ĐỀ VIP ÔN TẬP TIẾNG ANH KHỞI ĐỘNG - MỤC TIÊU 9+

ĐỀ 15 – K10

(Đề thi có ... trang)

KỲ THI TỐT NGHIỆP TRUNG HỌC PHỔ THÔNG 2026

Môn thi: TIẾNG ANH

TAILIEUCHUAN.VN

Thời gian làm bài: ... phút, không kể thời gian phát đề.

Read the following advertisement and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 1 to 6.

FlexWork Solutions—Your Partner in Modern Workplace Transformation

- Are you ready to meet the changing needs of today's workforce? At FlexWork Solutions, we help companies **(1)**_____ to the new world of work.
- The "lazy girl job" trend, **(2)**_____ has become popular on social media, shows that workers want a better balance in their lives. We understand this isn't about being lazy—it's about employees **(3)**_____ agency over their work and personal time.
- Our services include flexible work programs **(4)**_____ to reduce stress and increase happiness. We help you **(5)**_____ remote work systems that really work for your teams.
- **(6)**_____ of our clients report happier employees and better productivity after just three months. Don't wait for your best workers to leave. Contact FlexWork Solutions today and create a workplace where everyone can succeed!

info@flexworksolutions.com
1-800-FLEXWORK

https://www.adp.com/al

Question 1:A. adaptive **B.** adapt **C.** adaptable **D.** adaptability
Question 2:A. who **B.** which **C.** when **D.** whom
Question 3:A. claiming **B.** reclaiming **C.** maintaining **D.** establishing
Question 4:A. was designed **B.** designing **C.** which designed **D.** designed
Question 5:A. build up **B.** work out **C.** set up **D.** roll out
Question 6:A. Most **B.** Each **C.** Some **D.** Many

Read of the following leaflet and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 7 to 12.

COMMUNITY CONNECT—Fight the Friendship Crisis Together!

- Did you know? 12% of American adults now have no close friends at all. This is four times more than in 1990!

❖ **Why is this happening?**

- People focus on work and family at the expense **(7)**_____ maintaining friendships. **(8)**_____ we have social media, real friendships are getting weaker. Loneliness creates a **(9)**_____ cycle—the more alone you feel, the harder it becomes to connect with people.

❖ **What can YOU do?**

✓ Join our **(10)**_____ where neighbors become friends!
✓ Try new activities—**(11)**_____ equalizes everyone, making it easier to bond
✓ Meet **(12)**_____ who also want real connections
✓ Build lasting friendships through fun group activities
✓ Join us every Saturday at 10 AM
✓ Riverside Community Center

❖ **Register:** www.communityconnect.org
❖ **Call:** 555-FRIENDS
❖ Small steps today, strong friendships tomorrow!

https://www.happiness.hks.harvard.edu/al

Question 7:A. of **B.** for **C.** to **D.** in
Question 8:A. Although **B.** Even though **C.** Now that **D.** Whereas
Question 9:A. self-perpetuating **B.** self-fulfilling **C.** self-sustaining **D.** self-reinforcing
Question 10:A. community meetings weekly **B.** weekly meetings community **C.** weekly community meetings **D.** meetings weekly community
Question 11:A. diversity **B.** novelty **C.** variety **D.** unfamiliarity
Question 12:A. the others **B.** other **C.** the others **D.** others

Mark the letter A, B, C or D on your answer sheet to indicate the best arrangement of utterances or sentences to make a meaningful exchange or text in each of the following questions from 13 to 17.

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Question 13:

a. Emma: Yes! And yesterday, children at the park put trash in three different bins—paper, plastic, and food. Even 5-year-old kids know this!

b. Emma: Look! My grandma has a shopping bag now. No plastic!

c. Tom: Wow! My grandpa too! He says plastic bags are "old-fashioned" now. Everyone brings bags to the supermarket.

A. b-a-c **B.** c-b-a **C.** a-b-c **D.** b-c-a

Question 14:

a. Jack: You should write what you can do well, and you must use strong words like "created" or "helped."

b. Maria: I worked at a coffee shop for two years, but I don't know what to write because it seems too simple.

c. Jack: You can write, "I served 100 customers every day," and this shows you work hard because numbers are powerful!

d. Maria: I need a new job, but my resume is boring, and nobody calls me back.

e. Maria: That's smart! When I add numbers and real examples, my resume becomes interesting, and employers will remember me!

