



Complete 4 sentences in the passages

PASSAGE 18

Tra ID ĐỀ - Tra ID Video

How often have you had a headache in the last twelve months? How many times have you got angry? If your answer to three or more of these questions is 'too often', you are probably suffering from stress. And if you are suffering from stress, (1) _____. Over half of the adult population has had stress-related symptoms in the last year and many of them have needed help of some kind. (2) _____. Stress, itself, is not an illness, but it can certainly contribute to illnesses,

some of them serious. When you feel under stress, (3) _____. As a result, the body needs more oxygen and your heart rate and blood pressure go up. At its most serious, this can lead to heart problems, but stress is also related to weight problems, coughs and colds. (4) _____. If you think you, too, are suffering from stress, it's important to know if it is causing you health problems. If it is, see your doctor and talk about it.

- A. your body produces more of the hormones adrenaline and cortisol
- B. Stress is now the major health problem of our times
- C. Scientists have also discovered that stress can lead to the loss of brain cells.
- D. you are not alone

Question 1: _____ Question 2: _____ Question 3: _____ Question 4: _____

PASSAGE 19

Tra ID ĐỀ - Tra ID Video

People often wonder whether they should choose to play a team sport or an individual sport. It really depends on (1) _____. In reality, the importance is finding what suits you best. To begin with, team sports, like football and basketball, can be great fun. You have the opportunity to be with others as you practise and play together as a team. You learn to work with others, which teaches you to be more patient and understanding. In addition, (2) _____.

On the other hand, individual sports, such as tennis and athletics, can help you feel proud of yourself and give you great satisfaction because you depend mainly on (3) _____. Finally, in individual sports, (4) _____.

- A. your own effort and determination

B. what kind of person you are

C. you set your goals, which helps you become more self-confident and independent

D. you can share your successes and failures with your crew

Question 1: _____ Question 2: _____ Question 3: _____ Question 4: _____

PASSAGE 20

Tra ID ĐỀ - Tra ID Video

Football isn't England's national sport, but it's the most played and watched game in the country. The English Premier League is the most watched sports league in the world, with famous teams like Liverpool and Manchester United. (1) _____. Many footballers (2) _____. England's national football team was the champions of the 1996 FIFA World Cup and they finished in fourth place in 1990 and 2018.

Football isn't Brazil's national sport, but it's the most popular sport in the country and Brazilians are crazy about it. Thomas Donohoe, a Scottish man, brought football to Brazil in the 1890s. Brazilians play football everywhere, from the streets to the beaches. Brazil has many famous clubs, such as Palmeiras and Santos. Matches often (3) _____. (4) _____. Brazil's national team has won the most football world championships. The team was five-time winners of the FIFA World Cup in 1958, 1962, 1970, 1994 and 2002.

A. attract crowds of up to 70,000 people

B. When the national team plays, the whole country watches

C. People support their local team or a team in the league, and sometimes both

D. play in 'Sunday league football' or 5-a-side teams on smaller fields

Question 1: _____ Question 2: _____ Question 3: _____ Question 4: _____

PASSAGE 21

Tra ID ĐỀ - Tra ID Video

Local communities are essential for the well-being of residents. Recently, a community garden opened in the town center, (1) _____. Residents grow fruits and vegetables, and volunteers help maintain the space. It has also become a place for socializing and holding local events. However, some communities face issues like rising crime rates, vandalism, and lack of security. (2) _____. Authorities (3) _____ to improve the situation. These actions have not only reduced crime but also made people feel safer.

(4) _____. Many residents prefer to shop locally rather than at large chains because they appreciate the personalized service and believe in supporting the local economy. Supporting local shops helps the economy and builds stronger connections between neighbors, who often know the shop owners personally.

A. have worked with residents

B. offering a green space for everyone to enjoy

C. To address this, neighborhoods have improved lighting, and increased police patrols

D. In addition, local businesses play an important role

Question 1: _____ Question 2: _____ Question 3: _____ Question 4: _____

PASSAGE 22

Tra ID Đề - Tra 8D Video

Parks have long been thought of as vast city-owned, tree-covered areas which are put aside for people to relax in. They are expected (1) _____. However, many modern and densely-populated cities have little land for such traditional parks. Instead of complaining about the lack of such parks in their city, a group of concerned residents of Creek County in California (2) _____. These parks maybe often be smaller in size, but they can still bring to a community most of the benefits of a much larger green space, providing balance amid busy and populous areas. These volunteers (3) _____. The project has been greeted (4) _____, and has involved almost every resident in the area: cleaning up the area, planting trees and flowers, putting in benches and creating outdoor activities for children. Volunteers also help maintain the parks.

