SỞ GIÁO DỤC VÀ ĐÀO TẠO	**KỲ THI TUYỂN SINH VÀO LỚP 10 THPT**
HÀ NỘI	**NĂM HỌC 2026 – 2027**
ĐỀ THAM KHẢO SỐ 5	Môn thi: **TIẾNG ANH (ĐẠI TRÀ)**
(Đề thi gồm có 07 trang, 40 câu)	*Thời gian làm bài: 60 phút, không kể thời gian phát đề*

Mark the letter A, B, C, or D on your answer sheet to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

1. A. delayed B. frightened C. revered D. attacked
2. A. pleading B. defeat C. shortbread D. colleague

Mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.

3. Our grandmother's illness was _____ than we thought at first.
   A. serious B. the most serious C. more serious D. the more serious
4. The teacher explained so much stuff in just one lesson that most of the students could _____ only half of it.
   A. let in B. get in C. take in D. break in
5. This book is not really _____. It is a waste of money buying it.
   A. inform B. informative C. informatively D. information
6. - **Tom:** "I'm afraid I can't finish the task by today."
   - **Linda:** "_____. Let me know if you need an extra hand."
   A. Don't push yourself too hard B. Take your time; there's no strict deadline
   C. I can't agree with you more about that D. Don't make a mountain out of a molehill
7. The acupoints are stimulated _____ the healing capability of the body itself.
   A. enhance B. to enhance C. enhancing D. to enhancing
8. Nylon is _____ man-made fibre, the use of which has helped _____ more people to have cheaper and more colourful clothes to wear.
   A. a – the B. a – ∅ C. an – the D. the – a
9. _____, they will have done their homework.
   A. When you finish cooking B. By the time you finish cooking
   C. Finishing cooking D. As you finished cooking
10. If you _____ any further delays, we _____ be able to guarantee that the project _____ on schedule.
   A. experience – won't – will stay B. will experience – will – stays

LIVEWORKSHEETS

C. are experiencing – won't – will have stayed D. experience – are – stays

Mark the letter A, B, C, or D on your answer sheet to indicate the word that differs from the other three in the position of primary stress in each of the following.

11. A. frightening B. essential C. prosperous D. confident
12. A. deny B. attract C. begin D. answer

Read the following announcement and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 13 to 16.

ANNOUNCEMENT: HOLIDAY SCHEDULE FOR APRIL 30 AND MAY 1

In (13) _____ of Reunification Day (April 30) and International Workers' Day (May 1), all Vietnamese workers enjoy a five-day holiday (14) _____. To make up for the extended break, all employees will work on Saturday, April 26.

Additionally, workers will have a one-day holiday on Hung Kings' Commemoration Day on Monday, April 7, which will be a three-day break from April 5 to April 7 due to the weekend. Organizations with (15) _____ weekend schedules may adjust their holiday plans, but it is recommended that they (16) _____ with the national holiday calendar to ensure employees get adequate rest.

For more information, call Ms Trang: 0976 567 914.

13. A. celebration B. recognition C. definition D. realization
14. A. from Wednesday, April 30 to Sunday, May 4 B. since Wednesday, April 30 to Sunday, May 4
C. from Wednesday, April 30 over Sunday, May 4 D. since Wednesday, April 30 until Sunday, May 4
15. A. standard B. standardize C. non-standard D. substandard
16. A. align B. aligns C. aligning D. aligned

Mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions from 17 to 18.

(17) _____ It helps schools maintain teaching activities while giving teachers powerful digital tools to enhance their lessons. (18) _____ Therefore, many institutions have gradually shifted to flexible, technology-based learning models.

17. **Choose the TOPIC SENTENCE that can BEGIN the text most appropriately.**

A. Online education has emerged as an essential solution for uninterrupted learning.

LIVEWORKSHEETS

B. Many teachers find online platforms confusing and ineffective.

C. Traditional classrooms remain the only reliable method of teaching.

D. Students rarely benefit from digital materials in their lessons.

18. **Put the sentences (a–c) in the correct order to make a logical text.**

a. Teachers can combine videos, digital worksheets, and interactive platforms to make their lessons more engaging.

b. Online classes allow students to learn from any location and revisit recorded materials whenever they wish.

c. Online education offers a wide range of tools that support both teaching and learning.

