

I. LISTENING: (2.5 points)

PART 1: Listen to a conversation between Mai and Ken and decide whether the following statements are true (T) or false (F). You will hear the conversation twice.

Question 1. Mai's choice in clothes and hairstyle upsets her mother.

- A. True B. False

Question 2. According to school rules, Mai can colour her hair.

- A. True B. False

Question 3. Kevin mainly uses his smartphone and laptop for entertaining.

- A. True B. False

Question 4. Mai thinks maybe Kevin's parents worry about his eyesight.

- A. True B. False

Question 5. Kevin's parents take away his smartphone and laptop at 10 p.m.

- A. True B. False

PART 2: Listen to Oliver- a TV host and Katherine Jones- a food expert, talking about food and healthy eating among teenagers and choose A, B, C or D to answer the following questions. You will hear the recording twice.

Question 6. _____ is the main topic of the TV show.

- A. Expensive skincare products B. Fitness programs for teenagers
C. Healthy food for young people D. Fitness exercises and balanced diet.

Question 7. A lot of teenagers suffer from _____.

- A. skin issues B. going on a diet C. keeping fit D. brain health

Question 8. _____ help improve brain health and memory.

- A. Eggs B. Sugary desserts C. Carrots D. Green vegetables

Question 9. _____ can help teenagers grow taller and stronger.

- A. Ice cream B. Brown rice C. Sweet potatoes D. Yoghurt

Question 10. Which food is NOT mentioned as helpful kind of food for teenagers' health?

- A. butter B. sugary desserts C. yoghurt D. watermelon

II. LANGUAGE: (2.5 points)

PART 1: Mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.

Question 11. We should respect the _____ that have been passed down from the previous generations.

- A. family conflicts B. generational difference
C. cultural values D. common behaviours

Question 12. Life _____ for smokers is shorter than for people who don't smoke.

- A. strength B. expectation C. expectancy D. routine

Question 13. I like working _____ in the gym.

- A. up B. on C. over D. out

Question 14. I _____ that smart cities offer a better quality of life.

- A. think B. am thinking C. thought D. was thinking

Question 15. Our city is small, but it _____ many tourists attractions.

- A. has B. looks C. seems D. becomes

PART 2:

Read the following text and choose the option that best fits each of the numbered blanks from 16 to 20.

Viruses cause many human (16) _____, ranging from the common cold and the flu to more serious ones such as AIDS and Covid-19. On their own, viruses are not alive. They become (17) _____ when they infect or enter our bodies. They can do that easily because they are very small. Then, they start to act like living things and make copies of themselves. People have natural defenses (18) _____

viruses. For example, a fever can make some viruses inactive. The body's immune system also fights viruses.

Vaccines cannot treat diseases caused by viruses, but they (19) _____ help prevent the spread of disease. Vaccines contain viruses which are weakened or dead, and help the body's immune system make substances called antibiotics, (20) _____ fight diseases. If the same virus enters our body later on, the immune system will recognize it and will know how to fight it off.

(Adapted from Global Success 11 – Textbook)

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|-------------------------|--------------|-------------|-------------|
| Question 16. A. germs | B. organisms | C. diseases | D. microbes |
| Question 17. A. acting | B. activity | C. active | D. action |
| Question 18. A. against | B. from | C. to | D. for |
| Question 19. A. must | B. might | C. can | D. should |
| Question 20. A. that | B. whom | C. who | D. which |

III. READING: (2.5 points)

PART 1: Read the following passage carefully and then choose the best option to fit each numbered blank (from 21 to 25).

In recent years, people have become more aware of the (21) _____ of healthy lifestyle habits. Some people seem to live longer and healthier than others. One possible reason is that they eat wisely and stay active.

To begin with, you should pay attention (22) _____ what you eat. Always read food labels and avoid products with too much sugar or salt. Moreover, try to add more (23) _____ and fruits to your daily meals. It is also a good idea to eat a big breakfast and a light dinner.

If you (24) _____ much exercise before, start slowly. You can start by walking or doing simple stretches for only ten minutes a day. Later, when your body gets stronger, you can do more challenging exercises. (25) _____, the key is to exercise regularly, not just once in a while to keep your body fit and your mind happy.

(Adapted from Global Success 11 – Textbook)

- | | | | |
|------------------------------|----------------|---------------|-----------------|
| Question 21. A. important | B. unimportant | C. importance | D. unimportance |
| Question 22. A. in | B. to | C. at | D. of |
| Question 23. A. meat | B. grain | C. cereal | D. vegetables |
| Question 24. A. haven't done | B. didn't do | C. don't do | D. won't do |
| Question 25. A. However | B. Finally | C. Thus | D. Meanwhile |

PART 2: 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 questions from 26 to 30.

HOW TO HANDLE YOUR PARENTS

Adolescence is a difficult time for both parents and teenagers as it is a period of physical, social and emotional changes. Physically, as a dependent pre-teen child, you are being transformed into an independent young adult. In general, emotionally and socially, adolescents like you are experiencing profound changes in terms of freedom, privacy, interests, decisions and opinions. First, you want more freedom to choose who to see and when. You used to be most happy in the company of your parents. Now you want to spend some more time on your own. Second, your parents made most decisions before adolescence. But now you want to decide things for yourselves. You hate being told what to do all the time. Above all, adolescents have strong opinions and are idealistic. You see the world differently, develop your own views and your own sense of right and wrong. You feel you have all the answers while adults don't.

