PRACTICE TEST

I. LANGUAGE

Chọn từ (ứng với A hoặc B, C, D) ứng với từ có trọng âm chính nhấn vào âm tiết có vị trí khác với ba từ còn lại:

1. A. location B. essential C. question D. formation

Chọn từ (ứng với A hoặc B, C, D) có phần gạch chân được phát âm khác với ba từ còn lại:

2. A. congested B. impressive C. nourishing D. addicted

Chọn phương án đúng (ứng với A hoặc B, C, D) để hoàn thành mỗi câu sau:

3. When the lights turn green, I cross the street at a _____.

A. sidewalk B. roundabout C. crosswalk D. highway.

4. Tourists must not leave their marks on the country's national parks or _____ the landscapes by creating their own trails.

A. remind B. litter C. hunt D. damage

5. The Grand Canyon is a _____ natural wonder in the USA.

A. difficult B. harmful C. risky D. spectacular

6. Ha Long Bay is _____ than Mui Ne Beach.

A. more much beautiful B. much more beautiful

C. much beautiful D. the most beautiful

7. If people keep _____, the environment will be polluted.

A. litter B. littering C. litters D. littered

8. At 6 p.m. last week, he _____ a movie called ''Aquaman 2".

A. was watching B. were watching C. watched D. had watched

Chọn từ (ứng với A hoặc B, C, D) có phần gạch chân được phát âm khác với ba từ còn lại:

9. A. weather **B.** ahead **C.** bread **D.** mean

Chọn từ (ứng với A hoặc B, C, D) ứng với từ có trọng âm chính nhấn vào âm tiết có vị trí khác với ba từ còn lại:

10. A. difference **B.** occasion **C.** committee **D.** discovery

Chọn phương án đúng (ứng với A hoặc B, C, D) để hoàn thành mỗi câu sau:

11. Regular _____, such as walking or jogging are essential for good health.

A. exercises **B.** activities **C.** trainings **D.** practices

12. The _____ of this natural wonder attracts thousands of tourists each year.

A. amount **B.** ranger **C.** beauty **D.** law

13. You need to avoid _____ too much junk food if you want to lose weight.

LIVEWORKSHEETS

A. eat **B.** eating **C.** to eat **D.** eaten

14. _____ junk food may taste good, it is usually high in calories and low in nutrients.

A. Because **B.** Although **C.** Because of **D.** Despite

15. If you _____ to be a psychologist, you must study hard.

A. wants **B.** want **C.** wanted **D.** wanting

16. Mount Everest, _____ is the highest mountain in the world, attracts thousands of climbers every year.

A. which **B.** who **C.** where **D.** when

Chọn từ (ứng với A hoặc B, C, D) ứng với từ có trọng âm chính nhấn vào âm tiết có vị trí khác với ba từ còn lại:

17. A. sidewalk B. struggle C. owner D. provide

Chọn từ (ứng với A hoặc B, C, D) có phần gạch chân được phát âm khác với ba từ còn lại:

18. A. attr**a**ct B. tr**a**ffic C. crossw**a**lk D. **a**ccident

Chọn phương án đúng (ứng với A hoặc B, C, D) để hoàn thành mỗi câu sau:

19. My health improved a lot _____my recent diet change.

A. although B. because C. because of D. despite

20. Ba Be National Park isn't _____Phong Nha – Ke Bang national Park.

A. as big as B. bigger C. big D. much bigger

21. The traffic was _____that we missed our flight.

A. so heavy B. such heavy C. so heavily D. such heavily

22. Experts suggest reading labels carefully before buying food to avoid harmful ____

A. detox B. myths C. chemicals D. risk

23. The cave is not ____because of its narrow entrance.

A. accessible B. access C. accessibly D. accessibility

24. Schools should use the cafeteria to _____ healthy food choices by offering a variety of nutritious.

A. maintain B. promote C. communicate D. addict

Chọn từ (ứng với A hoặc B, C, D) có phần gạch chân được phát âm khác với ba từ còn lại:

25. A. v**i**rus B. sk**i**ncare C. d**i**rect D. f**i**ne

Chọn từ (ứng với A hoặc B, C, D) ứng với từ có trọng âm chính nhấn vào âm tiết có vị trí khác với ba từ còn lại:

26. A. communicate B. pedestrian C. innovationD. spectacular

Chọn phương án đúng (ứng với A hoặc B, C, D) để hoàn thành mỗi câu sau:

LIVEWORKSHEETS

29. _____ I don't like vegetables, I try to eat some every day as I know they are good for me.

A. Although B. Despite C. In spite of D. Because

28. I'd like to visit Sơn Đòong Cave to _____ the natural beauty of the world's largest cave.

A. float B. explore C. explode(bùn nổ) D. climb

29. A(n) _____ person is at a higher risk of developing various health conditions such as heart disease and diabetes.(bênh tiểu đường)

A. healthy B. lazy C. obese(béo phì) D. slim

30. Many experts expect _____ a significant rise in the use of renewable energy sources as a future trend.

A. seeing B. see C. to seeing D. to see

31 Bridge of Paleokarya, _____ is behind an amazing waterfall, is one of the most scenic attractions in Greece.

A. which B. who C. where D. that

32. Tourists usually enjoy _____ Victoria Falls Bridge crossing the Zambezi River with a spectacular view.

A. visits B. visit C. visited D. visiting

II. READING:

Task1. Đọc kỹ đoạn văn sau và chọn phương án đúng (ứng với A,B,C hoặc D) cho mỗi chỗ trống:

Today, people seem to focus so much on their physical look that they become addicted (1) _____ going to the gym all the time. It's common that people (2) _____ too much exercise, leaving them feeling exhausted after training. As a consequence, over-exercising makes them run out of energy needed for the rest of the day. Moreover, the fact that people work out too much increases the risk of injury. They easily get muscle pain if they (3) _____ themselves too hard to achieve their health goals.

