

C. ĐỀ THAM KHẢO

Listen and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions. YOU WILL LISTEN TWICE.

Question 1. What are doctors in Britain worried about?

- A. health of teenagers
- B. health of the older
- C. health of children
- D. health of the doctors themselves

Question 2. What do teenagers not eat much?

- A. chips
- B. crisps
- C. fast food
- D. vegetables

Question 3. Where did fast food originate?

- A. England
- B. Australia
- C. America
- D. Vietnam

Question 4. Why is fast food unhealthy?

- A. it does not contain salt and fat
- B. it is made dirtily
- C. it does not contain vitamins and minerals
- D. it has too many vitamins and minerals

Mark the letter A, B, C, or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

Question 5. A. surfing B. heard C. birth D. arrange

Question 6. A. donated B. provided C. flooded D. changed

Mark the letter A, B, C, or D on you answer sheet to indicate the word that differs from the rest in the position of the main stress in each of the following questions.

Question 7. A. homesick B. explain C. allow D. expect

Question 8. A. donate B. affect C. homeless D. exchange

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

Question 9. My father loved _____ horse-riding when he was young.

- A. doing
- B. going
- C. playing
- D. taking

Question 10. My sister's hobby is sewing, and she can get the sewing patterns from the _____ magazines.

- A. fashion
- B. cooking
- C. sports
- D. science

Question 11. Sunscreen, _____, hats and gloves can protect sensitive skin from sunburn.

- A. chapped lips
- B. red spots
- C. lip balm
- D. dry hair

Question 12. This huge bookshop has about 1 million new and _____ books.

- A. use
- B. uses
- C. used
- D. using

Question 13. I _____ Nha Trang when I was a child.

- A. visit
- B. visited
- C. will visit
- D. have visited

Question 14. Do you want to know how you can _____ healthy?

- A. make
- B. have
- C. stay
- D. create

Question 15. Jim: "Why don't we go for a walk this Saturday?"

Ha: "_____"

A. Because it is good for your health.

B. How come? Who can do that?

C. That's a very good idea. Let's do that.

D. At 9 p.m every day

Read the following announcement and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks.

UNDERSTANDING COMMON HEALTH PROBLEMS

It's important to know about common health problems so we can deal with them effectively.

- One common issue is the flu. When you (16) _____ the flu, you might have a fever, cough, and sore throat. Remember to rest a lot.
- Another problem can be a headache. If you often get headaches, make sure you drink enough water and don't spend too much time in front of screens.
- Sometimes, students get a stomachache. This can happen if you eat unhealthy food or eat too quickly. It's always best to eat (17) _____ and chew your food well.

If you feel unwell, don't hesitate to talk to your parents or a doctor. They can give you the best advice (18) _____ how to get better.

Question 16. A. catch

B. caught

C. catching

D. catches

Question 17. A. quick

B. slow

C. slowly

D. fast

Question 18. A. on

B. about

C. with

D. for

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

(19) _____. Many people enjoy it after school or work to relax. (20) _____ That's why painting is a favorite hobby for students.

Question 19. Choose the TOPIC SENTENCE that can BEGIN the text suitably.

A. Painting is a great way to express feelings.

B. Drawing is more fun than watching TV.

C. Painting is only for professional artists.

D. Coloring books are boring.

Question 20. Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.

a. You can use many colors and create your own pictures.

b. Moreover, it doesn't require too many tools – just a brush and some paint.

c. It helps people forget their worries and become creative.

A. b-c-a

B. c-b-a

C. a-b-c

D. c-a-b

Mark the letter A, B, C, D on your answer sheet to indicate the correct option that best fits each of the numbered blanks.

Breakfast is the (21) _____ important meal of the day. It provides the nutrients your body needs for good health, the calories it needs (22) _____ energy and helps to maintain your blood sugar level. Studies have shown that people who don't have breakfast have a low blood sugar level and are often slow, tired, hungry and (23) _____ to concentrate.

Surprisingly, breakfast actually plays a part in weight control. It's easier to (24) _____ weight if you eat in the morning rather than later in the day. Dividing the day's calories into three meals helps take off weight more efficiently than (25) _____ breakfast and having two larger meals a day does.

