
(Đề thi có 4 trang)

Họ và tên: Lớp:

Mã đề 101

I. MULTIPLE CHOICES:

LISTENING: (2.5 pts)

PART 1. Questions 1 – 5

Listen to the recording and decide whether the following statements are True (T) or False (F). Tick (✓) the correct boxes.

Statements	T	F
Question 1. Over-exercising may lead to many diseases.		
Question 2. You always consult with a doctor before starting a new exercise programme to make sure you exercise safely and effectively.		
Question 3. Doing too much exercise can do you more harm than good.		
Question 4. Doing exercise isn't useful to everyone.		
Question 5. The more exercise you do, the healthier you become.		

PART 2. Questions 6 – 10

Listen to a conversation between Kevin and Mai and answer the questions.

Question 6. Where doesn't Mai's mother allow her to wear tight jeans?

- A. at the party B. at market C. at school D. at home

Question 7. What does Mai's mother keep complaining about?

- A. Mai's hairstyle B. Mai's appearance C. Mai's shoes D. Mai's clothes

Question 8. According to Mai, what might Kevin's parents worry about?

- A. his friends B. his eyesight C. his clothes D. his homework

Question 9. What time do Kevin's parents take away his smartphone and laptop?

- A. At 10.5 p.m B. At 10.10 p.m C. At 10 p.m D. At 10 a.m

Question 10. What does Kevin mainly use his smartphone and laptop for?

- A. to post on social media B. to study C. to play games D. to design

LANGUAGE AND VOCABULARY: (5,5 pts)

*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 from 11 to 15.*

A healthy diet is rich in fiber, whole grains, fresh fruits and vegetables, "good" or unsaturated fats, and omega-3 fatty acids. These dietary components turn down inflammation, which can damage tissue, joints, artery walls, and organs. Going easy on processed foods is another element of healthy eating. Sweets, foods made with highly refined grains, and sugar-sweetened beverages can cause spikes in blood sugar that can lead to early hunger. High blood sugar is linked to the development of diabetes, **obesity**, heart disease, and even dementia.

The Mediterranean diet meets all of the criteria for good health, and there is convincing evidence that it is effective at warding off heart attack, stroke, and premature death. The diet is rich in olive

oil, fruits, vegetables, nuts and fish; low in red meats or processed meats; and includes a moderate amount of cheese and wine.

Physical activity is also necessary for good health. **It** can greatly reduce your risk of heart disease, stroke, type 2 diabetes, breast and colon cancer, depression, and falls. Physical activity improves sleep and endurance. Aim for 150 minutes of moderate intensity exercise every week, such as brisk walking. Strength training, important for balance, bone health, controlling blood sugar, and mobility, is recommended 2-3 times per week.

Finding ways to reduce stress is another strategy that can help you stay healthy, given the connection between stress and a variety of disorders. There are many ways to relieve stress. Try meditation, mindfulness, yoga, playing on weekends, and taking vacations.

Finally, establish a good relationship with a primary care physician. If something happens to your health, a physician you know —and who knows you — is in the best position to help. He or she will also recommend tests to check for hidden cancer or other conditions.

(Adapted from Staying Healthy - Harvard Health)

Question 11. What is the main idea of the passage?

- A. The importance of stress reduction in maintaining good health.
- B. The significance of physical activity in reducing the risk of various diseases.
- C. The benefits of the Mediterranean diet in preventing heart disease and stroke.
- D. Some of the ways to have a good mentally and physically health.

Question 12. The word "**It**" in paragraph 3 refers to _____.

- A. health
- B. activity
- C. risk
- D. physical

Question 13. According to the passage, what are the key components of the Mediterranean diet?

- A. Fiber, whole grains, and fresh fruits and vegetables.
- B. Sweets, highly refined grains, and sugar-sweetened beverages.
- C. Olive oil, fruits, vegetables, nuts, and fish.
- D. Red meats, processed meats, and cheese.

Question 14. The word "**obesity**" in paragraph 1 is closest in meaning to _____.

- A. a disease that makes you faint.
- B. a disease that makes you hungry.
- C. a disease that makes you fat.
- D. a disease that makes you tired.

Question 15. According to the passage, which is **NOT** true?

- A. Techniques like meditation and yoga cannot help you stay healthy
- B. Physical activity is also vital for good health
- C. High blood sugar is linked to the development of diabetes, heart disease, and even dementia.
- D. Physical activity improves sleep and endurance.

Circle A, B, C or D to indicate the word(s) CLOSEST in meaning to the underlined word(s)

Question 16. The doctor **examined** her carefully but could find nothing wrong.

- A. diagnosed
- B. treated
- C. operated
- D. checked

Make the letter A, B, C or D on you're answer sheet to indicate the underlined part that needs correction in each of the following questions.

Question 17. The accident looked seriously but fortunately nobody was injured

- A. was injured
- B. fortunately
- C. looked
- D. seriously

Question 18. I have sent an email to my friend, Jack last week, but he hasn't replied yet.

- A. to
- B. have sent
- C. hasn't
- D. but

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

Question 19. A. knocked B. occured C. opened D. played

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

Question 20. Over the past few years, in both the USA and the UK, the number of multi-generational households with three or four _____ living under the same roof has increased

- A. generate B. generational C. generationally D. generations

Question 21. She got enough sleep last night, so today she is full of _____

- A. exercise B. energy C. stress D. injuries

Question 22. The last time my father _____ to Vung Tau was 2 years ago.

- A. hasn't gone B. didn't go C. went D. has gone

Question 23. Since Tom left, I _____ nothing from him.

- A. has left B. had left C. have heard D. was left

Question 24. I usually _____ my brother about trivial things.

- A. have a relationship with B. get accustomed to
C. get into conflicts with D. are cut from the same cloth as

Question 25. She works in television, following _____ her father's footsteps.

- A. of B. in C. with D. on

Question 26. Those audiences _____ show their tickets before entering the concert hall.

- A. should B. mustn't C. must D. have to

Read the following passage 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 27 to 31.

Viruses cause many human diseases 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 active 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 (27) _____ of themselves. People have natural defenses against 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 can help prevent the spread of disease. Vaccines contain viruses which are weakened or organisms, and help the body's immune system make substances called antibodies, (28) _____ fight diseases. If the same virus enters our body later on, the immune system will (29) _____ it and will know how to fight it off.

Giving people vaccines can save a lot of lives. For example, two million people died of smallpox in 1967. (30) _____, vaccines helped to stop this disease and made it disappear. Most recently, vaccines have played an important role in (31) _____ deaths and severe illness caused by Covid-19 all over the world.

(Adapted from Global Success E 11-workbook)

Question 27. A. bodies

B. cells

C. bacteria

D. copies

Question 28. A. which

B. when

C. who

D. that

Question 29. A. recognise

B. recognition

C. recognised

D. recognizable

Question 30. A. Next

B. Besides

C. Therefore

D. However

Question 31. A. reducing

B. improving

C. changing

D. causing

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 stress in each of the following questions.

Question 32. A. difference

B. argument

C. cultural

D. permission

II. WRITING:(2pts)

PART 1:*Rewrite the following sentences without changing their first meaning from 33 to 36.*

Question 33. If I were you, I would follow your father’s advice and study harder.

→You _____.

Question 34. Why don’t we go camping this weekend?

→How about _____?

Question 35. I haven’t seen my grandparents for 2 months.

→ I last_____.

Question 36. They don’t allow students to cheat in the exam.

→ Students_____.

PART 2: Write an essay (100-120 words) to express your opinion about the topic “ **Should parents strictly limit teenagers’ screen time?**”

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----- **THE END** -----

(Đề thi có 4 trang)

Họ và tên: Lớp:

Mã đề 102

I. MULTIPLE CHOICE

LISTENING: (2.5 pts)

PART 1. Questions 1 – 5

Listen to the recording and decide whether the following statements are True (T) or False (F).
Tick (✓) the correct boxes.

Statements	T	F
Question 1. Over-exercising may lead to many diseases.		
Question 2. You always consult with a doctor before starting a new exercise programme to make sure you exercise safely and effectively.		
Question 3. Doing too much exercise can do you more harm than good.		
Question 4. Doing exercise isn't useful to everyone.		
Question 5. The more exercise you do, the healthier you become.		

PART 2. Questions 6 – 10

Listen to a conversation between Kevin and Mai and answer the questions.

Question 6. Where doesn't Mai's mother allow her to wear tight jeans?

- A. at school B. at home C. at the party D. at market

Question 7. What does Mai's mother keep complaining about?

- A. Mai's shoes B. Mai's clothes C. Mai's appearance D. Mai's hairstyle

Question 8. According to Mai, what might Kevin's parents worry about?

- A. his eyesight B. his clothes C. his friends D. his homework

Question 9. What time do Kevin's parents take away his smartphone and laptop?

- A. At 10.5 p.m B. At 10 a.m C. At 10 p.m D. At 10.10 p.m

Question 10. What does Kevin mainly use his smartphone and laptop for?

- A. to design B. to post on social media
C. to study D. to play games

LANGUAGE AND VOCABULARY: (5,5 pts)

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. She said she met you once at the Hilton last year. _____ since then?

- A. Have you met her B. Did you meet her C. Were you met her D. Had you met her

Question 12. The last time Lucy _____ that dress was at Barbara's wedding.

- A. wore B. has worn C. hasn't worn D. didn't wear

Question 13. Put away your electronic _____, turn off the TV, and chill out on your bed or the sofa for 10-15 minutes before you try to go to sleep.

A. appliances B. devices C. books D. mails

Question 14. I noticed that you was looking a little _____ You coughed a lot

A. on cloud nine B. under the weather C. in the pink D. over the moon

Question 15. Start following these five habits to add years to your life _____.

A. expectantly B. expectancy C. expectant D. expect

Question 16. Spectators _____ show their tickets before they enter My Dinh stadium.

A. must B. have to C. should D. ought to

Question 17. I want to complain _____ the quality of the food in the canteen.

A. about B. to C. to D. for

Make the letter A, B, C or D on you're answer sheet to indicate the underlined part that needs correction in each of the following questions.

Question 18. I have taken part in a marathon yesterday because my brother told me to run with him.

A. with B. because C. have taken D. told

Question 19. The urban lifestyle seems more excitingly to young people.

A. to B. excitingly C. the D. seems

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 20 to 24.

The generation gap that was so in evidence during the 60s has resurfaced but it is not the disruptive force that it was during the Vietnam era, a 2009 study suggests. The Pew Research Center study found that 79% of Americans see major differences between younger and older adults in the way they look at the world. In 1969, a Gallup Poll found that a smaller percentage, 74%, perceived major differences.

Today, however, although more Americans see generational differences, most do not see them as divisive. That is partly because of the areas of difference. The top areas of disagreement between young and old, according to the Pew Research Study, are the use of technology and taste in music. Grandparents are likely to have observed these differences in their grandchildren who are tweens, teens, and young adults.

If large differences between the generations exist, why don't they spawn conflict? The answer is twofold.

First, the two largest areas of difference technology and music are less emotionally charged than political issues. The older generation is likely to be proud of the younger generation's **prowess** in technology rather than to view it as a problem. As for the musical differences, each generation wants its own style of music, and the older generation generally can relate to that desire.

Second, in the other areas of difference, the younger generation tends to regard the older generation as superior to **their** own generation—clearly a difference from the 1960s with its rallying cry of "Don't trust anyone over thirty." According to the Pew study, all generations regard older Americans as superior in moral values, work ethic and respect for others.

(Adapted from www.verywellfamily.com)

Question 20. Which of the following could be the main idea of the passage?

- A. Different points of view are the main problem between generations in America.
- B. The generation gap in the past was different from that in modern time.
- C. The areas of differences in the generation gap have changed over the years.
- D. Generation gap doesn't cause a big problem in American families.

Question 21. The word "**prowess**" in paragraph 4 is closest in meaning to _____.

A. awareness B. creation C. enrichment D. skill

Question 22. What are the two reasons why large differences between generations don't causedisagreement?

- A. The generosity of the elder generation and the attitude of the younger generation.
- B. The major aspects of differences between generations and the respect to the elder generation.
- C. The different styles of music and the knowledge of the elder generation.
- D. The pride of the elder generation and the obedience of the younger one

Question 23. The word “**their**” in the last paragraph refers to_____.

- A. the older generation’s
- B. the younger generation’s
- C. supervisor’s
- D. over-thirty people’s

Question 24. According to the passage, which is **NOT** true?

- A. The elderly in America are admired in moral values, work ethic and respect for others.
- B. Technology is one of the two biggest areas creating the gap between the old and the young.
- C. Grandparents feel uncomfortable with their grandchildren because of their better technology skills.
- D. The majority of Americans agree generations’ viewpoint to be the major differences.

Circle A, B, C or D to indicate the word(s) CLOSEST in meaning to the underlined word(s)

Question 25. She laid down strict rules for her tenants including prompt payment of rent.

- A. energy
- B. power
- C. regulation
- D. order

Read the following passage 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 26 to 30.

The outbreak of COVID-19 is an unprecedented public health crisis, touching nearly all countries and communities across the world. The health impacts of COVID-19 are devastating and, rightly, in the forefront of our minds, cross our media, and impacting people's lives and livelihoods across the world. One of the most tangible outcomes of COVID-19 is the ever-increasing socio-economic gap between learners. Over 365 million children are missing out on important school feeding programmes (26) _____keep them healthy and motivated to learn. Moreover, families may be pushed to resort to negative coping mechanisms to (27) _____ their needs, including child labour or reducing the number and quality of meals at a time when staying (28) _____and keeping a strong immune system is particularly important.

Home learning may itself be a source of stress for families and learners, with pressure to take on new responsibilities. Many children are (29) _____from anxiety, living without access to the internet or other means required to benefit from distance learning. Some older children are stressed about missing months of education (30) _____ they have to care for younger children in the home while parents and caregivers are working.

(Adapted from <https://en.unesco.org/news>)

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|---------------------------------|--------------|--------------|--------------|
| Question 26. A. why | B. when | C. who | D. Which |
| Question 27. A. meet | B. have | C. offer | D. do |
| Question 28. A. healthy | B. unhealthy | C. health | D. healthily |
| Question 29. A. getting | B. Having | C. suffering | D. making |
| Question 30. A. although | B. so | C. But | D. because |

Circle A, B, C, or D to indicate the word that differs from the other three in the position of the primary stress in each of the following questions.

Question 31. A. tradition B. expression C. influence D. important

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 stress in each of the following questions.

Question 32. A. listeneded B. believeded C. covereded D. hopeded

II. WRITING (2pts)

PART 1: Rewrite the following sentences without changing their first meaning from 33 to 36.

Question 33. If I were you, I would spend more time talking with my parents.

→ You _____.

Question 34. Let's ask our form teacher to help us with this difficult task.

→ What about _____?

Question 35. I haven't attended the club since 2021.

→ I last _____.

Question 36. Students don't get permission to use that computer.

→ Students _____.

PART 2: Write an essay (100-120 words) to express your opinion about the topic “**Should parents strictly limit teenagers' screen time?**”

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(Đề thi có ____ trang)

Họ và tên:

Số báo danh:

Mã đề 000

LISTENING: (2.5 pts)

PART 1. Questions 1 – 5

Listen to the recording and decide whether the following statements are True (T) or False (F). Tick (✓) the correct boxes.

Statements	T	F
Question 1. Over-exercising may lead to many diseases.	X	
Question 2. You always consult with a doctor before starting a new exercise programme to make sure you exercise safely and effectively.	X	
Question 3. Doing too much exercise can do you more harm than good.	X	
Question 4. Doing exercise isn't useful to everyone.		X
Question 5. The more exercise you do, the healthier you become.		X

PART 2. Questions 6 – 10

Listen to a conversation between Kevin and Mai and answer the questions.

Question 6. Where doesn't Mai's mother allow her to wear tight jeans?

- A. at the party B. at market C. at school D. at home

Question 7. What does Mai's mother keep complaining about?

- A. Mai's hairstyle B. Mai's appearance C. Mai's shoes D. Mai's clothes

Question 8. According to Mai, what might Kevin's parents worry about?

- A. his friends B. his eyesight C. his clothes D. his homework

Question 9. What time do Kevin's parents take away his smartphone and laptop?

- A. At 10.5 p.m B. At 10.10 p.m C. At 10 p.m D. At 10 a.m

Question 10. What does Kevin mainly use his smartphone and laptop for?

- A. to post on social media B. to study C. to play games D. to design

LANGUAGE AND VOCABULARY: (5,5 pts)

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 stress in each of the following questions.

Question 11. A. permission B. difference C. argument D. cultural

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

Question 12. A. openeded B. knocked C. played D. occured

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. She got enough sleep last night, so today she is full of _____

- A. exercise B. energy C. injuries D. stress

Question 14. She works in television, following _____ her father's footsteps.