All these perfectly normal changes will affect teenagers' relationship with parents. So what can you, as adolescents, do to stay on good terms with your parents? Firstly, let your parents know that you still love and value them. Secondly, try to agree rules and boundaries and prove to be dependable. Keep your words and stick to rules. Thirdly, try to understand why they might be irritated by your behaviour. Show your parents that you are capable of an independent life by taking care of your own school work and maintaining a healthy lifestyle. Finally, it's all about communication! Keep talking to your parents. The more disconnected they feel, the more critical, distrustful and controlling they tend to become.

(Adapted from Friends Global 11 – Textbook)

Question 26. What is the main idea of the passage?

- A. Teenagers should follow their parents' rules in some ways.
B. Adolescence is a time to learn how to balance schoolwork and own life.

C. How adolescents can maintain a good relationship with their parents.

D. Parents should take control of their teenagers more strictly.

Question 27. The word “**terms**” in the phrase “*stay on good terms with your parents*” is closest in meaning to _____.

- A. behaviours **B. relationships** C. rules D. decisions

Question 28. Which of the following statements is **NOT TRUE** according to the passage?

- A. Teenagers often want more privacy and independence.
B. Parents took charge of most decisions before adolescence.
C. Teenagers rarely need to obey their parents’ rules.
D. Feeling disconnected makes parents critical.

Question 29. The word “**they**” in the sentence “*try to understand why they might be irritated by your behaviour*” refers to _____.

- A. their teachers B. friends **C. parents** D. other teenagers

Question 30. What can be inferred from the last paragraph?

- A. Teens can gain parents’ trust by being responsible and communicative.**
B. Parents always understand their children without talking to them.
C. Parents and teenagers never have the same opinions in many ways.
D. Teens should hide their mistakes to avoid arguments with their parents.

IV. WRITING: (2.5 points)

PART 1: Choose the correct arrangement of the sentences to make a meaningful paragraph/letter in each of the following questions. (1.5 points)

Question 31.

- a. When Gen Xers grew up, they experienced many social changes and developments in history.
b. Generation X refers to the generation born between 1965 and 1980.
c. Gen Xers are also known as critical thinkers because they achieved higher levels of education than previous generations.
d. As a result, they are always ready for changes and prepared to work through changes.

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

Question 32.

- a. Can you bring some fresh mangos from your garden? We'll need them for one of the recipes.
b. Hi Linda,
c. How about coming to my house this Sunday? We can try some recipes from the book.
d. Thanks for lending me your book about healthy cooking. It's great!
e. See you soon,
f. Mai

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

Question 33.

- a. This could lead to significant savings for the national health system.
b. For example, if fast food companies are required to reduce salt in their meals, fewer people might suffer from high blood pressure.
c. When more people are healthy, the government spends less money on treating illnesses related to poor diets.
d. Therefore, regulating fast food could be a way for governments to manage public finances more effectively.
e. Some people argue that stricter government regulation of fast food is a good idea because it can help reduce healthcare costs in the long run.

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

Question 34.

- a. Cross-cultural learning has three main benefits.
b. Secondly, it allows us to learn new ways of thinking and problem-solving by exchanging ideas with others.
c. Finally, it encourages us to appreciate diversity and work together with people from various cultures.

- d. Firstly, it helps understand and respect different backgrounds, making us more open-minded.
e. So it is important to learn about different cultures around the world.

A. e - b - d - a - c

B. a - d - b - c - e

C. a - c - d - b - e

D. e - d - b - c - a

Question 35.

- a. Regular exercise plays a big role in keeping our bodies strong and healthy, which can definitely mean less need for medical help.
b. So, staying active can help us avoid some common health issues that require medical attention.
c. This reduces the risk of heart problems, a major reason why people need medical treatment.
d. For example, when you exercise, your heart becomes stronger, making it work more efficiently.
e. Also, strong muscles and bones, built through exercise, can prevent falls and injuries, especially as we get older.

A. a - d - c - e - b

B. a - b - c - e - d

C. a - c - b - e - d

D. a - e - b - d - c

Question 36.

Hi Everyone,

I had an idea about how we can grow closer and learn from each other.

- a. By listening to each other's stories, we can gain new insights and maybe even find solutions to our own problems.
b. Also, understanding each other's viewpoints can help us be more understanding and supportive as a family.
c. We've all gone through different situations and have unique ways of understanding the world.
d. I think it would be great if we made more of an effort to share our different experiences and the way we see things.
e. Hearing about how someone else handled a difficult situation, for example, could be really helpful. I think we'd all be surprised by how much we can learn from each other.

Love,

Nancy

A. a - e - d - c - b

B. c - a - d - b - e

C. d - c - a - e - b

D. e - b - a - d - c

PART 2: (1.0 point)

Finish each of the following sentences in such a way that it means the same as the sentence printed before it.

Question 37. He quit smoking in 2010.

→ He hasn't

Question 38. I have done this exercise routine every day for 10 years.

→ I started

Combine the following sentences in such a way that it means the same as the sentences printed before it.

