

## PART 1: VOCABULARY

**I** Choose the word or phrase (A, B, C, or D) that best fits the blank space in each sentence.

1. You should chew your food slowly and thoroughly because it helps to \_\_\_\_\_ your dental and oral health.  
A. lose                      B. nourish                      C. promote                      D. harm
2. Despite the myth that milk is the only good \_\_\_\_\_ of calcium, there are many other natural foods that benefit bone health.  
A. source                      B. calorie                      C. nutrient                      D. nap
3. The Great Barrier Reef, which is located off the coast of Australia, is one of the most \_\_\_\_\_ sites in the world.  
A. disturbing                      B. spectacular                      C. nourishing                      D. limited
4. Although many tourists love snorkeling there, it's important to avoid touching the corals because it may \_\_\_\_\_ the ecosystem.  
A. protect                      B. reserve                      C. explore                      D. damage
5. In our bustling city, \_\_\_\_\_ often find it challenging to cross congested streets, and accidents are becoming more frequent.  
A. owners                      B. pedestrians                      C. criminals                      D. rangers
6. The rise in \_\_\_\_\_ has become a serious concern. The city should direct efforts towards providing affordable housing and support services.  
A. homelessness                      B. sickness                      C. congestion                      D. crime
7. The government should \_\_\_\_\_ policies to encourage public transportation, which could help drop the congestion levels significantly.  
A. struggle                      B. attract                      C. implement                      D. direct
8. An \_\_\_\_\_ is much more beneficial for gaining practical experience than traditional classroom education.  
A. apprenticeship                      B. astronaut                      C. innovation                      D. access
9. Those who enjoy helping others and exploring the human mind will find the profession of a \_\_\_\_\_ fulfilling.  
A. veterinarian                      B. producer                      C. skincare specialist                      D. psychologist
10. The media field is rapidly evolving with \_\_\_\_\_ like virtual reality and personalized content.  
A. steam                      B. steaming                      C. innovations                      D. fried

**II** Use the correct form of the word given to complete each sentence.

1. Although detox diets are popular, the truth is that our organs \_\_\_\_\_ detoxify the body. (nature)
2. The \_\_\_\_\_ suggests incorporating avocados and nuts into meals to benefit from these nutrients while promoting a balanced diet. (nutrient)
3. The Great Barrier Reef is a bit more \_\_\_\_\_ to tourists than the Amazon Rainforest, which is far more remote. However, the biodiversity of the rainforest is as amazing as that of the reef. (access)
4. The Grand Canyon is much wider than Mount Everest, but Everest is far taller. Both are \_\_\_\_\_ beautiful, but in different ways. (spectacular)
5. Despite the \_\_\_\_\_ of private cars, encouraging public transportation can reduce traffic jams. (inconvenient)
6. The city should invest in better infrastructure, like well-maintained sidewalks and clearly marked pedestrian \_\_\_\_\_, to ensure safety. (cross)
7. Media platforms will offer \_\_\_\_\_ content to cater to the unique preferences of each user. (person)
8. Advances in medical technology will lead to more customized \_\_\_\_\_, allowing procedures to be tailored to the specific needs of each patient. (surgeon)

## PART 2: GRAMMAR

**I** Choose the word or phrase (A, B, C, or D) that best fits the blank space in each sentence.

1. My doctor suggests \_\_\_\_\_ a balanced diet and regular exercise \_\_\_\_\_ calorie intake and maintain a healthy weight.
- A. promote - manage                      B. promoting - managing  
C. promoting - to manage                D. to promote - to mange
2. \_\_\_\_\_ the pressures of school and social life, taking regular breaks and getting enough sleep \_\_\_\_\_ beneficial.
- A. Despite - can be                      B. In spite - can be  
C. Although - should be                  D. Even though - can be
3. Tourists should \_\_\_\_\_ littering to keep natural wonders clean. Consider spending a few minutes picking up trash during your visit.
- A. prefer                      B. avoid                      C. love                      D. keep

