

<b>BỘ GIÁO DỤC VÀ ĐÀO TẠO TRƯỜNG ĐẠI HỌC SƯ PHẠM HÀ NỘI</b>	<b>KÌ THI TUYỂN SINH VÀO LỚP 10 TRƯỜNG THCS &amp; THPT NGUYỄN TẤT THÀNH NĂM HỌC 2025 – 2026 Môn thi: TIẾNG ANH</b>
<b>ĐỀ THI THAM KHẢO</b> (Đề thi gồm 04 trang)	<b>Thời gian làm bài: 60 phút (không kể thời gian phát đề)</b> <b>Mã đề: 108</b>

### PHẦN TRẮC NGHIỆM

(Lưu ý: Thí sinh làm bài trên phiếu trả lời trắc nghiệm)

**Mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.**

- Question 1.** \_\_\_\_\_ sun is one of the most important sources of energy on Earth.  
A. The                      B. An                      C. A                      D. No article
- Question 2.** We usually gather in the cafeteria \_\_\_\_\_ lunchtime to chat and relax before returning to our afternoon classes.  
A. in                      B. on                      C. at                      D. with
- Question 3.** The government organizes campaigns to \_\_\_\_\_ people to use public transportation.  
A. threaten              B. encourage              C. challenge              D. force
- Question 4.** \_\_\_\_\_ new languages opens up many opportunities for personal growth.  
A. Learnt              B. Learning              C. Learn              D. To learning
- Question 5.** My grandmother is looking after us because my mum is away on a business \_\_\_\_\_.  
A. way                      B. journey                      C. travel                      D. trip
- Question 6.** After running for 30 minutes, I was a bit \_\_\_\_\_ and had to take a break.  
A. excited              B. tired                      C. optimistic              D. relaxed
- Question 7.** Online learning is often \_\_\_\_\_ than traditional classes because students can study at their own pace.  
A. convenient              B. the most convenient              C. more convenient              D. as convenient
- Question 8.** \_\_\_\_\_ refers to the cutting down of trees and forests, usually to make space for farming or urban development.  
A. Pollution              B. Ice-melting              C. Deforestation              D. Littering
- Question 9.** This is a cheap and simple process. \_\_\_\_\_, there are some dangers.  
A. In addition              B. However              C. Therefore              D. As a result
- Question 10.** My train \_\_\_\_\_ at 11.30, so I need to be at the station by 11.15.  
A. leaves                      B. is leaving                      C. will leave                      D. is going to leave
- Question 11.** I have two brothers, both of \_\_\_\_\_ want to become pilots in the future.  
A. who                      B. them                      C. that                      D. whom
- Question 12.** To improve my speaking skill in English, I am using \_\_\_\_\_ apps.  
A. a few                      B. few                      C. little                      D. a little
- Question 13.** It's important to find a good \_\_\_\_\_ between work and personal life to stay healthy and happy.  
A. decision                      B. balance                      C. reason                      D. success
- Question 14.** During the summer break, I decided to \_\_\_\_\_ painting as a way to relax and be creative.  
A. take up                      B. turn down                      C. put off                      D. look after

**Read the following leaflet 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.**

#### FriendZone Club

FriendZone Club announced today that they will (15) \_\_\_\_\_ a new Friendship Hub in the center of the city by the end of this year. Sarah Nguyen, a club coordinator, said they hope to build stronger communities and (16) \_\_\_\_\_ loneliness among young people. Volunteers have shared their excitement about working at the club. Up to 2,000 students will make new friends and enjoy social activities if the club (17) \_\_\_\_\_ with their plan.

- Question 15.** A. close                      B. remain                      C. open                      D. ban

- Question 16.** A. reduce                      B. reducing                      C. reduced                      D. to reduce  
**Question 17.** A. is changing                      B. changed                      C. will change                      D. changes

**Read the following leaflet 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.**

Dear User721,

We received your email this morning. In your email, you (18) \_\_\_\_\_ a password reminder for your Facebook account. As it is impossible for us to get your original password back, we have generated a new one. Your new password is Ran721. Please use this password to (19) \_\_\_\_\_ Facebook next time. Then, you can change your password if you wish. Note that this is an (20) \_\_\_\_\_ generated email. Please do not reply.

Best wishes,  
 Facebook Support Team

- Question 18.** A. asked                      B. requested                      C. questioned                      D. wondered  
**Question 19.** A. log in                      B. set up                      C. break into                      D. turn off  
**Question 20.** A. automatic                      B. automatically                      C. automated                      D. automate

**Mark the letter A, B, C or D on your answer sheet to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.**

**Question 21.** As artificial intelligence continues to replace human workers, many fear they could soon find themselves on the dole.

- A. moneyless                      B. homeless                      C. jobless                      D. useless

**Question 22.** Online learning platforms have considerably improved access to education for students in remote areas. Students can now join classes from home with just an internet connection.

- A. thoughtfully                      B. significantly                      C. moderately                      D. slightly

**Mark the letter A, B, C or D on your answer sheet to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.**

**Question 23.** The football match was rescheduled because of the adverse weather conditions.

- A. favorable                      B. bad                      C. frequent                      D. severe

**Question 24.** The team of firefighters was praised for having managed to put out a massive fire in record time, saving dozens of homes and many lives.

- A. repaired                      B. controlled                      C. stopped                      D. started

**Questions 25–29. Read the passage below and choose the best answer to fill each gap.**

Healthy living habits are important for everyone. To live a healthy life, you should eat a balanced diet. This means (25) \_\_\_\_\_ fruits, vegetables, whole grains, and proteins. Try to avoid too much sugar and junk food. Drinking enough water is also essential. Aim for at least eight (26) \_\_\_\_\_ a day to stay hydrated.

Exercise is another key part of healthy living. You don't need to go to the gym every day. Simple (27) \_\_\_\_\_ like walking, cycling, or dancing can be fun and good for your body. Aim for at least 30 minutes of exercise most days of the week.

(28) \_\_\_\_\_ enough sleep is very important too. Try to sleep for 7 to 9 hours each night. Good sleep helps your body recover and keeps your mind (29) \_\_\_\_\_.

Finally, remember to manage stress. You can do this by spending time with friends, practicing hobbies, or trying relaxation techniques like meditation. These habits can help you feel better and live a happier life!

- Question 25.** A. eat                      B. to eat                      C. eating                      D. eaten  
**Question 26.** A. buckets                      B. vases                      C. bars                      D. glasses  
**Question 27.** A. activities                      B. materials                      C. advantages                      D. programs  
**Question 28.** A. Doing                      B. Getting                      C. Giving                      D. Making  
**Question 29.** A. sharp                      B. heavy                      C. high                      D. bold