Question 39. Parents try to understand their teenage children. It is advisable. (should)

→ Parents

Question 40. People post rude comments on the website. It is not allowed. (must not)

→ People

I. LISTENING: (2.5 points)

PART 1: Listen to a conversation between Mai and Ken and decide whether the following statements are true (T) or false (F). You will hear the conversation twice.

Question 1. Mai's choice in clothes and hairstyle doesn't upset her mother.

- A. True** **B. False**

Question 2. According to school rules, Mai isn't allowed to colour her hair.

- A. True** **B. False**

Question 3. Kevin mainly uses his smartphone and laptop for his homework.

- A. True** **B. False**

Question 4. Mai thinks maybe Kevin's parents worry about his eyesight.

- A. True** **B. False**

Question 5. According to Mai, Kevin should do his homework assignment on his laptop first.

- A. True** **B. False**

PART 2: Listen to Oliver- a TV host and Katherine Jones- a food expert, talking about food and healthy eating among teenagers and choose A, B, C or D to answer the following questions. You will hear the recording twice.

Question 6. _____ is the main topic of the TV show.

- A.** Expensive skincare products
C. Healthy food for young people
- B.** Fitness programs for teenagers
D. Fitness exercises and balanced diet.

Question 7. A lot of teenagers suffer from _____.

- A. skin issues** **B. going on a diet** **C. keeping fit** **D. brain health**

Question 8. Which of the following food is recommended for healthy skin?

- A. sugar** **B. watermelon** **C. butter** **D. carrot**

Question 9. According to the expert, there are _____ types of food that can help make teenagers taller and stronger.

- A.** 2 **B.** 3 **C.** 4 **D.** 5

Question 10. Food cannot replace _____.

- A. diet** **B. sleep** **C. exercise** **D. nutrient**

II. LANGUAGE: (2.5 points)

PART 1: Mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.

Question 11. We should respect the _____ that have been passed down from the previous generations.

- D. cultural values**

Question 12. Life _____ for smokers is shorter than for people who don't smoke.

- A. expectancy** **B. expectation** **C. strength** **D. routine**

Question 13. I like working _____ in the gym.

- A.** over **B.** on **C.** out **D.** up

Question 14. I _____ that smart cities offer a better quality of life.

- A. am thinking** **B. think** **C. thought** **D. was thinking**

Question 15. Our city is small, but it has many tourists attractions.

- A. becomes** **B. looks** **C. seems** **D. has**

PART 2: Read the following text and choose the option that best fits each of the numbered blanks from 16 to 20.

Viruses cause many human (16) _____, ranging from the common cold and the flu to more serious ones such as AIDS and Covid-19. On their own, viruses are not alive. They become (17) _____ when they infect or enter our bodies. They can do that easily because they are very small. Then, they start to act like living things and make copies of themselves. People have natural defenses (18) _____

viruses. For example, a fever can make some viruses inactive. The body's immune system also fights viruses.

Vaccines cannot treat diseases caused by viruses, but they (19) _____ help prevent the spread of disease. Vaccines contain viruses which are weakened or dead, and help the body's immune system make substances called antibiotics, (20) _____ fight diseases. If the same virus enters our body later on, the immune system will recognize it and will know how to fight it off.

(Adapted from Global Success 11 – Textbook)

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|--------------------------|--------------|-------------|-------------|
| Question 16. A. diseases | B. organisms | C. germs | D. microbes |
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| Question 19. A. must | B. can | C. might | D. should |
| Question 20. A. who | B. that | C. whom | D. which |

III. READING: (2.5 points)

PART 1: Read the following passage carefully and then choose the best option to fit each numbered blank (from 21 to 25).

Getting enough sleep is one of the most (21) _____ habits for good health. A good night's sleep helps your body recover and provide you with energy for the next day. Before going to bed, you should avoid coffee or energy drinks because they can make you stay awake. (22) _____, you can drink a cup of warm milk to help you relax.

Using mobile phones or laptops in bed is another bad (23) _____. The blue light from the screens can prevent you from sleeping well. Therefore, turn off all your electronic devices at least 30 minutes before bedtime.

Exercise also helps improve sleep quality, but avoid working out right before going to bed because it might make it harder to fall asleep. If you still can't fall asleep, try reading a book or listening (24) _____ some soft music until you feel tired. (25) _____, do not stress about not sleeping – relaxing your mind will help you fall asleep faster.

In short, having a regular sleep routine and avoiding bad habits will make your nights more restful and your days more energetic.

(Adapted from Global Success 11 – Textbook)

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|---------------------------|---------------|----------------|-----------------|
| Question 21. A. important | B. importance | C. unimportant | D. unimportance |
| Question 22. A. Whereas | B. Although | C. Instead | D. Meanwhile |
| Question 23. A. habit | B. solution | C. problem | D. procedure |
| Question 24. A. with | B. in | C. at | D. to |
| Question 25. A. Because | B. Finally | C. Therefore | D. Otherwise |

PART 2: 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 questions from 26 to 30.

HOW TO HANDLE YOUR PARENTS

Adolescence is a difficult time for both parents and teenagers as it is a period of physical, social and emotional changes. Physically, as a dependent pre-teen child, you are being transformed into an independent young adult. In general, emotionally and socially, adolescents like you are experiencing profound changes in terms of freedom, privacy, interests, decisions and opinions. First, you want more freedom to choose who to see and when. You used to be most happy in the company of your parents. Now you want to spend some more time on your own. Second, your parents made most decisions before adolescence. But now you want to decide things for yourselves. You hate being told what to do all the time. Above all, adolescents have strong opinions and are idealistic. You see the world differently, develop your own views and your own sense of right and wrong. You feel you have all the answers while adults don't.

