

**ĐỀ CƯƠNG ÔN THI CUỐI HỌC KÌ 1 TIẾNG ANH
LỚP 11 NĂM 2024-2025**

I. GRAMMAR AND VOCABULARY

GRAMMAR. Choose the best answer to complete each of the following sentences.

1. John hoped to finish _____ two of his essays before the deadline.
A. write B. to write C. written D. writing
2. I'll feel _____ when my exams are over.
A. happily B. more happily C. happy D. more happy
3. Although the dish smelt _____, he refused to eat saying that he was not hungry.
A. bad B. good C. well D. worse
4. The situation looks _____. We must do something.
A. good B. well C. bad D. badly
5. _____ is unhealthy, but a lot of people find it difficult to stop.
A. Smoke B. To smoke C. Smoking D. Smokes
6. I'm fed up with _____ in the city – it's too dirty and crowded.
A. lived B. living C. live D. to live
7. She's going to continue _____ for another two years, until her exams.
A. to study B. studied C. studying D. study
8. They are thinking of _____ house.
A. moving B. is moving C. to move D. moved
9. Before _____ a teacher, he worked in advertising.
A. becoming B. to become C. became D. become
10. _____ by human activities, global warming has become a major concern for scientists and policymakers.
A. Causing B. Caused C. Cause D. Causes
11. _____ widely for cooking and heating, sunlight and wind can reduce use of fossil fuels.
A. Using B. Use C. To use D. Used
12. _____ crops in the changing climate conditions, farmers are often faced with many challenges.
A. Growing B. Growth C. Grown D. Grow
13. Landfill waste, _____ overtime, can have a negative impact on the environment.
A. is gathered B. gathering C. gathered D. gather
14. The leaflets _____ by environmental organisations aim to raise awareness of the dangers of deforestation.
A. distribute B. distributed C. distributing D. are distributed
15. I appreciate _____ the opportunity to give a talk about ASEAN at your school.
A. having B. to have C. have D. had
16. _____ that Mai is interested in environmental issues, Mike bought her a book about global warming.
A. Known B. Knowing C. Know D. Knew
17. Life expectancy _____ greatly over the past 200 years.
A. will increase B. increases C. increased D. has increased
18. How long _____ a headache? I think you should see a doctor.
A. have you had B. did you have C. will you have D. do you have
19. Some studies claim that _____ to heavy metal music is good for your health.
A. listen B. listening C. be listening D. listened
20. Spectators _____ show their tickets before they enter My Dinh stadium.
A. should B. ought to C. have to D. must
21. Widening the road seems _____ to the city's traffic network.
A. benefit B. beneficially C. benefits D. beneficial
22. The food in this restaurant _____ really good. A robot makes this dish. I cannot believe it!
A. smells B. sounds C. tastes D. appears
23. Please stop talking. I _____ of a new idea for this building design.
A. think B. am thinking C. thought D. was thinking
24. Minh _____ a talented city planner. He can come up with many creative ideas.
A. seems B. is seeming C. will seem D. is seemed
25. I _____ that cities of the future should focus on the sustainable development.
A. will believe B. am believing C. was believing D. believe

VOCABULARY. Choose the best answer to complete each of the following sentences.

