Đọc điền khuyết (24.06.2)

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

Sleep is essential for maintaining a healthy brain, and (20) _____. It's not just about how many hours you sleep, but the type of sleep you get. Deep sleep and REM sleep are especially important for brain function and lowering the risk of dementia. Studies have shown that people with sleep problems, like insomnia or sleep apnea, (21) _____. Those who wake up often or move around during sleep are also at a higher risk of having memory and thinking problems later on. Experts believe that deep sleep helps the brain clear out waste products, (22) _____. REM sleep, which is when you dream, helps your brain process memories and emotions. If you don't get enough REM sleep, your brain may not store and process new information as well, which can lead to problems with thinking and memory. (23)_____. To improve sleep quality, (24) _____, as this allows the brain to go through the different sleep stages. Keeping a regular sleep schedule, managing stress, exercising, and doing activities that engage your mind during the day can help improve sleep. It's also helpful to pay attention to how you feel when you wake up. If you feel rested, it means your brain has had the chance to recharge and be ready for the day ahead.

Question 20.

A. the brain's health depended greatly on the quality of sleep.

B. brain health rarely benefits from good sleep quality.

C. brain health was heavily influenced by the quality of sleep.

D. the quality of sleep plays a significant role in brain health

Question 21.

A. of whom is more susceptible to developing dementia

C. are more likely to develop dementia

B. having a higher chance of developing dementía

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D. who is prone to develop dementia

Question 22.

A. whose connection to memory loss was proven.

C. when relating to mental health issues

B. if correlated with brain improvement

D. which are linked to Alzheimer's disease

Question 23.

A. Both deep sleep and REM sleep play a key role in promoting brain health and diminishing brain function

B. Both deep sleep and REM sleep are important for keeping the brain healthy and preventing damage

C. Deep sleep and REM sleep are critical for sustaining brain health and increase the risk of brain disorders.

D. Both deep sleep and REM sleep are only important for physical health, not for brain function.

Question 24.

A. specialists recommend that individuals sleep for no less than seven hours every night to maintain optimal health.

B. health experts emphasize the importance of at least seven hours of sleep each night for overall brain function and health.

C. experts suggest getting at least seven hours of sleep each night

D. it is advised by professionals to aim for a minimum of seven hours of sleep nightly to support cognitive and physical well-being.

(Trích đề sở Bắc Ninh)

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

Pelé, often regarded as one of the greatest football players in history, (11) _____ in both Brazilian and international football. Born in Edson Arantes do

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Nascimento in 1940, he rose to fame at a young age with his incredible performances for Santos FC and the Brazilian national team. By the time he was 17, he had already won his first FIFA World Cup and became the youngest player to win a World Cup.

Known for his exceptional technique and scoring ability, Pelé became a global icon (12) _____. His vision on the field, combined with his athleticism and creativity, revolutionized the way football was played. He later played for the New York Cosmos, helping to grow the sport's popularity in the United States.

Pelé's name remains synonymous with excellence and dedication in the world of football. His achievements include scoring over 1,000 career goals, winning three World Cups, and receiving countless honors and awards. During his playing days, Pelé was for a period the best-paid athlete in the world. After retiring in 1977, Pelé was a worldwide ambassador for football. (13) _____.

Possessing remarkable athleticism and a keen sense of strategy, (14) _____. His training regimen, which includes intense workouts and a strict diet, ensures that he remains at peak performance. This dedication has allowed him to adapt his playing style over the years, maintaining his relevance in an ever-evolving sport.

In addition to his contributions on the field, Pele also supported various social causes and promoted education through sports. (15)_____. Ultimately, Pele's legacy is defined not only by his records but also by his commitment to making a positive impact in the world.

Question 11.

A. making a significant impact

B. having a significant impact

C. whose significant impact is

D. has made a significant impact

Question 12.

A. which earned him a fearsome image in public

C. who was feared by his fans and rivals alike

B. of whom the fame helped to shape football

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D. which made him a legendary figure in the sport

Question 13.

A. Pele's dedication and legacy have inspired countless young players

B. Inspired by many young athletes in the world, Pele worked relentlessly

C. Many young fans in the world were motivated to follow Pele's legacy

D. Pele tried to encourage youth by attending several training camps

Question 14.

A. He consistently shows people around the world how simple it is to become a football star

B. Winning multiple trophies in his career helps Pele gain limited recognition from the public

C. Pelé consistently demonstrates why he is considered one of the greatest players of all time

D. There are occasions Pelé gets praised as the best footballer in football history by analysts

Question 15.

A. Charities haven't used money from Pelé to support various projects and programs focused on youth development and poverty reduction.

B. Millions of dollars have been donated by him to support various causes, supporting programs focused on youth development and poverty reduction.

C. Supporting various charities, youth footballers receive funds from Pelé to support programs focused on youth development and poverty reduction.

D. He has been donated time and money from many charitable organizations with the aim to support youth development and poverty reduction.

(Trích đề Sở Yên Bái)

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