Another negative aspect is that people spend their limited free time, after a stressful work schedule, exercising at the gym. This may keep them away from their friends and family. It's sad (4) _____ our relationships and other important parts of our lives just to spend too much time at the gym.

1.A. to B. for C. about D. of

2. A. make up B. take on C. make of D. take up

3. A. push B. pull C. put D. pay

LIVEWORKSHEETS

4. A. give up B. to give up C. giving up D. gave up

Task 2: Đọc kĩ đoạn văn sau và chọn phương án đúng (ứng với A hoặc B, C, D) cho mỗi chỗ trống.

Maintaining a healthy lifestyle involves a combination of good habits. First, it is important to have a balanced diet that includes various types of food to provide the body with the necessary **(1)** _____. Foods rich in vitamins, minerals, and proteins help strengthen the immune system, while carbohydrates and fats provide the energy needed for daily activities. Regular exercise is equally important, as it helps burn excess calories and keeps the body **(2)** _____. It is recommended that adults get at least 150 minutes of moderate aerobic activity each week. Moreover, drinking plenty of water is vital because it **(3)** _____ the body hydrated and helps in digestion and circulation. In addition, getting enough sleep is essential for good health. Poor sleep habits can lead to several health problems, such as obesity and heart disease. Finally, managing stress through activities like meditation or yoga can greatly improve mental well-being. Combining these elements is the key **(4)** _____ living a fit and happy life.

1. A. nutrients	B. sugars	C. toxins	D. ingredients
2. A. inactive	B. healthy	C. tired	D. sick
3. A. kept	B. keep	C. keeps	D. keeping
4. A. on	B. to	C. at	D. in

Task 3: Đọc kĩ đoạn văn sau và chọn phương án đúng (ứng với A hoặc B, C, D) cho mỗi câu

THE REALITIES OF URBAN LIVING

Urban life is fast-paced and full of energy. People from different cultures and backgrounds come together in big cities, creating a unique environment. There are many **opportunities** in urban areas, such as better job prospects, educational institutions, and various entertainment options. However, living in a big city also has its downsides. High living costs, noise pollution, and crowded public spaces are just a few of the common challenges. Many people find it stressful to live in such an environment and often seek ways to **balance** work and leisure. The key to enjoying urban life is finding a routine that works for you and taking advantage of the city's resources.

1. What is the main idea of the passage?

A. Urban life is always enjoyable.

B. Urban living is diverse and full of opportunities.

C. Cities are quiet places to live.

D. Urban life has no challenges.

LIVEWORKSHEETS

2. The word "**opportunities**" in paragraph 1 is **CLOSEST** in meaning to _____.

A. chances B. risks C. changes D. challenges

3. Which of the following is NOT mentioned as a feature of urban life?

A. Fast-paced lifestyle.

B. Availability of cultural activities.

C. Crowded public spaces.

D. Rural farming practices.

4. **Which of the following is NOT a benefit of urban life?**

A. Better educational opportunities

B. More entertainment options

C. Higher job opportunities

D. Limited public transportation

Task 4:. Đọc kĩ đoạn văn sau và chọn phương án đúng (ứng với A hoặc B, C, D) cho mỗi câu:

Healthy Living

Living a healthy lifestyle is important for both physical and mental well-being. A balanced diet, regular exercise, and sufficient sleep are key factors in maintaining good health. Eating plenty of fruits and vegetables provides essential vitamins, while avoiding too much sugar and fast food helps prevent diseases like diabetes and obesity.

Exercise is also ***crucial***. Experts recommend at least 30 minutes of physical activity each day, such as jogging, cycling, or even walking. Exercise strengthens muscles, improves heart health, and reduces stress. Besides, getting enough sleep is just as important. Sleep allows the body to rest and recover, keeping the mind fresh and focused.

In addition, managing stress plays a big role in staying healthy. Activities like meditation, reading, or spending time with family can help people feel more relaxed. Living healthily requires effort, but the benefits are worth it. By making small changes in daily habits, anyone can improve their quality of life.

1. What is the main idea of the passage?

A. The importance of a healthy lifestyle B. The dangers of eating fast food

C. How to build strong muscles D. Why people should sleep more

2. What does the word "***crucial***" in paragraph 2 mean?

A. Easy B. Necessary C. Dangerous D. Expensive

3. Why should people avoid eating too much sugar and fast food?

A. It makes them stronger B. It helps them sleep better

LIVEWORKSHEETS

C. It can cause health problems D. It improves brain function

4. What can be inferred from the passage?

A. Living a healthy life is difficult and not worth the effort

B. People can improve their health by making small changes

C. Only young people need to exercise regularly

D. Stress has no effect on a person's health

LIVEWORKSHEETS