All these perfectly normal changes will affect teenagers' relationship with parents. So what can you, as adolescents, do to stay on good terms with your parents? Firstly, let your parents know that you still love and value them. Secondly, try to agree rules and boundaries and prove to be dependable. Keep your words and stick to rules. Thirdly, try to understand why they might be irritated by your behaviour. Show your parents that you are capable of an independent life by taking care of your own school work and maintaining a healthy lifestyle. Finally, it's all about communication! Keep talking to your parents. The more disconnected they feel, the more critical, distrustful and controlling they tend to become.

(Adapted from Friends Global 11 – Textbook)

Question 26. What is the main idea of the passage?

- A. Teenagers should follow their parents' rules in some ways.
- B. Adolescence is a time to learn how to balance schoolwork and own life.
- C. How adolescents can maintain a good relationship with their parents.**
- D. Parents should take control of their teenagers more strictly.

Question 27. The word “**terms**” in the phrase “*stay on good terms with your parents*” is closest in meaning to _____.

- A. behaviours
- B. relationships**
- C. rules
- D. decisions

Question 28. Which of the following statements is **NOT TRUE** according to the passage?

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- B. Parents took charge of most decisions before adolescence.
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- D. Feeling disconnected makes parents critical.

Question 29. The word “**they**” in the sentence “*try to understand why they might be irritated by your behaviour*” refers to _____.

- A. their teachers
- B. friends
- C. parents**
- D. other teenagers

Question 30. What can be inferred from the last paragraph?

- A. Teens can gain parents' trust by being responsible and communicative.**
- B. Parents always understand their children without talking to them.
- C. Parents and teenagers never have the same opinions in many ways.
- D. Teens should hide their mistakes to avoid arguments with their parents.

IV. WRITING: (2.5 points)

PART 1: Choose the correct arrangement of the sentences to make a meaningful paragraph/letter in each of the following questions. (1.5 points)

Question 31.

- a. Regular exercise plays a big role in keeping our bodies strong and healthy, which can definitely mean less need for medical help.
- b. So, staying active can help us avoid some common health issues that require medical attention.
- c. This reduces the risk of heart problems, a major reason why people need medical treatment.
- d. For example, when you exercise, your heart becomes stronger, making it work more efficiently.
- e. Also, strong muscles and bones, built through exercise, can prevent falls and injuries, especially as we get older.

A. a - d - c - e - b

B. a - b - c - e - d

C. a - c - b - e - d

D. a - e - b - d - c

Question 32.

Hi Everyone,

I had an idea about how we can grow closer and learn from each other.

- a. By listening to each other's stories, we can gain new insights and maybe even find solutions to our own problems.
- b. Also, understanding each other's viewpoints can help us be more understanding and supportive as a family.
- c. We've all gone through different situations and have unique ways of understanding the world.
- d. I think it would be great if we made more of an effort to share our different experiences and the way we see things.
- e. Hearing about how someone else handled a difficult situation, for example, could be really helpful. I think we'd all be surprised by how much we can learn from each other.

Love,

Nancy

A. a - e - d - c - b

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Question 33.

- a. When Gen Xers grew up, they experienced many social changes and developments in history.
- b. Generation X refers to the generation born between 1965 and 1980.
- c. Gen Xers are also known as critical thinkers because they achieved higher levels of education than previous generations.

d. As a result, they are always ready for changes and prepared to work through changes.

A. a - b - c - d

B. b - c - d - a

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Question 34.

a. Can you bring some fresh mangos from your garden? We'll need them for one of the recipes.

b. Hi Linda,

c. How about coming to my house this Sunday? We can try some recipes from the book.

d. Thanks for lending me your book about healthy cooking. It's great!

e. See you soon,

f. Mai

A. b - d - c - a - e - f

B. b - c - d - a - e - f

C. b - d - a - c - e - f

D. b - a - c - d - e - f

Question 35.

a. This could lead to significant savings for the national health system.

b. For example, if fast food companies are required to reduce salt in their meals, fewer people might suffer from high blood pressure.

c. When more people are healthy, the government spends less money on treating illnesses related to poor diets.

d. Therefore, regulating fast food could be a way for governments to manage public finances more effectively.

e. Some people argue that stricter government regulation of fast food is a good idea because it can help reduce healthcare costs in the long run.

A. c - b - a - e - d

B. e - c - b - d - a

C. e - c - b - a - d

D. c - b - a - d - e

Question 36.

a. To begin with, choose the type of exercise that is suitable for you.

b. Then, start slowly, for example, by doing exercise for only 5 to 10 minutes a day.

c. If you have not been very active, start exercising slowly, but regularly.

d. Finally, exercise regularly to always keep your body fit and your mind happy

e. When your body is ready for more exercise, you can work out longer.

A. c - b - a - e - d

B. c - a - b - e - d

C. b - a - d - e - c

D. e - b - a - d - c

PART 2: (1.0 point)

Finish each of the following sentences in such a way that it means the same as the sentence printed before it.

