

I. LISTENING

Listen to a talk on life expectancy in Viet Nam and answer the questions. Write **NO MORE THAN THREE WORDS AND/OR A NUMBER**. You will listen **TWICE**.

1. What was the average life expectancy of a man in Viet Nam in 2017?
2. What was the expected life expectancy rate of a woman in Viet Nam in 1990?
3. How many reasons are mentioned as causes of high fatality rates result from road accidents?
4. What is another considerable cause that decreases the life expectancy of Vietnamese besides road accidents?
5. What has the government enforced to prevent the increase of the number of smoking adults?

II. PHONETICS

Find the word which has a different sound in the part underlined.

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|------------------------|--------------------|-------------------|---------------------|
| 6. A. <u>ch</u> ild | B. <u>ch</u> oose | C. <u>ch</u> arm | D. <u>sch</u> ool |
| 7. A. <u>co</u> okbook | B. <u>c</u> losing | C. <u>mus</u> cle | D. <u>clo</u> thing |
| 8. A. <u>volu</u> mes | B. <u>ta</u> kes | C. <u>laugh</u> s | D. <u>develo</u> ps |

Choose the word which has a different stress pattern from the others.

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|------------------------|-----------------------|---------------------|---------------------|
| 9. A. a quatic | B. r espectful | C. e xtended | D. i mpolite |
| 10. A. r elease | B. a void | C. g lobal | D. e vent |

III. GRAMMAR AND VOCABULARY

Choose the best answer A, B, C or D to complete the sentences.

11. The government _____ changes to the voting system recently.
A. proposes B. was proposing C. proposed D. has proposed
12. His face looks funny. He _____ something in the kitchen now.
A. tasting B. tasted C. is tasting D. taste
13. She is the person who _____ me since I was a child.
A. has taken care of B. took care of
C. takes care of D. take care of
14. Australia _____ ASEAN's first Dialogue Partner in 1974 and since then the country _____ with the organisation in a wide socio-economic range.
A. become, cooperate B. has become, cooperated
C. became, has cooperated D. became, cooperated
15. The proposal _____ to support the government's effort to reduce energy use in public buildings.

- A. is seeming B. seems to C. seemingly D. seems

Mark the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following sentences.

16. Old people have an active lifestyle and are cared for by their families.

- A. independent B. simple C. energetic D. passive

17. You will be unhealthy if you eat too many snacks.

- A. harmful B. nutritious C. sick D. injured

Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following sentences.

18. Spending more time outdoors can boost the body's strength and ability to function well

- A. power B. health C. weakness D. injury

19. Getting enough sleep can reduce stress and improve your mood.

- A. decrease B. relieve C. ease D. increase

Make the correct form of the words in the brackets.

20. Many people are trying to adopt a _____ lifestyle these days. (HEALTH)

21. Stay healthy by eating well and exercising _____. (REGULAR)

22. Just taking vitamin tablets will not turn an _____ diet into a good one. (HEALTH)

23. She stays _____ so although she is 70 years old now (ACT)

24. A _____ diet contains an adequate amount of all the nutrients required by the body to grow, remain healthy and be disease-free (BALANCE)

25. These exercises are a great way to increase _____ while maintaining flexibility. (STRONG)

IV. READING

Choose the word or phrase among A, B, C or D that best fits the blank space in the following passage.

Everyone knows that exercise is good for the body and the mind. We all want to keep fit and look good, but too many of us take (26) _____ the wrong sport and quickly lose interest. So now fitness experts are advising people to choose an activity that matches their character.

For instance, those (27) _____ like to be with other people often enjoy golf or squash, or playing for a basketball, football, or hockey team. (28) _____, you may prefer to go jogging or swimming if you're happier on your own.

Do you like competition? Then try something like running, or a racket sport such as tennis. If, on the other hand, (29) _____ isn't important to you, then activities like dancing can be an enjoyable (30) _____ without the need to show you're better than everyone else.

Finally, think about whether you find it easy to make yourself do exercise. If so, sports like weight training at home and cycling are fine. If not, book a skiing holiday, Taekwondo lessons, or a tennis court. You're much more likely to do something you've already paid for!

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|------------------|------------|------------|----------|
| 26. A. down | B. out | C. in | D. up |
| 27. A. who | B. whose | C. which | D. what |
| 28. A. therefore | B. thus | C. however | D. while |
| 29. A. winners | B. winning | C. win | D. won |
| 30. A. challenge | B. victory | C. defeat | D. score |

Read the following text and choose the correct answer.

The family dynamic evolves as a teen matures and can test the parent-teen relationship. With both sides feeling mixed emotions, this time can be challenging.

Puberty brings lots of emotions for teens and is a time of readjustment for the whole family. Parents have a huge influence on a young child's values and interests, and so it can often feel hard for them to separate from their teen, who wants to develop their own identity and to have new freedoms. **This** may lead to conflict, as both parents and teens need time to figure out how to adapt the relationship.

As teens get older, it is important for them to take on responsibilities. This highlights the valuable contribution each family member makes to a home and teaches teens about what it's like to be an adult. Setting clear rules about routine and home life helps teens to know what's expected of them - even if they do complain or resist. Expectations go both ways, however, and so constant communication and flexibility, when necessary, will help avoid conflict.

It is important for parents and teens to overcome life's many distractions in order to spend quality time together. For parents, maintaining a close relationship with a teen who is preprogrammed to separate from them can be tricky, but it helps to be present and **willing**. Talking about the things that are going well is as helpful as discussing areas of conflict.

31. What is the main idea of the passage?

- A. Puberty of teenagers
- B. Teens' romantic relationship
- C. Parent-teen relationship
- D. Teens' responsibilities

32. According to the passage, who are pointed out to considerably influence young child?

- A. their peers
- B. their teachers
- C. their parents
- D. famous people

33. The word "**this**" in paragraph 2 refers to _____.

- A. Puberty brings lots of emotions for teens
 - B. Parents have a huge influence on a young child's values and interests
 - C. Both parents and teens need time to adapt the relationship
 - D. Parents cannot separate from their teens who want to be free
34. The word "**willing**" is CLOSEST in meaning to
- A. shocked
 - B. ready
 - C. strict
 - D. sympathetic
35. Which of the following is NOT TRUE about the solution as teens get older?
- A. Complain and resist
 - B. Communicate constantly
 - C. Set rules about routine and home life
 - D. Ask teens to take on responsibilities

V. WRITING

Rewrite the following sentences as long as the meaning is unchanged, using the given words.

36 . This is the most beautiful city that I have ever visited.

I have _____.

37. Tom began playing the piano 4 years ago.

Tom has _____.

38. My advice is that you try to avoid all junk food.

You _____.

39. They don't allow me to stay overnight at my friend's house.

They don't let _____.

40. That electric car's so expensive that I don't think I can buy it.

It's such _____.

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