

Họ và tên học sinh: Lớp:

Read the following advertisement 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.

LIVE BETTER THE BLUE ZONE WAY

Daily habits connected with longer life

Researchers examining Blue Zone communities have explained why people in these areas often live so long. Instead of depending heavily on fast food, many residents prepare simple meals using fresh ingredients and nutritious vegetables.

Healthy Routines That Matter

To begin with, people living in these regions rarely consume junk food and often (1) _____ attention to natural eating habits. Many older adults remain active by gardening, walking long distances, and doing light physical activities (2) _____ for their age. Health experts also recommend eating nutritious organic foods rich in minerals and vitamins while avoiding unhealthy sleep routines. However, not everyone has the same schedule or family situation, so small changes are often the safest first step.

Small Lifestyle Changes with Big Results

Scientists believe that (3) _____ and reduced stress levels help people avoid illnesses related to mental (4) _____. Communities following healthier lifestyles are also less likely to suffer from heart disease and other long-term health problems. Discover the secrets of Blue Zones today and develop a willingness (5) _____ healthier daily routines.

Question 1: A. make B. keep C. pay D. hold

Question 2: A. suit B. suitable
 C. suitably D. suitability

Question 3: A. regular social interaction B. social regular interaction
 C. social interaction regular D. regular interaction social

Question 4: A. balancing B. unbalanced
 C. imbalance D. overbalance

Question 5: A. to follow B. follow
 C. following D. to following

Read the following passage 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 6 to 10.

Think Before You Trust Online

When fame feels safe: Some teenagers trust famous-looking people on social media because their videos seem friendly and confident. On the one hand, these posts may look helpful. (6) _____, they may hide false information behind popular faces, emotional stories or (7) _____ promises. Families should check the source before making any money decision.

Listen across generations: Parents may notice online tricks faster, but their advice is sometimes ignored. Children (8) _____ not see every warning from parents as an argument. It can be a useful sign of care.

A safer family rule:

- Check the name, source and purpose of every money post.
- A few moments of doubt can prevent a serious mistake.
- Only after parents (9) _____ the message carefully should children send money.
- If a celebrity seems successful online, teenagers should not simply (10) _____ that person's footsteps by copying every money choice.

Online trust needs patience, respect and critical thinking.

Question 6: A. On the other hand

C. In the same way

B. For this reason

D. As a result

Question 7: A. economic

C. easy-money

B. personal

D. financial

Question 8: A. can

B. should

C. must

D. will

Question 9: A. have checked

B. checked

C. had checked

D. checks

Question 10: A. count on

B. go through

C. follow in

D. carry out

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 11 to 15.

In the past, physical health was generally understood simply as the absence of illness. Today, however, social media platforms bombard Gen Z with endless advice on the pursuit of fitness, and (11) _____. This young generation feels comfortable speaking openly about their mental health struggles and often equates physical perfection with success, believing that without a fit body, they amount to nothing. At the same time, more young people appear willing to respond differently to toxic online standards.

A modern student named Alex is a clear example, (12) _____. He came to realise that he had made life difficult for himself through harmful habits, such as staying up late with electronic devices or constantly eating fast food. At one point, Alex was a definite pessimist who believed that relying on heavily caffeinated drinks was the only way to maintain energy. The turning point came when what he learned through science podcasts made him realise that he could overcome his mental exhaustion and become more active. (13) _____. Change, however, creates uncertainty, and screen addiction often keeps youth attached to familiar unhealthy routines. Alex therefore advises against extreme short-term treatments, noting that (14) _____.

Drawing on medical experts' view that it is our bad habits rather than genetics themselves that trouble us, Alex argues that while we cannot avoid technology completely, we can reduce exposure to harmful blue light. He stresses that keeping fit is not a 30-day challenge but a natural daily routine. Making small daily changes, he suggests, (15) _____.

Question 11:

A. unfitness is now largely shaped by this highly unacceptable young generation

B. being physically unfit now seems largely unacceptable to many young people

C. the young generation now seems particularly unacceptable about their physical unfitness

D. this young generation now makes physical unfitness highly acceptable among themselves

Question 12:

A. his discovery that a steady energy level can bring a balanced diet

B. who also measured his steady energy based on the discovery of diets

C. having discovered that a balanced diet brought him a steady energy level

D. discovered that his steady energy level could be measured based on diets

Question 13:

A. This insight led him to change his lifestyle and personal eating habits entirely

B. His personal lifestyle was quite insightful, which also changed his habits and choices

C. This also gave him insights into his lifestyle by changing his personal relationships

D. His lifestyle on relationships and habits was quite personal, which changed his insights

Question 14:

A. people with similar physical conditions can still react very differently to the same diets

B. producing physical reactions among similar conditions can differ completely in the exact same diets

C. similarity in physical reactions can differ completely among people facing the exact same diets

D. physical reactions to completely different conditions can still be highly similar in these diets

Question 15:

- A. that allows overall physical fitness to improve
- B. allowable for the improvement of physical fitness
- C. the improvement of allowable overall physical fitness
- D. allows overall physical fitness to improve naturally

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

Question 16:

- a. Maya: You might suggest a call schedule. Your parents could feel included, and you would still have time to adapt independently.
- b. Leo: Both. They grew up in an extended family, so silence feels like distance to them.
- c. Leo: That sounds fair. I should share the plan tonight before they call again.
- d. Leo: Since I moved to the dorm, my parents say I must answer every evening. It makes me feel dependent.
- e. Maya: Are they worried about safety, or do they miss daily family time?

A. d – e – c – a – b

B. d – a – b – e – c

C. b – e – d – a – c

D. d – e – b – a – c

Question 17:

Dear Emma,

Thank you for your last message. I hope your family is doing well.

- a. For instance, he has given up fast food and started doing light squats in the morning.
- b. Since that frightening experience, he has completely changed his daily habits to improve his overall fitness.
- c. He suffered from a sudden heart problem because of his unhealthy diet and lack of physical exercise.
- d. As a result, his muscle strength has improved significantly, and he looks much more energetic now.
- e. You won't believe how much my grandfather has changed since he fell seriously ill a few months ago.

Let's catch up soon.

Best,

Anna

A. e – b – a – c – d

B. e – c – a – b – d

C. c – e – b – a – d

D. e – c – b – a – d

Question 18:

- a. For them, saving cash meant safety because economic conditions were harder, and paid work often started after school finished.
- b. After two weeks, she saw the records and stopped calling it a waste of time, though she still asked me to protect study hours.
- c. Small money choices can open a useful conversation about responsibility when both sides look at evidence instead of judging each other.
- d. A quiet generation gap appears when teenagers earn money through weekend tutoring or online design, but parents only see tired faces and late homework.
- e. My mother changed her view a little when I showed a shared spreadsheet of income, bus costs, and the course fee I planned to pay myself.

A. d – a – b – c – e

B. e – d – c – b – a

C. d – a – e – b – c

D. c – d – b – e – a

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

Toxic Wellness Culture

A teenager opens a short video and sees a familiar promise: more energy, cleaner skin, a lighter body, and a healthier life, all offered through one drink, one capsule, or one morning routine. The language is gentle, almost caring. It does not sound like an advertisement at first.

It sounds like advice from someone who has discovered a secret. This is where toxic wellness culture becomes difficult to resist. It borrows the vocabulary of health, then turns ordinary insecurity into a commercial opportunity. [II]

The problem is not wellness itself. Taking regular exercise, eating a balanced diet, reading a food label, and getting enough sleep are sensible ways to take care of the body. What is questionable is the marketing that presents health as an instant transformation. Detox teas, miracle supplements, and celebrity routines often depend on vague claims about “cleansing” or “activation”, while avoiding clear evidence about ingredients, safety, or long-term effects. [III]

Social media intensifies this pressure by making health look visible, measurable, and endlessly comparable. A healthy lifestyle is no longer shown as a stable relationship with food, sleep, movement, and mental balance. Instead, it is often reduced to a flat stomach, perfect skin, expensive recipes, and a highly controlled routine. Young people may begin to feel unfit, unhealthy, or mentally weak simply because their bodies do not resemble images designed for attention. The harm lies in the quiet shift from raising awareness to exploiting aspiration. [III]

A more honest approach to wellness would be less glamorous and more humane. It would help people cut down on unhealthy habits without making them ashamed of having a normal body. It would encourage nutritious food, physical activity, and preventive care without pretending that one product can repair a whole lifestyle. True wellness should make people stronger and better informed. Toxic wellness, by contrast, keeps them anxious enough to keep buying. [IV]

[Adapted from <https://consumer.ftc.gov/articles/truth-behind-weight-loss-ads>]

Question 19: Where in the passage does the following sentence best fit?

Not only can such products fail to provide real treatment, but they may also prevent people from developing healthy habits that actually matter.

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

Question 20: The word “It” in paragraph 1 refers to _____.

- A. the short video B. the advertisement
C. the language D. the familiar promise

Question 21: According to paragraph 1, which of the following is **NOT** true about toxic wellness culture?