4. Mount Everest, which is the highest mountain in the world, is \_\_\_\_\_ to access than other natural wonders.
- A. more far challenging                      B. more challenges  
C. far challenging                              D. far more challenging
5. Last week, I \_\_\_\_\_ home when I \_\_\_\_\_ several accidents occurring at the busy crosswalk near the market.
- A. was walking - noticed                      B. was walking - was noticing  
C. walked - noticed                              D. walked - was noticing
6. Poorly marked crosswalks and broken sidewalks were causing accidents. This is \_\_\_\_\_ a critical issue \_\_\_\_\_ without intervention, we may see an increase in pedestrian injuries..
- A. so - that                      B. such - then                      C. X - that                      D. such - that
7. Community meetings, \_\_\_\_\_ monthly, offer a platform for voicing concerns and suggestions.
- A. which held                                      B. that are held  
C. which are held                                      D. that holds
8. If you want to become a mechanic or plumber, you should \_\_\_\_\_ an apprenticeship, which can significantly enhance your skills.
- A. aim to get                      B. to aim getting                      C. aim getting                      D. aim get
9. A: "We can increase the country's economic profits by attracting tourists to explore the canyon's unique rock formations and enjoy spectacular sunsets from the summit of various outcrops."  
B: "\_\_\_\_\_, but we need to consider the long-term benefits of protecting these areas."
- A. I don't think that's a good idea                      B. That's all for today  
C. I don't understand                                      D. I understand what you're saying
10. If you want to become a skincare specialist, who specializes in customized healthcare, you \_\_\_\_\_ at school.
- A. may study hard                                      B. might study hard  
C. can study hard                                      D. must study hard

## II Complete the sentences with the correct form of the words given.

1. Streets were so congested that it took hours \_\_\_\_\_ (travel) short distances.



2. If you want \_\_\_\_\_ (stay) ahead in the media industry, you must consider \_\_\_\_\_ (work) with virtual reality technologies.
3. Even though people believe milk is the only \_\_\_\_\_ (well) source of calcium, many other natural foods can also \_\_\_\_\_ (benefit) bone health.
4. If you aim \_\_\_\_\_ (work) in media, you should \_\_\_\_\_ (plan) to learn about virtual reality technologies.
5. While Mount Everest is far \_\_\_\_\_ (challenge) to climb than Mount Fuji is, both are equally important \_\_\_\_\_ (preserve).
6. One major problem in big cities is traffic congestion, which \_\_\_\_\_ (make) commuting very slow. The government could help by \_\_\_\_\_ (improve) public transportation to reduce the number of cars on the road.
7. Governments could implement limited \_\_\_\_\_ (accessible) to particularly sensitive areas to prevent \_\_\_\_\_ (spoiled) these wonders, which helps protect delicate ecosystems.
8. Health experts suggest \_\_\_\_\_ (participate) in sports or regular physical activities \_\_\_\_\_ (reduce) the risk of obesity and promote overall health.

### III Choose the underlined word or phrase (A, B, C, or D) that needs correcting.

1. Doing exercise regular is the most important part of a healthy lifestyle.  
 A                      B                      C                      D
2. Exploring Mount Kilimanjaro, where has a more accessible route, can be as thrilling as climbing Mount Everest.  
 A                      B                      C  
 D
3. Last month, while I was observing some issues of our city, such as congested streets, homeless, etc., I realized that we must act quickly.  
 A                      B                      C                      D
4. She was so interesting in sharing stories and inspiring others that she decided to pursue a career in journalism.  
 A                      B                      C                      D
5. The city should consider repainting the crosswalks and install better signage so that pedestrians could cross the streets safely.  
 A                      B                      C                      D

