BÀI TẬP TỰ LUYỆN

Exercise 1 TRY THE PERFECT MORNING SMOOTHIE!

If you're looking for a healthy and convenient way to start your day, a smoothie is one of the best things to drink. It's quick to prepare, easy to carry, and packed with essential nutrients. All you need is some fresh fruit, a bit of yogurt or milk, and a spoonful of honey to (1) _____. You can prepare everything the night before and simply blend it in the morning, (2) _____ you valuable time.

Smoothies are also incredibly versatile - you can experiment with different ingredients to suit your taste or dietary needs. Whether you enjoy tropical fruits, berries, (3) _____ even leafy greens like spinach, there's always a perfect (4) _____ waiting to be discovered. And the best part? They help you stay full and focused throughout the morning without feeling heavy or (5) _____.

With a wide (6)_____ of recipes available online, you'll never get bored with the same flavor. Smoothies are not only delicious but also support a balanced lifestyle. Give them a try-your body and your busy mornings will thank you!

Question 1: A. bring it out B. sweeten it up C. mix it up D. smooth it out

Question 2: A. saves B. saved C. saving D. having saved

Question 3: A. and B. nor C. but D. or

Question 4: A. combine B. combinable C. combination D. combining

Question 5: A. sluggish B. exhausted C. clumsy D. depressed

Question 6: A. amount B. volume C. variety D. number

Exercise 2 LET'S JOIN MULTICULTURAL CAMP

Are you eager to join the upcoming multicultural camp?

Residing in a multicultural camp significantly enhances our existence in myriad ways. It provides us with the opportunity to engage with (1) ____ traditions, cuisines, languages, and perspectives. Interactions with individuals from (2) ___ facilitate a more comprehensive understanding of the world around us. For example, celebrations (3) _____ Diwali, Chinese New Year, and Thanksgiving serve not only to unite different cultures but also to impart knowledge regarding one another's customs.

In educational institutions and professional environments, multicultural settings foster creativity and innovation through the amalgamation of varied viewpoints. Nevertheless, it is paramount to approach others' cultures (4) _____ open-mindedness and respect, as this attitude is essential for (5) _____ harmony and unity within our communities. Embracing multiculturalism not only cultivates an appreciation for the distinctiveness of each culture but also contributes to the development of a more inclusive and vibrant community for all individuals (6) _____.

Question 1: A. fascinating B. fascinated C. fastinatingly D. fascination

Question 2: A. identities cultural distinct B. distinct cultural identities C. culture distinct identities D. cultural identities distinct

Question 3: A. included B. that include C. which included D. includes

Question 4: A. by B. with C. from D. for

Question 5: A. increasing B. driving C. promoting D. nurturing

Question 6: A. participating B. to participating C. to participate D. participate

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Exercise 3 STEM INNOVATION CHALLENGE TURN IDEAS INTO IMPACT!

Get ready for the most exciting tech event of the year! The STEM Innovation Challenge 2025 will take place (1)_____ March 22 at the TechSphere Auditorium. This competition is open to all high school students who love science, technology, and creative problem-solving.

Participants will (2) _____ real-world challenges by designing innovative solutions across a wide (3) _____ of fields, using basic coding, robotics, or engineering tools. Projects will be judged on creativity, feasibility, and impact, and winners will (4) _____ scholarships and tech gadgets.

All entries must be submitted by March 10. Shortlisted teams will receive mentorship from industry professionals to refine their prototypes before the final showcase.

Don't miss this chance to share your ideas and (5) ___ with fellow young innovators. Register today and be (6) _____ to push the boundaries of innovation!

Question 1:	**A.** in	**B.** on
	C. at	**D** during
Question 2:	**A.** overlook	**B.** undermine
	C. trigger	**D.** address
Question 3:	**A.** amount	**B.** quantity
	C. range	**D.** majority
Question 4:	**A.** earn	**B.** retain
	C. obtain	**D.** claim
Question 5:	**A.** connecting	**B.** connection
	C. connected	**D.** connect
Question 6:	**A.** taken back	**B.** geared up
	C. caught up	**D.** checked over

Exercise 4 INTRODUCING THE NOVA X1 A SMARTER WAY TO CONNECT!

The Nova X1, (1) _____ combines style and advanced AI, is designed for users who expect more. With a large (2)_____ of storage and lightning speed, it easily handles everything from gaming to multitasking.