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

Question 15:

Dear Anna,

a. If you feel bored at your current job, you should try different things until you find what makes you smile naturally.

b. Last month, I started teaching kids English after work, and I discovered that education makes me truly happy in my heart.

c. When I was an accountant, I felt tired every morning, although the salary was really good for my family.

d. I finally found my dream job, and I want to share this news because you always supported me.

e. Now I wake up at 3 a.m. thinking about fun lessons, which means I found work that excites me every single day!

Your friend,

AL

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

Question 16:

a. In today's workplace, we need to connect with different people and systems, just like computers connect to each other through special programs called APIs.

b. My career is like a smartphone app that needs regular updates, so I study online courses while I work to stay current and valuable.

c. When I learn new skills, I update my "personal system," and this helps me work with new technology that companies use in their daily operations.

d. I share my abilities clearly with others because good communication is like having a strong signal between my team members at work.

e. If the company changes its methods, I must adapt quickly, or I will lose connection with the modern workplace and fall behind other workers.

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

Question 17:

a. Smart lights in my home turn off automatically when nobody is in the room, and this simple technology reduces my electricity bill every month.

b. When my smart thermostat learns my daily routine, it turns off heating while I'm at work, so I use less gas and save money.

c. Smart devices can connect to the internet and help us save energy, which is important because our planet needs protection from pollution and waste.

d. If everyone uses smart water meters, we can find leaks quickly before they waste water, which is precious in many countries around the world.

e. These connected devices work together like a team that protects the environment, although they are expensive to buy at first for most families today.

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

LIVEWORKSHEETS

Read the following passage about How Phone Power Affects User Behavior and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 18 to 22.

A recent study about low-battery anxiety shows interesting results about smartphone users' behavior. The questionnaire **(18)**_____, collecting over 2,000 responses from Chinese users and some international participants. The research found that 92% of people experience stress when their phone battery is low. About 6% of users suffer from severe anxiety about their battery life. Most users, **(19)**_____, start feeling worried when the power drops below 30%. The study used special methods to measure how anxious people feel at different battery levels.

(20)_____. These women usually use iPhones and work in companies. In contrast, male freelancers over 35 with Huawei phones show the least anxiety. People with severe anxiety charge their phones more often; additionally, they always carry portable batteries with them. The study also found that 80% of users have used backup power when their battery was dying. **(21)**_____, although they report feeling anxious about it.

This research is important for technology companies and video platforms like Instagram. When users have a low battery, they stop watching videos and leave the apps. **(22)**_____. The study provides a new way to measure emotions related to technology use. Operating system designers can use this information to create better battery-saving features that reduce user stress and improve their experience.

https://huangqy7.github.io/al

Question 18:
A. which was widely shared across multiple online platforms
B. was distributed through WeChat from July to October 2019
C. having been shared among university students at major cities
D. that gathered extensive data between spring and autumn periods

Question 19:
A. are checking their battery percentage throughout the day
B. who checked their battery percentage throughout the day
C. who regularly check their battery percentage throughout the day
D. check their battery percentage only once a day

Question 20:
A. What researchers discovered is that women aged 25–35 used to have the highest anxiety levels
B. What researchers discovered is that women aged 25–35 may have the highest anxiety levels
C. What researchers discovered is that women aged 25-35 have the highest anxiety levels
D. What researchers discovered is that women aged 25–35 have high anxiety levels

Question 21:
A. Interestingly, college students continue watching videos even with a low battery
B. Surprisingly, office workers frequently check emails early in the morning routine
C. Interestingly, some users claim they reduce screen time when their battery is running low
D. Interestingly, frequent users tend to avoid media consumption as battery levels decline

Question 22:
A. Companies can rely on technical improvements rather than user behavior analysis
B. Companies need to understand this behavior to keep their customers happy
C. Managers often analyze market trends to improve their business profit margins
D. This behavior mainly highlights limitations of current battery technology

Read the following passage about THE RIGHT TO DISCONNECT: KERALA'S PIONEERING LEGISLATION and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 23 to 30.

