

PHẦN 1: TRẮC NGHIỆM

I. PHONETICS AND STRESS : NHẬN BIẾT

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

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|---------------------------|-----------------------|-----------------------|----------------------|
| 1. A. <u>sen</u> sor | B. <u>pre</u> pare | C. <u>dwel</u> ler | D. <u>men</u> tal |
| 2. A. ex <u>ch</u> ange | B. <u>fat</u> ty | C. <u>bal</u> ance | D. <u>h</u> abit |
| 3. A. att <u>en</u> tion | B. <u>infec</u> tious | C. <u>sugg</u> estion | D. <u>pollu</u> tion |
| 4. A. <u>g</u> as | B. <u>tra</u> ffic | C. <u>val</u> ue | D. <u>beh</u> ave |
| 5. A. <u>bel</u> ieve | B. <u>ext</u> ended | C. <u>res</u> pect | D. <u>g</u> ender |
| 6. A. <u>spe</u> cial | B. <u>com</u> mon | C. <u>cons</u> ist | D. <u>con</u> flict |
| 7. A. <u>exh</u> ibit | B. <u>veh</u> icle | C. <u>hou</u> sing | D. <u>h</u> onest |
| 8. A. <u>re</u> ply | B. <u>qual</u> ify | C. <u>appl</u> y | D. <u>wor</u> ry |
| 9. A. <u>pro</u> gram | B. <u>prom</u> ote | C. <u>prop</u> ose | D. <u>pro</u> cess |
| 10. A. <u>sugg</u> est | B. <u>go</u> al | C. <u>pro</u> gram | D. <u>organ</u> ize |
| 11. A. <u>iss</u> ue | B. <u>imp</u> act | C. <u>cli</u> mate | D. <u>disc</u> uss |
| 12. A. <u>co</u> al | B. <u>so</u> ot | C. <u>glo</u> bal | D. <u>go</u> al |
| 13. A. <u>pro</u> vide | B. <u>poll</u> ute | C. <u>carb</u> on | D. <u>pola</u> r |
| 14. A. <u>rele</u> ase | B. <u>thre</u> at | C. <u>dise</u> ase | D. <u>stre</u> am |
| 15. A. <u>ecolo</u> gical | B. <u>glo</u> bal | C. <u>ener</u> gy | D. <u>geolo</u> gy |

Exercise 2 Choose the word whose stress pattern is different from that of the others.

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|------------------|---------------|---------------|---------------|
| 1. A. dependent | B. tradition | C. pollution | D. leadership |
| 2. A. volunteer | B. relation | C. discussion | D. pollutant |
| 3. A. warming | B. respect | C. express | D. prepare |
| 4. A. footstep | B. greenhouse | C. balance | D. remove |
| 5. A. agreement | B. cultural | C. solution | D. efficient |
| 6. A. operate | B. energy | C. quality | D. important |
| 7. A. healthy | B. exchange | C. global | D. habit |
| 8. A. teamwork | B. conserve | C. welcome | D. poster |
| 9. A. sensible | B. privacy | C. livable | D. impression |
| 10. A. climate | B. reply | C. reduce | D. install |
| 11. A. public | B. private | C. dweller | D. discuss |
| 12. A. carbon | B. sensor | C. impress | D. urban |
| 13. A. footprint | B. allow | C. traffic | D. modern |
| 14. A. energy | B. electric | C. skyscraper | D. negative |
| 15. A. belong | B. special | C. achieve | D. allow |

II. GRAMMAR AND VOCABULARY

Exercise 1. Choose the best answer to complete each of the following sentences. (NHẬN BIẾT)

- "I have got a terrible headache." – "You _____ go to see the doctor."
A. may B. could C. should D. might
- The government _____ improve the infrastructure of big cities to boost the economy.
A. mustn't B. doesn't have to C. should D. didn't have to
- People living in high-rise buildings _____ obey the safety rules and regulations strictly.
A. shouldn't B. mustn't C. may D. have to
- My parents respect my career choice, so I _____ follow in their footsteps.
A. mustn't B. don't have to C. should D. shouldn't
- I _____ go to work on Saturdays. It's my day off
A. can't B. shouldn't C. don't have to D. mustn't
- You look pretty tired. I think you _____ go to bed early tonight.
A. should B. can C. might D. must