A. to be large enough for activities like cycling, running, public gatherings, and various outdoor games

B. with lots of local enthusiasm

C. have become more creative in building new neighbourhood and community parks

D. have been successful in turning some abandoned public locations on the areas into green and relaxing spaces

Question 1: _____ Question 2: _____ Question 3: _____ Question 4: _____

PASSAGE 23

Tra ID Đề - Tra ID Video

The internet is still quite a new development in technology; however, it is impossible to think about life without it. (1) _____. It takes information and sends it from one computer to another. It is not a difficult job, but it is a very big one. There are hundreds of millions of computers connected to the internet at the same time. (2) _____. Some computers are like a digital boxes that store information, (like videos or music files) that people see, read or listen to. These stores of information are (3) _____. The first type is a file server, which holds ordinary documents. The second is a mail server for (4) _____. The third is a web server for web pages. We know these servers store information but how do people find this information or send it to each other? For this, you need a client.

A. called servers, and there are three categories

B. sending and receiving emails

C. It works in a very simple way

D. However, they don't all do the same thing

Question 1: _____ Question 2: _____ Question 3: _____ Question 4:

PASSAGE 24

Tra ID Đề - Tra ID Video

Globalisation has affected most aspects of our lives. (1) _____. More and more people move to different countries for their studies. At the same time, more people stay at home and (2) _____. It is now easy to learn without attending a college or university, or attending less often. 'Blended learning' means studying partly in a traditional way in the classroom and partly online or via email. These changes also mean that there is now more interest in 'lifelong learning', the idea that we (3) _____. It is easy to attend 'webinars' or on line seminars without being away from our offices. (4) _____. Now, it is so easy to get a qualification without giving up work or disrupting family life.

A. Many adults go back to college later in life

B. study by distance learning

C. One area which has changed is education

D. go on learning throughout our working lives and even into retirement

Question 1: _____ Question 2: _____ Question 3: _____ Question 4:

PASSAGE 25

Tra ID Đề - Tra ID Video

There are some travel tips that you can apply to your next journeys. In order to see all the best attractions and avoid the queues, try to get up early. Early morning (1) _____ and meet the locals. It is also a good idea to memorise a few useful phrases, such as 'please' and 'thank you'. (2) _____, but try practising the language as much as possible. Even if your pronunciation is not perfect, locals respond better to people who make an effort. Travellers often face delays and cancellations, so it (3) _____. Also, try not to get frustrated when you are unable to communicate with a native. (4) _____, it is more polite and often more effective to simply use body language. You will have a much better trip if you are prepared for plans to change and you are able to see the funny side if things go wrong.

A. is important that you do not allow them to ruin your trip

B. Although you may be tempted to shout in your mother tongue in order to be understood

C. You should not be worried about making mistakes

D. is also a good time to take photographs

Question 1: _____ Question 2: _____ Question 3: _____ Question 4:

PASSAGE 26

Tra ID Đề - Tra ID Video

Brain researchers have discovered some key points for effective study. First, make an effort. The brain remembers better when we are interested in the subject, already know a little about it, and know (1) _____. Next, find the most important information and organize it. (2) _____. Therefore, don't try (3) _____. When studying a textbook, look for titles, headings, and illustrations to show you the main ideas. Third, make the new brain connections stronger. One technique is to recite the ideas out loud in your own words. (4) _____. Another method is drawing a picture of the information to activate the visual part of the brain. By understanding how the brain works, and following these tips, you can make this your most successful academic year ever.

