

## PHẦN 1: CÁCH PHÁT ÂM CỦA ÂM VỊ TRONG TỪ

Chọn 01 trong 04 lựa chọn có phần gạch chân có cách phát âm khác với những lựa chọn còn lại. (1-4)

1. A. attendant	B. abundant	C. confidant	D. important
2. A. <u>dissolve</u>	B. <u>result</u>	C. <u>possess</u>	D. <u>assist</u>
3. A. <u>periscope</u>	B. <u>telescope</u>	C. <u>syncopate</u>	D. <u>microscope</u>
4. A. <u>submarine</u>	B. <u>examine</u>	C. <u>masculine</u>	D. <u>discipline</u>

## PHẦN 2: TRỌNG ÂM

Chọn 01 từ trong 04 từ đã cho có cấu trúc trọng âm khác với các từ còn lại. (5-8)

5. A. article	B. imminent	C. handicap	D. exhibit
6. A. tradition	B. destiny	C. decency	D. reconcile
7. A. indicate	B. enthusiast	C. intricate	D. infamous
8. A. cathedral	B. embryo	C. improvise	D. recipe

## PHẦN 3: TỪ HOẶC CỤM TỪ ĐỒNG NGHĨA

Chọn 01 từ/cụm từ trong 04 lựa chọn có nghĩa gần nhất với từ/cụm từ được gạch chân trong câu hỏi. (9-11)

9. Remember to keep your hair on even if the journalists keep accusing you of lying during the press conference.

A. be polite	B. keep calm	C. stay alert	D. be defensive
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10. I don't like the gifts they have given to me for my birthday. But, as they say, never look a gift horse in the mouth.

A. get something from the person very close to you
B. receive gifts from someone even though you don't like him
C. ask other people to give you the present you want
D. criticize something that is given to you for nothing

11. You must have got hold of the wrong end of the stick. He said he was for the reforms not against them.

A. misunderstood	B. made allowance for
C. had mercy on	D. been offended



#### PHẦN 4: TỪ HOẶC CỤM TỪ TRÁI NGHĨA

Chọn 01 từ/cụm từ trong 04 lựa chọn trái nghĩa với từ hoặc cụm từ được gạch chân trong câu hỏi. (12-14)

12. After the scandal related to waste disposal at the company questions were coming at the manager **thick and fast**.  
A. quickly      B. mercifully      C. excessively      D. scarcely

13. It has rained for four days without **letting up**.  
A. thundering      B. freezing  
C. increasing in intensity      D. slackening

14. The elderly couple can **fend for themselves** despite their age.  
A. live independently from others  
B. have poor memory  
C. be unaware of the surrounding  
D. be reliant on others

#### PHẦN 5: HOÀN THÀNH CÂU

Chọn 01 lựa chọn đúng trong 04 lựa chọn cho sẵn để điền vào chỗ trống trong mỗi câu hỏi. (15-19)

15. Automobile production in the United States \_\_\_\_\_.  
A. have taken slumps and rises in recent years  
B. has been rather erratic recently  
C. has been erratically lately  
D. are going up and down all the time

16. While attempting to reach his home before the storm, \_\_\_\_\_.  
A. the bicycle of John broke down  
B. it happened that John's bike broke down  
C. the storm caught John  
D. John had an accident on his bicycle

17. Do you think Ms. Hillary Clinton will \_\_\_\_\_ for Parliament in the next election?  
A. sit      B. run      C. walk      D. stand

18. This university's programmes \_\_\_\_\_ those of Harvard.  
A. come second to      B. are first  
C. are second only to      D. are in second place

19. By making it easier to trace who is phoning, companies have reduced the number of \_\_\_\_\_ calls.  
A. evil      B. malignant      C. malicious      D. wicked

## PHẦN 6: ĐIỀN TỪ

Chọn 01 lựa chọn đúng trong 04 lựa chọn cho sẵn để điền vào chỗ trống trong đoạn văn. (20-27)

### Less Is More When It Comes to Developing Bigger Brains

A team from the *University of Oxford* and *Cardiff University* have used mathematical models to (20) \_\_\_\_\_ the complex process of brain development that occurs as *initialising cells*, otherwise known as *progenitor* cells, start to grow and begin to differentiate into more specialist cells at (21) \_\_\_\_\_ points in time. By applying this experimentally realistic model to mice, monkeys and humans, all of which use (22) \_\_\_\_\_ the same type of raw materials to develop a brain, the team identified the different brain development strategies that separates each of the three mammals.