7. All students _____ hand in their assignments by Friday at the latest.
A. ought B. might C. must D. have
8. You _____ sit so near the TV. It's bad for your eyes.
A. cannot B. couldn't C. may not D. shouldn't
9. You _____ respect older people. You can learn some valuable lessons from them.
A. must B. don't have to C. shouldn't D. mustn't
10. We _____ wear uniforms on weekdays. It's the rule at our school.
A. have to B. can't C. don't need to D. might not
11. You _____ ask your parents for permission if you want to colour your hair.
A. shouldn't B. had to C. should D. oughtn't to
12. In the past, women _____ do all housework. It was one of their duties.
A. needn't B. had to C. must D. shouldn't
13. You _____ learn to keep your bedroom tidy. No one can clean it for you.
A. must B. had to C. mustn't D. shouldn't
14. You _____ wear shorts to school. It's against the school rules.
A. should B. have to C. mustn't D. don't have to
15. I think parents _____ compare their children to other's. They will become less confident in their abilities.
A. should B. have to C. must D. shouldn't

Exercise 2. Choose the best answer to complete each of the following sentences. (NHẬN BIẾT)

1. Don't forget to drink lots of water and stay _____ with plenty of exercise.
A. inactive B. active C. awake D. still
2. It's also important to eat a _____ diet with lots of fruits, vegetables, and protein
A. balanced B. unhealthy C. poor D. strict
3. The doctor have just _____ the patients and fortunately the treatment is working
A. discharged B. suffered C. examined D. operated
4. The _____ refers to the difference in attitudes or behavior between a younger generation and the older one.
A. argument B. generation gap C. conflict D. disagreement
5. She works in television, following _____ her father's footsteps.
A. with B. on C. in D. of
6. If you are a part of a (n) _____, you may live with your grandparents, aunts and uncles.
A. generation gap B. extended family C. nuclear family D. blended family
7. I live in a/an _____ with my parents and my elder sister in the coastal area
A. extended family B. nuclear family C. extended house D. nuclear house
8. Generation _____ is the difference in the thoughts and viewpoints amongst generations living together.
A. distance B. gap C. space. D. All are correct
9. He doesn't want to follow in his father's _____ as a doctor.
A. attitude B. privacy C. tradition D. footstep
10. 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. generators C. generates D. generation
11. She got enough sleep last night, so today she is full of _____
A. exercise B. energy C. injuries D. stress
12. _____ fruit and vegetables form an important part of a healthy diet
A. Raw B. Fresh C. Frozen D. Cooked
13. Start following these five habits to add years to your life _____.
A. expect B. expectant C. expectation D. expectancy
14. 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

15. Just 15 minutes of daily _____ can add three more years of life

A. smoking B. reading C. routines D. exercise

Exercise 3. Choose the best answer to complete each of the following sentences. (THÔNG HIỂU)

1. This is a 'green city' designed to reduce its negative _____ on the environment

A. impact B. result C. impression D. force

2. Most people will use public _____ such as trams and electric buses

A. places B. technology C. transport D. system

3. City _____ will stop using their cars in urban areas.

A. dwellers B. governments C. authorities D. researchers

4. In smart cities, AI technologies will be installed to help the city _____ more efficiently.

A. exhibit B. design C. operate D. impress

5. Building a good _____ is important for the country's economy.

A. building B. skyscraper C. infrastructure D. center

6. With the help of technology, people can now grow vegetables in _____ gardens of high-rise buildings.

A. room B. front C. roof D. back

7. With better transportation, more people will be able to move around easily, and it will reduce traffic _____

A. noise B. pollution C. jam D. transport

8. They may also be more sustainable, with green spaces and _____ energy sources.

A. nuclear B. renewable C. traditional D. non-renewable

9. By 2050 the world's _____ are/ is expected to reach 10 billion, and nearly 70 per cent of these people will live in cities

A. environmentalists B. gardeners C. urbanites D. population

10. Street lights can turn off when the streets are empty, and _____ can inform waste collection teams when the bins are full.