Kerala is preparing to introduce important new legislation known as the Right to Disconnect Bill 2025. This proposed law aims to give workers in government agencies and private companies the legal right to ignore work-related communications—including phone calls, emails, online meetings, and text messages—once **their** working hours finish. The main goal focuses on protecting employees' rest periods, ensuring job responsibilities don't interfere with evenings, weekends, or holidays, thereby improving work-life balance and mental health within today's always-connected digital culture.

Under this legislation, staff members cannot receive punishment such as demotion, **dismissal**, or penalties for disconnecting after completing their duties. The proposal establishes local complaint-handling

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committees specifically designed to address problems from private sector workers. Should Kerala successfully implement these regulations, it would become India's first state to enforce such protective rights, representing a significant achievement in employment standards and establishing an example for other regional governments nationwide.

Several countries worldwide have already adopted similar laws. France has established one of the clearest legal frameworks, which **mandates** larger organizations to negotiate rules regarding after-hours communication practices. Spain and Portugal have regulations that protect workers from being forced to respond to work messages beyond normal operating hours. Belgium incorporates disconnection rights into its work-life balance laws, while Germany, although it lacks a single national legislation, has numerous companies and labor courts that limit expectations surrounding after-hours email contact.

These international examples demonstrate that Kerala's initiative follows a broader global trend toward establishing legal limits around digital workplace demands and protecting personal time boundaries. The legislation reflects growing understanding that constant connectivity can negatively affect employee health, productivity, and family relationships. By following established international models while changing them to local situations, Kerala's proposal represents forward-thinking labor policy, potentially inspiring similar reforms across developing economies struggling with modern workplace challenges.

https://timesofindia.indiatimes.com/al

Question 23: Which of the following is NOT mentioned as a type of work communication that employees can ignore?

A. Phone calls
B. Emails
C. Online meetings
D. Fax messages

Question 24: The word "**their**" in paragraph 1 refers to _____.

A. workers
B. government agencies
C. private companies
D. communications

Question 25: The word "**dismissal**" in paragraph 2 is OPPOSITE in meaning to _____.

A. resignation **B.** appointment **C.** suspension **D.** termination

Question 26: The word "**mandates**" in paragraph 3 could be best replaced by _____.

A. suggests **B.** permits **C.** requires **D.** recommends

Question 27: Which of the following best paraphrases the underlined sentence in paragraph 4?

A. Global cases show Kerala's policy differs from international movements regulating digital work and protecting private time.
B. International examples suggest Kerala's legislation leads worldwide efforts creating legal frameworks for digital work and personal boundaries.
C. Worldwide cases show Kerala's proposal aligns with global movements establishing legal limits on digital work and personal time.
D. Foreign instances reveal Kerala's regulation initiates global trends developing legal boundaries for workplace technology and rest periods.

Question 28: Which of the following is TRUE according to the passage?

A. Germany has implemented comprehensive national legislation specifically mandating strict disconnection rights for all employees across industries.
B. Kerala's Right to Disconnect Bill primarily focuses on protecting government workers while excluding private sector employees from coverage.
C. France requires larger companies to negotiate agreements about communication practices outside regular working hours for their employees.
D. Belgium was the first European nation to introduce disconnection rights legislation before France established similar workplace protections.

Question 29: In which paragraph does the writer mention the punishment employees are protected from?

A. Paragraph 4 **B.** Paragraph 1 **C.** Paragraph 2 **D.** Paragraph 3

Question 30: In which paragraph does the writer discuss examples from European countries?

A. Paragraph 1 **B.** Paragraph 4 **C.** Paragraph 2 **D.** Paragraph 3

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Read the following passage about the THE BATTLE AGAINST ULTRA-PROCESSED FOODS IN AUSTRALIA and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 31 to 40.

A recent lawsuit in San Francisco against major food companies, including Coca-Cola, PepsiCo, and Nestlé, has become a **wake-up call** for Australian health experts. The case accuses these big corporations of deliberately making addictive ultra-processed foods while using false health messages. This legal case claims these corporations knowingly sold harmful products to children. **[I]** Leading children's nutritionist Mandy Sacher thinks Australia should do the same thing, saying that the country's current rules fail to protect people properly. She stresses that these companies have been pulling the wool over people's eyes for decades, selling harmful products as good choices for families.