In particular, the equations looked at the ability of *progenitor* cells to (23) \_\_\_\_\_ either into more *progenitor* cells or into *neurons*. The equations were (24) \_\_\_\_\_ linked to real-life experimental data from mice, monkeys and humans and used to predict the original population of *progenitor* cells before the brains started to develop.

The results showed that the human brain may develop from fewer raw materials (25) \_\_\_\_\_ to both mice and monkeys, which is surprising (26) \_\_\_\_\_ that a human brain is much more complex than that of a mouse. Interestingly when comparing the brain of a monkey to a mouse, the results showed that the monkey brain is developed from more initial cells, leading to the creation of a larger brain. The team have proposed that as the human brain has been formed and sculpted through more than 500 million years of (27) \_\_\_\_\_, it has been able to develop more strategic ways of creating complex structures with fewer cells.

(From: [sciencedaily.com](http://sciencedaily.com))

20. A. reinforce	B. reenact	C. rejuvenate	D. reintroduce
21. A. variant	B. significant	C. various	D. similar
22. A. approximately	B. roughly	C. really	D. extremely
23. A. divide	B. multiply	C. subtract	D. add
24. A. precedently	B. accidentally	C. subsequently	D. precedingly
25. A. comparing	B. compared	C. in comparison	D. being compared
26. A. shown	B. known	C. taken	D. given
27. A. transformation	B. stagnation	C. development	D. evolution

## PHẦN 7: BÀI ĐỌC

Đọc đoạn văn và trả lời 8 câu hỏi kèm theo. (28-35)

### AN UNHEALTHY OBSESSION

The *Guinness Book of World Records* describes Ranulph Fiennes as the world's greatest living explorer. His expeditions include the first polar circumnavigation of the Earth and the first unsupported crossing of the Antarctic continent on foot. He has been up the White Nile in a hovercraft, and parachuted onto Europe's highest glacier. An obsession with diet and fitness comes with the territory, and for years Fiennes has fine-tuned his body to cope with the most inhospitable of environments and the most stressful situations of physical hell. So when I read that this model of physical fitness had gone and suffered a heart attack - not while planting a flag in a no-man's-land, but while boarding a plane - it came as something of a surprise.

Even what happened, lesser mortals like myself might be forgiven for wondering whether the benefits of following a healthy lifestyle are all they're racked up to be. Why bother exerting all that effort if in the end survival turns out to be a lottery? Of course fitness and diet are only part of the story. "Some people live a healthy lifestyle and still **succumb** to heart problems," health expert Alison Shaw explains. Genetics and family history also play a crucial role in determining who will achieve longevity. "It could all be a question of genes", she says, "but then some people never have a trace of the disease even though their family would seem to make them prime targets."

Whether or not some people are genetically programmed to have a higher chance of heart disease, there are steps they can take to reduce their risks. A healthy diet with plenty of fruit and vegetables and reduced levels of saturated fat helps prevent obesity and stops fatty deposits forming in the arteries and blocking them. Smoking, incidentally, has the opposite effect, as nicotine increases the heart rate and makes the blood clot more easily.

Exercise is highly beneficial as it reduces both the pulse rate and blood pressure so minimizing strain on the heart as it pumps blood round the body. It also helps to keep the artery walls more elastic. "Whether you've got a family history of heart disease or not, everybody should be living a healthy lifestyle," Shaw says. "We wouldn't want people to stop looking after themselves."

But can you look after yourself too much? On the subject of exercise, the standard recommendation is to take five sessions of "moderate" exercise a week, where moderate is a little more than brisk walking. "We need to be very careful when we're doing extreme sports or endurance event," says health expert Len Almond. "Extreme physical stress can impose almost impossible demands on the body's ability to recover. The strain of endurance events such as exploration will force biochemical changes in the human body. The physiological response to that kind of activity will be extreme... and how the body overcomes that is bound to leave some kind of legacy." So could Fiennes's love for exploration and endurance events have contributed to his condition? "It could have had an effect, or there may be genetic predisposition and an event could have made it worse," say Almond. "We haven't done enough research in this area."

This is changing though. There is growing interest in sports medicine, a field that arguably began as long ago as 490BC when the first person to run the marathon ran the 26 miles from the town of Marathon to Athens with news of a victory over the Persians. The man, a soldier called Pheidippides, collapsed as soon as he arrived, and the cause of his sudden demise is not known. However, scientists are using athletes like him to answer questions about the effects of extreme exercise on the heart. One group, at the *University of Innsbruck* in Austria, studied cyclists taking part in a race called the *Tyronlean Oetztaler Radmarathon*, a one-day event that covers 230km with an altitude change of 5,500m. They were interested in one particular enzyme, high concentrations of which are found in those who have suffered a heart attack. The scientists found that levels of this chemical increased in 13 of the 38 cyclists who completed the race. The largest increases were seen in the youngest, fastest cyclists who had trained the hardest. Similar increases in the chemical have been found in competitors in the Hawaii Ironman triathlon and in cross-country skiers.