6. If you choose to work in the media industry, you might think about becoming a  
A B C  
produce of virtual reality content.  
D
7. We suggest setting limits on screen time and encourage face-to-face communication  
A B  
because excessive screen time can be harmful.  
C D
8. The Amazon Rainforest is much larger and biodiverse than any other rainforest,  
A B  
making it a far more significant natural wonder.  
C D

## PART 3: READING

**I** Choose the word or phrase (A, B, C, or D) that best completes the passage.

### Teenage Healthy Living and Urban Life

Living in urban areas can significantly affect teenagers' health. (1) \_\_\_\_\_ cities provide better access to education and healthcare, they also pose several risks. Teenagers often (2) \_\_\_\_\_ foods high in calories and fats, leading to obesity. The city council should promote healthy eating habits by encouraging the consumption of natural and nourishing foods. Involving teens in sports and outdoor activities can benefit their physical and mental (3) \_\_\_\_\_.

(4) \_\_\_\_\_ the harmful chemicals present in urban air, some teenagers maintain a healthy lifestyle. They suggest detoxing by eating (5) \_\_\_\_\_ foods and staying hydrated. Last year, while many teens were studying, some were struggling with stress due to congested city life. This situation became so severe that schools had to implement stress-relief programs.

Urban life is such a mix of opportunities and (6) \_\_\_\_\_ that teens must navigate carefully. The truth is excessive screen time and lack of exercise can harm their bones and (7) \_\_\_\_\_. Parents and schools should consider promoting regular naps and physical activities to (8) \_\_\_\_\_ these health issues. The myth that urban life is harmless is far from the truth; it requires conscious efforts to stay healthy and happy.

- |                |             |            |            |
|----------------|-------------|------------|------------|
| 1. A. Although | B. Despite  | C. Because | D. Since   |
| 2. A. maintain | B. increase | C. avoid   | D. consume |

- |                 |               |               |            |
|-----------------|---------------|---------------|------------|
| 3. A. myth      | B. ability    | C. health     | D. benefit |
| 4. A. Despite   | B. Although   | C. Since      | D. Because |
| 5. A. unhealthy | B. organic    | C. fast       | D. canned  |
| 6. A. demand    | B. challenges | C. innovation | D. harm    |
| 7. A. nap       | B. nutrients  | C. eye        | D. organs  |
| 8. A. rise      | B. maintain   | C. avoid      | D. promote |

## II

Read the following passage. Decide if the statements from 1 to 4 are True (T) or False (F), and choose the correct answers (A, B, C, or D) for questions 5 and 6.

Protecting and preserving natural wonders is essential for future generations. There are various strategies, each more effective than the last. One important way to preserve these wonders is to enforce stricter laws, which are much more effective than voluntary guidelines. Governments should fine individuals who litter or disturb wildlife, such as deer, in these areas.

Another method, which is as crucial as enforcing laws, is promoting responsible tourism. Tourists, who enjoy exploring natural formations and scenic landscapes, should be educated on the importance of leaving no trace. They should avoid disturbing the environment, keeping it as unspoiled as possible.

National parks, which are far more accessible than remote areas, play a significant role in conservation efforts. Rangers in these parks not only protect wildlife but also educate visitors on eco-friendly practices.

Additionally, we should consider implementing more sustainable tourism infrastructure, like eco-friendly lodges and waste management systems, to minimize the impact on these spectacular wonders.

Despite the challenges, continuous efforts in conservation can lead to a future where natural wonders remain intact. Everyone, from governments to individual tourists, must spend time and resources on protecting these invaluable treasures.

