

## PRACTICE TEST

### I. LANGUAGE

Chọn từ (ứng với A hoặc B, C, D) ứng với từ có trọng âm chính nhân vào âm tiết có vị trí khác với ba từ còn lại:

1. A. location      B. essential      C. question      D. formation

Chọn từ (ứng với A hoặc B, C, D) có phần gạch chân được phát âm khác với ba từ còn lại:

2. A. congested      B. impressive      C. nourishing      D. addicted

Chọn phương án đúng (ứng với A hoặc B, C, D) để hoàn thành mỗi câu sau:

3. When the lights turn green, I cross the street at a \_\_\_\_\_.

- A. sidewalk      B. roundabout      C. crosswalk      D. highway.

4. Tourists must not leave their marks on the country's national parks or \_\_\_\_\_ the landscapes by creating their own trails.

- A. remind      B. litter      C. hunt      D. damage

5. The Grand Canyon is a \_\_\_\_\_ natural wonder in the USA.

- A. difficult      B. harmful      C. risky      D. spectacular

6. Ha Long Bay is \_\_\_\_\_ than Mui Ne Beach.

- A. more much beautiful      B. much more beautiful  
C. much beautiful      D. the most beautiful

7. If people keep \_\_\_\_\_, the environment will be polluted.

- A. litter      B. littering      C. litters      D. littered

8. At 6 p.m. last week, he \_\_\_\_\_ a movie called "Aquaman 2".

- A. was watching      B. were watching      C. watched      D. had watched

Chọn từ (ứng với A hoặc B, C, D) có phần gạch chân được phát âm khác với ba từ còn lại:

9. A. weather      B. ahead      C. bread      D. mean

Chọn từ (ứng với A hoặc B, C, D) ứng với từ có trọng âm chính nhân vào âm tiết có vị trí khác với ba từ còn lại:

10. A. difference      B. occasion      C. committee      D. discovery

Chọn phương án đúng (ứng với A hoặc B, C, D) để hoàn thành mỗi câu sau:

11. Regular \_\_\_\_\_, such as walking or jogging are essential for good health.

- A. exercises      B. activities      C. trainings      D. practices

12. The \_\_\_\_\_ of this natural wonder attracts thousands of tourists each year.

- A. amount      B. ranger      C. beauty      D. law

13. You need to avoid \_\_\_\_\_ too much junk food if you want to lose weight.

A. eat                      B. eating                      C. to eat                      D. eaten

14. \_\_\_\_\_ junk food may taste good, it is usually high in calories and low in nutrients.

A. Because                      B. Although                      C. Because of                      D. Despite

15. If you \_\_\_\_\_ to be a psychologist, you must study hard.

A. wants                      B. want                      C. wanted                      D. wanting

16. Mount Everest, \_\_\_\_\_ is the highest mountain in the world, attracts thousands of climbers every year.

A. which                      B. who                      C. where                      D. when

**Chọn từ (ứng với A hoặc B, C, D) ứng với từ có trọng âm chính nhấn vào âm tiết có vị trí khác với ba từ còn lại:**

17. A. sidewalk                      B. struggle                      C. owner                      D. provide

**Chọn từ (ứng với A hoặc B, C, D) có phần gạch chân được phát âm khác với ba từ còn lại:**

18. A. attract                      B. traffic                      C. crosswalk                      D. accident

**Chọn phương án đúng (ứng với A hoặc B, C, D) để hoàn thành mỗi câu sau:**

19. My health improved a lot \_\_\_\_\_ my recent diet change.

A. although                      B. because                      C. because of                      D. despite

20. Ba Be National Park isn't \_\_\_\_\_ Phong Nha – Ke Bang national Park.

A. as big as                      B. bigger                      C. big                      D. much bigger

21. The traffic was \_\_\_\_\_ that we missed our flight.

A. so heavy                      B. such heavy                      C. so heavily                      D. such heavily

22. Experts suggest reading labels carefully before buying food to avoid harmful \_\_\_\_\_

A. detox                      B. myths                      C. chemicals                      D. risk

23. The cave is not \_\_\_\_\_ because of its narrow entrance.

A. accessible                      B. access                      C. accessibly                      D. accessibility

24. Schools should use the cafeteria to \_\_\_\_\_ healthy food choices by offering a variety of nutritious.

A. maintain                      B. promote                      C. communicate                      D. addict

**Chọn từ (ứng với A hoặc B, C, D) có phần gạch chân được phát âm khác với ba từ còn lại:**

25. A. virus                      B. skincare                      C. direct                      D. fine

**Chọn từ (ứng với A hoặc B, C, D) ứng với từ có trọng âm chính nhấn vào âm tiết có vị trí khác với ba từ còn lại:**

26. A. communicate                      B. pedestrian                      C. innovation                      D. spectacular

**Chọn phương án đúng (ứng với A hoặc B, C, D) để hoàn thành mỗi câu sau:**

29. \_\_\_\_\_ I don't like vegetables, I try to eat some every day as I know they are good for me.
- A. Although                      B. Despite                      C. In spite of                      D. Because
28. I'd like to visit Son Đòong Cave to \_\_\_\_\_ the natural beauty of the world's largest cave.
- A. float                      B. explore                      C. explode( bùng nổ)                      D. climb
29. A(n) \_\_\_\_\_ person is at a higher risk of developing various health conditions such as heart disease and diabetes.( bệnh tiểu đường)
- A. healthy                      B. lazy                      C. obese( béo phì)                      D. slim
30. Many experts expect \_\_\_\_\_ a significant rise in the use of renewable energy sources as a future trend.
- A. seeing                      B. see                      C. to seeing                      D. to see
- 31 Bridge of Paleokarya, \_\_\_\_\_ is behind an amazing waterfall, is one of the most scenic attractions in Greece.
- A. which                      B. who                      C. where                      D. that
32. Tourists usually enjoy \_\_\_\_\_ Victoria Falls Bridge crossing the Zambezi River with a spectacular view.
- A. visits                      B. visit                      C. visited                      D. visiting

