

Họ và tên: Số báo danh: Mã đề 501

I. LISTENING: (2.5pts)

PART 1: For questions 1-5, listen to a conversation between Linda and Tom and decide whether the following statements are True (T) or False (F). You will hear the conversation twice.

Question 1. Linda's parents are pleased with her choice of clothes.

- A. False B. True

Question 2. Tom shares Linda's opinion on clothes.

- A. False B. True

Question 3. Linda wants to look more fashionable.

- A. True B. False

Question 4. Tom's parents don't let him play computer games.

- A. False B. True

Question 5. Playing computer games is a form of relaxation for Tom.

- A. False B. True

PART 2: For questions 6-10, Listen to the TV chat show about teen health and choose the best option A, B, or D. You will hear it twice.

Question 6. Who is Ketherine Jones?

- A. a doctor B. an expert C. a teenager D. an engineer

Question 7. What do a lot of teenagers usually do when they suffer from acne or pimples?

- A. They look for expensive skincare products.
B. They cut down on sugary desserts.
C. They think of fitness programmes.
D. They change their diets for better skin

Question 8. Vegetables can _____.

- A. supply enough nutrients. B. help teens focus better
C. improve their height D. improve their muscle strength

Question 9. _____ can help make teens taller and stronger.

- A. fish, butter, carrots and brown rice
B. eggs, fish, butter and sweet potatoes.
C. eggs, butter, carrot and vegetables
D. eggs, fish, carrots and watermelon.

Question 10. Which of the following sentences is **NOT** true according to the chat show?

- A. Teens need food for building strong bones.
B. A healthy diet can't replace exercise
C. Brown rice can improve brain healthy
D. Food with a lot of sugar is bad for skin

II. LANGUAGE: (2.5 pts)

PART 1: Mark the letter A, B, C or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions

Question 11. A. believe B. gender C. Millennial D. express

Question 12. A. examine B. balance C. habit D. label

PART 2: Mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.

Question 13. People from different generations may sometimes get into _____ over viewpoints.

A. argued B. arguments C. argumentative D. argue

Question 14. I _____ visiting this exhibition. It shows the design of modern buildings and how technologies can be integrated into our life.

A. am loving B. loved C. was loving D. love

Question 15. Yesterday, I _____ salad for lunch as it was said to be good for my health.

A. have eaten B. was eating C. eat D. ate

Question 16. Parents _____ spend quality time with their children to build a strong relationship.

A. shouldn't B. don't have to C. mustn't D. should

Question 17. Having a/an _____ diet is really crucial to maintain good health. You should eat a variety of nutrients and avoid harmful food.

A. arranged B. organized C. balanced D. similar

Question 18. The _____ in the city is becoming increasingly severe, with high prices and limited affordable options for residents.

A. housing problem B. house problem C. rooftop farm D. rooftop farming

Mark the letter A, B, C or D to indicate the word CLOSEST in meaning to the underlined word in the following question.

Question 19. You should not totally believe in traditional remedies when you get sick. They lack scientific evidence to be proven safe.

A. activities B. movements C. treatments D. revolutions

Mark the letter A, B, C or D to indicate the word OPPOSITE in meaning to the underlined word in the following question.

Question 20. Children must ask for their parents' permission before using electronic devices.

A. freedom B. disagreement C. approval D. acceptance

III. READING: (2.5 pts)

PART 1. Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct word or phrase that best fits each of the numbered blanks from 21 to 25.

Generation gaps (21) _____ an important role in businesses. This is because to sell to different groups, companies must find ways to balance the needs and views of individuals from those groups. Businesses must be aware of the changing demographics and genders of their client base, (22) _____ can affect their business cycles and bottom lines.

The term "generation gap" was first used in the 1960s. During that time, the baby boomers, those born between 1946 and 1964, were growing apart from their parents in their (23) _____ and opinions.

Sociologists use nomenclature to refer to different generational segments. For example, members of Gen Z, born between 1996 and 2012, are called "digital natives" (24) _____ they have lived with digital technology their entire lives.

By contrast, older generational members are termed "digital immigrants" and tend to be less comfortable with the personal usage of technologies. Consequently, (25) _____ companies market products differently to each age group.

Generation Gap: What It Is and Why It's Important to Business (investopedia.com)

Question 21. A. make B. do C. play D. have

Question 22. A. when B. who C. that D. which

Question 23. A. honesty B. belief C. influence D. value

- Question 24. A. so B. and C. but D. because
Question 25. A. technology B. technologically C. technological D. technologies

PART 2. Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions from 26 to 30.

HEALTH BENEFITS OF YOGA

Yoga is a healthy lifestyle. One of the benefits of yoga is that you can choose a yoga style that is suitable for your lifestyle, such as hot yoga, power yoga, relaxation yoga, etc. If you are a yoga beginner, Hatha Yoga, which focuses on basic postures at a comfortable pace, would be great for you. If you want to increase strength through using more of your own body's resistance, Power Yoga may be right for you. Whether you prefer you're at home, in a private session, watching a DVD or at a studio or gym, there are a huge variety of options available to suit your goals and needs.

Improved flexibility is one of the first and most obvious benefits of yoga. During your first class, you probably won't be able to touch your toes. But if you stick with it, you'll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. Each of the yoga poses is built to reinforce the muscles around the spine, the very center of your body, which is the core from which everything else operates. When the core is working properly, posture is improved, thus **alleviating** back, shoulder, and neck pain.

Strong muscles do more than look good. They also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when you build strength through yoga, you balance it with flexibility. If you just went to the gym and lifted weights, you might build strength at the expense of flexibility.

Yoga gets your blood flowing. More specifically, the relaxation exercises you learn in yoga can help your circulation, especially in your hands and feet. Yoga also gets more oxygen to your cells, which function better as a result. Twisting poses are thought to wring out venous blood from internal organs and allow oxygenated blood to flow in once the twist is released.

Many studies found that a consistent yoga practice improved depression and led to greater levels of happiness and better immune function.

Question 26. The word "**alleviating**" in paragraph 2 is closest in meaning to _____.
A. keeping B. worsening C. causing D. relieving

Question 27. According to the passage, yoga can improve circulation because _____.
A. it decreases blood pressure B. it increases heart rate
C. it gets more oxygen to the cells D. it helps you breathe faster

Question 28. What is the **main idea** of the passage?
A. Yoga can be practiced only in studios or gyms
B. Yoga is a healthy practice that offers various physical and mental benefits.
C. Yoga is a difficult exercise that requires strength and balance.
D. Yoga is only suitable for young people and athletes.

Question 29. What happens if someone practices yoga regularly, according to studies?
A. They have better immune function and feel happier.
B. They need to quit other sports.
C. They gain more weight and lose strength.
D. They become more flexible but unhappier.

Question 30. Which of the following is **NOT** mentioned as a benefit of yoga?
A. Reducing stress and depression
B. Increasing flexibility
C. Building muscles without flexibility
D. Improving posture

PART 1: *Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of the sentences to make a meaningful paragraph/letter in each of the following questions. (0.5 pt)*

D. a – e – d – b – c

D. b - e - b - a - d

→ Visitors

- ask if you need to buy or bring something beforehand.

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