A. c – a – b B. a – b – c C. b – a – c D. a – c – b

Mark the letter A, B, C or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 19 to 24.

(19) _____ Vietnamese conical hats appeared throughout the country. People said that they originated in the ancient capital city of Hue. As images of non la Vietnam were on several Ngoc Lu bronze kettledrums and Ao Thinh bronze jars, both of (20) _____ date back over 2,500 to 3000 years ago, it is likely that Vietnamese people have worn non la Vietnam for millennia.

Non la, like many other traditional Vietnamese clothing items, has its own story of origin, which links to Vietnam rice growing culture. The story is about a gorgeous Goddess who descened from the sky to save people from a massive flood. Her large hat, consisting of four round leaves sewn together with bamboo sticks, protected the people from adverse weather.

(21) _____, she taught them how to grow vegetables and trees (22) _____. After the Goddess vanished, the local people erected a temple to honor her as the rain-shielding goddess. They also attempted to make hats that look the same as the ones worn by the Goddess by using their ingenuity and readily available materials like palm leaves and bamboo. This has already (23) _____ the conical hat called *non la* Vietnam that most of us (24) _____ know today.

(Adapted from https://vinpearl.com)

19. A. Have you ever wondered where the traditional Vietnamese conical hats came from?

B. Have you ever wondered where did the traditional Vietnamese conical hats come from?

C. Have you ever wondering where the traditional Vietnamese conical hats came from?

D. Will you ever wonder where do the traditional Vietnamese conical hats come from?

20. A. them	B. whom	C. which	D. that
21. A. Consequenly	B. However	C. Furthermore	D. Instead
22. A. for a change	B. for fun	C. for a living	D. for a song
23. A. brought in	B. done in	C. gone in	D. resulted in

LIVEWORKSHEETS

24. A. must B. may C. shouldn't D. couldn't

Mark the letter A, B, C, or D on your answer sheet to indicate the sentence that is closest in meaning to the original sentence in each of the following questions.

25. The new generation of computers is powerful as it can process faster than any earlier models.

A. But for the new powerful generation of computers, it would have processed faster than any earlier models.

B. Not until the new generation of computers had processed faster than any earlier models was it powerful.

C. Only if the new generation of computers were powerful could it process faster than any earlier models.

D. So powerful is the new generation of computers that it can process faster than any earlier models.

26. I didn't go to Sam Son to watch the fireworks on 23rd April and I regret that.

A. If only I didn't go to Sam Son to watch the fireworks on 23rd April.

B. If I went to Sam Son, I could watch the fireworks on 23rd April.

C. I regret having gone to Sam So to watch the fireworks on 23rd April.

D. I wish I had gone to Sam Son to watch the fireworks on 23rd April.

Mark the letter A, B, C, or D on your answer sheet to indicate the sentence that is best made from the given cues in each of the following questions.

27. The new library / only / one / equip / modern computers, / supply / students / access / digital resources.

A. The new library is the only one to be equipped with modern computers, supplying its students access to digital resources.

B. The new library equips with modern computers supplied students access to digital resources.

C. The new library equipping with modern computers supplies students to access digital resources.

D. The new library is the only one to be equipped with modern computers, that supply students access to digital resources.

28. The school / provide / students / opportunity / develop / critical thinking / skill.

A. The school provides students with opportunities to develop critical thinking skills.

B. The school provide students with opportunities to develop critical thinking skills.

C. The school provides students of opportunities to develop critical thinking skills.

D. The school provides student with opportunities to develop critical thinking skills.

LIVEWORKSHEETS

Read the following notice or message and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.

29. What does the sign say?

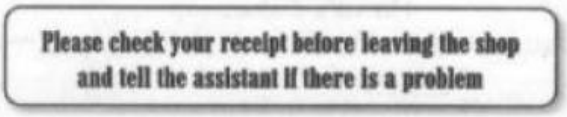
A. You don't need to wear a hard hat in this area.