A. we will need the information in the future

B. Your brain can process only a limited amount of information at one time

C. This is the most powerful way to transfer information from short-term to long-term memory

D. to remember every detail

Question 1: _____ Question 2: _____ Question 3: _____ Question 4: _____

PASSAGE 27

Tra ID ĐỀ - Tra ID Video

Most of us like living near other people in a community. Why? Early humans lived in large groups called tribes. People in tribes shared food and kept each other safe. (1) _____. Being part of a community, a modern kind of tribe, impacts our health and happiness in many ways. (2) _____. If we are sick, close social connections help us get better faster. And they help us sleep better, too. One study showed that being part of communities (3) _____. People who have good social connections do better at school. They are also more productive at work and keep their jobs longer. In conclusion, it might take effort, but the benefits of (4) _____. Communities make us feel good and help us deal with the problem of loneliness.

A. gives you a 50 percent chance of living longer

B. making connections in your community are worth it

C. As a result, our brains are hardwired to connect with other people

D. Being in a community has many positive effects

Question 1: _____ Question 2: _____ Question 3: _____ Question 4: _____

PASSAGE 28

Tra ID ĐỀ - Tra ID Video

Cultural heritage consists of both tangible and intangible elements that reflect the history and identity of communities. Tangible cultural heritage includes physical objects such as statues, monuments, artworks, and musical instruments. (1) _____. On the other hand, intangible cultural heritage includes traditions, oral histories, arts, and knowledge and skills (2) _____. These

elements are vital for understanding a community's values and ways of life, yet they cannot be physically touched or seen. UNESCO (3) _____. It has acknowledged nearly seven hundred forms of intangible culture across one hundred forty countries. (4) _____. For instance, Arabic calligraphy, which is beautifully shown in the Museum of the Future in Dubai, United Arab Emirates, has been recognized as intangible cultural heritage shared by sixteen countries.

A. plays a crucial role in recognizing and preserving cultural heritage worldwide
B. These items can be seen and touched, serving as reminders of a society's past
C. passed down through generations
D. This organization also highlights the importance of these traditions to national identities

Question 1: _____ Question 2: _____ Question 3: _____ Question 4: _____

PASSAGE 29

Tra ID Đê - Tra ID Video

Back in the 1950s, girls often wore knee-length or ankle-length skirts that were quite wide at the bottom and short-sleeve tops. They (1) _____. In the 1960s, girls' skirts became shorter. The miniskirt (2) _____. By the end of the 1960s, many teenage girls had become hippies. They wore very colourful, flowery clothes, and often had long, straight hair. As hippies, their skirts (3) _____ - often down to the ankle. Disco music in the early 1970s (4) _____. Thigh-length dresses with high knee-length boots became popular. When girls weren't wearing dresses, they often wore matching tops and trousers, which were often flared. (This means the bottom of the leg is much wider than at the knee.)

- A. also wore short white socks with quite formal shoes
B. changed fashion again
C. were now longer than a few years before
D. was introduced in the mid-1960s by Mary Quant, a British designer

Question 1: _____ Question 2: _____ Question 3: _____ Question 4: _____

PASSAGE 30

Tra ID De - Tra ID Video

The British and the Americans like to talk about the differences between British and American English. There are a few small differences in the grammar and there are a few words (1) _____, but the big difference is the accent. Some British films have subtitles in America because people can't understand what the actors are saying, and some American TV series (2) _____.

However, if you listen to Standard English (the language that TV newsreaders use, for example) in Britain or the US, there are no problems of understanding at all. The problems are with the different kinds of American and British English. The different dialect (3) _____. It is possible, for example, that a middle-class

speaker from the south of England (4) _____. In the same way, a wealthy Californian may not understand a working-class New Yorker.

- A. depends on people's social class and the geographical area where they live
- B. will find it difficult to understand a working-class speaker from the north
- C. that are different on either side of the Atlantic
- D. are difficult for the British to understand

Question 1: _____ Question 2: _____ Question 3: _____ Question 4: _____

PASSAGE 31

Tra ID Đền - Tra ID Video

Vietnam is home to many beautiful natural sites. Three notable ones are Ha Long Bay, Phong Nha-Ke Bang National Park, and the Mekong Delta. Ha Long Bay, (1) _____, offers stunning scenery and opportunities for boat tours and kayaking. (2) _____. Phong Nha-Ke Bang National Park, also a UNESCO site, is famous for its impressive caves and underground rivers. Adventure seekers can explore the vast network of caves, including Son Doong, the largest cave in the world. The Mekong Delta, with its intricate network of rivers and lush greenery, (3) _____. Visitors can take boat tours through the floating markets and enjoy the rich biodiversity. (4) _____. The scenery stretches from coastal wonders to underground marvels and serene river landscapes.