Question 37. He quit smoking in 2010.

→ He hasn't

Question 38. I have done this exercise routine every day for 10 years.

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Combine the following sentences in such a way that it means the same as the sentences printed before it.

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→ Parents

Question 40. People post rude comments on the website. It is not allowed. (must not)

→ People

I. READING: (2.5 points)

PART 1: Read the following passage carefully and then choose the best option to fit each numbered blank (from 1 to 5).

In recent years, people have become more aware of the (1) _____ of healthy lifestyle habits. Some people seem to live longer and healthier than others. One possible reason is that they eat wisely and stay active.

To begin with, you should pay attention (2) _____ what you eat. Always read food labels and avoid products with too much sugar or salt. Moreover, try to add more (3) _____ and fruits to your daily meals. It is also a good idea to eat a big breakfast and a light dinner.

If you (4) _____ much exercise before, start slowly. You can start by walking or doing simple stretches for only ten minutes a day. Later, when your body gets stronger, you can do more challenging exercises. (5) _____, the key is to exercise regularly, not just once in a while to keep your body fit and your mind happy.

(Adapted from *Global Success 11 – Textbook*)

- | | | | |
|-----------------------------|----------------|---------------|-----------------|
| Question 1. A. important | B. unimportant | C. importance | D. unimportance |
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| Question 5. A. However | B. Finally | C. Thus | D. Meanwhile |

PART 2: 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 questions from 6 to 10.

HOW TO HANDLE YOUR PARENTS

Adolescence is a difficult time for both parents and teenagers as it is a period of physical, social and emotional changes. Physically, as a dependent pre-teen child, you are being transformed into an independent young adult. In general, emotionally and socially, adolescents like you are experiencing profound changes in terms of freedom, privacy, interests, decisions and opinions. First, you want more freedom to choose who to see and when. You used to be most happy in the company of your parents. Now you want to spend some more time on your own. Second, your parents made most decisions before adolescence. But now you want to decide things for yourselves. You hate being told what to do all the time. Above all, adolescents have strong opinions and are idealistic. You see the world differently, develop your own views and your own sense of right and wrong. You feel you have all the answers while adults don't.

All these perfectly normal changes will affect teenagers' relationship with parents. So what can you, as adolescents, do to stay on good terms with your parents? Firstly, let your parents know that you still love and value them. Secondly, try to agree rules and boundaries and prove to be dependable. Keep your words and stick to rules. Thirdly, try to understand why they might be irritated by your behaviour. Show your parents that you are capable of an independent life by taking care of your own school work and maintaining a healthy lifestyle. Finally, it's all about communication! Keep talking to your parents. The more disconnected they feel, the more critical, distrustful and controlling they tend to become.

(Adapted from *Friends Global 11 – Textbook*)

Question 6. What is the main idea of the passage?

- A. Teenagers should follow their parents' rules in some ways.
B. Adolescence is a time to learn how to balance schoolwork and own life.
C. How adolescents can maintain a good relationship with their parents.
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- A. their teachers
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- D. other teenagers

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II. LISTENING: (2.5 points)

PART 1: Listen to a conversation between Mai and Ken and decide whether the following statements are true (T) or false (F). You will hear the conversation twice.

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- A. True
- B. False

Question 12. According to school rules, Mai can colour her hair.

- A. True
- B. False

Question 13. Kevin mainly uses his smartphone and laptop for entertaining.

- A. True
- B. False

Question 14. Mai thinks maybe Kevin's parents worry about his eyesight.

- A. True
- B. False

Question 15. Kevin's parents take away his smartphone and laptop at 10 p.m.

- A. True
- B. False

PART 2: Listen to Oliver- a TV host and Katherine Jones- a food expert, talking about food and healthy eating among teenagers and choose A, B, C or D to answer the following questions. You will hear the recording twice.

Question 16. _____ is the main topic of the TV show.

- A. Expensive skincare products
- B. Fitness programs for teenagers
- C. Fitness exercises and balanced diet.
- D. Healthy food for young people

Question 17. A lot of teenagers suffer from _____.

- A. keeping fit
- B. going on a diet
- C. skin issues
- D. brain health

Question 18. _____ help improve brain health and memory.

- A. Eggs
- B. Green vegetables
- C. Carrots
- D. Sugary desserts

Question 19. _____ can help teenagers grow taller and stronger.

- A. Sweet potatoes
- B. Brown rice
- C. Ice cream
- D. Yoghurt

Question 20. Which food is **NOT** mentioned as helpful kind of food for teenagers' health?

- A. sugary desserts
- B. butter
- C. yoghurt
- D. watermelon

III. LANGUAGE: (2.5 points)

PART 1: Mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.

Question 21. We should respect the _____ that have been passed down from the previous generations.

- A. family conflicts
- B. cultural values
- C. generational difference
- D. common behaviours

Question 22. Life _____ for smokers is shorter than for people who don't smoke.

- A. expectancy
- B. expectation
- C. strength
- D. routine

Question 23. I like working _____ in the gym.

- A. on
- B. out
- C. over
- D. up

Question 24. I _____ that smart cities offer a better quality of life.

- A. was thinking
- B. am thinking
- C. thought
- D. think

Question 25. Our city is small, but it _____ many tourists attractions.

