

PART 1: VOCABULARY

I Choose the word or phrase (A, B, C, or D) that best fits the blank space in each sentence.

- Experts suggest choosing organic food and reading labels carefully before buying food to avoid harmful _____.
A. detox B. myths C. chemicals D. risk
- The unique rock _____ in Bryce Canyon National Park features tall, thin spires of rock created by erosion.
A. formation B. outcrop C. summit D. top
- The Amazon _____, home to diverse wildlife and plant species, plays a crucial role in regulating the Earth's climate.
A. National Park B. Rainforest C. Wonder D. Mountain
- Excessive consumption of harmful, empty-calorie foods can lead to weight gain and increase the _____ of chronic diseases.
A. risk B. health C. detox D. organ
- The Grand Canyon's vast expanse and colorful rock layers provide one of the most _____ displays of nature's artistry.
A. unnatural B. limited C. spectacular D. fine
- Consuming food high in trans-fat and added sugar can be harmful to _____ like the heart and liver.
A. nutrients B. calories C. bones D. organs
- Schools should use the cafeteria to _____ healthy food choices by offering a variety of nutritious and appealing options.
A. promote B. maintain C. communicate D. addict
- The government must enforce stricter _____ to stop illegal hunting to protect endangered animals.
A. advice B. laws C. litter D. rangers
- To stop the rising _____, urgent action is needed to reduce greenhouse gas emissions and combat climate change.
A. volume B. national parks C. sea level D. ecosystem

10. Consuming nourishing food provides numerous health _____, including improved energy levels, better digestion, and enhanced overall well-being.

- A. truths B. chemicals C. access D. benefits

I Use the correct form of the word given to complete each sentence.

1. Visiting the Grand Canyon is a breathtaking experience, as it's one of the most stunning natural _____ of the world. (wonderful)
2. Vaccinations are crucial to prevent the spread of _____ diseases and protect public health on a large scale. (virus)
3. To avoid _____ wildlife, hikers should stay on marked trails and keep noise levels to a minimum. (disturbance)
4. Many processed foods contain harmful _____ that can pose significant health risks if consumed regularly over time. (chemistry)
5. The scenic hike led to a stunning rock _____, with a dramatic outcrop offering a spectacular view of the valley. (form)

PART 2: GRAMMAR

I Choose the word or phrase (A, B, C, or D) that best fits the blank space in each sentence.

1. _____ Mount Fansipan is not as accessible as Mount Langbiang, it is far more scenic.
A. Because B. Although C. Despite D. However
2. Experts suggest _____ excessive amounts of high-fat and sugary foods to maintain a healthy diet and improve overall well-being.
A. not to consume B. to consume not
C. not consume D. not consuming
3. Fast food, _____ is high in trans-fat and added sugar, can cause obesity and lead to various heart-related diseases.
A. what B. that C. which D. who
4. The government has not implemented sufficient measures to protect coastal cities from the risk of disappearing _____ rising sea levels.
A. so B. but C. despite D. though
5. The rangers suggest campers _____ plenty of water and snacks for their hike.
A. bringing B. to bring C. to not bringing D. bring

6. Although taking the cable car is far _____ than hiking, I still prefer hiking because I want to enjoy the spectacular view of the mountain.
A. convenient B. as convenient
C. less convenient D. more convenient
7. If people don't stop _____ the environment, future generations may never witness the natural beauty of our planet.
A. polluting B. pollution C. to pollute D. pollute
8. Though fast food is not as _____ home-cooked meals, many teens still prefer its convenience.
A. healthy than B. healthy as C. healthier than D. healthier as
9. Hạ Long Bay, _____ thousands of limestone islands are scattered across its surface, is a UNESCO World Heritage Site.
A. where B. which C. that D. when
10. I don't mind _____ on another path if it has a better view of the valley.
A. to walk B. walking C. walk D. to walking

II Complete the sentences using the correct form of the word in each sentence.

