

LANGUAGE AND VOCABULARY (UNIT 1 – UNIT 4)

Unit 1: A long and healthy life

1. Women have a longer life _____ than men.
A. story B. membership C. history D. expectancy
2. You should continue to lead a healthy life, such as eating a(n) _____ diet, taking exercise and keeping warm.
A. balanced B. sensitive C. poor D. unhealthy
3. I swim twice a week to try to _____ fit.
A. keep B. make C. consider D. see
4. I don't like _____ tasks like washing and ironing.
A. repeatedly B. repeated C. repetitive D. replaceable
5. Professional footballers spend at least an hour every day _____ in the gym.
A. working out B. working C. to work D. to work out
6. It's a good idea to stretch your _____ after weight lifting.
A. power B. muscles C. strength D. movements
7. A balanced _____ means eating a selection of different foods, with no one type predominating.
A. diet B. view C. coverage D. approach
8. Quang _____ a new recipe last week as part of his commitment to a healthier diet.
A. tried B. has tried C. tried D. trying
9. Trung _____ down on sugary drinks and _____ positive changes in his energy levels.
A. cutted / noticed B. cut / noticed C. cuts / noticed D. cut / notice
10. It's important to give _____ unhealthy habits, such as smoking, staying up late and eating a lot of red meat.
A. for B. on C. off D. up
11. She _____ taking vitamin supplements since last year to ensure she gets all the necessary nutrients for a healthy lifestyle.
A. have been B. has been C. was D. were
12. Food _____ can have serious health consequences and should be prevented at all costs.
A. poisonous B. poisoning C. poison D. poisonal
13. Since Larry _____ up on smoking, she _____ a lot of great experiences in her life.
A. gave / has had B. has given / had C. gave / have had D. has given / has had
14. How about _____ fitness classes to enhance our muscle strength.
A. attended B. attending C. to attend D. attends
15. My little daughter has decided to _____ the time she spends watching television
A. used up B. cut down on C. put off D. come up with

Unit 2: Generation gap

16. He is a doctor and expects his son to follow in his _____.
A. footwear B. footwork C. foot movements D. footsteps
17. We think raising awareness will _____ the generation gap between parents and their teenage children.
A. shut B. cross C. bridge D. connect
18. It is a chance to hear people's _____ on a range of different subjects.
A. impressions B. views C. efforts D. acts
19. _____ between parents and children become more frequent when the children become teenagers.
A. Fights B. Struggles C. Wars D. Conflicts

20. According to the school regulations, you _____ go to school on time on the weekday.
A. should B. must C. have to D. can
21. Children _____ break the rules, or quarrel with parents.
A. must B. mustn't C. have to D. don't have to
22. "You _____ come back home by 10 pm, or you'll get punishment, son."
A. should B. shouldn't C. must D. don't have to
23. We _____ do fun things together as a family on a regular basis.
A. should B. mustn't C. shouldn't D. have to
24. You _____ leave litter in any situation, or anywhere - just keep the surroundings clean and tidy.
A. have to B. don't have to C. must D. mustn't
25. During the examination, students _____ keep silent and focus on their own papers.
A. need B. can C. might D. have to
26. We _____ make decisions together about what to do for special events such as birthdays.
A. should B. shouldn't C. have to D. don't have to
27. I can give you my bike, so you _____ buy a new one.
A. didn't have to B. don't have to C. shouldn't D. mustn't
28. Fifty years ago, my grandmother _____ stay at home and do all housework. She couldn't go to school like her brothers.
A. must B. had to C. didn't have to D. should
29. You _____ wear shorts to school. It's against the school rules.
A. should B. have to C. mustn't D. don't have to
30. I think parents _____ compare their children to other's. They will become less confident in their abilities.
A. should B. have to C. must D. shouldn't
31. My parents respect my choices. I _____ follow in their footsteps.
A. don't have to B. mustn't C. should D. have to

Unit 3: Cities of the future

32. We must improve the environment through _____ design and greener buildings.
A. sustainable B. lifelong C. harmful D. sustained
33. The men are jobless now. They _____ of going to big cities to find jobs.
A. think B. are thinking C. thought D. will think
34. Although the dish smelt _____, he refused to eat saying that he was not hungry.
A. bad B. good C. well D. worse
35. The fish tastes _____. I won't eat it.
A. awful B. awfully C. more awfully D. as awful
36. The situation looks _____. We must do something.
A. good B. well C. bad D. badly
37. The cities of the future will be 'smarter' and more sustainable to cope _____ a growing population and improve people's lives.
A. with B. for C. in D. on
38. The new technologies can help save time by predicting changes in the traffic and warning people of possible _____.
A. traffic jams B. road regulations C. rush hour D. climate change
39. In addition, more _____ for walking and cycle paths will be made available for people in all neighborhoods.

