

B. READING

I. Choose the word (A, B, C, or D) that best fits each blank in the following passage.

Chọn từ (A, B, C hoặc D) phù hợp nhất để điền vào mỗi chỗ trống trong đoạn văn sau.

Good sleep is (31) _____ for a healthy mind and body. Students who get enough sleep are better able to focus in class, remember their lessons, and get high scores in exams. They (32) _____ get sick less often, and are in a better mood.

To sleep better, keep a regular sleep schedule by going to bed and waking up at the same time every day. Create a relaxing bedtime routine, like reading or (33) _____ a warm bath, to tell your body that it's time to relax. Make sure the sleep (34) _____ is dark, quiet, and cool to help you sleep well. A healthy (35) _____ with regular physical activity and balanced meals also helps you sleep better. By following these habits, you can enjoy the health benefits (36) _____ good sleep.

31 A. necessary B. harmful C. popular D. interesting

32 A. only B. also C. too D. first

33 A. gaining B. giving C. making D. taking

34 A. place B. chance C. time D. environment

35 A. diet B. habit C. lifestyle D. decision

36 A. of B. about C. in D. with

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Cycling is a wonderful activity that people of all ages can enjoy. With just a bicycle (32) _____ a helmet, you can start your cycling journey.

One of the great (33) _____ of cycling is that it allows you to connect with nature and enjoy the fresh air. You can ride through parks, along rivers, or on special bike paths. It's also a fantastic way to (34) _____ stress and improve your overall well-being.

Additionally, cycling is an eco-friendly mode (35) _____ transportation. By choosing to cycle, you help reduce pollution and contribute to a (36) _____ environment. Whether for fun, exercise, or commuting, cycling is a rewarding and enjoyable hobby.

32 A. so B. for C. but D. and

33 A. benefits B. models C. interests D. hobbies

34 A. increase B. reduce C. produce D. experience

35 A. by B. at C. of D. with

36 A. bigger B. healthier C. friendlier D. stronger