

Hygiene has played a vital role in human civilization throughout history. Ancient civilizations, such as the Egyptians, Greeks, and Romans, were among the first to recognize the importance of cleanliness for health. They practiced bathing and used natural oils to maintain personal hygiene. The Romans even built **elaborate** public bathhouses, which became social centers for relaxation and sanitation. These early efforts showed an understanding that hygiene was linked to overall well-being.

During the Middle Ages, however, attitudes towards hygiene changed significantly. The spread of diseases like the Black Death led people to believe that bathing could make **them** more vulnerable to infections. As a result, frequent bathing became rare, and cleanliness was not prioritized. Many people relied on strong perfumes to cover body odor, while poor waste management in cities created **unsanitary** conditions. This lack of hygiene contributed to widespread illness and high mortality rates.

The 19th century marked a turning point in the understanding of hygiene with the rise of scientific discoveries. Pioneers like Louis Pasteur and Joseph Lister demonstrated the link between germs and diseases, leading to improved medical practices and public health measures. **The introduction of handwashing and sterilization in hospitals greatly reduced infection rates.** Public awareness campaigns and government regulations began to promote better hygiene in everyday life.

Today, hygiene remains a crucial aspect of public health and daily routines. Advancements in technology have made access to clean water and sanitation facilities more widespread. People now understand the importance of practices like handwashing, brushing teeth, and proper waste disposal. The history of hygiene reflects humanity's ongoing efforts to protect health and prevent disease, proving its significance across time.

Question 1. Which of the following best paraphrases the underlined sentence in paragraph 3?

- A. Promoting handwashing and sterilization in hospitals gradually decreased infection rates.
- B. Discouraging the use of handwashing and sterilization in hospitals slightly increased infection rates.
- C. Implementing handwashing and sterilization in hospitals significantly lowered infection rates.
- D. Imposing a ban on handwashing and sterilization in hospitals dramatically increased infection rates.

Question 2. Which of the following is NOT mentioned as an ancient civilization that practiced hygiene?

- A. Romans
- B. Greeks
- C. Egyptians
- D. Indians

Question 3. The word **elaborate** in paragraph 1 is OPPOSITE in meaning to _____.

- A. sophisticated
- B. complex
- C. simple
- D. modern

Question 4. The word **them** in paragraph 2 refers to _____.

- A. diseases
- B. perfumes
- C. infections
- D. people

Question 5. In which paragraph does the writer emphasize how living conditions have improved in recent times?

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

Question 6. Which of the following is TRUE according to the passage?

- A. Louis Pasteur and Joseph Lister linked germs to diseases.
- B. People in the Middle Ages believed bathing caused infections.
- C. Hygiene in ancient times was mainly about using perfumes.
- D. The 19th century brought no changes to hygiene practices.

Question 7. The word **unsanitary** in paragraph 2 could be best replaced by _____.

- A. unusual
- B. unhealthy
- C. unlikely
- D. unsuitable

Question 8. In which paragraph does the writer mention a causal relationship that resulted in a decline in personal care habits?

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

Stress

In prehistoric times, the physical changes in response to stress were an essential adaptation for meeting natural threats. The stress response, even in the modern world, (9) _____ during critical events such as sports activities, important meetings, or situations of actual danger. If stress becomes persistent and low-level, however, the brain, heart, lungs, vessels and muscles become chronically over- or under- activated. (10) _____. Acute stress can also be harmful in certain situations.

Studies suggest that (11) _____ is associated with depression or anxiety. In one study, two- thirds of subjects who experienced a stressful situation had nearly six times the risk of developing depression within that month. Some evidence suggests that repeated release of stress hormones disrupts normal levels of serotonin, the nerve chemical (12) _____.

Certainly, on a more obvious level, stress diminishes the quality of life by reducing feelings of pleasure and accomplishment, and relationships are often threatened. The tensions of unresolved stress frequently cause insomnia, generally keeping the stressed person awake or causing awakening in the middle of the night or early morning. In fact, evidence suggests that stress hormones can increase during sleep in anticipation of a specific waking time. (13) _____.

Relaxation therapy has been found to reduce stress levels and consequently improve the quality of sleep.

Question 9.

- A. can raise levels of performance

- B. have to greatly improve performance levels
- C. increasing levels of performance
- D. which can enhance performance levels

Question 10.

- A. This is not necessarily harmful to people's physical and psychological conditions
- B. This may produce physical or psychological damage over time
- C. This is not likely to result in long-term damage to people's physical and psychological well-being
- D. This will possibly improve people's physical and psychological well-being over time

Question 11.

- A. the inability to deal with stress
- B. it is impossible to deal with stress
- C. people are unable to handle stress
- D. to be able to handle stress

Question 12.

- A. that is critical for feelings of well-being
- B. what makes people feel that they are healthy
- C. when feelings of well-being become essential
- D. who is important for feelings of well-being

Question 13.

- A. However, there is some hope for sufferers in this area
- B. Nevertheless, it is impossible to relieve people's sufferings
- C. Thus, there is no effective cure for sufferers in this area
- D. Therefore, therapies for people's sufferings are unavailable

Are You Living or Just Surviving?

