TA12. CK2.15

Read the following passage about heart attacks 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.

Mounting evidence shows that more young adults are experiencing heart problems than in previous decades. Heart attacks occur when blood flow to the heart **(1)** _____. One reason is the growing number of lifestyle-related health problems, **(2)** _____. Other factors like tobacco, cocaine, marijuana, and alcohol use have been associated with increased risks of heart attack in younger adults, too.

The major risk factors—high blood pressure, high cholesterol, diabetes, and obesity—can damage arteries over time. While these conditions may be inherited, **(3)** _____ often play a larger role.

(4) _____. A recent survey found that 47% of people under 45 don't believe they're at risk for heart disease, and one-third of adults wouldn't confidently recognize heart attack symptoms. Half of 3,500 younger adults with significant risk factors didn't believe they were at risk before their heart attack occurred. Even fewer said their doctors warned them—especially women.

Experts say that getting young adults to care about heart health is a unique challenge. **(5)** _____. Experts emphasize early prevention, since untreated risk factors lead to worse outcomes over time.

Question 1.

A. that is partially or completely blocking
B. is partially or completely blocked
C. is getting a blockage completely
D. has been incompletely blocked

Question 2.

A. mainly associated with poor diet and physical inactivity
B. which are influenced by diet and regular exercise
C. that are closely linked to poor diet and physical inactivity
D. largely resulting from poor diet and physical inactivity

Question 3.

A. the unhealthy lifestyle choices kept in childhood
B. unhealthy lifestyle choices starting in childhood
C. people keep unhealthy lifestyle choices in childhood
D. choosing unhealthy lifestyle in childhood

Question 4.

A. There is unawareness among young adults due to these risks
B. Being aware of the risk, many young adults are taking risks
C. Despite these risks, many young adults remain unaware
D. Because of these risks, many young adults remain unaware

Question 5.

A. When they neglect their heart health, it is often due to pressure from work and family duties
B. While they are busy with careers and families, they consider long-term health risks carefully
C. As they are busy with careers and families, this group often overlooks their heart health
D. Although they are busy with careers and families, they manage to take good care of their heart health

Read the following piece of news 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 6 to 11.

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From 3:00 p.m. on March 7, retail prices of petrol and oil products simultaneously increased sharply following a decision by the joint Ministry of Industry and Trade and the Ministry of Finance.

In this price adjustment period, amid global **(6)** _____, the two ministries decided **(7)** _____ a price management plan to ensure that domestic fuel prices remain in line with international market developments with **(8)** _____ delay.

The authorities also continued to maintain a reasonable price gap between E5 RON92 biofuel and RON95 mineral petrol to **(9)** _____ the use of biofuels in line with the Government's policy, while ensuring balanced interests among market participants.

Since the beginning of this year, domestic fuel prices have undergone a **(10)** _____ of 11 adjustments. During this period, both RON95 and E5 RON92 experienced four decreases and seven increases, **(11)** _____ diesel oil recorded two falls and nine hikes.

Question 6.

A. price fuel fluctuation **B.** fluctuations fuel price
C. fuel price fluctuations **D.** price fluctuations fuel

Question 7.	**A.** on	**B.** at	**C.** to	**D.** in
Question 8.	**A.** a few	**B.** few	**C.** little	**D.** a little
Question 9.	**A.** produce	**B.** regulate	**C.** manage	**D.** encourage
Question 10.	**A.** complete	**B.** total	**C.** full	**D.** whole
Question 11.	**A.** while	**B.** however	**C.** so	**D.** although

Mark the letter A, B, C, or D to indicate the correct arrangement of the sentences to make a meaningful paragraph/letter/dialogue in each of the following questions.

Question 12.

a. Minh: I get your point. I think we should use it as a tool, not just copy everything from it.
b. Minh: Yeah, I've tried Bard a few times. It really helps me brainstorm ideas for essays.
c. Lan: That's true, but I feel like if I rely on it too much, I might stop thinking for myself.
d. Lan: Have you ever used any AI tools to help with your homework?
e. Lan: Exactly. It's all about finding the right balance so we can still learn effectively.

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

Question 13.

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 short-term financial well-being.
e. David: That's the core issue. Even a small pay rise seems to disappear instantly on necessities.

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

Question 14.

a. Huy: That sounds like a plan! I'll bring some snacks and drinks then.
b. Huy: The weather is so nice today. Why don't we go for a picnic in the park?
c. An: I'd love to, but I need to finish my English assignment first. How about 3 p.m.?

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d. An: That should work. See you later!

A. a – b – c – d **B.** b – d – a – c **C.** b – c – a – d **D.** c – b – d – a

Question 15.

