

READING TEST ĐỀ 3

Part 1: Choose the word (A, B, C) that fits in the gap.

Hey Lewis,

Can you (do) me a favour?

I have a work meeting 1 _____ 6:00pm.

I won't be home on time to 2 _____ dinner.

Do you want to 3 _____ pizza for dinner?

We could also eat 4 _____ at that new Greek restaurant.

Let me 5 _____ what you decide.

Love,

Helen

(1). A. on

B. until

C. to

(2). A. do

B. make

C. find

(3). A. take

B. pick

C. get

(4). A. out

B. up

C. down

(5). A. know

B. think

C. say

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Part 2.1: The sentences below are from a biography. Order the sentences to make a story. The first sentence of the story is an example.

Câu số 1: Audrey Hepburn was born in Brussels in 1929.

Câu số 2:

Câu số 3:

Câu số 4:

Câu số 5:

Câu số 6:

Part 2.2: The sentences below are from some directions. Put the sentences in the right order. The first sentence is done for you.

Câu số 1: The process begins in the spring when a suitable temperature between -2 and +4 degrees Celsius is reached.

Câu số 2:

Câu số 3:

Câu số 4:

Câu số 5:

Câu số 6:

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Part 3:

Sports

Person A

Exercising with friends is a fantastic idea, don't you think? It adds a fun element to the workout routine. It's important to fuel our bodies properly, though. After a good workout, I always make sure to have a nutritious meal to replenish energy and support muscle recovery.

Person B

Establishing a consistent workout routine has really helped me stay on track with my fitness goals. It's amazing how much more I can accomplish when I have a structured plan in place. Plus, it keeps me accountable and ensures I make time for physical activity every day.

Person C

Age is just a number when it comes to exercise. Whether you're young or old, staying active is crucial for maintaining overall health and vitality. While competitions can be motivating for some, they're not necessarily suitable for everyone. It's important to find activities that are enjoyable and sustainable for each individual.

Person D

Experiencing pain during exercise isn't necessary and it's a sign that something may be wrong. It's important to listen to our bodies and seek expert advice when needed, whether it's from a trainer, physical therapist, or medical professional. Taking care of ourselves properly ensures we can continue to enjoy physical activity without risking injury.

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Part 3:

Whose idea was this?

1. exercise is for both the young and the elderly _____
2. a routine can help us do more sport _____
3. work out with friends is a good idea _____
4. experience pain is not necessary _____
5. at times we seek expert advice _____
6. competitions are not useful for everybody _____
7. a proper meal is important _____

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Part 4:

Meatless diet

1. Vegetarianism is not a single dietary choice but includes many different forms. Some vegetarians avoid meat but still eat dairy and eggs—these are called lacto-ovo vegetarians. Others, like vegans, avoid all animal-derived products, including honey and gelatin. There are also pescatarians, who exclude meat but still consume fish. Flexitarians mostly eat plant-based foods but occasionally include meat or fish. These variations show that a meatless diet can be adapted to individual needs and beliefs, making it a flexible and increasingly popular choice for people around the world.

2. People adopt meatless diets for many different reasons. For some, religious beliefs guide their eating habits, while others avoid meat out of concern for animal welfare. Some are motivated by environmental issues, believing that reducing meat consumption lowers their carbon footprint. Health is also a major factor, as some studies link vegetarian diets to lower risks of heart disease and diabetes. The motivations are as varied as the people who choose them, and it's not uncommon for individuals to follow a plant-based lifestyle for a combination of reasons.

3. Many people wonder if it's truly possible to live without eating meat. The answer is yes, as proven by millions of vegetarians and vegans worldwide. While it requires some planning to ensure a balanced intake of protein, iron, and vitamin B12, plant-based diets can be nutritionally complete. In fact, major health organizations have stated that well-planned vegetarian and vegan diets are suitable for all stages of life, including childhood and pregnancy. With a variety of plant-based options now available, choosing a meatless lifestyle is more practical than ever.

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Part 4:

Meatless diet

4. Factory farming—the industrialized method of raising animals for food—has been criticized for its negative effects on both animals and the environment. Animals are often kept in cramped, stressful conditions, and the use of antibiotics to promote growth raises concerns about resistance.

Additionally, factory farms contribute to pollution and greenhouse gas emissions. These harmful impacts are among the key reasons why some people choose to reduce or eliminate meat from their diet. Supporting ethical and sustainable food sources is becoming a growing priority for many consumers.

5. At the core of many vegetarian beliefs is the idea of respecting all forms of life. For some, avoiding meat is a moral decision rooted in the belief that animals have the right to live without suffering. This perspective emphasizes empathy, compassion, and non-violence. It is also reflected in certain spiritual or religious practices where harming living beings is discouraged. Choosing a meatless diet becomes more than just a personal choice—it represents a commitment to treating all creatures with dignity and care.

6. A common benefit reported by people who switch to a plant-based diet is improved health. Many experience lower cholesterol levels, better digestion, and increased energy. Vegetarian diets are often rich in fiber, antioxidants, and healthy fats. Studies show that people who consume more fruits, vegetables, whole grains, and legumes tend to have lower risks of heart disease and obesity. However, balance is key—a diet full of processed plant foods can still be unhealthy. When done right, a meatless diet can be a strong foundation for a healthy lifestyle.

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Part 4:

Meatless diet

7. Reducing meat consumption can also be seen as a global responsibility. Livestock farming is a major contributor to climate change, water usage, and deforestation. By choosing plant-based options, individuals can lower their environmental impact and support a more sustainable food system. Small changes made by many people can have a big collective effect. From conserving water to reducing greenhouse gas emissions, a meatless diet can be a meaningful step toward addressing some of the planet's most urgent environmental challenges.

Read the text. Match the headings to the paragraphs.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____