1. Enforcing stricter laws to protect natural wonders is more effective than relying on voluntary guidelines. \_\_\_\_\_
2. Tourists should be taught the importance of not leaving any traces while exploring natural landscapes. \_\_\_\_\_
3. National parks are more difficult to access than remote areas and do not play a significant role in conservation. \_\_\_\_\_



4. Sustainable tourism infrastructure, like eco-friendly lodges and waste management systems, should be considered to reduce the impact on natural wonders. \_\_\_\_\_
5. What role do rangers in national parks play according to the text?
- A. They only protect wildlife from poachers.
  - B. They educate visitors on eco-friendly practices and protect wildlife.
  - C. They focus solely on maintaining park facilities.
  - D. They are responsible for organizing tourist activities.
6. Which of the following could be the best title for the text?
- A. The Benefits of Eco-Friendly Lodges
  - B. Effective Strategies for Preserving Natural Wonders
  - C. The Role of Tourists in Conservation
  - D. How to Avoid Disturbing Wildlife

## PART 4: WRITING

**I** Rearrange the groups of words in the correct order to make complete sentences.

1. accidents / conditions. / were / road / occurring / Traffic / frequently / due / driving / to / careless / and / poor

→ \_\_\_\_\_

2. that / fats / benefit / for / healthy fats / the myth / from / like / good / avocados / our / are not / and nuts / Despite / overall health / sources / body, / .

→ \_\_\_\_\_

3. visiting / which / the / entirely / Grand Canyon, / but / I / also / I love / enjoy snorkeling / in / the / Great Barrier Reef, / is / an / different / experience / .

→ \_\_\_\_\_

4. you / to / in / healthcare, / you / become / work / a / a / hope / skincare / veterinarian. / could / If / specialist / or

→ \_\_\_\_\_

5. world / work / success / media / keeps / in / changing, / of / staying / but / adaptable / continuously updating / The / will / skills / ensure / and / .

→ \_\_\_\_\_

6. a / zoo / bad / not / idea, / I / zookeepers / keep / are / every / they / so / can't / That's / but / always / an / busy / eye / think / on / that / animal / the / in /.

→ \_\_\_\_\_

7. Last / I / on / I / sidewalk, / week, / witnessed / a / the / serious / was / involving / accident / walking / a / while / pedestrian /.

→ \_\_\_\_\_

8. myth / all / are / can / The / prevent / fats / teens / consuming / harmful / from / necessary / that / nutrients /.

→ \_\_\_\_\_

## **II** Rewrite the following sentences without changing their meaning.

1. Each teenager should get about 2 liters of water a day, but most of them don't drink enough.

→ Though \_\_\_\_\_

2. Mount Everest is the highest peak in the world. It is far more challenging to climb than other mountains.

→ \_\_\_\_\_

3. Physical activity is essential for teens although digital entertainment is very convenient.

→ Despite \_\_\_\_\_

4. The biodiversity of the Amazon Rainforest is amazing. The biodiversity of the Great Barrier Reef is amazing, too. (as... as...)

→ \_\_\_\_\_

5. The issue that many school students were struggling with stress due to congested city life became really severe. Schools had to implement stress-relief programs. (so)

→ \_\_\_\_\_

6. Last Tuesday, I was walking to school with my friend. She kept complaining about the city's pollution problem. (while)

→ Last Tuesday, \_\_\_\_\_

7. Lennie aims to become a director in the future. He should watch movies and take some notes. (if)

→ \_\_\_\_\_




8. The WHO suggests that we eat the right amount of fat, sugar, and meat to stay healthy. (eating)
- \_\_\_\_\_

**III** Write an article about a natural wonder in the world or in your country.  
Write 100-120 words.

You must include:

- a title for the article
- an overall description of that wonder
- when to visit the wonder
- how to visit the wonder



## PART 5: PRONUNCIATION

**I** Choose the word whose underlined part is pronounced differently from that of the others.

- |                    |              |          |              |
|--------------------|--------------|----------|--------------|
| 1. A. psychologist | B. surgery   | C. organ | D. congested |
| 2. A. access       | B. cafeteria | C. water | D. harmless  |

**II** Choose the word whose main stress pattern is placed differently from the others.

- |                    |                |                |               |
|--------------------|----------------|----------------|---------------|
| 1. A. personalized | B. spectacular | C. communicate | D. accessible |
| 2. A. audience     | B. media       | C. implement   | D. potential  |