Dear Customer,

a. After the verification, your new account will be activated, and a physical debit card will be mailed to your registered address within three working days.

b. It is our pleasure to inform you that your initial request for a premium savings account has been successfully reviewed by our system.

c. Please visit the nearest branch with your ID to complete the face-to-face verification.

d. For any activation inquiries, please contact our 24/7 customer service at 1800-XXXX.

e. To proceed, please upload your residency documents to our online portal.

Yours sincerely,

ABC Bank

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

Question 16.

a. These changes have turned the quiet district into a bustling commercial hub, boosting local economic growth.

b. Also, a shopping complex replaced the former warehouses to serve the growing population.

c. Meanwhile, surrounding green spaces were reduced to make room for new arterial roads.

d. Over the last decade, the riverside area has undergone a major urban renewal project.

e. It involved replacing old factories with new apartment blocks overlooking the waterfront.

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

Read the following 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 17 to 24.

For decades, the "body clock" was seen as a minor part of medical science, often dismissed as just the cause of jet lag. However, recent studies in chronobiology have **revealed** a more important reality: nearly every cell in our bodies follows a strict 24-hour cycle. This circadian system, managed by a "master clock" in the brain, not only regulates sleep; it also controls metabolism, hormone levels, and immune responses. In our modern world, this natural rhythm faces threats from artificial lighting and irregular lifestyle habits.

The consequences of circadian misalignment—the gap between our internal biological time and external social schedules—are serious. The chronic **disruption** of circadian cycles, common among shift workers and those using screens late at night, has been linked to a multitude of health issues, including Type 2 diabetes and obesity. **Eating or exercising out of sync with metabolic peaks reduces nutrient efficiency**. This shows that timing—not just diet—shapes long-term health.

Furthermore, there is a bidirectional relationship between circadian health and mental well-being. Disruptions in sleep cycles are often signs of coming depressive episodes, while stabilizing **these rhythms** can make psychiatric treatments more effective. Even the brain's cleaning system, which flushes out waste, works mainly during deep sleep to remove toxic proteins linked to brain diseases. Ignoring our internal timing not only causes fatigue but also gradually harms neurological health.

Solving this crisis requires a change in how we design our cities and daily lives. Experts suggest using "circadian-friendly" lighting in offices and schools to mimic natural sunlight,

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supporting alertness during the day while reducing sleep interference at night. Individually, learning how to align habits with biological peaks is becoming a vital life skill. A healthy society should learn to honor the ancient rhythms hardwired into our DNA.

Question 17. The word "**revealed**" in paragraph 1 mostly means _____.

A. discovered **B.** ignored **C.** confirmed **D.** questioned

Question 18. The word "**disruption**" in paragraph 2 is OPPOSITE in meaning to _____.

A. disorder **B.** continuity **C.** instability **D.** interruption

Question 19. Which of the following best paraphrases the sentence in paragraph 2?

"Eating or exercising out of sync with metabolic peaks reduces nutrient efficiency."

A. Nutrient use is less efficient when meals or exercise reach metabolic peaks.

B. Eating or exercising at off-peak metabolic times promotes nutrient effectiveness.

C. Eating or exercising at the wrong metabolic times lowers nutrient absorption.

D. Low nutrient efficiency results from eating or exercising aligned with your natural clock.

Question 20. What does the phrase "**these rhythms**" in paragraph 3 refer to?

A. psychiatric treatments **B.** depressive episodes **C.** disruptions **D.** sleep cycles

Question 21. What can be inferred about the "**brain's cleaning system**" mentioned in paragraph 3?

A. It operates at maximum efficiency during periods of intense physical activity.

B. It requires a consistent social schedule to maintain long-term neurological health.

C. It is primarily responsible for triggering depressive episodes in shift workers.

D. Its malfunction may contribute to the development of neurological disorders.

Question 22. Which of the following is **NOT** mentioned in paragraph 4 as a solution to the circadian crisis?

A. Individual biological alignment. **B.** Genetic modification of DNA rhythms.

C. Solar-simulating lighting systems. **D.** Urban and architectural redesign.

Question 23. Which paragraph highlights the need for biological awareness in public and personal spheres?

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

Question 24. Which of the following is **NOT** supported by the passage?

A. Disruptions in circadian rhythms may reduce the effectiveness of mental health treatments.

B. Aligning daily habits with biological timing can contribute to improved long-term health.

C. Artificial lighting outweighs other factors in causing circadian misalignment.

D. Deep sleep plays a role in eliminating substances associated with neurological disorders.

Read the following 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 25 to 34.

The Impact of Internet Slang on Modern English

The formal acceptance of internet slang shows a fundamental change in how the English language grows today. Some people may think that terms like "skibidi," "delulu," or "tradwife" are just short-term digital trends. However, **their** recent inclusion in the Cambridge Dictionary serves as a strong answer to those critics. This decision confirms the lasting influence of the TikTok generation, showing that these expressions are no longer just on the edges of our daily talk but have become central to modern communication.