Imagine waking up each day, only to find that the world feels exactly the same as it did the day before. [I] The routine is unchanging, and the excitement of life seems to have slipped through your fingers. [II] Research indicates that when individuals fall into a cycle of monotony, they experience higher levels of stress, dissatisfaction, and burnout. [III] This pattern can drain energy, leaving people feeling disconnected from their passions and purpose. [IV]

As time passes, the reasons for beginning a particular path can be easily forgotten. The spark of enthusiasm that once fueled people's ambitions might fade as obligations and responsibilities **take over**. In fact, studies in the Journal of Positive Psychology reveal that when people reconnect with the reasons they initially set their goals, **they** experience a significant increase in motivation and fulfillment. A lack of reflection on one's purpose can lead to a life that feels passive, as if decisions are made out of habit rather than intention. Those who forget why they started something often lose sight of what truly matters to them, resulting in an existence that drifts along without much meaning or direction.

To shift from mere survival to meaningful living, it's essential to create and pursue goals with intention. Living with purpose doesn't have to involve grand achievements. Experts have found that having a sense of purpose is linked to better health, including reduced risk of cardiovascular diseases and improved mental well-being. Purpose doesn't need to come from a **monumental** task - it can arise from everyday actions like nurturing relationships, taking care of personal health, or contributing to the community.

At the end of the day, the choice between living and surviving comes down to presence and intention. Instead of following the same unthinking routine, we have the power to make conscious choices that reflect what matters most to us. **By embracing even the smallest goals, individuals can overcome the numbness of survival and experience life more fully.** As Viktor Frankl wisely said, "Life is never made unbearable by circumstances, but only by lack of meaning and purpose." A life of purpose is not just about surviving - it's about truly living.

(Adapted from health.harvard.edu)

Question 14. The word **they** in paragraph 2 refers to _____.

- A. people B. reasons C. goals D. studies

Question 15. Which of the following can be inferred from the passage?

- A. Research demonstrates the impact of living with purpose on lifespan.
- B. Small, consistent steps toward goals are more effective than taking large ones.
- C. It is impossible to regain motivation without taking small gradual steps.
- D. People should consciously choose actions that reflect their personal values.

Question 16. The word **monumental** in paragraph 3 is OPPOSITE in meaning to _____.

- A. indispensable B. insignificant C. undesirable D. inconsiderate

Question 17. Which of the following is TRUE according to the passage?

- A. Having a social status contributes to living a purposeful life.

(31) _____ cannot be underestimated, as it shapes people's views on important issues. For example, the (32) _____ of social media users has dramatically increased over the past decade, with platforms like Facebook and Instagram leading the way. (33) _____ key development is the rise of video (34) _____, which has become more popular than traditional text-based news. Mass media also plays a role in raising awareness on various social issues, as it can (35) _____ topics that might otherwise remain unnoticed. The influence of mass media continues to grow, shaping both culture and society every day.

- Question 30.** A. Regardless of B. According to C. On account of D. In addition to
Question 31. A. comment B. tendency C. idea D. opinion
Question 32. A. portion B. item C. amount D. number
Question 33. A. Others B. Each other C. Another D. The others
Question 34. A. clip B. series C. content D. film
Question 35. A. run away B. put up C. bring up D. keep up

Question 36.

- a. The burning of wood for heating purposes is likely to produce little in the way of carbon emissions and is therefore considered to be friendly to the environment.
 b. Wood and coal are both useful sources of energy, and both are constantly in use around the world.
 c. Coal, on the other hand, is termed the "enemy of the environment" as it is the largest source of carbon emissions and is the greatest contributor to global warming.
 d. This is because wood burning produces only as much carbon as if the tree were left alone to eventually rot in the ground.
 e. However, while they each have their merits as fuel, the problems and hazards associated with their use are very different.
 A. e-a-b-d-c B. a-d-b-e-c C. b-e-a-d-c D. d-b-e-a-c

Question 37.

- Dear Mr. Thompson,
 a. I sincerely apologize for the inconvenience you faced and appreciate your patience as we work through the issue.
 b. I would like to offer a solution that includes a discount on your next service as a gesture of goodwill.
 c. Your feedback is invaluable to us, and we are currently reviewing your case to ensure that we can improve and prevent similar situations in the future.
 d. If you have any further questions or concerns, please feel free to reach out - I'm here to help!
 e. Thank you for reaching out and sharing your concerns regarding your recent experience with our service.
 Best regards, Emily
 A. e - b - a - c - d B. e - b - c - a - d C. e - a - c - b - d D. e - c - d - a - b

Question 38.

- a. Tuan: That's amazing. Can I join too?
 b. Linh: My friend volunteers at a shelter for the homeless.
 c. Linh: Yes, we go every Sunday to help serve food.
 A. c - b - a B. a - c - b C. b - c - a D. b - a - c

Question 39.

- a. Alex: Why AI-powered tools?
 b. Alex: How are you going to improve your work productivity?
 c. Alex: I think AI tools are too complex. I don't think I'll try them.
 d. Sue: I'm going to use AI-powered tools.
 e. Sue: They help automate tasks, provide real-time data analysis, and can assist in making smarter decisions.
 A. b-d-a-e-c B. d-b-a-e-c C. c-e-d-b-a D. c-b-a-e-d

Question 40.

- a. However, despite the economic boom, environmental concerns about beach erosion and overdevelopment remain prominent.
 b. Once quiet, undeveloped beach areas along the coast have been replaced by luxury resorts and condos, marking a shift towards tourism and real estate development.
 c. This boom in development has attracted international investors, leading to new hotels, restaurants and tourist attractions.
 d. The coastal city has undergone dramatic changes over the past few years.
 e. The population has exploded as more people move to the area to work in the tourism and construction industries.
 A. d - c - a - b - e B. d - a - e - b - c C. e - d - b - c - a D. d - b - c - e - a