1. Taking part in the program was an _____ he would never forget
A. experienced B. inexperienced C. experience D. inexperience
2. To become a volunteer, you must be _____ for the program
A. qualify B. qualified C. unqualified D. disqualified
3. Participating in this summer camp was an _____ experience for me
A. forgetful B. forgettable C. forgetfully D. unforgettable
4. Cultural _____ is the best way for young people to understand other countries' values and ideas
A. change B. exchange C. values D. shock
5. Singapore has made a huge _____ to scholarships for ASEAN's students
A. decision B. effort C. contribution D. arrangement
6. Students with good _____ skills usually communicate well and manage teamwork effectively
A. analytical B. critical thinking C. problem-solving D. leadership
7. The current _____ relating to the environment is being discussed now
A. exchange B. contribution C. knowledge D. issue
8. Being told about cultures from other countries annually is an _____ experience
A. surprised B. eye-opening C. knowledge D. everyday
- The royal wedding achieved the largest audience ever for a _____ event. Everyone watched it on the Internet
A. dramatic B. social C. annual D. live-streamed
9. ASEAN _____ of ten Southeast Asian countries, namely: Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, Philippines, Singapore, Thailand, and Viet Nam.
A. consists B. contains C. includes D. involves
10. These smart technologies will help save energy, reduce air _____, and fight climate change.
A. footprint B. pressure C. pollution D. warming
11. _____ has been shown to cause floods and drought.
A. Chemist B. Power C. Deforestation D. Solution
12. This is a 'green city' designed to reduce its negative _____ on the environment
A. impact B. result C. impression D. force
13. Most people will use public _____ such as trams and electric buses
A. places B. technology C. transport D. system
14. City _____ will stop using their cars in urban areas.
A. dwellers B. governments C. authorities D. researchers
15. In smart cities, AI technologies will be installed to help the city _____ more efficiently.
A. exhibit B. design C. operate D. impress
16. Building a good _____ is important for the country's economy.
A. building B. skyscraper C. infrastructure D. center
17. We are glad to see the strong development of _____ between ASEAN and its partners
A. recipients B. relations C. appreciations D. performances
18. Greenhouse gas _____ from factories and vehicles can result in global warming
A. emit B. emissions C. effects D. causes
19. Nonrenewable energy has negative _____ on the environment.
A. impact B. benefit C. quality D. warning
20. People will mainly use _____ fuels such as wind and sun energy for transport.
A. fossil B. nonrenewable C. effective D. renewable
21. People feel safe in this neighborhood because _____ are installed everywhere.
A. smart cities B. smartphones C. smart cars D. smart sensors
22. People of different generations often come into _____ with one another.
A. belief B. conflict C. agreement D. support
23. My brother is a true _____. He grew up with technology, and started using a computer at an early age.
A. curious boy B. critical thinker C. digital native D. book lover
24. A lot of _____ have been taken to reduce global warming and its consequences.
A. ways B. methods C. rules D. solutions
25. Global warming is the _____ in the earth's temperature caused by greenhouse gases.
A. balance B. pollution C. increase D. heat

II. READING

Passage 1

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 following questions.

All over the country young people are entering a world of homelessness and poverty, according to a recent report by the housing group, Shelter. Nearly 150,000 young people aged between sixteen and twenty-five will become homeless this year, says Shelter. Some of the young homeless may sleep out in the open in such places as 'cardboard city' in London, where people of all ages sleep in the open air in their only homes - cardboard boxes. **Others** may find accommodation in shelters run by voluntary organizations or get a place in a hostel, which gives them board for up to ten weeks.'

But who are these people? Those who are seeking a roof over their heads are mostly not runaways but "throwaways" - people who have been thrown out of their homes or forced to leave because of parental divorce, an unsympathetic step-parent or one of many other reasons.

Take the case of one sixteen-year-old schoolgirl, Alice. She did not come from a poor home and had just passed her exams with good results. The Shelter team met her in a hostel where she was doing her physics homework. It turned out that her parents had thrown her out of her home for no other reason that she wanted to do Science Advanced Level exams - which her parents refused her permission to do, saying that sciences were unladylike!

Shelter says that the Government's laws do nothing to help these youngsters. Rising rents, the shortage of cheap housing and a cut in **benefits** for young people under the age of twenty-five are causing a national problem, according to Shelter. The recent changes in the benefit laws mean that someone aged between sixteen and twenty-five gets less than older people and they can only claim state help if they prove that they left home for a good reason.

Shelter believes that because of the major cuts in benefits to young people, more and more are being forced to sleep on the streets. Shelter also points out that if you are homeless, you can't get a job because employers will not hire someone without a **permanent** address; and if you can't get a job, you are homeless because you don't have any money to pay for accommodation. It's an impossible situation.

