

"Welcome to FitLife Gym, the newest fitness center in town! We take pride in offering you a modern space equipped with state-of-the-art equipment and a team of expert trainers (1) _____ to helping you achieve your fitness goals. At FitLife, we provide a variety of programs designed (2) _____ all fitness levels, from beginners to advanced athletes.

Not only do we feature cardio and strength training areas, but we also offer yoga, pilates, and engaging group classes (3) you motivated. With (4) _____ you can easily choose the right plan that fits your schedule and lifestyle. At FitLife Gym, you'll experience the support of our dedicated team in a friendly and encouraging (5) _____. Join us today to kickstart your health journey and discover the difference that a supportive community can (6) _____ a difference in reaching your fitness aspirations!"

- Question 1:** A. dedicated B. dedicating C. who dedicated D. was dedicated
Question 2: A. for B. to C. in D. on
Question 3: A. to keeping B. keep C. keep D. to keep
Question 4: A. flexible membership options B. flexibility membership options
 C. membership flexible options D. flexible memberships option
Question 5: A. environment B. environmental C. environments D. environmentally
Question 6: A. do B. make C. cause D. drive

Join Our Fitness Revolution

- Are you ready to (7) _____ your fitness game?
 At our gym, you'll not only find state-of-the-art equipment but also a community that motivates and supports you. Some people come for weight training, while (8) _____ join for cardio classes.
 We offer various training (9) _____, including yoga, Pilates, and strength building. (10) _____ personal training sessions, we have group classes to fit every schedule.
 Our trainers are (11) _____ in the fields of fitness and health, dedicated to helping you achieve your goals. Gain a new (12) _____ of confidence, energy, and enthusiasm from your workouts!
 Don't wait to become the best version of yourself. Join us today!

- Question 7:** A. get over B. step up C. put out D. go by
Question 8: A. the others B. another C. others D. other
Question 9: A. events B. sessions C. methods D. programs
Question 10: A. In addition to B. As far as C. In view of D. On top of
Question 11: A. officials B. experts C. scholars D. enthusiasts
Question 12: A. notion B. awareness C. sense D. perception

Question 13:

- a. Nam: That's nice! Learning new apps is fun.
 b. Linh: Thanks, Nam! I've been learning how to use a new app on my phone.
 c. Nam: Hi, Linh! Long time no see. Your phone looks new!

- A. c - b - a B. a - b - c C. c - a - b D. a - c - b

Question 14:

- a. Linh: I'm helping my dad wash the car this afternoon.
 b. Minh: That sounds fun! What kind of car do you have?
 c. Minh: Oh, nice! Do you often do things together with your family?
 d. Linh: Yes, we try to do something together every weekend. I really enjoy it.
 e. Linh: My dad bought a VF3 last month. It is an electric car.

- A. a - c - e - b - d B. a - b - e - c - d C. b - a - c - d - e D. d - e - a - b - c

Question 15:

- Hi Lan,
 a. Thanks for inviting me to your family picnic. It was so nice!
 b. I really enjoyed meeting your cousins and your brother.
 c. Also, the food was delicious! Did you help make the sandwiches?
 d. I hope we can do this again soon. Let me know when you're free.
 e. I hope you had a great time with everyone too!

Your friend,
 Lisa

- A. a - c - b - e - d B. a - b - c - e - d C. d - e - a - b - c D. e - c - b - d - a

Question 16:

- a. Carlos didn't earn much money at first, but he never stopped working hard.
 b. In 2010, at the age of twenty, he got his first job at a small café, where he made coffee for customers.
 c. He has loved cooking and making food since he was a child and has now become a successful chef.
 d. Carlos Martinez was born in 1990 in Lima, Peru, and his journey is truly inspiring.
 e. Carlos's story shows that anyone can reach their goals if they work hard and believe in themselves.

- A. d - b - a - c - e B. d - c - a - b - e C. d - c - b - a - e D. a - d - e - c - b

Question 17:

- a. The chart shows the number of users for three apps from 2010 to 2020. These apps are ChatApp, LearnIt, and FitTrack.
 b. The number of users for ChatApp went up a lot during this time. It started with 200 thousand users in 2010 and reached 1 million by 2020.

c. Overall, each app had more users over the 10-year period.
d. In contrast, LearnIt had a small change in users between 2010 and 2020. The users grew slowly from 100 thousand to 200 thousand.

e. FitTrack's users also increased steadily from 2010 to 2020, starting at 50 thousand and going up to 500 thousand.

A. a - c - d - b - e B. c - d - b - e - a C. c - b - a - e - d D. a - c - b - e - d

Some holidays are celebrated to honor family members, especially those with significant roles like mothers or fathers. In Vietnam, June 28th is a day for the whole family. Family Day, which is not an official national holiday but is very popular and widely celebrated, honors and promotes traditional family values. Vietnam, (18) _____, celebrates this day to allow family members to gather, connecting with each other and their cultural roots.