A. authorities B. infrastructure C. sensors D. facilities

11. These features will make future cities more _____ and will provide a high quality of life to city dwellers.

A. live B. alive C. liveable D. lively

12. Many experts believe that good _____ transport will solve traffic problems in big cities.

A. individual B. private C. public D. national

13. People feel safe in this neighborhood because _____ are installed everywhere.

A. smart cities B. smartphones C. smart cars D. smart sensors

14. People of different generations often come into _____ with one another.

A. belief B. conflict C. agreement D. support

15. 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

Exercise 4. Choose the best answer to complete each of the following sentences. (THÔNG HIỂU)

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

Exercise 5. Choose the best answer to complete each of the following sentences. (VẬN DỤNG THẤP)

1. The office has a gym for those who like to _____ exercise in their lunch hour.
 A. take B. put C. make D. give
2. We should _____ healthy by eating well and exercising regularly.
 A. sound B. seem C. look D. stay
3. I believe you need to decide if you want to focus on _____ weights or improving your heart health
 A. lifting B. putting C. taking D. pulling
4. My grandparents encourage me to _____ my dream to become an engineer
 A. quit B. follow C. improve D. awake
5. The skyscraper _____ people's attention because of its unusual architecture.
 A. attracts B. pays C. gives D. pays
6. You need to _____ a community project related to the theme for the year
 A. reject B. reach C. approve D. propose
7. All participants agree that more opportunities should be given to women so that they can _____ their countries at international events
 A. present B. propose C. represent D. apply
8. Good nutrition is essential if patients are to _____ a quick recovery.
 A. do B. make C. put D. take
9. This exercise may look easy and suitable for people of all ages. However, if it's not done properly, it can _____ more harm than good
 A. do B. make C. put D. take
10. Washing your hands frequently can help prevent you from _____ a cold or other infectious illnesses.
 A. catch B. take C. pick D. hold
11. My parents' imposition _____ no difference to my decision of choosing the future career
 A. gives B. pays C. takes D. makes
12. John often _____ into conflict with his parents because he missed his curfew
 A. put B. came C. took D. became

Exercise 6. Choose the best answer to complete each of the following sentences. (THÔNG HIỂU)

1. 30 minutes is enough time to use social media because the screens of electronic devices _____ blue lights
 A. give up B. give off C. take in D. take up
2. The supermarket chain has promised to _____ on packaging.

- A. cut down B. cut off C. cut into D. cut by
3. Sleep, rest and relaxation can _____ the ageing process
- A. slow down B. speed up C. turn off D. turn on
4. You should _____ all your electric devices at least 30 minutes before you go to bed.
- A. turn on B. turn off C. turn up D. turn back
5. The new underground has allowed city dwellers to _____ more easily
- A. make up B. get round C. get out D. move away
6. Increasing numbers of children are _____ mental health problems due to bad habits
- A. suffering from B. recovering from C. benefiting from D. preventing from
7. More than fifty percent of it is made up _____ green areas.
- A. on B. from C. of D. for
8. Human beings now have to _____ environmental issues.
- A. deal with B. carry out C. give up D. look after
9. If you want to stay healthy, you should have a balanced diet and _____ regularly.
- A. work out B. take out C. speak out D. stand out
10. For a healthy diet, you should _____ sugar and eat more vegetables.
- A. take on B. cut down on C. go on D. cut with

Exercise 7. Choose the best answer to complete each of the following sentences.

1. A: - What an attractive hair style you have got, Mary! B: - _____
- A. Thank you very much. I am afraid B. You are telling a lie
- C. Thank you for your compliment D. I don't like your sayings
2. A: - You look great in this new dress. B: - _____.
- A. With pleasure B. Not at all
- C. I am glad you like it D. Do not say anything about it
3. A: - How well you are playing! B: - _____.
- A. Say it again. I like to hear your words B. I think so. I am proud of myself
- C. Thank you too much D. You must be kidding. I still need to practise a lot.
- 4: - Laura: "What a lovely house you have!" - Maria: "_____."
- A. Of course not, it's not costly B. Thank you. Hope you will drop in
- C. I think so D. No problem
- 5: Lora: "Your new blouse looks gorgeous, Helen!" Helen: "_____."
- A. Thanks, I bought it at Macy's B. It's up to you
- C. I'd rather not D. You can say that again
6. George: "_____." Michelle: "Thank you for your compliment."
- A. You've done your work B. This is a present for you
- C. I'm glad that you're well again D. You look pretty in this dress
7. A: "Can I give you a hand?" B: "_____"
- A. That's very kind of you B. You're right. C. Sorry to hear that. D. I agree with you.
8. Lan: "Is there anything else I can do for you?" - Nam: "_____"
- A. Good job B. You're right.
- C. I'd love to D. Thank you, but I think I'm fine
9. Will: "Let's me show you how to use this treadmill" - Mary: "_____"
- A. My pleasure B. You're right. C. Thank you for your help D. Never mind
10. Peter: Mai, your bags look very heavy _____ give you a hand?
- Mai: Thank you. That's very kind of you.