(Source: FCE success workbook)

- 1: Why was Alice turned out of her home?
 - A. She refused to do her homework in the evening.
 - B. She didn't want to study for her Advanced Level Exams.
 - C. She had not obtained desirable marks in her exams.
 - D. Her parents didn't agree with what she wanted to do.
- 2: According to Shelter, once young people have been forced onto the streets, _____.
 - A. they will never go back home again
 - B. their benefits will be severely cut
 - C. they will encourage their friends to do the same
 - D. they will find it difficult to find work
- 3: The changes in the system of benefits mean that _____.
 - A. young people do not receive as much money as those over twenty-five
 - B. anyone under twenty-five and not living at home will receive help with food and accommodation
 - C. the under twenty-fives can claim money only if they have left home
 - D. young people cannot claim money unless they are under sixteen or over twenty-five
- 4: The word "**benefits**" in paragraph 4 are probably _____.
 - A. extra wages for part-time workers
 - B. financial support for those in need
 - C. a law about distributing money
 - D. gifts of food and clothing
- 5: What is the reading passage mainly about?
 - A. The problem of unemployed people all over the world
 - B. Timely actions from the government to fight homelessness
 - C. The unpleasant condition of young, homeless people
 - D. An increasingly popular trend among youngsters
- 6: The word "**Others**" in paragraph 1 refers to _____.
 - A. voluntary organizations
 - B. young people
 - C. people of all ages
 - D. the young homeless
- 7: The word "**permanent**" in paragraph 5 is **opposite** meaning to _____.
 - A. flexible
 - B. stable
 - C. temporary
 - D. obvious

Passage 2

Grandparents are becoming the forgotten generation, with youngsters now too busy to listen to their stories from the olden days.

A study of 1,000 five- to 18-year-olds reveals just 21 per cent will visit their older relatives to hear about how their lives were different in the past; such as where they worked, how it was living in the war, and how they met the love of their life. More than half of youths have no idea what job their grandparent did before retirement. Sadly, one in ten **admit** they are simply not interested in their grandmother's or grandad's talents and interests, and a quarter only turn up to see **them** for pocket money. But 23 percent claim the reason they don't know anything about their older relatives is that they don't really get the chance to talk properly.

Researchers found that although 65 per cent of youngsters do see their grandparents every single week, 37 per cent claim this is only because their parents want them to. And while 39 per cent talk to their grandparents on the phone, Facebook or Skype at least once a week - 16 per cent once a day - conversation is rarely focused on what they are doing or have done in the past. Four in 10 kids have no idea what their grandparent's proudest achievements are, while 30 per cent don't know if they have any special skills or talents. And 42 per cent don't spend any time talking about their grandparent's history -and are therefore clueless about what their grandmother or grandad was like when they were younger. Perhaps due to this lack of communication and respect, just six per cent of children say they **look up to** their grandparents as a role model and inspiration.

- Which of the following could be the main idea of the passage?
 - Young people's tendency to neglect their grandparents
 - Grandparents' loneliness in their old age
 - Grandparents' attitudes towards youngsters
 - Young people's disinterest in their grandparents' stories
- According to the study in paragraph 2, which information is **NOT true**?
 - Nearly a quarter of young people don't have suitable opportunities to talk to older relatives.
 - Over 50% of the young don't know about their older relatives' past professions.
 - Most of youths visit their grandparents to ask for pocket money.
 - Merely one fifth of people in the survey keep asking about the bygone time of their grandparents.
- According to the last paragraph, the proportion of the young voluntarily visiting their older family members every week is _____.
 - 39%
 - 27%
 - 28%
 - 65%
- The word '**admit**' in paragraph 2 is **CLOSEST** in meaning to _____.
 - dissent
 - refuse
 - conceal
 - confess
- The word '**them**' in paragraph 2 refers to _____.
 - relatives
 - youngsters
 - talents
 - grandparents
- The phrase '**look up to**' in paragraph 3 is **OPPOSITE** in meaning to?
 - dread
 - disrespect
 - imagine
 - admire
- Which of the following can be inferred from the last paragraph?
 - Youngsters nowadays are too indifferent to their grandparents' lives in the past.
 - Most young people use modern technology to keep in touch with their older generation.
 - Children's lack of communication with grandparents leads to mutual misunderstanding.
 - Grandchildren never care for their elderly relatives' special skills and talents.

Passage 3

Hawaii is often considered to be one place in the world where you can find paradise. But when I arrived in Hawaii, I was shocked to discover beaches were covered in plastic rubbish washed up from around the world. As I dug through the sand, I realised the sandy beach was being **transformed** into a plastic beach. A chill *went down my spine*. From the beaches of Hawaii to the seas around Britain, we are polluting our own environment.

Beaches are now covered in more rubbish than ever before. The plastic we see on our beaches is just a small amount of the plastic waste that exists in our oceans. Scientists believe that sea currents have created five huge garbage areas in our oceans, including the one in the North Atlantic. This is a global problem for which we are all responsible.

