

**ĐỀ 20(12.60)****ĐỀ MINH HỌA****ĐỀ THI THỬ THPTQG 2026****MÔN: TIẾNG ANH***Thời gian làm bài: 50 phút*

Tài liệu khóa học luyện thi tuyển sinh năm 2026 cho 2K11

**Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 1 to 5.**

The recent trend of "job hugging," whereby employees cling to their current roles, stems from a complex mix of economic anxiety and a desire for perceived stability. This behavior is also driven by a psychological attachment to the comfort of the familiar, a feeling that often intensifies during periods of high inflation, and (1) \_\_\_\_, a set of motivations that are redefining workplace loyalty.

While employers might initially praise this apparent loyalty, a sentiment that contrasts sharply with the recent "Great Resignation", they also risk fostering a stagnant workforce, (2) \_\_\_\_\_. The lack of new talent and fresh ideas can stifle innovation and long-term competitiveness.

(3) \_\_\_\_\_. An individual may become so specialized in their company's internal processes that their skills are no longer transferable to the wider industry. Such loyalty, therefore, often masks a deep-seated fear of professional irrelevance.

The antidote to this stagnation is not necessarily "job hopping," but continuous internal development. (4) \_\_\_\_\_. As long as employees are actively learning and being challenged, their tenure can be an asset rather than a liability.

A healthy workplace in the future, one that retains talent without causing stagnation, will achieve success by weighing the clear benefits of fostering internal mobility, which keeps long-term employees engaged and adaptable, (5) \_\_\_\_\_ that ensures the company remains competitive and innovative.

(Adapted from The Wall Street Journal)

**Question 1 [1094505]:**

- A. navigate the high competition and unforgiveness of a deep-seated, fearful job market
- B. a fearful navigation of a highly competitive and unforgiving job market's deep-seated nature
- C. a deep-seated fear of navigating a highly competitive and unforgiving job market
- D. by the high competition and deep-seated fear of navigating an unforgiving job market

**Question 2 [1094506]:**

- A. as though these externally transferable employees may inadvertently stop new skill acquisition during their long tenure
- B. lest newly acquired, externally transferable skills inadvertently stop the employment of long-tenured employees
- C. on the grounds that these long-tenured employees may inadvertently stop acquiring new, externally transferable skills

---

**D.** in the event that inadvertent transference of new skills stops the external acquisition by long-tenured employees

Question 3 [1094507]:

**A.** The individual who experiences advancement in their long-term career, in such a situation, often perceives stability as an unrecognized casualty

**B.** The individual's long-term career advancement, in such a situation, often becomes the unrecognized casualty of this perceived stability

**C.** Perceiving stability as a casualty, in such a situation, often becomes an unrecognized long-term career advancement for many individuals

**D.** The perception of stability, in such a situation, usually becomes the long-term casualty, unrecognized by the advancing individual's career

Question 4 [1094508]:

**A.** Companies must therefore proactively create clear pathways for meaningful internal mobility and continuous skill acquisition

**B.** The proactive creation of clear pathways for internal mobility meaningfully requires continuous skill acquisition by companies

**C.** Meaningful internal mobility must therefore be created by proactively clearing pathways for continuous skill acquisition by companies

**D.** Therefore, the clarity of pathways for meaningful internal mobility must be proactively created by continuous skill acquisition

Question 5 [1094509]:

**A.** with a new introduction to talented and consistently external perspectives

**B.** which new talent is consistently introduced from external perspectives

**C.** a consistent perspective on introducing new and externally talented individuals

**D.** against a consistent introduction of new talent and external perspectives

**Read the passage and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 6 to 13.**

The word "healing" has aggressively permeated the daily vernacular of the younger workforce. It is no longer utilized solely in a medical context but has evolved into a catchall term for a specific, aspirational lifestyle. Travel agencies and hospitality groups now aggressively market "healing tours" to remote mountain retreats or forest hideaways. These packages promise more than simple leisure; they offer a structured remedy for the burnout and accumulated fatigue of modern urban life. The concept of rest has been repackaged as an essential, therapeutic intervention.