- A. dead zone B. time zone C. industrial zone D. pedestrian zones
40. The main purpose of _____ planning is to supply people with a better and healthier environment to live well in the city.
A. suburb B. urban C. rural D. sustainable
41. This new app _____ you to locate a nearby car park easily, book a parking space, and make a payment in Singapore.
A. allows B. suggests C. bans D. stops
42. The latest AI robots are supposed to be able to do all the _____ for us in the future.
A. charity work B. shopping C. washing up D. household chores
43. The new underground system has allowed _____ to get around more easily.
A. city dwellers B. roof gardens C. infrastructure D. skyscrapers
44. In the future, maybe all cars that run on petrol will be _____ by solar cars, which have been around for a while.
A. replaced B. bought C. controlled D. run
45. City dwellers can enjoy better healthcare than people living in the _____, but they are usually busier and more stressed because of the city's fast pace of life.
A. countryside B. city C. urban D. island

Unit 4: ASEAN and Vietnam

46. He lacks the necessary _____ skills to manage the business efficiently.
A. leader B. leading C. leadership D. controlling
47. I'd like everyone to make a _____ towards the discussion.
A. donation B. contribution C. provision D. production
48. They didn't stop _____ until 11.30 pm when there was a power cut.
A. singing and dancing B. to sing and dance
C. to sing and dancing D. sing and dance
49. Most of the participants can't help _____ why the president spoke so angrily.
A. wonder B. wondering C. to wonder D. wondered
50. When he was questioned by the police, he admitted _____ about the scandal, but denied _____ in any way.
A. know - involve B. know - be involved
C. knowing - involving D. knowing - being involved
51. Jack should have asked for help instead _____ to do it himself.
A. to try B. try C. of trying D. from trying
52. It is not worth _____ out now. It is much too late.
A. to go B. go C. going D. gone
53. In order to be _____ or volunteering in this programme, you'll need to go through some tests.
A. contributed B. fostered C. identified D. qualified
54. Our organisation's ultimate _____ is to keep every child safe and healthy.
A. tradition B. surplus C. goal D. situation
55. Taking part in the workshop on sustainable development was an _____ experience.
A. eye-watering B. eye-opening C. eye-catching D. eye-rolling
56. Since its birth, ASEAN has made a lot of contributions to _____ and stability in the region.
A. peace B. competition C. enthusiasm D. war
57. This annual summit aims to discuss some current _____ such as climate change and

infectious diseases.

A. solutions B. issues C. achievements D. prospects

58. To raise _____ of ASEAN and its activities, the Vietnamese Youth Centre often organises seminars so that high school students across the country can take part in.

A. problem B. privilege C. inequality D. awareness

59. In the program, young people will participate in _____ on current social issues.

A. awareness B. traditions C. discussions D. Representatives

60. The test will involve _____ questions about a photograph.

A. answering B. answered C. answer D. to answer

WRITING

Complete the second sentence so that it has the same meaning as the first.

Question 1: They haven't gone to California Gym in Hanoi for three weeks.

→ The last time _____.

Question 2: The last time Mai had fast food and soft drink was in 2020.

→ Mai hasn't _____.

Question 3: My father hasn't bought cigarettes since 2010.

→ My father last _____.

Question 4: Trung has studied about the impact of unhealthy habits on teenagers since 2022.

→ Trung started _____.

Question 5: Smoking is not allowed in restaurants, schools, and offices. (**MUSTN'T**)

→ You _____ in restaurants, schools, and offices.

Question 6: It isn't necessary to bring all your books to school every day. (**HAVE**)

→ You _____ bring all your books to school every day.

Question 7: He is worried that he may miss the deadline for applying for the exchange programme.

→ He is _____.

Question 8: To work in an ASEAN country has always been one of my goals.

→ _____ of my goals.

Question 9: We made the suggestion that we should change the date of the meeting.

→ We _____.

Question 10: My father travels to many ASEAN countries. This is what his job involves.

→ My father's job _____.