Plastic makes our life easier, but its production and use are completely out of control. Because plastic rubbish in the oceans looks like food, it is being eaten by small fish, which in turn is eaten by large fish,

which in turn is eaten by us. Plastic is damaging our beaches, polluting the oceans, and poisoning our food chain. The consequences are still not fully understood, but **they** are likely to be terrible.

We need to stop using plastic bags for packaging and single-use water bottles. These make up most of the plastic garbage in the oceans. In Bangladesh and Kenya, they have stopped using plastic bags completely. The UK has put a tax on plastic bags. Many supermarkets around the world are not packing goods in plastic.

The future of our beaches, our seas, and the food chain is **at risk**. This is an environmental problem that we need to solve immediately.

(Adapted from **Headway** by Soars, Soars and Hancock)

- 1: Which of the following is the best title for the passage?
A. Common Plastic Products B. A Green Lifestyle
C. Benefits of Plastic Products D. A Planet Poisoned by Plastic
- 2: The word **transformed** in paragraph 1 is **OPPOSITE** in meaning to _____.
A. changed B. unchanged C. checked D. broken
- 3: The word **they** in paragraph 3 refers to _____.
A. beaches B. fish C. consequences D. oceans
- 4: According to paragraph 4, both Bangladesh and Kenya _____.
A. have used more and more plastic bags. B. have produced a lot of plastic bags.
C. do not use plastic bags any more. D. encourage the use of plastic bags.
- 5: Which of the following is NOT true according to the passage?
A. Hawaii is protected from plastic rubbish.
B. One huge garbage area in the oceans is in the North Atlantic.
C. The UK has introduced a tax on plastic bags.
D. Production and use of control. plastic are now out of control.
- 6: The phrase **at risk** in paragraph 5 is closest in meaning to _____.
A. refused B. accepted C. threatened D. developed
- 7: Which of the following can be inferred from the passage?
A. The environment in Hawaii was not as good as the writer had expected.
B. There is far more plastic waste on the beaches than in the oceans.
C. Plastic helps maintain the natural food chain in the oceans.
D. People in the past were more concerned about the effects of plastic waste.

III. SẮP XẾP CÁC CÂU TRONG VĂN BẢN

Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of the sentence to make a meaningful paragraph/letter in each of the following questions.

Question 1.

- a. Pollution is a big problem. We should make new laws to stop factories from polluting our air and water. Also, finding clean energy sources like solar power, wind power, and water power is important.
 - b. Thank you once again for your letter. I look forward to hearing from you soon.
 - c. Thank you for your letter. I agree that we need to protect our environment.
 - d. Sincerely,
 - e. Dear Mr. Smith,
 - f. Deforestation is another issue. Cutting down too many trees affects the oxygen supply and temperature regulation on our planet. Planting more trees and reducing cutting them down is crucial.
- A. e - c - a - f - b - d C. e - b - a - f - c - d
B. e - c - f - a - b - d D. e - b - f - a - c - d

Question 2

- a. Anna: I mostly do Hatha yoga; it's perfect for beginners and really focuses on breathing and relaxation.
 - b. Anna: I've started doing yoga every morning, and it's amazing how much it helps with my stress levels.
 - c. Sarah: That sounds great! What kind of yoga do you practice?
- A. c-a-b B. b-c-a C. c-b-a D. a-c-b

Question 3:

- a. Mark: "Yeah, I really needed to relax after such a stressful week at work."
- b. Alice: "Did you do anything fun this weekend, Mark?"
- c. Alice: "I'm glad to hear that! What did you do?"
- d. Mark: "I went hiking in the mountains. The fresh air was amazing."
- e. Alice: "That sounds like a perfect way to unwind!"

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

Question 4:

- a. I wanted to tell you that I've recently accepted a new job in New York, and I'll be moving there next month. It's a big change, but I'm really excited about this new chapter in my life.
- b. Dear Emily,
- c. I'm planning to visit my family before the big move, and I'd love to see you if you're free during that time.
- d. Hope this message finds you well! I wanted to catch you up on some recent news.
- e. Take care, and I hope to see you soon!