Smooth Streaming: Enjoy flawless video quality on a screen (3) _____ stunning colours and deep contrast.

Smart Camera: Capture every moment with AI-powered lenses (4) _____ scenes automatically to ensure perfect focus every time.

All-Day Use: Powered by a battery built to last, it keeps you going without needing to give up on your favourite apps.

Eco-Smart Build: Created by a team known for their (5) _____ approach, this phone supports sustainability and innovation together.

Order the Nova X1 now and stay ahead of the (6) _____!

Question 1:	**A.** which	**B.** who
	C. that	**D.** whom
Question 2:	**A.** range	**B.** number
	C. quantity	**D.** amount
Question 3:	**A.** presenting	**B.** delivering
	C. showing	**D.** revealing
Question 4:	**A.** detects	**B.** detecting
	C. detected	**D.** be detecting
Question 5:	**A.** creative	**B.** creatively
	C. creation	**D.** creativity
Question 6:	**A.** curve	**B.** trend
	C. wave	**D.** loop

Exercise 5 SAVE OUR OCEANS!

Oceans play a vital role in maintaining life on Earth. They generate over half of the world's oxygen and stabilise the global climate. (1) ____ the crucial role oceans play, they continue to suffer from pollution and overfishing. The (2) _____ of plastic waste entering the seas each year is truly concerning.

Everyone can help protect marine life by adjusting daily choices. For example, try to refuse single-use plastics and choose (3) _____ alternatives whenever possible. Even simple actions like joining beach clean-ups or carrying a reusable bottle can (4) _____ over time.

Never forget that safeguarding the ocean is not merely an obligation; it is a (5) _____ we all share. If we fail to act now, future generations may never see coral reefs (6) _____ as they do today. Together, our actions matter!

Question 1:	**A.** In spite of	**B.** Owing to
	C. With regard to	**D.** Due to
Question 2:	**A.** number	**B.** amount
	C. figure	**D.** deal
Question 3:	**A.** eco-conscience	**B.** ecological
	C. eco-wise	**D.** eco-friendly
Question 4:	**A.** make up	**B.** put up
	C. add up	**D.** bring up
Question 5:	**A.** committed	**B.** commitment
	C. committing	**D.** commit
Question 6:	**A.** diminish	**B.** deteriorate
	C. flourish	**D.** shorten

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Exercise 6

THE SOCIAL DILEMMA A Wake-up Call About Technology

The Social Dilemma (2020) is a powerful documentary-drama hybrid that explores the dangerous influence of social media on modern society. It features interviews with former employees of major tech companies, (1) ____ reveal how platforms like Facebook, Twitter, and Instagram are programmed to manipulate human behavior.

The film explores how algorithms are designed to capture attention, (2) _____ user behavior, and subtly influence emotions, actions, and even beliefs. These revelations are supported by dramatized scenes of (3) _____ fictional teenage boy whose life is negatively affected by excessive social media use.

Critics praised the documentary for its originality and (4) _____, especially during a time when social media addiction and misinformation were at an all-time high. It encourages viewers to think more critically about how they interact with digital platforms.

Following its release on Netflix, *The Social Dilemma* (5) _____ widespread attention and sparked conversations worldwide. The film's message encourages users to (6) _____ their digital habits and demand greater accountability from tech giants.

Question 1:	**A.** who	**B.** whom
	C. which	**D.** that
Question 2:	**A.** predicted	**B.** predict
	C. predicting	**D.** to predict
Question 3:	**A.** no article	**B.** the
	C. an	**D.** a
Question 4:	**A.** urge	**B.** urgently
	C. urgency	**D.** urgent
Question 5:	**A.** brought	**B.** drew
	C. made	**D.** created
Question 6:	**A.** come up with	**B.** let go of
	C. take control of	**D.** keep out of

Exercise 7

ACHIEVE YOUR FITNESS GOALS WITH OUR ONLINE TRAINING COURSE!

Feeling stuck in the same workout routine and (1) _____ to push past your limits? Our online training course helps you unlock your potential and stay committed. (2) ____ session is carefully structured to deliver results you can see and feel.

Instead of missing training days, you'll find smart ways to stay on track (3) _____ your busy schedule. Our coaches share advanced workout (4) _____ and personalised plans to keep you motivated.

