

A.THEORY:

I. TOPIC (UNITS 1 → UNIT 2):

1. A long and healthy life
2. The generation gap
3. Cities of the future

II. GRAMMAR

1. Past Simple and Present perfect
2. Modal verbs: must, have to and should
3. Stative verbs in the continuous form and Linking verbs

III. VOCABULARY:

1. Words and phrases related to health and fitness.
2. Words and phrases related to generational differences
3. Words and phrases related to cities and smart living

B. MID-TERM TEST FORMAT: Time allowed: 45 minutes - 40 Questions

I. Multiple- choice questions:

1. Announcement (6 questions)
2. Leaflet (6 questions)
3. Re-arrange the *conversation/ letter/ paragraph* (3 questions)
4. Reading: *Gap-filling* (5 questions)
5. Reading comprehension (8 questions)

II. Open-ended questions:

1. Choose the words to fill in the gaps (6 questions)
2. Give the correct forms of the given words (6 questions)

V. SAMPLE TEST

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.

Living a long and healthy life involves making consistent, positive lifestyle choices. Firstly, maintaining a balanced diet is (1) _____. Consuming a variety of fruits, vegetables, whole grains, and lean proteins helps to support overall health and prevent chronic diseases. Secondly, regular physical activity is essential. Engaging in exercises such as walking, swimming, or cycling can improve cardiovascular health, (2) _____, and enhance flexibility.

Moreover, adequate sleep is vital for the body's restorative processes. (3) _____ to ensure optimal functioning and well-being. Managing stress through mindfulness techniques such as meditation, yoga, or deep-breathing exercises can also contribute to a healthy life by reducing anxiety and promoting emotional balance. Additionally, maintaining social connections and engaging in community activities can enhance mental health and provide a sense of belonging and purpose.

Preventive healthcare, (4) _____, is another important aspect. Early detection of potential health issues can lead to more effective treatments and better outcomes. Finally, avoiding harmful habits such as smoking and excessive alcohol consumption is crucial for long-term health.

(5) _____, a combination of a balanced diet, regular physical activity, sufficient sleep, stress management, social engagement, preventive healthcare, and avoiding harmful (6) _____ a long and healthy life.

Reference: <https://dpuhospital.com>

Question 1:

- A. providing for the crucial body with necessary nutrients
- B. with necessary nutrients to provide for the crucial body
- C. necessary to provide the body for necessary nutrients
- D. crucial for providing the body with necessary nutrients

Question 2:

- A. strongly muscles
- B. strong muscles
- C. muscles strength
- D. strengthen muscles

Question 3:

- A. Adults should aim for 7-9 hours sleep every night
- B. Adults should aim sleep of 7-9 hours every night

- C. Adults should aim for 7-9 hours of sleep per night
- D. Adults should aim 7-9 hours sleep per night

Question 4:

- A. include regular check-ups and screenings
- B. with including regular check-ups and screenings
- C. to include regular check-ups and screenings
- D. including regular check-ups and screenings

Question 5:

- A. In summary
- B. Even though
- C. Instead of
- D. In contrast

Question 6:

- A. contributes to living
- B. contributes living
- C. contributes for living
- D. contributes to live

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.

Question 7:

- a) However, I believe that finding a balance is crucial for our well-being.
- b) I understand that you worry about the amount of time I spend on my phone and computer.
- c) I will also make an effort to be more mindful of how much time I spend in front of screens.
- d) Perhaps we can set some family screen time rules together that work for both of us.
- e) Dear Mom and Dad,
- f) I appreciate your concern and I think it's important that we address this issue together

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

Question 8:

- a) Moreover, staying hydrated by drinking plenty of water aids in digestion and nutrient absorption.
- b) To begin with, a balanced diet rich in fruits, vegetables, and whole grains provides essential nutrients and energy.
- c) Adopting these habits can lead to a healthier, more vibrant life.
- d) Regular physical activity strengthens the heart, muscles, and bones, while improving mood and mental clarity.
- e) Living a healthy life involves several key practices that promote overall well-being.