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|----------|---------|-------------|----------|
| A. Can I | B. Do I | C. Should I | D. Did I |
|----------|---------|-------------|----------|
11. A: "Is it all right if I use your bike?" B: " _____ "
- | | | | |
|-------------------|-----------------|----------------|------------------|
| A. Sure, go ahead | B. I don't care | C. I accept it | D. Oh, forget it |
|-------------------|-----------------|----------------|------------------|
12. " I'd like the blue jacket, please! Can I try it on?" - " Yes, _____ "
- | | | | |
|--------------|-------------|--------------|-----------|
| A. you would | B. you must | C. certainly | D. you do |
|--------------|-------------|--------------|-----------|
13. Lora: "Do you mind if I turn on the fan?"
- | | | | |
|-----------|---------------|---------------|---------------|
| A. Cheer! | B. Not at all | C. Never mind | D. Not enough |
|-----------|---------------|---------------|---------------|
14. "May I take a seat here?" " _____ "
- | | |
|-----------------------|---------------------|
| 1A. I'm not sure | B. Yes, do please |
| C. That's a good idea | D. I'm glad you do. |
15. "Would you mind if I used your dictionary?" "Of course not, _____ "
- | | | | |
|------------------|----------------------|--------------------|------------------------|
| A. Don't do that | B. I'm sorry I can't | C. It's over there | D. I have a dictionary |
|------------------|----------------------|--------------------|------------------------|

Exercise 8. Mark the letter A, B, c, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions. (NHẬN BIẾT)

- The balance between work and life helps people to protect themselves from the negative **effects** of stress

A. reasons	B. impacts	C. causes	D. symptoms
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- We should do exercise **frequently** and eat more fruits and vegetables to stay healthy

A. rarely	B. daily	C. regularly	D. immediately
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- I read an article on the Internet, which claimed you could increase your **life expectancy** if you ate brown rice, fruit and vegetables

A. health	B. protection	C. length	D. longevity
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- The doctor **examined** her carefully but could find nothing wrong.

A. treated	B. checked	C. operated	D. diagnosed
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- You should also **exercise** early in the morning when it's not too hot.

A. have a rest	B. do housework	C. do homework	D. work out
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- Old people have an **active** lifestyle and are cared for by their families

A. independent	B. simple	C. energetic	D. passive
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- You will become **unhealthy** if you eat too many snacks.

A. harmful	B. nutritious	C. sick	D. injured
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- Men often gather in the street and laugh with each other. This **reduces** their stress and risk of heart diseases.

A. cut down on	B. go down	C. go up	D. give up
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- You ought to **give up** smoking to protect your health

A. suffer	B. reduce	C. stop	D. prevent
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- Lack of sleep can **lead to** many health problems. We should sleep seven to eight hours a night.

A. prevent	B. solve	C. result from	D. cause
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- Despite being a kid, Tuan always helps his mother do **the chores** every day.

A. homework	B. works	C. housework	D. house duties
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Exercise 8. Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions. (VẬN DỤNG THẤP)