A distinct and lucrative industry has rapidly mobilized around this collective exhaustion. Silence, fresh air, and a disconnection from digital devices are now sold at a premium. Resorts charge exorbitant rates for meditation sessions, sound baths, and organic nutrition plans. The pursuit of mental well-being, once a private and internal process, is now visibly commoditized. Access to these restorative experiences is frequently predicated on substantial disposable income, creating a situation where the ability to effectively "heal" becomes an exclusive privilege rather than a universal right.

The ubiquity of this trend points to a pervasive underlying issue within the contemporary employment environment. The relentless exigencies of corporate schedules and the dissolving boundary between professional and personal time have generated unprecedented levels of stress.

---

Young professionals often feel compelled to seek these expensive escapes not merely for enjoyment, but as a necessary maintenance strategy to sustain their productivity. The popularity of such retreats is a stark indicator of a workforce operating near its breaking point, seeking external solutions for systemic internal pressures.

A return to the city often exposes the transient nature of these expensive respites. The immediate alleviation of stress achieved during a weekend retreat frequently evaporates upon re-entry into the chaotic office environment. Critics argue that while such excursions provide a temporary, soothing placebo, they fail to address the root causes of the anxiety. True psychological restoration requires sustainable changes to daily habits and working conditions, rather than sporadic, high-cost interruptions to the grind.

(Adapted from SciSpace)

Question 6 [1094510]: The word restorative in paragraph 2 is closest in meaning to

\_\_\_\_\_.

- A. exclusive
- B. revitalizing
- C. preventive
- D. holistic

Question 7 [1094511]: Which of the following is NOT mentioned in the passage as a service or amenity provided by the expensive "healing" resorts?

- A. Meditation sessions
- B. Sound baths
- C. Organic nutrition plans
- D. Private yoga classes

Question 8 [1094512]: Which of the following best paraphrases the underlined sentence in paragraph 3?

- A. The unceasing demands of business timetables combined with the fading separation between work and home have created considerable anxiety for the modern workforce.
- B. Anxiety levels never seen before have resulted from the unceasing demands of business timetables and the erasing lines separating work from private life.
- C. Due to the unceasing competitiveness of business agendas and the blurring of lifework boundaries, employees are facing record-breaking amounts of mental strain.
- D. What has generated unpredictable forms of tension is the unceasing pressure of business timetables and the fading distinction between work and home life.

Question 9 [1094513]: The word its in paragraph 3 refers to \_\_\_\_\_.

- A. popularity
- B. workforce
- C. productivity
- D. strategy

Question 10 [1094514]: The word sporadic in paragraph 4 is OPPOSITE in meaning to

\_\_\_\_\_.

- A. continuous

- 
- B.** sudden
  - C.** expensive
  - D.** intense

Question 11 [1094515]: Which of the following is TRUE according to the passage?

- A.** The substantial costs associated with wellness tourism are primarily driven by a geographical shortage of undeveloped wilderness suitable for commercial expansion.
- B.** Travel agencies are promoting secluded nature getaways by emphasizing the clinical efficacy of distinct, traditional woodland treatments.
- C.** Major business organizations are now actively instituting permanent operational adjustments to resolve the foundational sources of pervasive staff mental distress.
- D.** Junior corporate employees regard costly retreats less as recreational leisure and more as a tactical measure to preserve professional output.

Question 12 [1094516]: Which paragraph mentions that the absence of noise is now marketed as an expensive product?

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

Question 13 [1094517]: Which paragraph mentions the use of holidays to preserve professional output?

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

Mark the letter A, B, C or D on your answer sheet to indicate the best arrangement of utterances or sentences to make a cohesive and coherent exchange or text in each of the following questions from 14 to 18.

Question 14 [1094518]:

- a. My goal was simple: no phone, no laptop, and no social media from Friday evening until Monday morning.
- b. I quickly found myself pacing the room, fighting a strong, almost physical urge to check my email or scroll through feeds.
- c. The experience was a powerful reminder that I need to control my technology, not let it control me.
- d. Feeling constantly distracted by notifications, I decided to attempt a full "digital detox" for an entire weekend.
- e. Instead of giving in, I dug out an old book and went for a long walk, focusing entirely on the world around me.