Most of us will never put our bodies to such severe tests. But if when you hear about someone like Fiennes you ask whether exercise is worth it, I advise you to consider your own priorities. Personally, I subscribe to this adage sent in by a reader to a local newspaper. "Run not to add years to your life but to add life to your years."

(From: Advanced Result)

28. *What does the writer say in the first paragraph about Fiennes' obsession with diet and health?*

- A. It was unreasonable even for an explorer.
- B. It had become more intense with time.
- C. It contributed to his collapse.
- D. It makes subsequent events hard to believe.

29. *The word "succumb" is closest in meaning to \_\_\_\_\_.*

- A. continue
- B. surrender
- C. conquer
- D. rise

30. *On the question of who will live longest, it seems that \_\_\_\_\_.*

- A. genetic make-up is the main factor
- B. there is no clear explanation why some people outlive others
- C. lifestyle choices play little part
- D. family history is not as significant as once thought

31. *According to the text, one of the positive effects of taking regular exercise is that it \_\_\_\_\_.*

- A. speeds up the heart rate
- B. strengthens blood vessels
- C. quickens the pulse
- D. reduces heart exertion

32. *What does health expert Len Almond imply?*

- A. Our bodies can cope with intense physical stress.
- B. We should allow a long period of recovery after any physical exercise.
- C. There is more to learn about the effects of physical stress.
- D. Taking part in endurance sports is harmful in the long term.

33. *Experts in sports medicine have \_\_\_\_\_.*

- A. studied the effects of altitude on various types of athletes
- B. questioned the wisdom of taking part in extreme sports
- C. found a common factor among competitions in extreme sports
- D. discovered an enzyme which causes heart attacks in cyclists

34. *What final conclusion about exercise does the writer reach?*

- A. It makes life more enjoyable.
- B. It may not be worth the effort.
- C. It should be done in moderation.
- D. It ought to be a priority.

35. *The word "demise" is closest in meaning to \_\_\_\_\_.*

- A. operation
- B. death
- C. exhaustion
- D. accomplishment

## PHẦN 8: HOÀN THÀNH HỘI THOẠI

Chọn 01 lựa chọn đúng ở mỗi câu hỏi để điền vào chỗ trống. (36-40)

36. Alex: "Would you mind closing the door behind you, please?"

Adam: "\_\_\_\_\_"

- A. Of course you have to do it yourself.
- B. Sorry, I will close it right away.
- C. Yes, I would. Why not?
- D. No, I wouldn't. Do it yourself.

37. Jack: "Can I have some more ice-cream?"

Joe: "\_\_\_\_\_"

- A. Of course, help yourself to it.
- B. Yes, you are so greedy a boy.
- C. No, I don't like ice-cream.
- D. I am happy to say that you can.

38. Laura: "Thanks for all that you've done for me."

Jeffrey: "\_\_\_\_\_"

- A. It was the least I could do.
- B. I have been waiting to hear this.
- C. Never mind.
- D. The pleasure is mine.

39. Hannah: "I'm sorry I lost that wallet you gave me."

George: "\_\_\_\_\_"

- A. Never mind, I can easily buy you another one.
- B. How come? You are so absent-minded!
- C. How many times will I have to buy you one?
- D. Not at all. Luckily, it didn't cost me much.

40. Van: "Can you make us some coffee, Hoa?"

Hoa: "\_\_\_\_\_"

- A. No, I won't. I am afraid.
- B. Don't worry. You can trust in me.
- C. Sorry, I don't.
- D. I am afraid I can't now.

## PHẦN 9: SẮP XẾP HỘI THOẠI

Chọn 01 lựa chọn là trật tự đúng của các lượt lời trong hội thoại đã cho. (41-45)

41.

- a. How can I help you, sir?
- b. No, that's all. Thank you! Have a good day.
- c. No. But would it be possible for you to tell me the balance of my savings account?
- d. Certainly, just sign here. Would you like any cash back?
- e. I need to make a deposit, please.
- f. It's printed on your receipt. Can I help you with anything else?

A. a-f-d-c-e-b   B. a-d-c-e-b-f   C. f-a-b-d-e-c   D. f-a-d-c-b-e