- Doctors suggest _____ less sugar, fat, and salt to reduce the risk of heart diseases. (consume)
- Hang C u Beach is far _____ than Long H i Beach, though it's not _____ as Long H i Beach. (relax - near)
- My teacher suggested that Emily _____ in the piano contest because she's a very talented pianist. (participant)
- William prefers _____ to running because his knees are too weak to support his weight. (swim)
- Despite its harmful effects on our body, many people still eat junk food because it's much _____ to get addicted to than healthier food options. (easy)

II Choose the underlined word or phrase (A, B, C, or D) that needs correcting.

1. Although the government's ban on building campfires in the forest, many people still violate the law.
- A B C D
2. Although I love swimming, camping in the mountains is much more relaxing as going to the beach in the summer.
- A B C D

3. This summer, my friend suggested we go to Mỹ Khê Beach, that is in Đà Nẵng, because it's one of the most beautiful beaches in Vietnam.

A

B

C

D

4. Scientists suggest not to use sunscreen while scuba diving to protect delicate coral reefs.

A

B

C

D

5. If we keep hunt wild animals, many species will become extinct.

A

B

C

D

PART 3: READING

I Choose the word or phrase (A, B, C, or D) that best completes the passage.

Last week, I went camping in Cúc Phương National Park with my friends. It is very different but just as (1) _____ my camping trip in Nam Cát Tiên National Park.

The park (2) _____ gave us great advice before we went into the forest. They suggested we bring some insect repellent because of the mosquitos there. They also advised against feeding or (3) _____ the animals.

Cúc Phương's limestone cave (4) _____ and dense tropical (5) _____ create a more unique and captivating environment than any other place I've been to. I love seeing wildlife like various monkey and bird species. I also saw beautiful swarms of butterflies. The scene of thousands of butterflies flying in the morning light was more (6) _____ anything I'd ever seen in my life. Despite the heat and humidity, it was an exciting experience.

While the camping trip was enjoyable, it was frustrating to see so many people (7) _____ in the forest. If they keep throwing trash everywhere, it will be harmful to the wild animals and spoil the natural environment. I think the government should consider (8) _____ stricter laws to prevent the damage and protect the natural beauty of the park.

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|------------------------|---------------------|---------------------|----------------|
| 1. A. more interesting | B. interesting as | C. interesting than | D. interesting |
| 2. A. hunters | B. tourists | C. rangers | D. people |
| 3. A. not to disturb | B. to disturb | C. disturbing | D. disturb |
| 4. A. mountains | B. outcrops | C. formations | D. rocks |
| 5. A. rainforest | B. grassland | C. oasis | D. desert |
| 6. A. spectacular as | B. spectacular than | C. spectacularer | D. spectacular |
| 7. A. pollute | B. hunt | C. spoil | D. litter |
| 8. A. implementing | B. to implement | C. implemented | D. implements |

II Read the passage and choose the correct answers.

Teenage years are crucial for growth and development. Medical experts strongly advise maintaining healthy habits for teenagers to achieve peak health, well-being, and optimal growth.

First, nutritionists suggest focusing on whole foods like fruits, vegetables, lean proteins, and whole grains and limiting processed foods, sugary drinks, and excessive fast food. However, occasional treats are fine although those snacks are not as nourishing as whole foods.

In addition, regular physical activity is key. Experts suggest aiming for at least an hour of moderate intensity exercise most days. This can include swimming, dancing, or simply taking brisk walks. You should choose any sport that you enjoy doing so that you can have fun with it.

Experts also suggest teens prioritize sleep. Eight to ten hours of quality sleep each night, which is adequate for an average teen, helps with concentration, mood, and physical growth.

Finally, don't forget mental health. Stress management techniques like meditation, deep breathing, or spending time in nature can be beneficial. If you're struggling, don't hesitate to talk to a trusted adult or mental health professional.

