

Họ và tên: Lớp:

Mã đề 101

I. MULTIPLE CHOICES:

LISTENING: (2.5 pts)

PART 1. Questions 1 – 5

Listen to the recording and decide whether the following statements are True (T) or False (F).

Tick (✓) the correct boxes.

Statements	T	F
Question 1. Over-exercising may lead to many diseases.		
Question 2. You always consult with a doctor before starting a new exercise programme to make sure you exercise safely and effectively.		
Question 3. Doing too much exercise can do you more harm than good.		
Question 4. Doing exercise isn't useful to everyone.		
Question 5. The more exercise you do, the healthier you become.		

PART 2. Questions 6 – 10

Listen to a conversation between Kevin and Mai and answer the questions.

Question 6. Where doesn't Mai's mother allow her to wear tight jeans?

- A. at the party B. at market C. at school D. at home

Question 7. What does Mai's mother keep complaining about?

- A. Mai's hairstyle B. Mai's appearance C. Mai's shoes D. Mai's clothes

Question 8. According to Mai, what might Kevin's parents worry about?

- A. his friends B. his eyesight C. his clothes D. his homework

Question 9. What time do Kevin's parents take away his smartphone and laptop?

- A. At 10.5 p.m B. At 10.10 p.m C. At 10 p.m D. At 10 a.m

Question 10. What does Kevin mainly use his smartphone and laptop for?

- A. to post on social media B. to study C. to play games D. to design

LANGUAGE AND VOCABULARY: (5,5 pts)

*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 from from 11 to 15.*

A healthy diet is rich in fiber, whole grains, fresh fruits and vegetables, "good" or unsaturated fats, and omega-3 fatty acids. These dietary components turn down inflammation, which can damage tissue, joints, artery walls, and organs. Going easy on processed foods is another element of healthy eating. Sweets, foods made with highly refined grains, and sugar-sweetened beverages can cause spikes in blood sugar that can lead to early hunger. High blood sugar is linked to the development of diabetes, **obesity**, heart disease, and even dementia.

The Mediterranean diet meets all of the criteria for good health, and there is convincing evidence that it is effective at warding off heart attack, stroke, and premature death. The diet is rich in olive

oil, fruits, vegetables, nuts and fish; low in red meats or processed meats; and includes a moderate amount of cheese and wine.

Physical activity is also necessary for good health. **It** can greatly reduce your risk of heart disease, stroke, type 2 diabetes, breast and colon cancer, depression, and falls. Physical activity improves sleep and endurance. Aim for 150 minutes of moderate intensity exercise every week, such as brisk walking. Strength training, important for balance, bone health, controlling blood sugar, and mobility, is recommended 2-3 times per week.

Finding ways to reduce stress is another strategy that can help you stay healthy, given the connection between stress and a variety of disorders. There are many ways to relieve stress. Try meditation, mindfulness, yoga, playing on weekends, and taking vacations.

Finally, establish a good relationship with a primary care physician. If something happens to your health, a physician you know —and who knows you — is in the best position to help. He or she will also recommend tests to check for hidden cancer or other conditions.

*(Adapted from **Staying Healthy - Harvard Health**)*

Question 11. What is the main idea of the passage?

- A. The importance of stress reduction in maintaining good health.
- B. The significance of physical activity in reducing the risk of various diseases.
- C. The benefits of the Mediterranean diet in preventing heart disease and stroke.
- D. Some of the ways to have a good mentally and physically health.

Question 12. The word "**It**" in paragraph 3 refers to _____.

- A. health
- B. activity
- C. risk
- D. physical

Question 13. According to the passage, what are the key components of the Mediterranean diet?

- A. Fiber, whole grains, and fresh fruits and vegetables.
- B. Sweets, highly refined grains, and sugar-sweetened beverages.
- C. Olive oil, fruits, vegetables, nuts, and fish.
- D. Red meats, processed meats, and cheese.

Question 14. The word "**obesity**" in paragraph 1 is closest in meaning to _____.

- A. a disease that makes you faint.
- B. a disease that makes you hungry.
- C. a disease that makes you fat.
- D. a disease that makes you tired.

Question 15. According to the passage, which is **NOT** true?