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

Question 5:

Hi Sarah,

- a. I'm really looking forward to joining the cooking class you recommended.
- b. Also, I appreciate the recipe you sent me; it looks delicious!
- c. However, I'm quite busy this month, so I might not be able to attend all the sessions.
- d. Thanks for your help in finding that class — it sounds perfect for me.
- e. Let's try to cook together sometime, that would be fun!

Write back soon.

James

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

Question 6:

- a. Lan: It's Mai's birthday, Mum. Is it OK if I stay the night at her house after the party?
- b. Lan's mother: Certainly. Whose birthday is it?
- c. Lan: Mum, Can I go to my friend's birthday party this Saturday evening?
- d. Lan's mother: Oh, I'm afraid not. You must come back home before 10 p.m. We're going to visit your grandparents early on Sunday morning.
- e. Lan: OK, Mum. I'll be home before 10 p.m. then.

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

Question 7:

- a. Firstly, we should clean up all areas regularly. For example, we can organise clean-up activities at weekends.
- b. There are three things we can do to improve the environment in our school.
- c. Secondly, we ought to set up more rubbish bins. For instance, we can put more rubbish bins in the school gate, in front of each building, or in the playground.
- d. In conclusion, we can improve the environment in our school in many ways and even small actions can make a big difference.
- e. Finally, we should plant more trees. To give an example, we can encourage students to plant trees or flowers in our school because this reduces CO2 and makes the air clean.

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

Question 8:

- a. Environmental protection is essential for the health of our planet and its inhabitants.
- b. It helps to reduce pollution and climate change, which are two of the most pressing issues facing our world today.
- c. Therefore, it is important for everyone to do their part to protect the environment.
- d. Environmental protection can also help to protect our natural resources, such as air, water, and land.
- e. These resources are essential for our survival and well-being, and we must do everything we can to protect them.

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

IV. ĐỌC ĐIỀN QUẢNG CÁO/ THÔNG BÁO/ TỜ RƠI

1. Read the following advertisement 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 1 to 6.

SMARTPHONES

Smartphones have become an essential part of our daily lives, (1) _____ a variety of apps that can help us with various tasks. One particularly (2) _____ is Giant. It allows users to create to-do lists and set reminders for (3) _____ deadlines. The app provides users (4) _____ a well-organized way to organize tasks effectively.

With this app, users can easily set their schedules, making it simpler to (5) _____ track of what needs to be done. Many people also enjoy the feature that allows them (6) _____ their progress daily, which can be very motivating. It's a useful way to ensure that nothing gets overlooked.

Question 1: A. offered B. offering C. to offer D. is offering

Question 2: A. useful smartphone app B. useful app smartphone
 C. app useful smartphone D. smartphone useful app

Question 3: A. import B. importantly C. important D. importance

Question 4: A. at B. for C. with D. in

Question 5: A. set B. keep C. pay D. take

Question 6: A. check B. checking C. to checking D. to check

2. Read the following advertisement 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 1 to 6.

Dirty body - healthy body

Do you like to be clean? An (1) _____ thinks it could be making you sick. "Bathing removes our natural protection (2) _____ germs," said Dr. Giancarlo Pagnozzi. "Nature gives us protection, but we keep (3) _____ it away."

For seven years, researchers studied 300 people. One half (4) _____ a bath or shower every day using soap. The other half washed once a week in plain water. The super-clean team had several minor illnesses, (5) _____ 876 colds, 167 cases of flu, 49 sore throats, and (6) _____ skin diseases. The dirty group had only 29 colds, 3 cases of mild flu, and 1 sore throat - but no friends.

Question 1: A. expert health Italian
 C. expert Italian health

B. Italian expert health
D. Italian health expert

Question 2: A. to B. for

C. from D. with

Question 3: A. washing B. wash

C. to washing D. to wash

Question 4: A. took B. put

C. made D. gave

Question 5: A. including B. include

C. are including D. included

Question 6: A. variety B. vary

C. various D. variously

3. Read the following advertisements 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 22 to 27

Energy saving tips

Turn off Appliances

Most electrical and electronic (22) _____ can safely be turned off at the plug to save energy. (23) _____ satellite and digital TV recorders that may need to stay plugged in. You could save about £30 a year by (24) _____ appliances left in standby mode.