- A. is perfect for experiencing rural Vietnamese life
- B. known for its emerald waters and towering limestone islands
- C. Each of these locations provides a unique glimpse into Vietnam's natural beauty
- D. It's a UNESCO World Heritage site, making it a popular tourist destination

Question 1: _____ Question 2: _____ Question 3: _____ Question 4: _____

PASSAGE 32

Tra ID Đền - Tra ID Video

Since the world has become industrialized, there has been an increase in the number of animal species that have become extinct or nearly extinct. Bengal tigers, (1) _____, now are thought to be only 2,300 in number. By the year 2025, their population in the world is estimated to be down to zero. (2) _____. Animals like the Bengal tiger, as well as other endangered species, (3) _____. International laws protecting these animals must be passed to save them. Countries around the world have begun to solve the problem in many ways. (4) _____. Money provided by world organizations has been spent on maintaining the parks. The use of products made from endangered species has stopped.

- A. are very important to the world's ecosystem
- B. Reserves and national parks have been established
- C. which were once found in large numbers in jungles

D. The dangerous thing is that people don't hunt them for money but mainly because they enjoy hunting them

Question 1: _____ Question 2: _____ Question 3: _____ Question 4:

PASSAGE 33

Tra ID ĐỀ - Tra ID Video

Nonverbal communication, or "body language", is communication by facial expressions, head or eye movements, hand signals, and body postures. (1) _____ You use it in different situations. You shrug your shoulders to express you do not understand or narrow your eyebrows to show that you are curious about something. Misunderstandings, often amusing but sometimes serious, (2) _____. For example, take the differences in the meaning of a gesture that is very common in the United States: a circle made with the thumb and index finger. To an American, it means that everything is OK. (3) _____. To Japanese, it means that you are talking about money. In France, it (4) _____. Meanwhile, in Greece, it is an obscene gesture. Therefore, an American could unknowingly offend a Greek by using that particular hand signal.

A. means that something is worthless

B. This expression is also understood in many countries all around the world

C. arise between people from different cultures if they misinterpret nonverbal signals

D. It can be just as important to understand as words are.

Question 1: _____ Question 2: _____ Question 3: _____ Question 4:

PASSAGE 34

Tra ID ĐỀ - Tra ID Video

Put down that phone! More and more young people today are beginning to tire of technology, and (1) _____! It seems that what was once old-fashioned is now hip. Millennials - those born between 1980 and 2000 - seem to have found a new interest in making things with their own hands. This DIY culture has resulted in hobbies like (2) _____. These hobbies are cheap, don't require a lot of space, and are easy to do! (3) _____. It is a great way to prepare homemade jams, jellies, and pickles for family and friends. Those who enjoy soap making make soaps that are healthy for the skin. (4) _____. As for beekeeping, it has many benefits besides providing honey. Beeswax can be used to make candles, soaps, and wood polish.

A. have been turning to the hobbies of their parents and even grandparents

B. Also, they don't contain harmful chemicals

C. Canning is a way of making food last longerD. canning, soap making, and beekeeping becoming more popular among city residents

Question 1: _____ Question 2: _____ Question 3: _____ Question 4:

PASSAGE 35

Tra ID Đề - Tra ID Video

The word ecotourism is a combination of ecology and tourism. The International Ecotourism Society defines ecotourism as "responsible travel to natural areas that conserves the environment and improves the well-being of the local people." This means that walking through a rain forest (1) _____, perhaps by providing jobs to the local residents or by conserving the wildlife. Countries are slowly recognizing (2) _____. Costa Rica has been leading the ecotourism movement for some time, and (3) _____ by TripAdvisor.com in April 2012. It developed the Certification for Sustainable Tourism program in 1999, which was then used by the United Nations World Tourism Organization as the model for the rest of Latin America. Thanks to its conservation efforts, over 25 percent of Costa Rica's land (4) _____. Its tourism industry generates over a billion dollars annually and provides jobs to thousands of people.

- A. was voted the most popular ecotourism destination
- B. is covered in lush national parks
- C. isn't really ecotourism unless it benefits the area
- D. that it is possible to make money while preserving their natural resources

Question 1: _____ Question 2: _____ Question 3: _____ Question 4:
