

BỘ GIÁO DỤC VÀ ĐÀO TẠO TRƯỜNG ĐẠI HỌC SƯ PHẠM HÀ NỘI	KÌ THI TUYỂN SINH VÀO LỚP 10 TRƯỜNG THCS & THPT NGUYỄN TẤT THÀNH NĂM HỌC 2025 – 2026 Môn thi: TIẾNG ANH
ĐỀ THI THAM KHẢO (Đề thi gồm 04 trang)	Thời gian làm bài: 60 phút (không kể thời gian phát đề) Mã đề: 108

PHẦN TRẮC NGHIỆM

(Lưu ý: Thí sinh làm bài trên phiếu trả lời trắc nghiệm)

Mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.

Question 1. _____ sun is one of the most important sources of energy on Earth.

- A. The B. An C. A D. No article

Question 2. We usually gather in the cafeteria _____ lunchtime to chat and relax before returning to our afternoon classes.

- A. in B. on C. at D. with

Question 3. The government organizes campaigns to _____ people to use public transportation.

- A. threaten B. encourage C. challenge D. force

Question 4. _____ new languages opens up many opportunities for personal growth.

- A. Learnt B. Learning C. Learn D. To learning

Question 5. My grandmother is looking after us because my mum is away on a business _____.

- A. way B. journey C. travel D. trip

Question 6. After running for 30 minutes, I was a bit _____ and had to take a break.

- A. excited B. tired C. optimistic D. relaxed

Question 7. Online learning is often _____ than traditional classes because students can study at their own pace.

- A. convenient B. the most convenient C. more convenient D. as convenient

Question 8. _____ refers to the cutting down of trees and forests, usually to make space for farming or urban development.

- A. Pollution B. Ice-melting C. Deforestation D. Littering

Question 9. This is a cheap and simple process. _____, there are some dangers.

- A. In addition B. However C. Therefore D. As a result

Question 10. My train _____ at 11.30, so I need to be at the station by 11.15.

- A. leaves B. is leaving C. will leave D. is going to leave

Question 11. I have two brothers, both of _____ want to become pilots in the future.

- A. who B. them C. that D. whom

Question 12. To improve my speaking skill in English, I am using _____ apps.

- A. a few B. few C. little D. a little

Question 13. It's important to find a good _____ between work and personal life to stay healthy and happy.

- A. decision B. balance C. reason D. success

Question 14. During the summer break, I decided to _____ painting as a way to relax and be creative.

- A. take up B. turn down C. put off D. look after

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.

FriendZone Club

FriendZone Club announced today that they will (15) _____ a new Friendship Hub in the center of the city by the end of this year. Sarah Nguyen, a club coordinator, said they hope to build stronger communities and (16) _____ loneliness among young people. Volunteers have shared their excitement about working at the club. Up to 2,000 students will make new friends and enjoy social activities if the club (17) _____ with their plan.

Question 15. A. close B. remain C. open D. ban

- Question 16.** A. reduce B. reducing C. reduced D. to reduce
Question 17. A. is changing B. changed C. will change D. changes

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.

Dear User721,

We received your email this morning. In your email, you (18) _____ a password reminder for your Facebook account. As it is impossible for us to get your original password back, we have generated a new one. Your new password is Ran721. Please use this password to (19) _____ Facebook next time. Then, you can change your password if you wish. Note that this is an (20) _____ generated email. Please do not reply.

Best wishes,

Facebook Support Team

- Question 18.** A. asked B. requested C. questioned D. wondered
Question 19. A. log in B. set up C. break into D. turn off
Question 20. A. automatic B. automatically C. automated D. automate

Mark the letter A, B, C or D on your answer sheet to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

Question 21. As artificial intelligence continues to replace human workers, many fear they could soon find themselves on the dole.

- A. moneyless B. homeless C. jobless D. useless

Question 22. Online learning platforms have **considerably** improved access to education for students in remote areas. Students can now join classes from home with just an internet connection.

- A. thoughtfully B. significantly C. moderately D. slightly

Mark the letter A, B, C or D on your answer sheet to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.

Question 23. The football match was rescheduled because of the adverse weather conditions.

- A. favorable B. bad C. frequent D. severe

Question 24. The team of firefighters was praised for having managed to **put out** a massive fire in record time, saving dozens of homes and many lives.

- A. repaired B. controlled C. stopped D. started

Questions 25–29. Read the passage below and choose the best answer to fill each gap.

Healthy living habits are important for everyone. To live a healthy life, you should eat a balanced diet. This means (25) _____ fruits, vegetables, whole grains, and proteins. Try to avoid too much sugar and junk food. Drinking enough water is also essential. Aim for at least eight (26) _____ a day to stay hydrated.

Exercise is another key part of healthy living. You don't need to go to the gym every day. Simple (27) _____ like walking, cycling, or dancing can be fun and good for your body. Aim for at least 30 minutes of exercise most days of the week.

(28) _____ enough sleep is very important too. Try to sleep for 7 to 9 hours each night. Good sleep helps your body recover and keeps your mind (29) _____.

Finally, remember to manage stress. You can do this by spending time with friends, practicing hobbies, or trying relaxation techniques like meditation. These habits can help you feel better and live a happier life!

- Question 25.** A. eat B. to eat C. eating D. eaten
Question 26. A. buckets B. vases C. bars D. glasses
Question 27. A. activities B. materials C. advantages D. programs
Question 28. A. Doing B. Getting C. Giving D. Making
Question 29. A. sharp B. heavy C. high D. bold