Careful in the kitchen

Don't fill up your kettle (25) _____ time you use it. Only boil the (26) _____ of water that you need

*Make sure the size of your saucepan matches the size of your hob ring to save (27) _____

*Set your washing machine to wash at 30°C as it will use around 40% less energy than at higher temperatures

Question 22: A. appliances B. resources C. items D. origins

Question 23: A. due to B. except for C. with regard to D. regardless of

- Question 24: A. taking off B. taking on C. turning on D. turning off
 Question 25: A. other B. others C. each D. many
 Question 26: A. quantity B. number C. amount D. quality
 Question 27: A. energy B. preparation C. place D. environment

4. Read the following leaflet and mark the letter A, B, C, or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 7 to 12.

Simple Things You Can Do to Help Protect the Earth

Facts and Figures

- The world has over 3.04 trillion trees in the world. However, 27.000 of them are cut down daily to make toilet paper.
- The water in our lakes, ponds, streams, rivers. ponds and (7) _____ surface water (8)_____0.3% of our fresh water resource.
- Seventy-eight percent of marine mammals are at risk of accidental deaths, such as getting caught in fishing nets. Plastic bags and other plastic garbage that ends up in the ocean kill over 1.000 .000 sea animals every year.

Positive actions you can take

- Cut down on what you throw away. Follow the three "R's" to conserve natural (9) _____ and landfill space. This can help reduce the (10) _____ of rubbish you produce.
- Volunteer for cleanups in your community (11) _____ your gender or ethnic groups
- The less water you use, the less runoff and wastewater that eventually end up in the ocean.
- Shop wisely: Buy less plastic and bring a (12) _____ shopping bag.

- Question 7: A. others B. the others C. other D. another
 Question 8: A. makes up B. puts out C. takes after D. gives up
 Question 9: A. substances B. factors C. resources D. Products
 Question 10: A. numbers B. amount C. quality D. plenty
 Question 11: A. on account of B. irrespective of C. in stead of D. in view of
 Question 12: A. reusable B. sustainable C. rechargeable D. disposable

5. Read the following advertisement and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 1 to 6:

DISCOVER HEALTHY EATING

Want to eat better but don't know where to start? Our healthy eating app (1)_____ you with recipes, meal plans, and shopping lists that are easy to follow. Whether you're (2)_____ to lose weight, gain muscle, or just improve your overall well-being, we've got you covered. You can customize your meals based on your dietary preferences, and all our recipes (3)_____ natural, whole foods. Start today and see how (4)_____ a few small changes can make a big difference. Sign (5)_____ for free, and gain access to hundreds of healthy recipes. Eating well has never been (6)_____!

- Question 1: A. guides B. guided C. had guided D. has guided
 Question 2: A. teaching B. being C. kissing D. hoping
 Question 3: A. uses B. using C. use D. used
 Question 4: A. exciting B. confusing C. easy D. difficult
 Question 5: A. off B. with C. up D. on
 Question 6: A. simple B. simplest C. simpler D. more simple

6. Read the following leaflet and mark the letter A, B, C or D on your answer sheet to indicate the option that bestfits each of the numbered blanks from 7 to 12.

Stress Management Tips

Feeling overwhelmed? Managing stress is crucial for maintaining both mental and physical health.

Stress Facts: Did you know that over 50% of people (7)_____ from high levels of stress? Chronic stress can affect your overall well-being and lead to fatigue.

Steps to Manage Stress:

- Practice deep breathing! This simple technique can (8)_____ calmness and lower anxiety.
- Stay active! Exercise helps reduce stress by releasing endorphins and boosting (9)_____ mood.

- Get organized! (10)_____ letting stress build up, manage your time and tasks effectively to (11)_____ feeling overwhelmed.
- Seek support! Talk to friends or a counselor if you're feeling (12)_____ by stress.

- Question 7.** A. suffer B. enjoy C. recover D. lower
Question 8. A. protect B. promote C. avoid D. decrease
Question 9. A. overall B. temporary C. low D. minimal
Question 10. A. On account of B. Despite C. Instead of D. Due to
Question 11. A. avoid B. beg C. delay D. postpone
Question 12. A. defeated B. distracted C. relieved D. relaxed

7. Read the following announcement and mark the letter A, B, C, or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 7 to 12.