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

- a) Sometimes, this leads to wrong conclusions and unresolved problems.
- b) Conflict can happen when family members have different opinions or misunderstand each other.
- c) Good communication and compromise can help solve problems.
- d) If conflict is not solved peacefully, it can cause arguments and bad feelings.
- e) However, it is normal to disagree sometimes, but constant conflict can hurt relationships.
- f) If emotions or power differences are too strong, counselling might be needed.

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

Read the following announcement 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.

Announcement: PARENT-TEACHER CONFERENCE

Dear Parents,

We are pleased to invite you to our annual Parent-Teacher Conference. This important event is an opportunity for you to meet your child's teachers and discuss their (10) _____ progress, as well as any concerns you may have. The conference will be held on Sunday, September 14th, from 8:00 A.M to 10:00 A.M in the Room 15. To ensure that we can accommodate everyone, please sign up for a time slot (11) _____. You can do this by visiting our school's website or calling the main office.

We believe that strong communication between parents and teachers is crucial (12) _____ student success. Your involvement and support are greatly appreciated. We look forward (13) _____ you at the conference. Please note that we are also offering an option to attend a (14) _____ session if you are unable to make the scheduled time. In case of any (15) _____ or special needs, please inform us ahead of time, and we will try our best to accommodate your requests.

Sincerely,

The School Administration

- Question 10.** A. physical
- B. personal
- C. academic
- D. social
- Question 11.** A. in addition to
- B. in advance
- C. In brief
- D. In short

- | | | | |
|----------------------------------|---------------|------------|-----------|
| Question 12. A. for | B. on | C. by | D. with |
| Question 13. A. to seeing | B. see | C. to see | D. seeing |
| Question 14. A. private | B. group | C. virtual | D. casual |
| Question 15. A. concerns | B. activities | C. skills | D. goals |

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.

Individuals make decisions about their physical and mental health because serious illnesses can significantly impact them and their families. Just as family health is tied to individual members, a nation's health is connected to its people. A country's economic strength relies on a healthy workforce. Hence, governments monitor the health of their populations, examining connections between health and lifestyle. **This data helps governments create health policies to improve the population's well-being.** The World Health Organization (WHO) uses this data to answer the question: How healthy is the world?

The WHO assesses large populations' health using life expectancy and mortality rates. Life expectancy measures the average age at which people are expected to live. Since the 20th century, life expectancy has significantly increased worldwide. For example, the average global citizen now lives 27 years longer than a century ago. Japan shows even more dramatic increases, with people living 38 years longer on average than 100 years ago. These improvements indicate that the world is healthier now than in the past century.

Mortality rates, the second indicator, measure deaths in specific regions, focusing on premature deaths. WHO emphasizes child mortality, which makes up over 20 per cent of all premature deaths. Though global child mortality has decreased by 30 percent since 1990, significant disparities exist between nations and within countries. Mortality rates fall faster in wealthier nations and among higher-income individuals, highlighting ongoing health inequalities.

Governments aim to reduce mortality rates by targeting premature death causes. While infectious diseases still cause millions of deaths, particularly in developing countries, there has been progress. HIV/AIDS, once stigmatized and ignored, has seen a 16 percent decline in new infections globally between 2000 and 2008 due to prevention efforts and new drugs.

Lifestyle choices significantly affect life expectancy and mortality rates. Obesity and smoking are major health risks, with obesity reducing life expectancy by up to 20 years and smoking causing millions of deaths annually. The CDC estimates a billion smokers worldwide, with 80 percent in developing countries. Lifestyle choices thus pose health risks for individuals and nations alike.

By examining life expectancy, mortality rates, and lifestyle, we get a mixed view of global health. While people live longer due to improved life expectancy, infectious diseases and poor lifestyle choices still cause millions of deaths. Improving global health requires continued efforts in health education, job provision, and income increase, highlighting the link between education, income, and health. Better-educated individuals make healthier lifestyle choices, benefit from improved job prospects, and pass these advantages to their children, ultimately enhancing global health.

Reference: <https://www.samhsa.gov/>

Question 16: What would be the best title for the passage?

- A. The Importance of Health Education
- B. Lifestyle Choices and Their Impact on Health
- C. The Role of WHO in Global Health
- D. Assessing Global Health: Indicators and Challenges

Question 17: The word “assesses” in paragraph 2 is closest in meaning to _____.

- A. dismisses
- B. ignores
- C. overlooks
- D. evaluates

Question 18: What does the word “its” in paragraph 1 refer to?

- A. health
- B. strength
- C. nation
- D. decision

Question 19: The word “premature” in paragraph 3 is opposite in meaning to _____.

- A. delayed
- B. early
- C. expected
- D. timely

Question 20: According to the passage, what is a significant achievement in reducing global mortality rates?

- A. The eradication of tobacco-related diseases
- B. A 50 percent reduction in child mortality
- C. A decrease in new HIV/AIDS infections
- D. The complete eradication of HIV/AIDS

Question 21: Which of the following is NOT true according to the passage?

- A. The CDC estimates there are a billion smokers worldwide.
- B. Infectious diseases have been eliminated in developing countries.
- C. Lifestyle choices pose health risks for individuals and nations.
- D. Obesity can reduce life expectancy by up to 20 years.

Question 22: It can be inferred from the passage that _____.

- A. Governments play a role in reducing mortality rates.
- B. Health education has no impact on life expectancy.
- C. Life expectancy is not linked to economic factors.
- D. All countries have equal health outcomes.

Question 23. What is the purpose of inserting the sentence "**This data helps governments create health policies to improve the population's well-being.**" into the passage?

- A. To explain how WHO collects data on life expectancy and mortality
- B. To show the importance of health policies for economic growth
- C. To highlight how data is used to improve public health
- D. To emphasize the role of governments in monitoring global health trends

Read the following announcement 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.

GENERATION GAP

The term generation gap refers to the differences in attitudes, values, and lifestyles between young people and older generations. In Vietnam and other Asian countries, these differences are often seen in family life and education. While the older generation tends to (24) _____ traditional customs and respect for authority, many young people are more open to change and (25) _____ modern ideas.

In recent years, the (26) _____ of social media and technology has widened this gap. Parents sometimes find it difficult to (27) _____ with their children, who spend much of their time online. Differences in career choices and fashion styles have also (28) _____ conflicts in many families. However, it is important to promote understanding and communication between generations to maintain harmony and unity.

Question 24: A. hold on to B. give away C. turn down D. look up to

Question 25: A. refusing B. adopting C. protecting D. expecting

Question 26: A. develop B. developed C. development D. developing

Question 27: A. connect B. compare C. argue D. share

Question 28: A. caused B. cause C. causing D. to cause

Question 29: A. to promote B. promoting C. promote D. promoted

Choose the most suitable words from the box to fill in the following sentences:

<i>benefit</i>	<i>exchange</i>	<i>differences</i>	<i>proposal</i>
<i>culture</i>	<i>traditional</i>	<i>tradition</i>	

Question 29. The event will help our distinguished guests learn more about our culture by playing some _____ games.

Question 30. A _____ gives details about an idea or a project, and convinces the readers to support it by giving reasons why it is a good one.

Question 31. One _____ of the program is that it helps develop the ability to work with people from other countries.

Question 32. It is our _____ to show respect to the old people and receive wishes for good luck and health from them.

Question 33. What are similarities and _____ between the New Year festivals in Viet Nam and other ASEAN countries?

Question 34. ASEAN is a _____ of people in Southeast Asia with hundreds of different ethnic groups.

Complete the sentence with the correct form of the word provided.

Question 35. Taking regular exercise and eating a _____ diet are the key to a healthy life. (**BALANCE**)

Question 36. Mr. John has the strength and _____ he needs for both physical and mental activities. (**ENTHUSIASTIC**)

Question 37. She can choose the type of exercise that is _____ for her health. (**SUIT**)

Question 38. She often does something repetitive or listens to music when she is _____ to sleep. (**ABLE**)

Question 39. The students are asked to tick the food _____ in the list on page 12. (**RECOMMEND**)

Question 40. Some bacteria are helpful but some can cause _____ diseases. (**INFECTION**)

THE END