- A.** c – b – e – a – d
- B.** c – a – e – d – b
- C.** d – a – b – e – c

---

**D.**  $d - b - e - c - a$

Question 15 [1094519]:

- a. David: It's a serious problem. The job opportunities are here, but they barely cover the cost of rent and transport.
- b. Maria: Exactly. And the financial pressure just makes it impossible to save money or even enjoy the city life we moved here for.
- c. Maria: Do you ever wonder if living in this city is still worth it, given how high the cost of living has become?
- d. Maria: I suppose it's a major trade-off. We gain career growth but sacrifice our shortterm financial well-being.
- e. David: That's the core issue. Even a small pay rise seems to disappear instantly on basic necessities.

**A.**  $d - a - c - e - b$

**B.**  $c - a - b - e - d$

**C.**  $d - e - b - a - c$

**D.**  $c - e - d - a - b$

Question 16 [1094520]:

- a. Anna: Sounds good. Let's see what time the next showing is.
- b. Anna: I was really hoping we could finally see that new action movie tonight.
- c. Ben: Oh, I'd prefer something lighter, to be honest. How about that new animated film?

**A.**  $a - b - c$

**B.**  $b - a - c$

**C.**  $b - c - a$

**D.**  $a - c - b$

Question 17 [1094521]:

Dear Customer Support Team,

- a. My confirmation email stated a guaranteed delivery window of November 10-12.
- b. I expect either an immediate shipment or a full refund for this order.
- c. Furthermore, the tracking number provided (1ZA998.) has shown no movement or updates for the past four days.

**Câu 1:** d. I am writing to express my strong dissatisfaction regarding my order 903-45B, which is now significantly overdue.

- e. Please advise on how you will resolve this matter within the next 24 hours.

Sincerely, Alex Chen

**A.**  $b - d - a - c - e$

---

**B.** a – c – d – b – e

**C.** d – a – c – b – e

**D.** c – a – d – b – e

Question 18 [1094522]:

a. The cafe has now become the neighborhood's most popular spot, consistently busy from morning until night.

b. These combined efforts have dramatically improved the customer experience, resulting in glowing online reviews and strong word-of-mouth.

c. To tackle the service issue, the owner invested in a new espresso machine and hired two additional baristas.

d. Regarding the atmosphere, they also repainted the walls, updated the furniture, and curated a much better music playlist.

e. For years, my favorite local cafe struggled with two main problems: painfully slow service during peak hours and a dull, unwelcoming atmosphere.

**A.** a – b – d – e – c

**B.** e – d – c – a – b

**C.** e – c – d – b – a

**D.** a – d – b – c – e

Read the passage and mark the letter *A, B, C* or *D* on your answer sheet to indicate the best answer to each of the following questions from 19 to 28.

Patrons traversing contemporary supermarkets encounter an assortment dominated by industrial formulations rather than whole ingredients. Ultra-processed consumables, characterized by an abundance of emulsifiers, stabilizers, and synthetic flavorings, comprise a preponderant share of the dietary intake in industrialized societies. [I] Isolates extracted from commodity crops, such as hydrolyzed proteins or high-fructose syrups, undergo extensive chemical reconstitution. Such fabrication prioritizes organoleptic allure and shelf-stability over nutritional density. The resulting edible products bear negligible resemblance to their biological origins, presenting instead as hyper-palatable constructs designed to maximize ingestion.

Physiological mechanisms regulating satiation frequently malfunction when subjected to such engineered sustenance. The specific calibration of lipids, saccharides, and sodium within these items can override the body's innate homeostatic signals. Individuals consuming minimally processed provisions typically experience a cessation of appetite that moderates intake. Ultra-processed alternatives, conversely, often possess a soft texture and high caloric density, facilitating rapid consumption before neurobiological feedback loops engage. [II] Epidemiological evidence substantiates a robust association between the frequent consumption of these formulations and metabolic dysregulation or increased adiposity. The composition itself engenders excessive caloric intake independent of volitional control.

Economic imperatives drive the continual expansion of this product category. Manufacturers favor these formulations for their exceptional profitability and extended preservation duration. An item capable of retaining edibility for prolonged periods facilitates efficient global logistics and mitigates inventory spoilage. [III] Fresh provisions remain perishable, necessitating complex,

costly cold-chain infrastructure. Ultra-processed goods, in contrast, utilize inexpensive fractionated ingredients like soy and corn derivatives, establishing a high-margin commercial model. The corporate objective is to manufacture items that are inexpensive to fabricate, convenient to distribute, and difficult for the purchaser to refuse.