1. Getting enough sleep can reduce stress and improve your mood
A. decrease B. relieve C. ease D. increase
2. Most of us need to lead more balanced lives to be healthy and happy
A. blue B. ill C. down D. upset
3. Spending more time outdoors can boost the body's strength and ability to function well
A. power B. health C. weakness D. injury
4. Jane found herself in conflict with her parents over her future career.
A. disagreement B. harmony C. controversy D. fighting
5. Smart cities are built on new technologies to improve people's lives.
A. recover B. affect C. worsen D. enhance
6. Pollution has reached disturbingly high levels in some urban areas.
A. residential B. rural C. coastal D. mountainous
7. Stress may weaken your immune system
A. lengthen B. enlarge C. strengthen D. shorten
8. 30 minutes is enough time to use social media because the screens of electronic devices give off blue lights
9. I noticed that you was looking a little under the weather. You coughed a lot
A. as pale as a ghost B. green around the gills C. off color D. in the pink
10. We greatly respect my teacher for all of the best things that she brought to us.
A. look up to B. look forwards C. look for D. look down on
11. One disadvantage of living in the town is the lack of safe places for children to play.
A. outcomes B. drawbacks C. benefits D. solutions

ĐÁP ÁN

PHẦN 1: TRẮC NGHIỆM

I. PHONETICS AND STRESS : NHẬN BIẾT

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

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|---------------------------|-----------------------|-----------------------|----------------------|
| 16. A. <u>sen</u> sor | B. <u>pre</u> pare | C. <u>dw</u> eller | D. <u>men</u> tal |
| 17. A. <u>ex</u> change | B. <u>f</u> atty | C. <u>bal</u> ance | D. <u>h</u> abit |
| 18. A. <u>att</u> ention | B. <u>inf</u> ectious | C. <u>sug</u> gestion | D. <u>pollu</u> tion |
| 19. A. <u>g</u> as | B. <u>tra</u> ffic | C. <u>val</u> ue | D. <u>beh</u> ave |
| 20. A. <u>bel</u> ieve | B. <u>ex</u> tended | C. <u>re</u> spect | D. <u>gen</u> der |
| 21. A. <u>spe</u> cial | B. <u>com</u> mon | C. <u>cons</u> ist | D. <u>con</u> flict |
| 22. A. <u>ex</u> hibit | B. <u>veh</u> icle | C. <u>hou</u> sing | D. <u>h</u> onest |
| 23. A. <u>re</u> ply | B. <u>qual</u> ify | C. <u>ap</u> ply | D. <u>wor</u> ry |
| 24. A. <u>pro</u> gram | B. <u>prom</u> ote | C. <u>prop</u> ose | D. <u>pro</u> cess |
| 25. A. <u>sug</u> gest | B. <u>goal</u> | C. <u>pro</u> gram | D. <u>organ</u> ize |
| 26. A. <u>iss</u> ue | B. <u>imp</u> act | C. <u>cli</u> mate | D. <u>disc</u> uss |
| 27. A. <u>co</u> al | B. <u>so</u> ot | C. <u>glo</u> bal | D. <u>goal</u> |
| 28. A. <u>pro</u> vide | B. <u>poll</u> ute | C. <u>carb</u> on | D. <u>pola</u> r |
| 29. A. <u>rele</u> ase | B. <u>thre</u> at | C. <u>dise</u> ase | D. <u>stre</u> am |
| 30. A. <u>ecolo</u> gical | B. <u>glo</u> bal | C. <u>ener</u> gy | D. <u>geolo</u> gy |

Exercise 2 Choose the word whose stress pattern is different from that of the others.

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| 16. A. dependent | B. tradition | C. pollution | D. leadership |
| 17. A. volunteer | B. relation | C. discussion | D. pollutant |
| 18. A. warming | B. respect | C. express | D. prepare |
| 19. A. footstep | B. greenhouse | C. balance | D. remove |
| 20. A. agreement | B. cultural | C. solution | D. efficient |
| 21. A. operate | B. energy | C. quality | D. important |
| 22. A. healthy | B. exchange | C. global | D. habit |
| 23. A. teamwork | B. conserve | C. welcome | D. poster |
| 24. A. sensible | B. privacy | C. livable | D. impression |
| 25. A. climate | B. reply | C. reduce | D. install |
| 26. A. public | B. private | C. dweller | D. discuss |
| 27. A. carbon | B. sensor | C. impress | D. urban |
| 28. A. footprint | B. allow | C. traffic | D. modern |
| 29. A. energy | B. electric | C. skyscraper | D. negative |
| 30. A. belong | B. special | C. achieve | D. allow |

II. GRAMMAR AND VOCABULARY

Exercise 1. Choose the best answer to complete each of the following sentences. (NHẬN BIẾT)