B. There is a hard hat in this area.

C. This area provides hard hat.

D. You must wear a hard hat here.

30. What does the message say?



A. Let the assistant know if you think there's a mistake on your receipt.

B. Keep your receipt because you might need to change something you bought.

C. Tell the assistant if you've lost the receipt for something you bought.

D. After leaving the shop, you can call the assistant for help.

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions from 31 to 36.

Teenage years are a time when your young people grow and develop really quickly, and the requirements for some vitamins and minerals, like calcium and iron, is fairly high. The age at which your child will have a growth spurt will vary, but in girls the growth spurt normally peaks at 12.5 years of age, and in boys at age 14 years of age.

Many lifestyle changes take place during adolescence. When children start secondary school, they often have more independence and **greater** control over the choices they make. They can often make decisions about what and when they want to eat, and how they spend their free time. Media can often be a challenge promoting the "thin" body ideal, as well as challenging other aspects of your family values and beliefs. This may result in difficulty for them knowing what a healthy weight and lifestyle is, and this has the potential to lead to unhealthy eating habits and beliefs.

It is important to listen to what your young people are saying, and explore with them what their views and opinions are. Accepting and understanding your child's point of view, even if you don't agree, is an **essential** part of parenting adolescents to keep lines of communication open. If you build good routines around

LIVEWORKSHEETS

healthy eating and exercise, they will have an understanding that people come in all different shapes and sizes, and by eating a healthy, varied diet and taking part in regular physical activity, their weight should stay healthy.

(Adapted from https://families.barnardos.org.uk)

31. The word **"essential"** in paragraph 3 is **CLOSEST** in meaning to _____.

A. important B. needy C. massive D. helpless

32. What is the best title of the reading passage?

A. Nurturing a Healthy Lifestyle in Your Children

B. Mass Media Influence on Children's Lifestyle

C. Communicating for a Better Lifestyle

D. Lifestyle Changes in Adolescence

33. The word **"greater"** in paragraph 2 is **OPPOSITE** in meaning to _____.

A. senior B. less C. pretty D. primary

34. What should parents **NOT** do to help their children keep a healthy lifestyle?

A. Listening and exploring their children's opinions.

B. Communicating frequently with their children.

C. Letting children planning their own routines.

D. Accepting even when parents don't agree with their children.

35. Why might teenagers develop unhealthy eating habits during adolescence?

A. Because they are unable to digest certain foods at this age.

B. Because they gain more independence and may be influenced by media and social pressures.

C. Because their bodies require fewer vitamins and minerals during this period.

D. Because parents do not allow them to make their own food choices.

36. What can be inferred about teenagers' diet during adolescence?

A. They need to eat foods rich in vitamins and minerals.

B. They can maintain a healthy growth without paying attention to diet.

C. They should avoid calcium and iron-rich foods.

D. Their diet is less important than physical activity.

Four phrases/sentences have been removed from the text below. For each question, mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 37 to 40.

(37) _____ A bedtime routine is associated with increased family functioning and improved sleep habits. Family routines have been linked to the development of social skills and academic success, and adherence to family routines has been identified as important for family resilience during times of crisis.

LIVEWORKSHEETS

However, the importance of routine is not unique to children. Observational research indicates that individuals in good health engage in highly routine health behaviors. (38) _____ While the preponderance of observational-level research points to the importance of routine, little attention has been paid to the role routine may have in lifestyle medicine. Instead, health behavior research often focuses on patient adherence.

According to the World Health Organization, adherence refers to (39) _____ Patient adherence is one of the greatest challenges in lifestyle medicine. In the short term, many patients are able to adhere to recommendations. However, it has been estimated that (40) _____. Nonadherence to medication, for example, can lead to poor management of chronic disease and a higher health care burden. This is a critical issue for lifestyle medicine as chronic disease is, by definition, long term.

A. For example, those successful at maintaining weight loss often eat the same foods, engage in consistent exercise, and do not skip meals.

B. only about 50% of patients adhere to their long-term treatment plan

C. Routine is consistently found to be important for children.

D. "the extent to which a person's behavior - taking medication, following a diet, and/or executing lifestyle changes—corresponds with agreed recommendations from a health care provider."

THE END

LIVEWORKSHEETS