficial to teens in many ways.
  - A. There are many advantages for teens if they can manage time well.
  - B. Time management skills are good for teens to learn.
  - C. There are many ways for teens to practise time management skills.
  - D. Managing time is an essential skill that teens must learn.
2. Wise time management can help teens perform better at school.
  - A. Teens can learn to manage time better at school.
  - B. If teens want to perform well, they should spend more time at school.
  - C. If teens spend time wisely, they can have better performance at school.
  - D. Most schools manage their students wisely so that they perform better.
3. They can have more opportunities to relax and less concern about late submission of assignments.
  - A. They can have more opportunities to relax their submission of assignments.
  - B. They don't have to concern about not being able to submit assignments on time.
  - C. They may feel more relaxed after submitting their assignments.
  - D. They can relax more and worry less about handing in assignments late.

4. Teens should learn to arrange time appropriately for studying and relaxing.
- A. Teens should give priority to studying and relaxing over housework.
  - B. Setting aside proper time for classwork and relaxation is what teens should learn.
  - C. If teens learn to manage time well, they can have a lot of time to relax.
  - D. Teens should be optimistic if they want to arrange time appropriately.
5. Keeping a task planner can help teens to schedule their tasks more effectively.
- A. A task planner is a good way to schedule meetings effectively.
  - B. By using a task planner, teens can arrange their tasks in a better way.
  - C. With a task planner, teens learn to manage their classes better.
  - D. Teens can omit ineffective classes if they have a task planner.