Public health authorities currently confront the detrimental ramifications of this nutritional pattern. Incidence rates of chronic pathologies, including type 2 diabetes and cardiovascular impairments, have risen concurrently with the proliferation of industrial diets. [IV] Legislators face a formidable conundrum in regulating a sector that supplies affordable sustenance to millions. Proposed interventions frequently include front-of-package warning labels or fiscal levies on specific constituents. Such measures attempt to rectify the information asymmetry existing between conglomerates and the public. The omnipresence of these products creates an environment where adhering to a salutary diet demands constant vigilance and considerable financial expenditure, often precluding participation by economically disadvantaged demographics.

(Adapted from ResearchGate)

Question 19 [1094523]: According to paragraph 1, the manufacturing logic for ultraprocessed consumables gives precedence to \_\_\_\_.

- A. the development of items that are intentionally engineered to be over-eaten
- B. the extraction of chemical components from various commodity-grade crops
- C. the use of additives that ensure a consistent and appealing mouthfeel
- D. sensory appeal and product longevity rather than inherent dietary value

Question 20 [1094524]: The word preponderant in paragraph 1 is closest in meaning to \_\_\_\_.

- A. dominant
- B. obvious
- C. growing
- D. synthetic

Question 21 [1094525]: Which of the following best summarises paragraph 2?

- A. The specific design of ultra-processed foods appears to be a deliberate attempt to override satiety signals, making their rapid consumption an unavoidable outcome that leads to metabolic dysregulation.
- B. The consumption of ultra-processed foods seems to damage the body's innate homeostatic signals over time, which explains why these formulations are strongly associated with metabolic dysregulation.
- C. The soft texture of ultra-processed foods is the key factor that facilitates rapid consumption, which in turn causes the body's neurobiological feedback loops to fail and leads to metabolic dysregulation.
- D. The composition of ultra-processed foods is engineered to bypass natural satiety signals, leading to rapid consumption before the body can register fullness, which is linked to metabolic dysregulation or increased adiposity.

Question 22 [1094526]: What natural bodily response occurs when consuming whole ingredients?

- A. A natural halt in appetite that successfully controls consumption.
- B. The bypassing of the body's natural mechanisms for signaling fullness.
- C. A soft consistency that allows for high-speed, high-calorie intake.
- D. A strong link to the development of metabolic issues and weight gain.

---

Question 23 [1094527]: The word their in paragraph 3 refers to \_\_\_\_\_.

- A. economic imperatives
- B. manufacturers
- C. formulations
- D. product categories

Question 24 [1094528]: Which of the following best paraphrases the underlined sentence in paragraph 3?

- A. A product with a long-lasting consumable state streamlines international distribution and also helps to lower inventory holding costs.
- B. An item's ability to stay consumable for a long time allows for faster worldwide shipping and reduces loss from stock degradation.
- C. Effective worldwide distribution is aided, and stock degradation is curbed by a foodstuff's capacity to stay consumable for a long time.
- D. By remaining consumable for an extended period, a foodstuff aids in optimal global transport and reduces loss from market expiration.

Question 25 [1094529]: Which of the following is NOT mentioned in the passage as a commercial objective for manufacturers of ultra-processed goods?

- A. Being inexpensive to fabricate
- B. Being convenient to distribute
- C. Being difficult for the purchaser to refuse
- D. Being sustainably packaged

Question 26 [1094530]: Which of the following can be inferred from the passage?

- A. The disruption of the body's natural appetite-control mechanisms is linked to the specific chemical additives used in ultra-processed formulations.
- B. The "hyper-palatable" nature of ultra-processed foods makes them a more desirable option for consumers than traditional, unprocessed ingredients.
- C. The logistical difficulties of transporting perishable whole foods were an impetus for the food industry's development of synthetic flavorings.
- D. Policy interventions may disproportionately impact low-income populations who depend on ultra-processed foods for affordable sustenance.

Question 27 [1094531]: Where in the passage does the following sentence best fit?

