

**I. Find the word which has a different sound in the part underlined.**

- |                     |                   |                  |                  |
|---------------------|-------------------|------------------|------------------|
| 1. A. <u>h</u> im   | B. <u>h</u> eir   | C. <u>h</u> air  | D. <u>h</u> is   |
| 2. A. ca <u>r</u>   | B. fou <u>r</u>   | C. g <u>r</u> ow | D. he <u>r</u> e |
| 3. A. <u>h</u> abit | B. <u>h</u> e     | C. <u>h</u> er   | D. <u>h</u> our  |
| 4. A. su <u>r</u> e | B. <u>r</u> ed    | C. <u>r</u> ow   | D. <u>r</u> un   |
| 5. A. <u>h</u> ow   | B. wh <u>er</u> e | C. wh <u>en</u>  | D. wh <u>y</u>   |

**II. Fill in each blank with a suitable word or phrase from the box.**

distracting, obstacle, counselor, well-balanced,  
due date, fattening, priority, anxiety, stressed, appropriately

- Jessica was trying to study for her history exam, but her phone's notifications kept \_\_\_\_\_ her.
- A \_\_\_\_\_ could be a good person to talk to about your personal challenges.
- Taking deep breaths and practicing relaxation techniques can help reduce feelings of \_\_\_\_\_.
- Bella wanted to build muscle, so she avoided \_\_\_\_\_ foods like cake and ice cream.
- Having too much homework and extracurricular activities can make many teenagers feel \_\_\_\_\_ out.
- Despite his busy schedule, Kelvin manages to get enough sleep, exercise, and socialize with friends. He leads a \_\_\_\_\_ life.
- Susan wanted to join the soccer team, but her lack of experience was a major \_\_\_\_\_ to her success.
- Remember to finish your science project by the \_\_\_\_\_. Ms. Ella won't accept it after that.
- Earning good grades is a \_\_\_\_\_ for me, but I also want to make time for relaxation and hobbies.
- The school manager wants students to dress \_\_\_\_\_ for the ceremony, which means formal vests and shoes.

**III. Circle the correct option in brackets. (Khoanh vào lựa chọn đúng trong ngoặc.)**

- If it rains tomorrow, the teenagers (**mustn't / must**) wear raincoats to school.
- They (**might / should**) understand the new concept better if they study together.
- You'll feel hungry before lunch if you (**won't eat / don't eat**) breakfast.
- Emily (**can / must**) buy the new phone she wants if she saves money.
- If Johnny exercises more, he (**must / might**) feel healthier.
- She will probably fail if she (**doesn't study / studies**) for the test.
- If the team trains hard, they (**will / should**) have a chance of winning the competition.
- You (**can / may not**) improve your skills if you practice playing guitar every day.
- If teenagers don't eat healthy food, they (**should / may**) experience health problems later.
- Your parents (**aren't / won't be**) happy if you can't finish your chores before playing video games.

**IV. Choose the best option to complete each dialogue.**

1. Aria: "I'm feeling tired lately. Maybe I should sleep more." - Penelope: " \_\_\_\_\_ "

- A. Don't worry, you'll be fine. B. Getting less sleep will boost your energy.  
C. You should stay up late and study more. D. That's a great idea! Aim for 10 hours of sleep.

**2. Joe: "Hey, Michael, how do you stay energized throughout the day?" - Michael: " \_\_\_\_\_ "**

- A. I stay up late playing video games. B. I sleep through most of my classes.  
C. I eat a healthy breakfast with fruits and whole grains. D. I skip breakfast because I'm not hungry.

**3. Nigel: I feel tired after school. Should I take a nap before studying? - John: " \_\_\_\_\_ "**

- A. Sure, napping for 20-30 minutes can refresh your mind.  
B. Napping for too long can make you feel even sleepier.  
C. You should eat a lot of sugary snacks to get energy.  
D. Naps are a waste of time. You should just study.

**4. Jim: "What do you usually eat for breakfast, Susan?" - Susan: " \_\_\_\_\_ "**

- A. I usually skip breakfast because I'm not hungry in the morning.  
B. I don't often eat chips and candy because they're unhealthy foods.  
C. I try to have a balanced breakfast with whole grains, fruits, and protein.  
D. I don't eat breakfast at home, but I grab something on the way to school.

**5. Avery: "Do you want to join me for a run after school?" - Ella: " \_\_\_\_\_ "**

- A. I'd love to! Exercise is important for good health. B. Great! I need someone to talk to about my day.  
C. Don't worry, everyone feels tired sometimes. D. Maybe I shouldn't watch more TV before bed.

**6. Violet: "Hey, I'm so tired all the time! I can barely stay awake in class." - Abigail: "I can see that. Maybe you should \_\_\_\_\_ ."**

- A. stay up late studying to catch up B. go to bed earlier and get a good night's sleep  
C. skip breakfast to save time in the morning D. drink lots of sugary drinks for an energy boost

**V. Read the passage and choose the correct answer A, B, C, or D.**

It's important to acknowledge that stress is a normal part of life, (1) \_\_\_\_\_ it's vital to learn healthy ways to manage it. Talking to trusted (2) \_\_\_\_\_, like a parent, teacher, or counselor, can be a great way to receive support and guidance.

Finding healthy outlets for stress is (3) \_\_\_\_\_. Regular exercise, spending time in nature, listening to calming music, or pursuing creative hobbies can all be (4) \_\_\_\_\_ coping mechanisms. Learning healthy sleep hygiene and maintaining a (5) \_\_\_\_\_ diet can also significantly impact stress levels. Finally, remember to be kind to yourself. Don't be afraid to ask for help and (6) \_\_\_\_\_ your well-being.

- |               |              |               |                 |
|---------------|--------------|---------------|-----------------|
| 1. A. so      | B. but       | C. therefore  | D. however      |
| 2. A. adult   | B. men       | C. infant     | D. adolescent   |
| 3. A. low     | B. dependent | C. light      | D. crucial      |
| 4. A. helpful | B. helpless  | C. hopeful    | D. hopeless     |
| 5. A. fair    | B. balanced  | C. equalized  | D. delicious    |
| 6. A. prior   | B. priority  | C. prioritize | D. prioritizing |

**VI: Choose the word or phrase (A, B, C, or D) that best completes each of the following exchanges.**

**1. - Nam: "Dad, I've got the first rank in class in English this semester!" - Mr. Thanh: " \_\_\_\_\_ "**

- A. Thank you! B. Never mind. C. Well done! D. You're welcome.

**2. Your friend stayed up late studying for an important exam.**

- A. Well done! B. Stay calm. Everything will be all right.  
C. I know how you feel D. A really great job.

**3. The teacher asks the whole class to \_\_\_\_\_ on studying to prepare well for the midterm exam.**

- A. advise B. focus C. connect D. coach

**4. Most teenagers today have at least one social media \_\_\_\_\_ for entertainment and study.**

- A. account B. leader C. midterm D. teenager

**5. Ally tries to overcome the \_\_\_\_\_ from her family by studying hard to get the best results.**

- A. media B. teamwork C. website D. pressure