[I] This phenomenon is not just about a collection of harmless slang words. Instead, it reflects a deeper "post-truth" world where personal beliefs often become more important than facts. **[II]** For example, the term "delulu," once a small insult, now shows a social shift where

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people choose their own reality. **[III]** At the same time, the "tradwife" movement uses beautiful, **glossy** social media photos to make traditional housework look like a perfect dream. **[IV]**

Supporting this change is the "broligarchy" - a powerful group of tech leaders whose platforms control how these terms spread. From using "mouse jigglers" to pretend to be working to the use of "skibidi" as a word that often has no real meaning, these terms reflect the complex social lives of our tech-focused era.

Why does this "internet talk" matter so much? It works like a "soothing lullaby" where chaotic media makes the public feel comfortable but also disconnected from real life. Experts argue that the younger generation is very good at using ironic humor but struggles to find real meaning in things. **If these simple phrases continue to replace serious thought, we might lose our ability to use language as a tool for clarity**. It is essential to see the hollow nature of these attractive digital trends to protect our intellectual depth in an age where computer algorithms have so much influence over what we think and say.

Question 25. According to paragraph 1, what does the inclusion of Internet slang in the Cambridge Dictionary prove?

A. It suggests that the TikTok generation does not care about language.

B. It shows that these words will only be popular for a short time.

C. It acts as a firm confirmation of the lasting impact of digital words.

D. It shows how companies are forcing dictionaries to change their rules.

Question 26. Which of the following is the best main idea for paragraph 1?

A. YouTube and TikTok are the only places where new English words are created.

B. The way English grows is changing because of how young people talk online.

C. Internet humor is becoming too difficult for most people to understand.

D. Dictionary editors are struggling to understand new internet trends.

Question 27. Which of the following is **NOT** mentioned as an expression reflecting social or work changes?

A. mouse jiggler **B.** delulu **C.** broligarchy **D.** soothing lullaby

Question 28. The word "**their**" in the first paragraph refers to _____.

A. the TikTok generation **B.** terms like "skibidi" or "delulu"

C. dictionary writers **D.** digital fad

Question 29. The word "**glossy**" in paragraph 2 is closest in meaning to _____.

A. very expensive and modern **B.** difficult to see or understand

C. shiny and high-quality **D.** attractive but not showing the whole truth

Question 30. According to the passage, who controls the way new internet terms spread?

A. powerful tech leaders **B.** language critics **C.** the TikTok generation **D.** dictionary writers

Question 31. Which of the following best paraphrases the underlined sentence in the final paragraph?

A. If we keep using simple slang instead of thinking deeply, we may no longer be able to communicate clearly.

B. Language is becoming a better tool for communication because these phrases help us think more seriously.

C. Clear speaking is the main reason these simple internet phrases are popular today.

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D. We should use more simple phrases so that everyone can understand our serious thoughts more clearly.

Question 32. Where in the passage does the following sentence best fit?

This shift can be clearly seen in the way certain online terms have moved from casual jokes to markers of social attitudes.

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

Question 33. What can be inferred from the passage?

A. Dictionaries only accept new words after they are used by famous leaders.

B. Young people use "skibidi" to make sure older people cannot understand them.

C. Constant exposure to chaotic media might make people less connected to reality.

D. The "tradwife" movement is the only reason people no longer believe in facts.

Question 34. Which of the following is the best summary of the passage?

A. Internet slang is a great way to make communication clearer and deeper.

B. Tech leaders are using slang words to control how people vote in elections.

C. The Cambridge Dictionary proves that algorithms now control the entire English language.

D. While internet words are popular, they might hide a lack of real meaning and make us think less.

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

How to Stay Mentally Healthy as a Teen

Taking care of your mental health is essential for a balanced life. **(35)** _____, many teenagers ignore early signs of stress and keep unhealthy habits. Try these tips to stay mentally healthy:

- Build a daily routine with enough sleep, regular exercise, and a balanced diet to maintain emotional **(36)** _____ and energy levels.
- Manage your expectations to reduce pressure and develop a positive **(37)** _____ on life.
- Set clear **(38)** _____ with social media to avoid anxiety and negative self-comparison.
- Learn to **(39)** _____ negative thoughts instead of letting them overwhelm you.
- Remember never to take your mental health **(40)** _____ granted.



Question 35. **A.** However **B.** Therefore **C.** Moreover **D.** Otherwise

Question 36. **A.** intensity **B.** stability **C.** consistency **D.** regulation

Question 37. **A.** sentiment **B.** reaction **C.** outlook **D.** insight

Question 38. **A.** restrictions **B.** borders **C.** edges **D.** boundaries

Question 39. **A.** pull through **B.** phase out **C.** brush off **D.** pass over

Question 40. **A.** for **B.** on **C.** to **D.** into

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