**A significant mismatch is thus created between caloric intake and perceived fullness.**

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

Question 28 [1094532]: Which of the following best summarises the passage?

- A. Ultra-processed foods are a failure of the modern food system, and their profitable, shelf-stable design overrides satiety signals and directly causes chronic illness, forcing legislators to use interventions like warning labels to protect the public.
- B. Ultra-processed foods are formulations prioritizing shelf-stability over nutrition and are engineered to override satiety, which while highly profitable, are also linked to chronic diseases, creating a complex regulatory challenge.

**C.** The public health crisis caused by ultra-processed foods, which override satiety, has forced authorities to choose between implementing regulations or protecting the affordable food supply for the economically disadvantaged, a difficult decision.

**D.** The profitability of ultra-processed foods stems from their low nutritional density and shelf-stability, and this creates a health crisis by overriding satiety, leaving authorities to grapple with regulation that may harm the economically disadvantaged.

Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 29 to 34.

### Hue Festival: A Celebration of Heritage

The Hue Festival, a major biennial cultural event, draws a sheer (29) \_\_\_\_ of international and domestic tourists. The primary (30) \_\_\_\_ of the festival is to honor and showcase the unique cultural heritage of Vietnam's former imperial capital.

Dozens of special events, (31) \_\_\_\_ both traditional royal court music and contemporary art forms, take place within the ancient Citadel. The Citadel, (32) \_\_\_\_ is recognized as a UNESCO World Heritage site, provides a stunning backdrop for the performances.

The sense of history and excitement is (33) \_\_\_\_, with vibrant lights, sounds, and artistic displays at every corner. Despite the immense logistical challenges, organizers and artists work together to (34) \_\_\_\_ a truly memorable event.

(Adapted from various Vietnam News)

Question 29 [1094533]: <b>A.</b> deal	<b>B.</b> portion	<b>C.</b> number	<b>D.</b> amount
Question 30 [1094534]: <b>A.</b> object	<b>B.</b> objective	<b>C.</b> objectivity	<b>D.</b> objectively
Question 31 [1094535]: <b>A.</b> featured	<b>B.</b> featuring	<b>C.</b> are featured	<b>D.</b> which features
Question 32 [1094536]: <b>A.</b> who	<b>B.</b> where	<b>C.</b> which	<b>D.</b> that
Question 33 [1094537]: <b>A.</b> palpable	<b>B.</b> plausible	<b>C.</b> permissible	<b>D.</b> perishable
Question 34 [1094538]: <b>A.</b> pull off	<b>B.</b> call off	<b>C.</b> see off	<b>D.</b> cut off

Read the following text and mark the letter A, B, C, or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 35 to 40.

### How to Master the Art of Negotiation

Negotiation is often misconstrued as a battle of wills, yet it is better understood as a collaborative problem-solving exercise. You should never rush the process, (35) \_\_\_\_ patience is often the most powerful leverage you possess.

---

A successful outcome is often inextricably bound up (36) \_\_\_\_\_ thorough preparation. Before entering the room, you must understand not only your own position but also that of your counterpart.

Structure is key. You should always enter a meeting with a (37) \_\_\_\_\_, detailing your ideal outcome and your walk-away point. During the discussion, treat (38) \_\_\_\_\_ objection with respect; often, an objection is simply a request for more information.

Communication must be precise. Throughout the process, you should regularly (39)

\_\_\_\_\_ your team of any significant developments to ensure alignment. Finally, maintain professionalism even if the deal falls through. It is unwise to burn your (40) \_\_\_\_\_ as you may need to do business with the same people in the future.

(Adapted from Business Insider)

Question 35 [1094539]:

- A. but
- B. so
- C. for
- D. nor

Question 36 [1094540]:

- A. with
- B. from
- C. on
- D. to

Question 37 [1094541]:

- A. strategic plan comprehensive
- B. plan strategic comprehensive
- C. comprehensive strategic plan
- D. comprehensive plan strategic

Question 38 [1094542]:

- A. every
- B. littl
- C. none
- D. many

Question 39 [1094544]:

- A. warn
- B. convince
- C. apprise
- D. deprive

Question 40 [1094546]:

- A. coats
- B. bridges
- C. houses
- D. roads