Remember, small steps can make a big difference. Most importantly, listen to your body and enjoy this stage of life while building healthy habits for the future.

1. Which of these foods should teenagers avoid eating?
 - A. Fruits and vegetables
 - B. Processed food and sugary drinks
 - C. Lean meat and whole grains
2. Which kind of exercise do professionals suggest teenagers do in order to be healthy?
 - A. Sports that they can practice for 1 hour a day
 - B. Swimming, dancing, or walking
 - C. Any sport they enjoy doing
3. How many hours of sleep a night is enough for an average teenager?
 - A. 4-6 hours
 - B. 6-8 hours
 - C. 8-10 hours
4. What should teens do when they have difficulties in life?
 - A. Seek help from a trusted adult or a health professional

- B. Manage their stress level
 - C. Spend time meditating in nature
5. What is the most important thing teens should remember to maintain their health?
- A. Paying attention to their body and build healthy habits
 - B. Following every health advice that they found
 - C. Taking only small steps

PART 4: WRITING

I Choose one sentence that has the same meaning as the first one.

1. Despite the government's efforts to stop illegal hunting, poachers still threaten wild animals' survival.
 - A. Because the government has tried to stop illegal hunting, poachers still threaten wild animals' survival.
 - B. Although the government has tried to stop illegal hunting, poachers still threaten wild animals' survival.
 - C. In spite of the government's efforts to stop illegal hunting, wild animals are now protected against poachers.
 - D. The government has tried to stop illegal hunting, so poachers still threaten wild animals' survival.
2. Bán Giốc Waterfall is far taller than Dray Nur Waterfall, but the view of Dray Nur is as spectacular as Bán Giốc.
 - A. Bán Giốc Waterfall is taller than Dray Nur Waterfall, but it is not as spectacular as Dray Nur.
 - B. Bán Giốc Waterfall is not as tall as Dray Nur Waterfall, but it is equally spectacular.
 - C. Though Dray Nur Waterfall isn't as tall as Bán Giốc Waterfall, it's as spectacular as Bán Giốc.
 - D. Dray Nur Waterfall may be shorter than Bán Giốc Waterfall, but it is more spectacular in appearance.
3. Doctors suggest avoiding food that is high in fat and sugar to maintain a healthy weight.
 - A. Doctors suggest that we should eat food that is high in fat and sugar to maintain a healthy weight.

- B. Doctors suggest consuming food that is high in fat and sugar to maintain a healthy weight.
- C. Doctors advise against not eating food that is high in fat and sugar to maintain a healthy weight.
- D. Doctors suggest that we should not eat too much food that is high in fat and sugar to maintain a healthy weight.

II Rearrange the words to make meaningful sentences.

1. sizes / The / rock / limiting / government / cave / consider / the / formations, / tour / in / should / protect / the / to

→ _____

2. fiber / body, / Selina / eat / eating / get / vegetables, / Although / tries / to / as / hates / much / her / as / she / can / to / she / more / for

→ _____

3. Vietnam. / taller / is / Lào Cai, / Mount / is / any / mountain / than / Fansipan, / in / other / in / which

→ _____

III Write a blog post about some of your diet and exercising habits. Write 100-120 words.

PART 5: PRONUNCIATION

I Choose the word whose underlined part is pronounced differently from that of the others.

- | | | | |
|----------------------------|------------------------|----------------------|----------------------|
| 1. A. spect <u>a</u> cular | B. nat <u>u</u> ral | C. quest <u>i</u> on | D. act <u>u</u> ally |
| 2. A. syst <u>e</u> m | B. govern <u>m</u> ent | C. nutr <u>i</u> ent | D. access |

II Choose the word whose main stress pattern is placed differently from the others.

- | | | | |
|----------------|---------------|---------------|--------------|
| 1. A. natural | B. formation | C. government | D. beautiful |
| 2. A. addicted | B. impressive | C. chemical | D. consider |