## II. READING:

**Task 1. Đọc kỹ đoạn văn sau và chọn phương án đúng (ứng với A,B,C hoặc D) cho mỗi chỗ trống:**

Today, people seem to focus so much on their physical look that they become addicted (1) \_\_\_\_\_ going to the gym all the time. It's common that people (2) \_\_\_\_\_ too much exercise, leaving them feeling exhausted after training. As a consequence, over-exercising makes them run out of energy needed for the rest of the day. Moreover, the fact that people work out too much increases the risk of injury. They easily get muscle pain if they (3) \_\_\_\_\_ themselves too hard to achieve their health goals.

Another negative aspect is that people spend their limited free time, after a stressful work schedule, exercising at the gym. This may keep them away from their friends and family. It's sad (4) \_\_\_\_\_ our relationships and other important parts of our lives just to spend too much time at the gym.

1. A. to                      B. for                      C. about                      D. of
2. A. make up                      B. take on                      C. make of                      D. take up
3. A. push                      B. pull                      C. put                      D. pay

4. A. give up                      B. to give up                      C. giving up                      D. gave up

**Task 2: Đọc kĩ đoạn văn sau và chọn phương án đúng (ứng với A hoặc B, C, D) cho mỗi chỗ trống.**

Maintaining a healthy lifestyle involves a combination of good habits. First, it is important to have a balanced diet that includes various types of food to provide the body with the necessary (1) \_\_\_\_\_. Foods rich in vitamins, minerals, and proteins help strengthen the immune system, while carbohydrates and fats provide the energy needed for daily activities. Regular exercise is equally important, as it helps burn excess calories and keeps the body (2) \_\_\_\_\_. It is recommended that adults get at least 150 minutes of moderate aerobic activity each week. Moreover, drinking plenty of water is vital because it (3) \_\_\_\_\_ the body hydrated and helps in digestion and circulation. In addition, getting enough sleep is essential for good health. Poor sleep habits can lead to several health problems, such as obesity and heart disease. Finally, managing stress through activities like meditation or yoga can greatly improve mental well-being. Combining these elements is the key (4) \_\_\_\_\_ living a fit and happy life.

1. A. nutrients                      B. sugars                      C. toxins                      D. ingredients  
2. A. inactive                      B. healthy                      C. tired                      D. sick  
3. A. kept                      B. keep                      C. keeps                      D. keeping  
4. A. on                      B. to                      C. at                      D. in

**Task 3: Đọc kĩ đoạn văn sau và chọn phương án đúng (ứng với A hoặc B, C, D) cho mỗi câu**

### THE REALITIES OF URBAN LIVING

Urban life is fast-paced and full of energy. People from different cultures and backgrounds come together in big cities, creating a unique environment. There are many **opportunities** in urban areas, such as better job prospects, educational institutions, and various entertainment options. However, living in a big city also has its downsides. High living costs, noise pollution, and crowded public spaces are just a few of the common challenges. Many people find it stressful to live in such an environment and often seek ways to **balance** work and leisure. The key to enjoying urban life is finding a routine that works for you and taking advantage of the city's resources.

**1. What is the main idea of the passage?**

- A. Urban life is always enjoyable.  
B. Urban living is diverse and full of opportunities.  
C. Cities are quiet places to live.  
D. Urban life has no challenges.

2. The word “**opportunities**” in paragraph 1 is **CLOSEST** in meaning to \_\_\_\_\_.

- A. chances                      B. risks                      C. changes                      D. challenges

3. Which of the following is **NOT** mentioned as a feature of urban life?

- A. Fast-paced lifestyle.  
B. Availability of cultural activities.  
C. Crowded public spaces.  
D. Rural farming practices.

4. Which of the following is **NOT** a benefit of urban life?

- A. Better educational opportunities  
B. More entertainment options  
C. Higher job opportunities  
D. Limited public transportation

**Task 4:** Đọc kỹ đoạn văn sau và chọn phương án đúng (ứng với A hoặc B, C, D) cho mỗi câu:

### Healthy Living

Living a healthy lifestyle is important for both physical and mental well-being. A balanced diet, regular exercise, and sufficient sleep are key factors in maintaining good health. Eating plenty of fruits and vegetables provides essential vitamins, while avoiding too much sugar and fast food helps prevent diseases like diabetes and obesity.

Exercise is also **crucial**. Experts recommend at least 30 minutes of physical activity each day, such as jogging, cycling, or even walking. Exercise strengthens muscles, improves heart health, and reduces stress. Besides, getting enough sleep is just as important. Sleep allows the body to rest and recover, keeping the mind fresh and focused.

In addition, managing stress plays a big role in staying healthy. Activities like meditation, reading, or spending time with family can help people feel more relaxed. Living healthily requires effort, but the benefits are worth it. By making small changes in daily habits, anyone can improve their quality of life.

1. What is the main idea of the passage?

- A. The importance of a healthy lifestyle                      B. The dangers of eating fast food  
C. How to build strong muscles                      D. Why people should sleep more

2. What does the word “**crucial**” in paragraph 2 mean?

- A. Easy    B. Necessary    C. Dangerous    D. Expensive

3. Why should people avoid eating too much sugar and fast food?

- A. It makes them stronger                      B. It helps them sleep better

C. It can cause health problems                      D. It improves brain function

4. What can be inferred from the passage?

- A. Living a healthy life is difficult and not worth the effort
- B. People can improve their health by making small changes
- C. Only young people need to exercise regularly
- D. Stress has no effect on a person's health