Packed with useful resources and (5) _____ habits, you'll build strength and stamina faster than ever. Remember, success doesn't happen overnight – you just need to go the extra (6) _____ and the results will follow!

Question 1:	**A.** holding back	**B.** turning down
	C. making up	**D.** taking over
Question 2:	**A.** Other	**B.** Each
	C. Several	**D.** Most
Question 3:	**A.** due to	**B.** regardless of
	C. in the light of	**D.** because of
Question 4:	**A.** strategies	**B.** tricks
	C. movements	**D.** equipment
Question 5:	**A.** adjustable	**B.** reliable
	C. sustainable	**D.** breakable
Question 6:	**A.** effort	**B.** league
	C. limit	**D.** mile

Exercise 8

How to Spend Money Without Wasting It

Spending money wisely is one of the most important skills you can develop if you want a secure future and peace of mind. (1) ___ many people try to plan their budget carefully, they often fail to stick to it and end up wasting more than they should. This usually results (2) _____ unexpected debts and financial stress, making it harder to save for what really matters. Here are some practical habits to help you control your spending:

- Make a clear budget plan and review it (3) _____ month to ensure you remain within your financial limits.
- Spend on what you truly need and choose (4) _____ items that provide good quality at a reasonable cost.
- Avoid (5) _____ spending that gradually depletes your savings in the long run.
- Be smart with your money – nobody wants to throw money down the (6) _____!

Question 1:	**A.** Although	**B.** Because
	C. Unless	**D.** Since
Question 2:	**A.** at	**B.** for
	C. from	**D.** in
Question 3:	**A.** many	**B.** every
	C. another	**D.** any

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Question 4: **A.** affordable quality high
B. high affordable quality
C. quality affordable high
D. affordable high quality

Question 5: **A.** pricey **B.** strategic
C. excessive **D.** harmful

Question 6: **A.** tunnel **B.** river
C. pit **D.** drain

Exercise 9 PROTECTING CUC PHUONG NATIONAL PARK

Cuc Phuong National Park is one of Vietnam's most biologically diverse areas. (1) _____, it is now facing serious threats due to human impact such as illegal logging, hunting, and careless littering. This proposal outlines an initiative to raise awareness and encourage community participation in protecting the park's fragile ecosystem.

We plan to develop an online interactive platform where visitors can upload photos of Cuc Phuong. These photos should highlight environmentally responsible behavior such as (2) _____ waste, joining tree-planting events, or participating in guided eco-tours. Images of harmful behavior, like cutting down trees or feeding wild animals, will also be documented to raise awareness.

(3) _____ project will be open to all, but we especially encourage travelers (4) _____ Cuc Phuong to contribute. It is expected to run for at least a year, (5) _____ on participation and support.

We hope that (6) _____ campaign will inspire visitors to respect nature and become active participants in environmental conservation.

Question 1: **A.** Moreover **B.** However
C. Furthermore **D.** Therefore

Question 2: **A.** picking up **B.** throwing away
C. putting off **D.** taking out

Question 3: **A.** A **B.** An
C. The **D.** No article

Question 4: **A.** in **B.** on
C. at **D.** to

Question 5: **A.** depended **B.** depending
C. which depend **D.** that depends

Question 6: **A.** conservation **B.** conservatory
C. conservative **D.** conservator

Exercise 10 Remote Work or Office – Which Suits You?

More and more people are wondering whether working remotely or at the office is the better choice. Working from home offers freedom and saves commuting time, but many find it (1) _____ because work and personal life often mix together.

An office provides daily structure and in-person teamwork, which attracts employees (2) _____ prefer clear routines and direct collaboration. Some companies now choose a hybrid model, combining both options to stay flexible.

Finding the right style hinges (3) _____ your job and personality. It's important to (4) _____ a healthy balance between work and home life to avoid burnout. Make sure you set (5) _____ goals that match your energy and goals – and remember: don't burn the (6) _____ at both ends!

Question 1: **A.** stressful **B.** stressed
C. stressing **D.** stress

Question 2: **A.** who **B.** whom
C. which **D.** whose

Question 3 **A.** for **B.** at
C. on **D.** in

Question 4: **A.** contain **B.** obtain
C. entertain **D.** maintain

Question 5: **A.** long realistic term
B. realistic long-term
C. term long realistic
D. long-term realistic

Question 6: **A.** candle **B.** stick
C. torch **D.** match

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