- A. Techniques like meditation and yoga cannot help you stay healthy
- B. Physical activity is also vital for good health
- C. High blood sugar is linked to the development of diabetes, heart disease, and even dementia.
- D. Physical activity improves sleep and endurance.

Circle A, B, C or D to indicate the word(s) CLOSEST in meaning to the underlined word(s)

Question 16. The doctor examined her carefully but could find nothing wrong.

- A. diagnosed
- B. treated
- C. operated
- D. checked

Make the letter A, B, C or D on you're answer sheet to indicate the underlined part that needs correction in each of the following questions.

Question 17. The accident looked seriously but fortunately nobody was injured

- A. was injured
- B. fortunately
- C. looked
- D. seriously

Question 18. I have sent an email to my friend, Jack last week, but he hasn't replied yet.

- A. to
- B. have sent
- C. hasn't
- D. but

Mark the letter A, B, C, or D on your answer sheet to indicate the word whose underlined part differs from that of the other three in pronunciation in each of the following questions.

Question 19. A. knockeded B. occurreded C. openeded D. playeded

Mark the letter **A, B, C, or D** on your answer sheet to indicate the correct answer to each of the following questions.

Question 20. Over the past few years, in both the USA and the UK, the number of multi-generational households with three or four _____ living under the same roof has increased

- A. generate B. generational C. generationally D. generations

Question 21. She got enough sleep last night, so today she is full of _____

- A. exercise B. energy C. stress D. injuries

Question 22. The last time my father _____ to Vung Tau was 2 years ago.

- A. hasn't gone B. didn't go C. went D. has gone

Question 23. Since Tom left, I _____ nothing from him.

- A. has left B. had left C. have heard D. was left

Question 24. I usually _____ my brother about trivial things.

- A. have a relationship with B. get accustomed to
C. get into conflicts with D. are cut from the same cloth as

Question 25. She works in television, following _____ her father's footsteps.

- A. of B. in C. with D. on

Question 26. Those audiences _____ show their tickets before entering the concert hall.

- A. should B. mustn't C. must D. have to

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 from 27 to 31.

Viruses cause many human diseases ranging from the common cold and the flu to more serious ones such as AIDS and Covid-19. On their own, viruses are not alive. They become active when they infect or enter our bodies. They can do that easily because they are very small. Then, they start to act like living things and make (27) _____ of themselves. People have natural defenses against viruses. For example, a fever can make some viruses inactive. The body's immune system also fights viruses.

Vaccines cannot treat diseases caused by viruses, but they can help prevent the spread of disease. Vaccines contain viruses which are weakened or organisms, and help the body's immune system make substances called antibiotics, (28) _____ fight diseases. If the same virus enters our body later on, the immune system will (29) _____ it and will know how to fight it off.

Giving people vaccines can save a lot of lives. For example, two million people died of smallpox in 1967. (30) _____, vaccines helped to stop this disease and made it disappear. Most recently, vaccines have played an important role in (31) _____ deaths and severe illness caused by Covid-19 all over the world.

(Adapted from Global Success E 11-workbook)

Question 27. A. bodies

B. cells

C. bacteria

D. copies

Question 28. A. which

B. when

C. who

D. that

Question 29. A. recognise

B. recognition

C. recognised

D. recognizable

Question 30. A. Next

B. Besides

C. Therefore

D. However

Question 31. A. reducing

B. improving

C. changing

D. causing

Mark the letter **A, B, C, or D** on your answer sheet to indicate the word that differs from the other three in the position of stress in each of the following questions.

Question 32. A. difference

B. argument

C. cultural

D. permission

II. WRITING:(2pts)

PART 1: Rewrite the following sentences without changing their first meaning from 33 to 36.

Question 33. If I were you, I would follow your father's advice and study harder.

→ You _____.

Question 34. Why don't we go camping this weekend?

→ How about _____?

Question 35. I haven't seen my grandparents for 2 months.

→ I last _____.

Question 36. They don't allow students to cheat in the exam.

→ Students _____.

PART 2: Write an essay (100-120 words) to express your opinion about the topic “ **Should parents strictly limit teenagers' screen time?**”

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