- A. with B. on C. in D. of

Question 15. Over the past few years, in both the USA and the UK, the number of multi-generational households with three or four _____ living under the same roof has increased

- A. generations** **B. generate** **C. generational** **D. generationally**

Question 16. The last time my father _____ to Vung Tau was 2 years ago.

- A. has gone** **B. hasn't gone** **C. went** **D. didn't go**

Question 17. I usually _____ my brother about trivial things.

- A. get into conflicts with** **B. get accustomed to**
C. have a relationship with **D. are cut from the same cloth as**

Question 18. Since Tom left, I _____ nothing from him.

- A. had left** **B. have heard** **C. has left** **D. was left**

Question 19. Those audiences _____ show their tickets before entering the concert hall.

- A. have to** **B. must** **C. should** **D. mustn't**

Circle A, B, C or D to indicate the word(s) CLOSEST in meaning to the underlined word(s)

Question 20. The doctor examined her carefully but could find nothing wrong.

- A. treated** **B. checked** **C. operated** **D. diagnosed**

Read the following passage 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 ## to ##.

Viruses cause many human diseases 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 active 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 (21) _____ of themselves. People have natural defenses against 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 can help prevent the spread of disease. Vaccines contain viruses which are weakened or organisms, and help the body's immune system make substances called antibiotics, (22) _____ fight diseases. If the same virus enters our body later on, the immune system will (23) _____ it and will know how to fight it off.

Giving people vaccines can save a lot of lives. For example, two million people died of smallpox in 1967. (24) _____, vaccines helped to stop this disease and made it disappear. Most recently, vaccines have played an important role in (25) _____ deaths and severe illness caused by Covid-19 all over the world.

(Adapted from Global Success E 11-workbook)

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|---------------------|---------------------|-----------------------|----------------------|------------------------|
| Question 21. | A. copies | B. bodies | C. cells | D. bacteria |
| Question 22. | A. which | B. that | C. who | D. when |
| Question 23. | A. recognise | B. recognition | C. recognised | D. recognizable |
| Question 24. | A. Besides | B. However | C. Therefore | D. Next |
| Question 25. | A. improving | B. changing | C. reducing | D. causing |

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 ## to ##.

A healthy diet is rich in fiber, whole grains, fresh fruits and vegetables, "good" or unsaturated fats, and omega-3 fatty acids. These dietary components turn down inflammation, which can damage tissue, joints, artery walls, and organs. Going easy on processed foods is another element of healthy eating. Sweets, foods made with highly refined grains, and sugar-sweetened beverages can cause spikes in blood sugar that can lead to early hunger. High blood sugar is linked to the development of diabetes, obesity, heart disease, and even dementia.

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Physical activity is also necessary for good health. It can greatly reduce your risk of heart disease, stroke, type 2 diabetes, breast and colon cancer, depression, and falls. Physical activity improves sleep and endurance. Aim for 150 minutes of moderate intensity exercise every week, such as brisk walking. Strength

training, important for balance, bone health, controlling blood sugar, and mobility, is recommended 2-3 times per week.

Finding ways to reduce stress is another strategy that can help you stay healthy, given the connection between stress and a variety of disorders. There are many ways to relieve stress. Try meditation, mindfulness, yoga, playing on weekends, and taking vacations.

Finally, establish a good relationship with a primary care physician. If something happens to your health, a physician you know —and who knows you — is in the best position to help. He or she will also recommend tests to check for hidden cancer or other conditions.

(Adapted from Staying Healthy - Harvard Health)

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

- A. Some of the ways to have a good mentally and physically health.**
- B. The benefits of the Mediterranean diet in preventing heart disease and stroke.
- C. The significance of physical activity in reducing the risk of various diseases.
- D. The importance of stress reduction in maintaining good health.

Question 27. The word "**It**" in paragraph 3 refers to _____.

- A. physical
- B. health
- C. activity**
- D. risk

Question 28. According to the passage, what are the key components of the Mediterranean diet?

- A. Fiber, whole grains, and fresh fruits and vegetables.
- B. Olive oil, fruits, vegetables, nuts, and fish.**
- C. Red meats, processed meats, and cheese.
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Question 29. The word "**obesity**" in paragraph 1 is closest in meaning to _____.

- A. a disease that makes you tired.
- B. a disease that makes you hungry.
- C. a disease that makes you fat.**
- D. a disease that makes you faint.