A. seems

B. looks

C. **has**

D. becomes

PART 2:

Read the following text and choose the option that best fits each of the numbered blanks from 26 to 30.

Viruses cause many human (26) _____, ranging from the common cold and the flu to more serious ones such as AIDS and Covid-19. On their own, viruses are not alive. They become (27) _____ when they infect or enter our bodies. They can do that easily because they are very small. Then, they start to act like living things and make copies of themselves. People have natural defenses (28) _____ viruses. For example, a fever can make some viruses inactive. The body's immune system also fights viruses.

Vaccines cannot treat diseases caused by viruses, but they (29) _____ help prevent the spread of disease. Vaccines contain viruses which are weakened or dead, and help the body's immune system make substances called antibiotics, (30) _____ fight diseases. If the same virus enters our body later on, the immune system will recognize it and will know how to fight it off.

(Adapted from Global Success 11 – Textbook)

Question 26. A. microbes

B. organisms

C. germs

D. **diseases**

Question 27. A. **active**

B. activity

C. acting

D. action

Question 28. A. from

B. **against**

C. to

D. for

Question 29. A. must

B. **can**

C. might

D. should

Question 30. A. who

B. whom

C. **which**

D. that

IV. WRITING: (2.5 points)

PART 1: Choose the correct arrangement of the sentences to make a meaningful paragraph/letter in each of the following questions. (1.5 points)

Question 31.

a. This could lead to significant savings for the national health system.

b. For example, if fast food companies are required to reduce salt in their meals, fewer people might suffer from high blood pressure.

c. When more people are healthy, the government spends less money on treating illnesses related to poor diets.

d. Therefore, regulating fast food could be a way for governments to manage public finances more effectively.

e. Some people argue that stricter government regulation of fast food is a good idea because it can help reduce healthcare costs in the long run.

A. c - b - a - e - d

B. e - c - b - d - a

C. **e - c - b - a - d**

D. c - b - a - d - e

Question 32.

Hi Everyone,

I had an idea about how we can grow closer and learn from each other.

a. By listening to each other's stories, we can gain new insights and maybe even find solutions to our own problems.

b. Also, understanding each other's viewpoints can help us be more understanding and supportive as a family.

c. We've all gone through different situations and have unique ways of understanding the world.

d. I think it would be great if we made more of an effort to share our different experiences and the way we see things.

e. Hearing about how someone else handled a difficult situation, for example, could be really helpful. I think we'd all be surprised by how much we can learn from each other.

Love,

Nancy

A. a - e - d - c - b

B. c - a - d - b - e

C. **d - c - a - e - b**

D. e - b - a - d - c

Question 33.

a. Cross-cultural learning has three main benefits.

- b. Secondly, it allows us to learn new ways of thinking and problem-solving by exchanging ideas with others.
- c. Finally, it encourages us to appreciate diversity and work together with people from various cultures
- d. Firstly, it helps understand and respect different backgrounds, making us more open-minded.
- e. So it is important to learn about different cultures around the world.
- A. e - b - d - a - c
- B. a - d - b - c - e
- C. a - c - d - b - e
- D. e - d - b - c - a

Question 34.

- a. When Gen Xers grew up, they experienced many social changes and developments in history.
- b. Generation X refers to the generation born between 1965 and 1980.
- c. Gen Xers are also known as critical thinkers because they achieved higher levels of education than previous generations.
- d. As a result, they are always ready for changes and prepared to work through changes.
- A. a - b - c - d
- B. b - c - d - a
- C. c - d - a - b
- D. b - a - d - c

Question 35.

- a. Can you bring some fresh mangos from your garden? We'll need them for one of the recipes.
- b. Hi Linda,
- c. How about coming to my house this Sunday? We can try some recipes from the book.
- d. Thanks for lending me your book about healthy cooking. It's great!
- e. See you soon,
- f. Mai

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

Question 36.

- a. Regular exercise plays a big role in keeping our bodies strong and healthy, which can definitely mean less need for medical help.
- b. So, staying active can help us avoid some common health issues that require medical attention.
- c. This reduces the risk of heart problems, a major reason why people need medical treatment.
- d. For example, when you exercise, your heart becomes stronger, making it work more efficiently.
- e. Also, strong muscles and bones, built through exercise, can prevent falls and injuries, especially as we get older.

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

PART 2: (1.0 point)

Finish each of the following sentences in such a way that it means the same as the sentence printed before it.

Question 37. He quit smoking in 2010.

→ He hasn't

Question 38. I have done this exercise routine every day for 10 years.

→ I started

Combine the following sentences in such a way that it means the same as the sentences printed before it.

Question 39. Parents try to understand their teenage children. It is advisable. (should)

→ Parents

Question 40. People post rude comments on the website. It is not allowed. (must not)

→ People

I. LANGUAGE: (2.5 points)

PART 1: Mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.

Question 1. Our city is small, but it _____ many tourists attractions.

- A. becomes B. looks C. seems D. has

Question 2. I like working _____ in the gym.

- A. over B. on C. out D. up

Question 3. I _____ that smart cities offer a better quality of life.

- A. am thinking B. think C. thought D. was thinking

Question 4. We should respect the _____ that have been passed down from the previous generations.

- A. family conflicts B. generational difference
C. common behaviours D. cultural values

Question 5. Life _____ for smokers is shorter than for people who don't smoke.