Title: ASEAN poster making event

To: The Hanoi High School Youth Union Board

Date: 10 January 2024

We would like to propose an ASEAN poster making event to welcome a (7) _____ of students from ASEAN countries who are coming to visit our school on 3rd of March.

The event will take place in the school Hall from 9 a.m. until 5 p.m. We will organise all the activities and invite all ASEAN students and representatives of (8) _____ classes. In the morning, students will take part in training (9) _____ on poster design, presentations, and discussions on current issues in ASEAN, and group brainstorming activities. We'll also (10) _____ packed lunch boxes to be delivered at 1 p.m. so participants can eat in the school hall. In the afternoon, the teams will make their posters.

The event will help young people from ASEAN countries meet and build a community. Participants will also have a chance to learn about each other's culture. We believe that the event will help develop students' ability to work with people from other countries and create shared (11) _____.

We really hope you will consider our proposal (12) _____ we think that it will be beneficial to both local students and the visiting ASEAN students.

- Question 7.** A. amount B. group C. variety D. level
Question 8. A. others B. other C. the others D. another
Question 9. A. workshops B. conferences C. anniversaries D. interviews
Question 10. A. care about B. arrange for C. depend on D. respond to
Question 11. A. values B. units C. customs D. ideas
Question 12. A. although B. though C. yet D. as

8. Read the following leaflet and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 7 to 12.

The Importance of Exercise

Exercise is a crucial part of a healthy lifestyle. Many people (7) _____ various physical activities, such as running, swimming, or dancing. Irrespective of the type of exercise, it is important to stay active. Regular exercise can improve your physical health and mental well-being.

A (8) _____ of studies have shown that people who exercise regularly have lower stress levels and feel happier. Exercise (9) _____ endorphins, which are chemicals in the brain that act as natural painkillers and mood lifters.

While some individuals may prefer team sports, (10) _____ enjoy solo activities. This means that everyone can find something they love. For instance, you can join a gym or take classes in yoga or martial arts. Other (11) _____ include hiking or cycling, which allow you to enjoy nature while getting fit.

In conclusion, exercise is essential for everyone, (12) _____ age or fitness level. Making time for physical activity can lead to a healthier and happier life.

- Question 7.** A. carry on B. take part in C. get off D. turn out
Question 8. A. amount B. level C. quality D. number
Question 9. A. takes in B. restores C. releases D. reduces
Question 10. A. others B. the other C. other D. another
Question 11. A. options B. classes C. facilities D. chemicals
Question 12. A. because of B. instead of C. regardless of D. on account of

V. ĐỌC ĐIỀN HOÀN THÀNH CÂU

1. 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 18 to 22.

Urbanisation in Vietnam: A Transformative Journey

Vietnam, a country that was once largely rural, has seen rapid urbanisation over the past few decades. Cities such as Hanoi and Ho Chi Minh City, once known for their traditional buildings and quiet streets, (18) _____. To promote economic growth, the government has introduced policies promoting immigration which later results in industrialisation and urban expansion. As a result, (19) _____. One notable aspect of Vietnam's urbanisation is the improvement of transport systems, which has made cities more connected. Including new metro lines and expanded roads, (20) _____.

However, (21) _____. The fast pace of development, combined with increasing pollution, presents challenges for authorities trying to balance growth with preservation. Another significant challenge of urbanisation in Vietnam is its impact on cultural heritage, which is increasingly at risk. Historical landmarks, such as the Temple of Literature in Hanoi, are overshadowed by the rapid construction of modern skyscrapers, (22) _____. The coexistence of ancient structures and contemporary buildings often results in tension between development and conservation.

Question 18.

- A. that reflects the shift towards urban centres filled with modern amenities
- B. whose urban transformation includes skyscrapers and advanced infrastructure
- C. where traditional features coexist with growing urban developments
- D. have transformed into bustling hubs with towering skyscrapers and modern facilities

Question 19.

- A. millions of people have moved to big cities in search of better jobs and opportunities
- B. major cities have experienced rapid development in infrastructure and public services
- C. economic growth has encouraged urban centres to expand and attract large investments
- D. urbanisation has led to the construction of modern facilities and better transport systems

Question 20.

- A. commuting has become easier since the introduction of modern public transport options
- B. major projects have helped reduce traffic jams and improve accessibility
- C. the government has invested in new technologies to improve transportation
- D. travel times have been improved thanks to new transport infrastructure

Question 21.