Vietnam, (19) _____, emphasizes the values of family loyalty and harmony. In Vietnamese culture, the family is viewed as a unified whole, with children expected to show the utmost respect to their parents. Family Day, established on June 28th, 2001, by the Deputy Prime Minister, reminds people of these enduring values.

(20) _____ This year's theme, "Peaceful Family, Happy Society," invites families to join activities such as sports, cooking, and singing contests, creating a lively and engaging atmosphere. (21) _____, as well as workshops on financial planning and career development. Families can participate in activities like scavenger hunts, obstacle courses, and relay races to promote teamwork and bonding. (22) _____ Family Day is truly an opportunity for families to connect in a meaningful way.

Question 18:

- A. whose culture places great importance on family bonds
- B. succeeded in placing great importance on family bonds with culture
- C. placed great importance on family bonds thanks to culture
- D. of which culture of placing great importance on family bonds

Question 19:

- A. a nation takes pride in preserving its core cultural ideals
- B. a nation whose pride in preserving its core cultural ideals
- C. a nation taken pride in preserving its core cultural ideals
- D. a nation that takes pride in preserving its core cultural ideals

Question 20:

- A. The organization has various cultural activities across cities in Vietnam
- B. Various cultural activities are organized across cities in Vietnam
- C. Various cultural activities organize across cities in Vietnam
- D. The organization which has various cultural activities across cities in Vietnam

Question 21:

- A. The activities include family values workshops and parenting sessions to strengthen community bonds.
- B. Various seminars on financial stability and parenting topics to enrich family culture.
- C. The event includes educational seminars on family values and parenting skills.
- D. There are workshops focused on family relationships, financial skills, and developing positive habits.

Question 22:

- A. The highlight of the day is a concert featuring popular local artists, allowing families to enjoy live music and spend quality time together
- B. Popular local artists are highlighted, allowing families to enjoy live music and spend quality time together.
- C. The day is highlighted by popular local artists, allowed families to enjoy live music and spend quality time together.
- D. Allowed families to enjoy live music and spend quality time together, the highlight of the day is popular local artists

A phobia is a stronger fear of something, even if that thing is not likely to cause harm. People with specific phobias fear a particular thing, and the more they think about it, the more frightened they become. For example, a person with claustrophobia is terrified of being in small spaces. **The more confined the space is, the more frightened they feel.** Similarly, those with social phobias worry about the reaction of others in certain situations, becoming increasingly anxious as the number of people increases.

Scientists believe there are several reasons why specific phobias develop. In some cases, they **arise** from real danger. For instance, if a child has an allergy to bee stings, she might develop a phobia of bees. This fear emerges because she understands the risk to her safety. On the other hand, traumatic past experiences can also result in phobias. The more distressing the experience, the stronger the phobia may become. For example, a man who has an illness after eating mushrooms could develop fungophobia, an extreme fear of fungi.

Children who hate injections might develop a phobia of sharp objects that could cause injury. **This** type of phobia often stems from the association between pain and sharp objects, like needles. While these phobias are specific, they can vary in intensity. In some cases, such fears are **manageable**, causing only mild discomfort, while in others, they interfere with daily life.

Specific phobias, in general, are rarely serious. For example, a person with a snake phobia might have a small accident running away from a cobra but may never actually encounter one. However, social phobias can have a more significant impact. In severe cases, individuals with social phobias might avoid most social situations and isolate themselves, which can negatively affect their quality of life.

Question 1: Which of the following is NOT mentioned as an example of a specific phobia?

- A. Fear of sharp objects B. Fear of snakes C. Fear of confined spaces D. Fear of darkness

Question 2: The word manageable in paragraph 3 is **OPPOSITE** in meaning to _____

- A. mild B. severe C. controllable D. flexible

Question 3: The word arise in paragraph 2 could be best replaced by _____

- A. disappear B. result C. emerge D. increase

Question 4: The word this in paragraph 3 refers to _____

- A. fear of injections B. association with pain
C. phobia of sharp objects D. intensity of fear

Question 5: Which of the following is TRUE according to the passage?

- A. Phobias always cause serious and significant problems in daily life.
B. Phobias of physical objects are less dangerous than social phobias.
C. All phobias arise from traumatic experiences during childhood years.
D. Social phobias rarely have any substantial effect on quality of life

Question 6: In which paragraph does the writer discuss the different levels of severity in specific phobias?

- A. Paragraph 1 B. Paragraph 2 C. Paragraph 3 D. Paragraph 4

Question 7: In which paragraph does the writer mention a relationship between past experiences and phobias?

- A. Paragraph 1 B. Paragraph 2 C. Paragraph 3 D. Paragraph 4

Question 8: Which of the following best paraphrases the underlined sentence in paragraph 1?