- A. expectancy B. expectation C. strength D. routine

PART 2: Read the following text and choose the option that best fits each of the numbered blanks from 6 to 10.

Viruses cause many human (6) _____, ranging from the common cold and the flu to more serious ones such as AIDS and Covid-19. On their own, viruses are not alive. They become (7) _____ when they infect or enter our bodies. They can do that easily because they are very small. Then, they start to act like living things and make copies of themselves. People have natural defenses (8) _____ viruses. For example, a fever can make some viruses inactive. The body's immune system also fights viruses.

Vaccines cannot treat diseases caused by viruses, but they (9) _____ help prevent the spread of disease. Vaccines contain viruses which are weakened or dead, and help the body's immune system make substances called antibiotics, (10) _____ fight diseases. If the same virus enters our body later on, the immune system will recognize it and will know how to fight it off.

(Adapted from Global Success 11 – Textbook)

Question 6. A. diseases B. organisms C. germs D. microbes

Question 7. A. acting B. active C. activity D. action

Question 8. A. to B. from C. against D. for

Question 9. A. must B. can C. might D. should

Question 10. A. whom B. who C. that D. which

II. READING: (2.5 points)

PART 1: Read the following passage carefully and then choose the best option to fit each numbered blank (from 11 to 15).

Getting enough sleep is one of the most (11) _____ habits for good health. A good night's sleep helps your body recover and provide you with energy for the next day. Before going to bed, you should avoid coffee or energy drinks because they can make you stay awake. (12) _____, you can drink a cup of warm milk to help you relax.

Using mobile phones or laptops in bed is another bad (13) _____. The blue light from the screens can prevent you from sleeping well. Therefore, turn off all your electronic devices at least 30 minutes before bedtime.

Exercise also helps improve sleep quality, but avoid working out right before going to bed because it might make it harder to fall asleep. If you still can't fall asleep, try reading a book or listening (14) _____ some soft music until you feel tired. (15) _____, do not stress about not sleeping – relaxing your mind will help you fall asleep faster.

In short, having a regular sleep routine and avoiding bad habits will make your nights more restful and your days more energetic.

(Adapted from Global Success 11 – Textbook)

- Question 11. A. unimportant B. importance C. **important** D. unimportance
 Question 12. A. Whereas B. **Instead** C. Although D. Meanwhile
 Question 13. A. procedure B. solution C. problem D. **habit**
 Question 14. A. **to** B. in C. at D. with
 Question 15. A. **Finally** B. Because C. Therefore D. Otherwise

PART 2: 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 questions from 16 to 20.

HOW TO HANDLE YOUR PARENTS

Adolescence is a difficult time for both parents and teenagers as it is a period of physical, social and emotional changes. Physically, as a dependent pre-teen child, you are being transformed into an independent young adult. In general, emotionally and socially, adolescents like you are experiencing profound changes in terms of freedom, privacy, interests, decisions and opinions. First, you want more freedom to choose who to see and when. You used to be most happy in the company of your parents. Now you want to spend some more time on your own. Second, your parents made most decisions before adolescence. But now you want to decide things for yourselves. You hate being told what to do all the time. Above all, adolescents have strong opinions and are idealistic. You see the world differently, develop your own views and your own sense of right and wrong. You feel you have all the answers while adults don't.

All these perfectly normal changes will affect teenagers' relationship with parents. So what can you, as adolescents, do to stay on good **terms** with your parents? Firstly, let your parents know that you still love and value them. Secondly, try to agree rules and boundaries and prove to be dependable. Keep your words and stick to rules. Thirdly, try to understand why **they** might be irritated by your behaviour. Show your parents that you are capable of an independent life by taking care of your own school work and maintaining a healthy lifestyle. Finally, it's all about communication! Keep talking to your parents. The more disconnected they feel, the more critical, distrustful and controlling they tend to become.

(Adapted from Friends Global 11 – Textbook)

Question 16. Which of the following statements is **NOT TRUE** according to the passage?

- A. Teenagers often want more privacy and independence.
 B. Parents took charge of most decisions before adolescence.
 C. **Teenagers rarely need to obey their parents' rules.**
 D. Feeling disconnected makes parents critical.

Question 17. The word **"terms"** in the phrase *"stay on good terms with your parents"* is closest in meaning to _____.

- A. behaviours B. **relationships** C. rules D. decisions

Question 18. The word **"they"** in the sentence *"try to understand why they might be irritated by your behaviour"* refers to _____.

- A. their teachers B. friends C. **parents** D. other teenagers

Question 19. What can be inferred from the last paragraph?

- A. **Teens can gain parents' trust by being responsible and communicative.**
 B. Parents always understand their children without talking to them.
 C. Parents and teenagers never have the same opinions in many ways.
 D. Teens should hide their mistakes to avoid arguments with their parents.

Question 20. What is the main idea of the passage?

- A. Teenagers should follow their parents' rules in some ways.
 B. Adolescence is a time to learn how to balance schoolwork and own life.
 C. **How adolescents can maintain a good relationship with their parents.**
 D. Parents should take control of their teenagers more strictly.

III. LISTENING: (2.5 points)

PART 1: Listen to a conversation between Mai and Ken and decide whether the following statements are true (T) or false (F). You will hear the conversation twice.