- A. urbanisation has created new job opportunities for people in rural areas
- B. urban sprawl has raised concerns about environmental sustainability
- C. the rapid growth of cities has led to a rise in environmental initiatives
- D. increased investment in infrastructure has enhanced the quality of life

Question 22.

- A. cause conflicts between urban development and heritage protection
- B. leading to concerns about the preservation of these sites
- C. that affects the way cities handle historical conservation
- D. and raising questions about how to balance growth with preservation

2. Read the following passage about humanoid robots and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 18 to 22.

In recent years, artificial intelligence (AI) has been widely applied in various fields, including healthcare, finance, and education. AI systems are now (18) _____. Despite these advancements, there are still concerns about the ethical use of AI, particularly in (19) _____.

Many organizations are adopting AI technologies (20) _____. These technologies have the potential to transform industries, but experts emphasize that AI should complement human abilities rather than replace them. For example, in education, AI can (21) _____, allowing teachers to focus on other important aspects of teaching. However, it remains crucial to ensure that AI (22) _____.

Question 18.

- A. being integrating into critical industries that handle complex decision-making processes
- B. integrated in workflows where human input is gradually becoming unnecessary
- C. being integrated into systems designed to automate repetitive and data-driven tasks
- D. being integrate into systems which still depend on human supervision

Question 19.

- A. making decisions which traditionally relied on human expertise
- B. to make decisions that required careful consideration and judgment
- C. making of decisions that influence significant outcomes in various sectors
- D. make decisions in situations that require ethical responsibility

Question 20.

- A. with aim improve processes and increase productivity
- B. in order improving operations across various departments
- C. in order to improve efficiency and reduce human mistakes
- D. with the goal of to enhancing performance and minimizing errors

Question 21.

- A. helps performing automated grading and feedback tasks
- B. be applied to doing various tasks in educational settings
- C. perform tasks like grading and giving feedback for students
- D. performs tasks to providing real-time feedback to students

Question 22.

- A. operates in a manner which respects human oversight
- B. operate with consistent regulations to guarantee fairness
- C. operates consistently to ensure that ethical standards are met
- D. are operating according to principles of fairness and transparency

3. Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 18 to 22.

The future of electric vehicles (EVs) is promising, as technological advancements and environmental concerns (18) _____. As governments worldwide implement stricter emissions regulations and offer incentives for EV adoption, manufacturers are investing heavily in research and development. (19) _____, resulting in longer ranges and faster charging times. For instance, new solid-state batteries have the potential to enhance energy density and safety, making EVs more practical for everyday use.

Additionally, the rise of autonomous driving technology is set to revolutionize the way we interact with vehicles. Many electric models are now equipped with advanced driver-assistance systems (20) _____. Furthermore, the integration of smart technology allows for seamless connectivity, enabling drivers to monitor their vehicle's performance and locate charging stations through mobile apps.

As charging infrastructure continues to expand, (21) _____, the convenience of owning an EV is increasing. This transition to electric vehicles not only promises a reduction in carbon emissions but also fosters a cleaner, healthier environment. Overall, (22) _____ and sustainable transportation.

- Question 18:** A. driving the automotive industry toward a sustainable transformation
B. drive the automotive industry toward a sustainable transformation
C. that drive the automotive industry toward a sustainable transformation
D. from which drive the automotive industry toward a sustainable transformation

- Question 19:** A. This focus has led to significant improvements in battery technology
B. Having led to significant improvements in battery technology
C. This focus of significant improvements in battery technology
D. Significant improvements have led to this focus on battery technology

- Question 20:** A. whose not only enhance safety but also pave the way for fully autonomous driving
B. which not only enhance safety but also pave the way for fully autonomous driving
C. who not only enhance safety but also pave the way for fully autonomous driving
D. whose not only enhance safety but also pave the way for fully autonomous driving

- Question 21:** A. more public charging stations are being installed
B. with more public charging stations being installed
C. more public charging stations being installed
D. with more public charging stations installing

- Question 22:** A. the future of electric vehicles holds immense potential for innovation
B. immense potential for innovation holds the future of electric vehicles
C. electric vehicles for innovation hold immense potential for the future
D. the future for innovation holds immense potential of electric vehicles