

B. READING

- I. Choose the word (A, B, C, or D) that best fits each blank in the following passage.
Chọn từ (A, B, C hoặc D) phù hợp nhất để điền vào mỗi chỗ trống trong đoạn văn sau.

Teenagers' skin changes because of hormones. A regular skincare routine can help with these changes and prevent acne. Clean your skin gently twice a day to remove dirt and oil without losing the skin's (32) _____ moisture.

Moisturising is important, even for teens with oily skin. A lightweight moisturiser helps (33) _____ skin hydration without blocking pores. Suncream is also necessary to protect the skin (34) _____ harmful UV rays, reducing the risk of sunburn. Choose a suncream with an SPF of at least 30 and use it every day.

Healthy habits also support a good skincare routine. Eating a balanced diet with fruit and vegetables, drinking enough water, and (35) _____ enough sleep all lead to healthier skin. Managing stress with exercise or hobbies also positively impacts skin health. By following these steps, teenagers (36) _____ have clear, healthy skin.

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|----|-------------|---------------|--------------|--------------|
| 32 | A. nature | B. natural | C. naturally | D. unnatural |
| 33 | A. dry | B. remove | C. require | D. maintain |
| 34 | A. from | B. by | C. with | D. to |
| 35 | A. get | B. to getting | C. to get | D. getting |
| 36 | A. mightn't | B. must | C. can | D. shouldn't |

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Helping out at an animal shelter is a rewarding experience. You spend time and effort to (32) _____ animals that are abandoned or lost. Volunteers feed, clean, play with the animals, and help with medical care.

Volunteers also help animals become ready for adoption. They spend time with the animals, play with them, and help fix (33) _____ problems. This makes the animals ready for new homes. Volunteers also help at adoption events by matching adopters (34) _____ the right pets and sharing information about the animals.

Besides caring for animals, volunteers also teach the community. They tell people about responsible (35) _____ and the benefits of adopting animals from shelters. (36) _____ work helps the animals and also creates a kinder community.

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|----|----------------------|-----------------|------------------|-------------------|
| 32 | A. give up | B. look after | C. take on | D. run into |
| 33 | A. behaviour | B. behave | C. behaviourist | D. behaviourally |
| 34 | A. from | B. by | C. for | D. with |
| 35 | A. animal friendship | B. nursing home | C. pet ownership | D. green activity |
| 36 | A. They | B. Them | C. Theirs | D. Their |