Question 30. According to the passage, which is **NOT** true?

- A. High blood sugar is linked to the development of diabetes, heart disease, and even dementia.
- B. Physical activity is also vital for good health
- C. Physical activity improves sleep and endurance.
- D. techniques like meditation and yoga cannot help you stay healthy**

Make the letter A, B, C or D on you're answer sheet to indicate the underlined part that needs correction in each of the following questions.

Question 31. I have sent an email to my friend, Jack last week, but he hasn't replied yet.

- A. have sent**
- B. to
- C. but
- D. hasn't

Question 32. The accident looked seriously but fortunately nobody was injured

- A. looked
- B. seriously**
- C. fortunately
- D. was injured

II. WRITING (2,0 pts)

PART 1: Rewrite the following sentences without changing their first meaning from 33 to 36.

Question 33. If I were you, I would follow your father's advice and study harder.

→You _____.

Question 34. Why don't we go camping this weekend?

→How about _____?

Question 35. I haven't seen my grandparents for 2 months.

→I last _____.

Question 36. They don't allow students to cheat in the exam.

→Students _____.

ANSWER KEY: Rewrite the following sentences without changing their first meaning

Question 33. You should follow your father's advice and study harder.

Question 34. How about going camping this weekend?

Question 35. I last saw my grandparents 2 months ago.

Question 36. Students mustn't cheat in the exam.

PART 2:

Write an essay (100-120 words) to express your opinion about the topic “**Should parents strictly limit teenagers’ screen time?**”

[illegible]

----- *THE END* -----

(Đề thi có 4 trang)

Họ và tên: Số báo danh: Mã đề 000

I. MULTIPLE CHOICE

PART 1. LISTENING (2.5 points)

I. Questions 1 – 5

Listen to the recording and decide whether the following statements are True (T) or False (F). Tick (✓) the correct boxes.

Statements	T	F
Questions 1. Over-exercising may lead to many diseases.	X	
Questions 2. You always consult with a doctor before starting a new exercise programme to make sure you exercise safely and effectively.	X	
Questions 3. Doing too much exercise can do you more harm than good.	X	
Questions 4. Doing exercise isn't useful to everyone.		X
Questions 5. The more exercise you do, the healthier you become.		X

PART 2. Questions 6 – 10

Listen to a conversation between Kevin and Mai and answer the questions.

Question 6. Where doesn't Mai's mother allow her to wear tight jeans?

- A. at the party B. at market C. at school D. at home

Question 7. What does Mai's mother keep complaining about?

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- A. At 10.5 p.m B. At 10.10 p.m C. At 10 p.m D. At 10 a.m

Question 10. What does Kevin mainly use his smartphone and laptop for?

- A. to post on social media B. to study C. to play games D. to design

LANGUAGE AND VOCABULARY: (5,5 pts)

Question 11: Circle A. B. C. or D to indicate the word that differs from the other three in the position of the primary stress in each of the following questions.

- A. expression B. important C. tradition D. influence

Question 12: Choose the word whose underlined part is pronounced differently from the others

- A. covereded B. believed C. listened D. hoped

Question 13: Put away your electronic _____, turn off the TV, and chill out on your bed or the sofa for 10-15 minutes before you try to go to sleep.

- A. mails B. books C. devices D. appliances

Question 14: I want to complain _____ the quality of the food in the canteen.

- A. for B. to C. to D. about

Question 15: Start following these five habits to add years to your life _____.

- A. expect B. expectant C. expectantly D. expectancy

Question 16: The last time Lucy _____ that dress was at Barbara's wedding.

- A. has worn B. hasn't worn C. didn't wear D. wore

Question 17: I noticed that you was looking a little _____ You coughed a lot

- A. under the weather B. in the pink C. over the moon D. on cloud nine

Question 18: She said she met you once at the Hilton last year. _____ since then?

- A. Have you met her B. Did you meet her C. Were you met her D. Had you met her

Question 19: Spectators _____ show their tickets before they enter My Dinh stadium.

- A. must B. have to C. should D. ought to

Circle A, B, C or D to indicate the word(s) CLOSEST in meaning to the underlined word(s)

Question 20: She laid down strict rules for her tenants including prompt payment of rent.

- A. energy B. regulation C. power D. order

Read the following passage carefully and then choose the best option to fit each numbered blank from 21 to 25.