Sacher's main worry focuses on Australia's Health Star Rating system, which she calls "captured policy." The formula behind this front-of-pack labelling plan was created together with the same corporations **it** judges. **[II]** As a result, many ultra-processed products containing cheap, doubtful ingredients get high ratings of three to five stars. This situation lets manufacturers sell possibly dangerous foods as healthy options, going against international standards for nutrition advice.

Public anger has increased greatly, with over 14,500 people signing a **petition** asking for complete changes to the HSR formula before it possibly becomes required in 2026. The Department of Health supports the current system, saying it stays clear, is based on evidence, and matches World Health Organization suggestions. **[III]** Officials mention that an independent check happened in 2019, although voluntary use rates have been disappointingly low across the industry.

With obesity affecting two-thirds of Australian adults and one-quarter of children, Sacher believes that something is clearly wrong. **She asks the government to make public health more important than business profits, demanding responsibility from food makers.** The situation shows a bigger problem facing modern societies: finding a balance between business freedom and protecting citizens from products that cause heart disease, stroke, cancer, and mental health problems, while also putting pressure on healthcare systems financially. **[IV]**

https://www.news.com.au/al

Question 31: The phrase "**wake-up call**" in paragraph 1 has the closest meaning to _____.
A. open up to **B.** wake up to **C.** catch on to **D.** face up to

Question 32: Which is NOT mentioned as a health problem connected to ultra-processed foods?
A. Diabetes **B.** Heart disease **C.** Stroke **D.** Mental health problems

Question 33: Where in the paragraph does the following sentence best fit?

Urgent action is needed to protect current and future generations.

A. [I] **B. [II]** **C. [III]** **D. [IV]**

Question 34: The word "**it**" in paragraph 2 refers to _____.
A. the formula
B. the labelling plan
C. captured policy
D. the Health Star Rating system

Question 35: Which of the following best summarises paragraph 3?
A. The Department of Health's 2019 independent review confirmed HSR aligns with WHO standards despite growing public criticism.
B. Over 14,500 people demand HSR reforms, but the department defends the system despite low voluntary industry adoption.
C. Public petitions call for HSR changes while government officials emphasize the importance of voluntary industry participation.
D. An independent review validated the HSR system, though tensions remain between health advocates and regulatory authorities.

Question 36: The word "**petition**" in paragraph 3 is OPPOSITE in meaning to _____.
A. appeal **B.** approval **C.** demand **D.** protest

Question 37: Which of the following best paraphrases the underlined sentence in paragraph 4?
A. She urges authorities to balance health concerns with business interests fairly.
B. She encourages officials to promote cooperation between health sectors and food industries.
C. She requests policymakers to strengthen partnerships while supporting manufacturers' product improvements.

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D. She calls on authorities to prioritize well-being over profits and hold producers accountable.
Question 38: Which of the following is TRUE according to the passage?
A. The Health Star Rating formula was developed with participation from the companies it evaluates.
B. The Department of Health acknowledges that the current rating system requires significant modifications.
C. Mandatory implementation of the Health Star Rating system was successfully introduced in 2019.
D. The majority of food manufacturers have voluntarily adopted the Health Star Rating across Australia.
Question 39: Which of the following can be inferred from the passage?
A. The San Francisco lawsuit will likely lead to similar legal actions in Australia soon.
B. The World Health Organization has expressed concerns about Australia's rating system recently.
C. Corporate involvement in creating the rating formula may have compromised its effectiveness significantly.
D. Most Australian families currently rely on the Health Star Rating when purchasing food products.
Question 40: Which of the following best summarises the passage?
A. A San Francisco lawsuit against food companies inspires Australian nutritionists to demand stricter regulations and improved transparency standards.
B. Australian health experts criticize the Health Star Rating system for misleading consumers while obesity rates continue rising nationwide.
C. Major food corporations face legal challenges for producing addictive products as public concern over health labelling grows significantly.
D. Controversy over Australia's compromised Health Star Rating system highlights tensions between corporate interests and public health protection needs.

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