

Read the passage and choose the best answer to each of the following questions.

1 Most people know that a balanced diet and regular exercise are very important. However, most people do not know how to exercise properly. Exercising the right way is important for people who are worried about their health and their appearance. However, if someone is not working out properly, it is rare that he or she will see the results he or she wants. If you want to achieve the best workout results, here are a few helpful tips to bear in mind.

One of the most common workout mistakes is doing the same routine over and over again. This does not challenge your muscles, and it can actually prevent muscles from growing and repairing themselves. Instead of always sticking to the same old workout, it is important to change your routine every six to eight weeks. It is also important to add a variety of workouts to your routine, such as swimming, yoga, or biking, to make sure your whole body stays fit.

Another mistake people tend to make is to work out too hard, too often. Your body needs to rest between workouts; otherwise, no progress will be made. It is best to keep the number of hard workout routines to no more than two per week. Then, for those who don't want to get off schedule by skipping a day, shorter workouts of about twenty minutes can be used on other days. For more variety in workouts, you could also plan an easier routine for forty to sixty minutes between days of shorter, more intense workouts. Experts recommend, however, taking at least one day off completely each week, especially after several hard workout days in a row.

If you want to make a difference in your overall health, there are some things you can do. stretch before and after every workout. Do not rush your routine, and do not work out too little or too much.

Question 1: What is the main idea of this reading?

- A. Daily exercise can often be bad for your health.
- B. Working out properly is the only way to gain effective health results.
- C. Most people know how to work out effectively.
- D. Adding a variety of workouts to your routine is not important.

Question 2: Which of the following statements is **NOT** correct?

- A. Daily intense workouts help one stay healthy.
- B. One's body needs to rest between workouts.
- C. A variety of exercise is better than doing the same one all the time.
- D. It can be good to take a day off from exercising.

Question 3: Which word is closest in meaning to the word "**stretch**" in this reading?

- A. Exaggerate
- B. Widen
- C. Make tight
- D. Extend or reach

Question 4: What is **TRUE** about hard workout?

- A. You'd better have more than two hard workouts per week.
- B. You should take a day off right after a hard workout.
- C. If you want more hard workouts, you ought to reduce the intensity of other days.
- D. Both B & C are true.

Question 5: Why should you change your workout routine every six to eight weeks?

- A. To challenge your muscles
- B. To become faster
- C. To avoid bone problems
- D. To exercise your brain

Read the following passage 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 .

The generation gap in Vietnam presents (1)_____challenges and opportunities. With the rapid development and

globalization, younger generations in Vietnam often have different values, attitudes, and aspirations (2)_____ to older generations. This can lead to communication and understanding gaps between them. (3)_____, it also creates opportunities for mutual learning and growth. Younger generations bring fresh perspectives and ideas, while older generations offer wisdom and experience. (4)_____ fostering open dialogue and embracing the diversity of viewpoints, Vietnam can (5)_____ the positive aspects of the generation gap to drive social progress, economic development, and intergenerational harmony.

(Adapted from "Intergenerational Relations and Family Changes in Vietnam", Vnexpress)

- Question 1.** A. both B. either C. neither D. nor
- Question 2.** A. comparing B. compared C. comparison D. compare
- Question 3.** A. Since B. However C. Therefore D. Moreover
- Question 4.** A. On B. In C. From D. By
- Question 5.** A. bring B. earn C. harness D. utilize

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 questions

3

The generation gap in the business world is a fascinating phenomenon that highlights the differences in attitudes, values, and approaches to conducting business between different generations. One of the key areas where the generation gap is evident is in technology adoption. Younger generations, such as Millennials and Generation Z, have grown up in the digital age and are generally more comfortable with technology. **They** readily embrace new tools, platforms, and digital strategies, which can significantly impact business practices, marketing strategies, and communication methods.

Workforce expectations also play a crucial role in the generation gap. Each generation has its own set of expectations when it comes to work-life balance, career progression, and job satisfaction. Younger generations often prioritize flexibility, purpose-driven work, and a healthy work-life balance. Meanwhile, older generations may place more emphasis on job stability, loyalty, and traditional career paths. Leadership styles are another area where the generation gap becomes evident. Baby Boomers and Generation X typically favor hierarchical structures and a more top-down management style. They are used to a more authoritative approach to leadership. Conversely, younger generations often prefer collaborative and inclusive leadership styles, valuing input from all levels of the organization. They **thrive** in environments that encourage participation, teamwork, and innovation. Communication preferences have also evolved with each generation. The way people communicate and consume information has drastically changed over the years. Younger generations are inclined towards instant messaging, social media, and other digital channels for communication.

(Adapted from "Generation Gap at Work - Reshaping the Workplace")

Question 1. Which of the following can be the best title for the passage?

- A. The Impact of Technology on Business Practices
- B. The Generation Gap in Such a Technological Era
- C. Managing and Motivating Multi-Generational Workforce
- D. The Generation Gap and Its Effect on Leadership Styles

Question 2. According to the passage, the younger generation_____.

- A. prefer hierarchical structures in the workplace. B. value input from all levels of the organization.
- C. prioritize traditional career paths. D. communicate primarily through traditional channels.

Question 3. The word "**they**" in the first paragraph refers to_____.

- A. younger generations B. Gen Z C. technology D. digital age

Question 4. The word "**thrive**" in paragraph 2 is closest in meaning to _____.

- A. explode B. shrink C. succeed D. fail

Question 5. Which of the following is not true according to the passage?

- A. Younger generations are more comfortable with technology.
- B. Older generations prioritize flexibility and work-life balance.

- C. Leadership styles vary between generations.
- D. Communication preferences have evolved over the years.

4

Today's urban cities are practically bursting at the seams. According (1) _____ research from the United Nations, 54 percent of the world's population lives in urban areas, a percentage (2) _____ is expected to increase to over 66 percent by 2050. In fact, India alone is projected to add 404 million urban dwellers to its population by 2050. This rapid (3) _____ of the urban population has caused daunting problems for city planners, such as overcrowded roads, excessive energy (4) _____ and unemployment. (5) _____, to build more sustainable cities and

accommodate the growing number of residents, many city leaders are turning to the Internet of Things .

Question 1. A. to

B. at

C. on

D. from

Question 2. A. who

B. that

C. what

D. whom

Question 3. A. grown

B. growing

C. grow

D. growth

Question 4. A. consumable

B. consume

C. consumption

D. consumer

Question 5. A. Therefore

B. Moreover

C. However

D. Furthermore