The outbreak of COVID-19 is an unprecedented public health crisis, touching nearly all countries and communities across the world. The health impacts of COVID-19 are devastating and, rightly, in the forefront of our minds, cross our media, and impacting people's lives and livelihoods across the world. One of the most tangible outcomes of COVID-19 is the ever-increasing socio-economic gap between learners. Over 365 million children are missing out on important school feeding programmes (21) ____ keep them healthy and motivated to learn. Moreover, families may be pushed to resort to negative coping mechanisms to (22) ____ their needs, including child labour or reducing the number and quality of meals at a time when staying (23) ____ and keeping a strong immune system is particularly important.

Home learning may itself be a source of stress for families and learners, with pressure to take on new responsibilities. Many children are (24) ____ from anxiety, living without access to the internet or other means required to benefit from distance learning. Some older children are stressed about missing months of education (25) ____ they have to care for younger children in the home while parents and caregivers are working.

(Adapted from <https://en.unesco.org/news>)

Question 21. A. why B. who C. when D. which

Question 22. A. meet B. have C. offer D. do

Question 23. A. healthy B. health C. unhealthy D. healthily

Question 24. A. making B. getting C. having D. suffering

Question 25. A. because B. but C. although D. so

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 26 to 30

The generation gap that was so in evidence during the 60s has resurfaced but it is not the disruptive force that it was during the Vietnam era, a 2009 study suggests. The Pew Research Center study found that 79% of Americans see major differences between younger and older adults in the way they look at the world. In 1969, a Gallup Poll found that a smaller percentage,

74%, perceived major differences.

Today, however, although more Americans see generational differences, most do not see them as divisive. That is partly because of the areas of difference. The top areas of disagreement between young and old, according to the Pew Research Study, are the use of technology and taste in music. Grandparents are likely to have observed these differences in their grandchildren who are tweens, teens, and young adults.

If large differences between the generations exist, why don't they spawn conflict? The answer is twofold.

First, the two largest areas of difference technology and music are less emotionally charged than political issues. The older generation is likely to be proud of the younger generation's **prowess** in technology rather than to view it as a problem. As for the musical differences, each generation wants its own style of music, and the older generation generally can relate to that desire.

Second, in the other areas of difference, the younger generation tends to regard the older generation as superior to **their** own generation—clearly a difference from the 1960s with its rallying cry of "Don't trust anyone over thirty." According to the Pew study, all generations regard older Americans as superior in moral values, work ethic and respect for others.

(Adapted from www.verywellfamily.com)

Question 26. Which of the following could be the main idea of the passage?

- A. Generation gap doesn't cause a big problem in American families.
- B. Different points of view are the main problem between generations in America.
- C. The generation gap in the past was different from that in modern time.
- D. The areas of differences in the generation gap have changed over the years.

Question 27. The word "**prowess**" in paragraph 4 is closest in meaning to _____.

- A. enrichment
- B. skill
- C. creation
- D. awareness

Question 28. What are the two reasons why large differences between generations don't causedisagreement?

- A. The generosity of the elder generation and the attitude of the younger generation.
- B. The different styles of music and the knowledge of the elder generation.
- C. The major aspects of differences between generations and the respect to the elder generation.
- D. The pride of the elder generation and the obedience of the younger one

Question 29. The word "**their**" in the last paragraph refers to _____.

- A. the older generation's
- B. the younger generation's
- C. supervisor's
- D. over-thirty people's

Question 30. According to the passage, which is **NOT** true?

- A. The majority of Americans agree generations' viewpoint to be the major differences.
- B. Technology is one of the two biggest areas creating the gap between the old and the young.
- C. Grandparents feel uncomfortable with their grandchildren because of their better technology skills.
- D. The elderly in America are admired in moral values, work ethic and respect for others.

Question 31. I have taken part in a marathon yesterday because my brother told me to run with him.

- A. have taken
- B. because
- C. told
- D. with

Question 32. The urban lifestyle seems more excitingly to young people.

- A. the
- B. seems
- C. excitingly
- D. to

PART 1: Rewrite the following sentences without changing their first meaning from 33 to 36.

→ You _____.

→What about _____?

→I last _____.

→ Students _____.

Question 33. You should spend more time talking with your parents.

Question 35. I last attended the club in 2021.

Question 36. Students mustn't use that computer.

[illegible]

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