- Question 21.** A. more B. many C. main D. most
Question 22. A. with B. from C. for D. to
Question 23. A. able B. enable C. unable D. capable
Question 24. A. lose B. put C. gain D. drop
Question 25. A. skipping B. making C. buying D. serving

Mark the letter A, B, C, or D on your answer sheet to indicate the sentence that is closest in meaning to the original sentence in each of the following questions.

Question 26. Paula knew how to cook well when she was eleven.

- A. Paula can cook at the age of 11.
- B. Paula could cook well at the age of 11
- C. Paula can cook before she was eleven.
- D. Paula could cook before she was eleven.

Question 27. It's not good to think of only yourself.

- A. You have to protect yourself.
- B. You should think of others as well as yourself
- C. You shouldn't think other people are bad.
- D. You should think for others more than yourself.

Mark the letter A, B, C, or D on your answer sheet to indicate the sentence that is made from the given cues in each of the following questions.

Question 28. Do / exercise / regularly / help / you / stay / healthy.

- A. Doing exercise regularly helps you stay healthy.
- B. Doing exercise regularly help you stay healthy.
- C. Do exercise regularly helps you stay healthy.
- D. Doing exercise regularly helps you are stay healthy.

Question 29. We / need / calories / or / energy / do / things / every day.

- A. We need calories or energy do things every day.
- B. We need calories or energy doing things every day.
- C. We needs calories or energy do things every day.
- D. We need calories or energy to do things every day.

Read the following sign or notice and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions.

Question 30. What does the sign say?

- A. The center closes at 10 pm every day.
- B. The center will remain closed until next week
- C. The center will resume work at 10 am tomorrow.
- D. The center is still working today.



Question 31. What does the sign say?

- A. No recording B. No entry
- C. No smoking D. No selfie\



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

WHY DO YOU WANT TO BECOME A VOLUNTEER?

There are many reasons for becoming a volunteer. First, volunteering is good for you because it can provide physical and mental rewards. When you do voluntary work, you can reduce your stress and improve your health because you feel more joyful to bring happiness to other people. Second, volunteering saves money with valuable community services. For example, the estimated value of volunteer's time is up to 15.39 USD per hour according to the recent statistics in America. Third, volunteering brings people together. Volunteers support families with **daycare** and eldercare, tutoring and other activities after school. They can create a close friendship in the community. Finally, doing voluntary work helps you develop your knowledge. You can learn a lot through outdoor activities and community services. It is easily understood that more and more people are doing voluntary work today because of these reasons.

Question 32. The reading is mainly about _____

- A. voluntary activities in America
- B. the advantages of helping other people
- C. the reasons for becoming a volunteer
- D. the growing popularity of voluntary work

Question 33. Why can voluntary work offer you mental and physical rewards?

- A. It can reduce stress.
- B. It can improve your health.
- C. It makes you feel happy.
- D. All are correct

Question 34. What does the word '**daycare**' in bold in the passage mean?

- A. daily meals
- B. care at night
- C. care during the day
- D. daily reading

Question 35. Which one of the following is **NOT** a reason people want to be a volunteer?

- A. Volunteers can create a close friendship in the community.
- B. Volunteers can improve their knowledge.
- C. Volunteers can learn many things through outdoor activities.
- D. Volunteers want to become famous people.

Question 36. Doing voluntary work is helpful because

- A. it does not enable you to meet many people in your community.
- B. it can improve your knowledge through outdoor activities and community services.
- C. it is so boring that no one is interested in.
- D. it does not involve many outdoor activities and community services.

Four phrases/ sentences have been removed from the text below. For each question, mark the letter A, B, C or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks.

A hobby is something that you enjoy doing in your spare time. There are many different kinds of hobbies. One popular hobby is (37) _____ like coins, postcards, and action figures. Hobbies can be divided into various categories, including creative hobbies like

painting and crafting. (38) _____ such as cooking, knitting, and playing board games. On the other hand, outdoor hobbies like hiking, fishing, and jogging are also very common. Cycling is (39) _____, as it helps improve physical health and mental well-being. Additionally, some hobbies, such as photography or attending concerts, can be quite costly, (40) _____.

- A. so they are not accessible to everyone
- B. collecting various items
- C. a favorite activity for many people
- D. Many people enjoy indoor activities

Question 37. _____ **Question 38.** _____ **Question 39.** _____ **Question 40.** _____