Question 21. Mai's choice in clothes and hairstyle doesn't upset her mother.

- A. True B. **False**

Question 22. According to school rules, Mai isn't allowed to colour her hair.

- A. **True** B. False

A. a - e - d - c - b

C. d - c - a - e - b

B. c - a - d - b - e

D. e - b - a - d - c

Question 34.

- a. Regular exercise plays a big role in keeping our bodies strong and healthy, which can definitely mean less need for medical help.
- b. So, staying active can help us avoid some common health issues that require medical attention.
- c. This reduces the risk of heart problems, a major reason why people need medical treatment.
- d. For example, when you exercise, your heart becomes stronger, making it work more efficiently.
- e. Also, strong muscles and bones, built through exercise, can prevent falls and injuries, especially as we get older.

A. a - d - c - e - b

C. a - c - b - e - d

B. a - b - c - e - d

D. a - e - b - d - c

Question 35.

- a. This could lead to significant savings for the national health system.
- b. For example, if fast food companies are required to reduce salt in their meals, fewer people might suffer from high blood pressure.
- c. When more people are healthy, the government spends less money on treating illnesses related to poor diets.
- d. Therefore, regulating fast food could be a way for governments to manage public finances more effectively.
- e. Some people argue that stricter government regulation of fast food is a good idea because it can help reduce healthcare costs in the long run.

A. c - b - a - e - d

C. e - c - b - a - d

B. e - c - b - d - a

D. c - b - a - d - e

Question 36.

- a. When Gen Xers grew up, they experienced many social changes and developments in history.
- b. Generation X refers to the generation born between 1965 and 1980.
- c. Gen Xers are also known as critical thinkers because they achieved higher levels of education than previous generations.
- d. As a result, they are always ready for changes and prepared to work through changes.

A. a - b - c - d

C. c - d - a - b

B. b - c - d - a

D. b - a - d - c

PART 2: (1.0 point)

Finish each of the following sentences in such a way that it means the same as the sentence printed before it.

Question 37. He quit smoking in 2010.

→ He hasn't

Question 38. I have done this exercise routine every day for 10 years.

→ I started

Combine the following sentences in such a way that it means the same as the sentences printed before it.

Question 39. Parents try to understand their teenage children. It is advisable. (should)

→ Parents

Question 40. People post rude comments on the website. It is not allowed. (must not)

→ People

STT	Mã đề	Đáp án	Mã đề	STT	Đáp án	Mã đề	STT	Đáp án
1	101	A	102	1	B	103	1	C
2	101	B	102	2	A	103	2	B
3	101	B	102	3	A	103	3	D
4	101	A	102	4	A	103	4	A
5	101	A	102	5	B	103	5	B
6	101	C	102	6	C	103	6	C
7	101	A	102	7	A	103	7	B
8	101	D	102	8	B	103	8	C
9	101	C	102	9	D	103	9	C
10	101	B	102	10	C	103	10	A
11	101	C	102	11	D	103	11	A
12	101	C	102	12	A	103	12	B
13	101	D	102	13	C	103	13	B
14	101	A	102	14	B	103	14	A
15	101	A	102	15	D	103	15	A
16	101	C	102	16	A	103	16	D
17	101	C	102	17	B	103	17	C
18	101	A	102	18	C	103	18	B
19	101	C	102	19	B	103	19	A
20	101	D	102	20	D	103	20	A
21	101	C	102	21	A	103	21	B
22	101	B	102	22	C	103	22	A
23	101	D	102	23	A	103	23	B
24	101	A	102	24	D	103	24	D
25	101	B	102	25	B	103	25	C
26	101	C	102	26	C	103	26	D
27	101	B	102	27	B	103	27	A
28	101	C	102	28	C	103	28	B
29	101	C	102	29	C	103	29	B
30	101	A	102	30	A	103	30	C
31	101	D	102	31	A	103	31	C
32	101	A	102	32	C	103	32	C
33	101	C	102	33	D	103	33	B
34	101	B	102	34	A	103	34	D
35	101	A	102	35	C	103	35	A
36	101	C	102	36	B	103	36	A

Writing 2: Finish each of the following sentences in such a way that it me

37. He quit smoking in 2010.

→ **He hasn't smoked since 2010.**

38. I have done this exercise routine every day for 10 years.

→ **I started doing /to do this exercise routine every day 10 years ago.**

Combine the following sentences in such a way that it means the same as

39. Parents try to understand their teenage children. It is advisable. (should)
→ **Parents should try to understand their teenage children.**

40. People post rude comments on the website. It is not allowed. (must not)
→ **People must not post rude comments on the website.**

Mã đề	STT	Đáp án
104	1	D
104	2	C
104	3	B
104	4	D
104	5	A
104	6	A
104	7	B
104	8	C
104	9	B
104	10	D
104	11	C
104	12	B
104	13	D
104	14	A
104	15	A
104	16	C
104	17	B
104	18	C
104	19	A
104	20	C
104	21	B
104	22	A
104	23	A
104	24	A
104	25	B
104	26	C
104	27	A
104	28	B
104	29	D
104	30	C
104	31	B
104	32	A
104	33	C
104	34	A
104	35	C
104	36	D

ans the same as the sentence printed before it. (1.0 pt)

the sentences printed before it.