- A. People with claustrophobia are likely to feel much less fear and anxiety when they are in open and unrestricted spaces.
B. People with claustrophobia tend to experience increasing levels of fear as the spaces they occupy become smaller or more restricted.
C. Fear associated with claustrophobia becomes significantly weaker when the spaces people are in are increasingly confined or restricted.
D. Claustrophobia makes people feel anxious and frightened no matter how big or small the spaces they are occupying might be.

On a stormy night in 1707, four ships struck rocks off the south coast of England and sank. [I] One thousand, four hundred sailors were drowned. [II] The ships had crashed because they had no way of knowing how far they had travelled in a particular direction; they could not calculate their longitude, which required accurate time measurement. [III] In such difficult circumstances, they believed that the best response to the disaster was a competition: the Longitude Prize. [IV]

The Longitude Prize was no ordinary competition. To win it, someone had to find a way of calculating how far a ship had travelled east or west from its point of departure. Geniuses such as Sir Isaac Newton had failed to find a solution, so to ensure the interest of Britain's greatest scientific minds, the government offered a prize of £20,000 — the equivalent of £2.6 million in today's money. But to everyone's surprise, it wasn't a famous academic who solved the problem, but an unknown carpenter.

When John Harrison wasn't working with wood, he was making clocks. An accurate clock would allow sailors to calculate their position, but at the time it was thought impossible to create a mechanical clock that could work on a ship. The movement of the sea and the changes in temperature destroyed the delicate parts. However, after three frustrated attempts, Harrison's fourth sea clock, H4, finally triumphed. Its mechanics were so good that the H4 worked better than most clocks on land.

The Longitude Prize and Harrison's success generated a lot of interest in the 18th century, but it was soon forgotten. However, in 2013, the British government created a new Longitude Prize, offering £10 million to the person who could solve a great challenge to humanity. An enthralled public then took part in a TV programme where viewers chose one challenge from a list of six for scientists to focus on. The question now is, will someone be able to solve it just as well as Harrison solved the challenge presented to him?

Question 1: Where in paragraph 1 does the following sentence best fit?

It was the most serious in a series of accidents at sea, and a stunned British government decided to act

- A. [I] B. [II] C. [III] D. [IV]

Question 2: The phrase "ensure the interest" in paragraph 2 could be best replaced by _____

- A. guarantee the motivation B. secure the attention C. maintain the involvement D. stimulate the curiosity

Question 3: The word it in paragraph 4 refers to _____

- A. one challenge B. the question
C. a list D. a TV programme

Question 4: According to paragraph 4, which of the following is NOT a problem that arose from using mechanical clocks on ships?

- A. Temperature fluctuations damaged the clocks.
- B. The clocks were too large to carry.
- C. The movement of the ship disrupted the clocks.
- D. The clocks couldn't withstand sea conditions.

Question 5: Which of the following best summarises paragraph 4?

- A. John Harrison's successful sea clock was a result of his perseverance and craftsmanship.
- B. Harrison's clock was an immediate success, solving all the challenges of maritime navigation.
- C. Harrison's clock was eventually successful after multiple attempts, despite initial skepticism.
- D. John Harrison's first three attempts were failures, but he later perfected the design.

Question 6: The word **triumphed** in paragraph 3 is **OPPOSITE** in meaning to _____.

- A. failed
- B. prevailed
- C. succeed
- D. achieved

Question 7: Which of the following is TRUE according to the passage?

- A. The original Longitude Prize was primarily won by scientists from abroad.
- B. Sir Isaac Newton solved the problem of calculating longitude with his invention.
- C. John Harrison's clock played a crucial role in winning the Longitude Prize.
- D. The Longitude Prize was awarded to multiple inventors for their inventions.

Question 8: Which of the following best paraphrases the underlined sentence in paragraph 4?

- A. The British government once again created a new competition in 2013 with a larger cash prize.
- B. The new Longitude Prize was launched in 2013 to address a pressing global challenge.
- C. A different competition was introduced to solve the same old problems in 2013.
- D. The new competition built upon the achievements of Harrison's victory in the original Longitude Prize in 2013.

Question 9: Which of the following can be inferred from the passage?

- A. The Longitude Prize remains the most famous scientific competition in history.
- B. Technological advancements over the centuries have rendered the Longitude Prize irrelevant.
- C. The success of the original Longitude Prize has influenced modern scientific challenges.
- D. The public's response to the new Longitude Prize in 2013 was underwhelming.

Question 10: Which of the following best summarises the passage?

- A. The Longitude Prize inspired the development of accurate sea clocks, influencing modern scientific challenges.
- B. John Harrison's invention solved a centuries-old maritime problem, paving the way for future scientific prizes.
- C. From disaster to discovery, the Longitude Prize changed the course of maritime navigation and inspired modern competitions.
- D. The Longitude Prize was an important but short-lived event that contributed little to the advancement of science.