- A. It can appear caring rather than openly commercial.
B. It may present product promotion as personal advice.
C. It uses health-related language to attract attention.
D. It mainly depends on medical evidence to gain trust.

Question 22: Which of the following best summarises paragraph 2?

- A. Wellness becomes harmful when people replace exercise, sleep, and balanced meals with celebrity fitness routines.
B. Sensible health habits are valuable, but marketing becomes doubtful when it promises quick results without clear evidence.
C. Detox products and supplements are unsafe because they contain unclear ingredients and prevent medical treatment.
D. Healthy living should focus on food labels, regular exercise, and sleep rather than online wellness advice.

Question 23: The word “vague” in paragraph 2 is closest in meaning to _____.

- A. simple B. common C. unclear D. popular

Question 24: Which of the following is true according to paragraph 3?

- A. Social media makes health easier to understand by showing clear lifestyle standards.
B. Young people feel unhealthy because they refuse to follow controlled routines.
C. Online images can make health appear like something that must be compared and displayed.
D. A healthy lifestyle is mainly shown through mental balance and stable daily habits.

Question 25: Which of the following best paraphrases the underlined sentence in paragraph 3?

- A. The main problem is that social media openly teaches young people to reject realistic health advice.
- B. The danger appears when health content slowly changes from helping people into using their hopes for profit.
- C. The real benefit of wellness culture is that it turns personal ambition into stronger health awareness.
- D. The harmful effect comes from people becoming less interested in health and more focused on entertainment.

Question 26: In which paragraph does the writer mention the importance of developing healthy habits instead of relying on products that promise quick solutions?

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

Question 27: Which of the following can be inferred from the passage?

- A. Wellness culture becomes toxic whenever young people follow online health advice.
- B. The writer believes physical appearance is the clearest sign of long-term health.
- C. Most wellness products are harmful because they are promoted by celebrities online.
- D. Health advice becomes problematic when it increases insecurity and encourages repeated buying.

Question 28: Which of the following best summarises the passage?

- A. Social media has changed wellness by making young people compare their bodies, routines, and diets with attractive online images.
- B. Detox products and miracle supplements are unreliable because they avoid clear evidence about ingredients and long-term effects.
- C. Toxic wellness culture turns health language into marketing, while true wellness should support realistic habits and informed choices.
- D. A healthy lifestyle requires regular exercise, balanced meals, enough sleep, preventive care, and less dependence on online routines.

Complete the text below using the given words in the box. There are TWO extra ones. Write ANSWERS ONLY on your answer sheet.

vitality	balanced		routine	avoided	exercise
		maintaining			

A long and healthy life depends on the choices we make every day. Regular (29) _____ is essential for keeping the body strong and reducing the risk of many diseases. Eating a/an (30) _____ diet with plenty of fruit, vegetables, and whole grains also provides the nutrients our bodies need. In addition, (31) _____ a regular sleep schedule gives the body enough time to recover and helps us stay energetic during the day. Many health problems can be (32) _____ by following healthy habits and having regular medical check-ups. By taking good care of our physical and mental health, we can enjoy a longer, happier, and more active life.

Complete the text below using the correct form of the verbs in brackets. Write ANSWERS ONLY on your answer sheet.

The generation gap can sometimes lead to misunderstandings because parents and teenagers may have different values, interests, and communication styles. Last year, our school (33. **organize**) _____ a workshop where students and parents discussed ways to understand different generations. Since then, many families (34. **discover**) _____ that open communication can help reduce unnecessary conflicts.

To create a more harmonious family environment, certain rules have to (35. **establish**) _____ so that everyone's opinions and personal boundaries are respected. Family

members should also be willing to listen rather than immediately criticize different viewpoints.

If both generations continue to communicate honestly and show greater understanding, they
(36. build) _____ stronger relationships in the years ahead.

Rewrite the following sentence so that it has the same meaning as the original one. Use BETWEEN 2 TO 5 WORDS in each blank. Write the FULL REWRITTEN SENTENCES on your answer sheet.

Question 37. Our friends participated in a clean-up campaign last weekend.

*(Rewrite the sentence using the **Present Perfect tense**)*

→ Our friends _____ in a clean-up campaign since last weekend.

Question 38. He hasn't enjoyed dinner time with his parents for a week.

*(Rewrite the sentence using **LAST**)*

→ _____ dinner time with his parents a week ago.

Question 39. It's necessary for teenagers to respect their parents' opinions. *(Rewrite the sentence using **"MUST"**)*

→ _____ parents' opinions.

Question 40. It is recommended that we organise a workshop about the generation gap.

*(Rewrite the sentence using **"SHOULD"**)*

→ We _____ about the generation gap.