16. "I have got a terrible headache." – "You _____ go to see the doctor."
A. may B. could C. should D. might
17. The government _____ improve the infrastructure of big cities to boost the economy.
A. mustn't B. doesn't have to C. should D. didn't have to
18. People living in high-rise buildings _____ obey the safety rules and regulations strictly.
A. shouldn't B. mustn't C. may D. have to
19. My parents respect my career choice, so I _____ follow in their footsteps.
A. mustn't B. don't have to C. should D. shouldn't
20. I _____ go to work on Saturdays. It's my day off
A. can't B. shouldn't C. don't have to D. mustn't
21. You look pretty tired. I think you _____ go to bed early tonight.
A. should B. can C. might D. must
22. All students _____ hand in their assignments by Friday at the latest.
A. ought B. might C. must D. have
23. You _____ sit so near the TV. It's bad for your eyes.
A. cannot B. couldn't C. may not D. shouldn't
24. You _____ respect older people. You can learn some valuable lessons from them.
A. must B. don't have to C. shouldn't D. mustn't
25. We _____ wear uniforms on weekdays. It's the rule at our school.
A. have to B. can't C. don't need to D. might not
26. You _____ ask your parents for permission if you want to colour your hair.
A. shouldn't B. had to C. should D. oughtn't to
27. In the past, women _____ do all housework. It was one of their duties.
A. needn't B. had to C. must D. shouldn't
28. You _____ learn to keep your bedroom tidy. No one can clean it for you.
A. must B. had to C. mustn't D. shouldn't
29. You _____ wear shorts to school. It's against the school rules.
A. should B. have to C. mustn't D. don't have to
30. I think parents _____ compare their children to other's. They will become less confident in their abilities.
A. should B. have to C. must D. shouldn't

Exercise 2. Choose the best answer to complete each of the following sentences. (NHẬN BIẾT)

16. Don't forget to drink lots of water and stay _____ with plenty of exercise.
A. inactive **B. active** **C. awake** **D. still**
17. It's also important to eat a _____ diet with lots of fruits, vegetables, and protein
A. balanced **B. unhealthy** **C. poor** **D. strict**
18. The doctor have just _____ the patients and fortunately the treatment is working
A. discharged **B. suffered** **C. examined** **D. operated**
19. The _____ refers to the difference in attitudes or behavior between a younger generation and the older one.
A. argument **B. generation gap** **C. conflict** **D. disagreement**
20. She works in television, following _____ her father's footsteps.
A. with **B. on** **C. in** **D. of**
21. If you are a part of a (n) _____, you may live with your grandparents, aunts and uncles.
A. generation gap **B. extended family** **C. nuclear family** **D. blended family**
22. I live in a/an _____ with my parents and my elder sister in the coastal area
A. extended family **B. nuclear family** **C. extended house** **D. nuclear house**
23. Generation _____ is the difference in the thoughts and viewpoints amongst generations living together.
A. distance **B. gap** **C. space.** **D. All are correct**
24. He doesn't want to follow in his father's _____ as a doctor.
A. attitude **B. privacy** **C. tradition** **D. footprint**
25. 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. generators** **C. generates** **D. generation**
26. She got enough sleep last night, so today she is full of _____
A. exercise **B. energy** **C. injuries** **D. stress**
27. _____ fruit and vegetables form an important part of a healthy diet
A. Raw **B. Fresh** **C. Frozen** **D. Cooked**
28. Start following these five habits to add years to your life _____.
A. expect **B. expectant** **C. expectation** **D. expectancy**
29. 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**
30. Just 15 minutes of daily _____ can add three more years of life
A. smoking **B. reading** **C. routines** **D. exercise**

Exercise 3. Choose the best answer to complete each of the following sentences. (THÔNG HIỂU)

1. This is a 'green city' designed to reduce its negative _____ on the environment
A. impact **B. result** **C. impression** **D. force**
2. Most people will use public _____ such as trams and electric buses
A. places **B. technology** **C. transport** **D. system**
3. City _____ will stop using their cars in urban areas.
A. dwellers **B. governments** **C. authorities** **D. researchers**
4. In smart cities, AI technologies will be installed to help the city _____ more efficiently.
A. exhibit **B. design** **C. operate** **D. impress**
5. Building a good _____ is important for the country's economy.
A. building **B. skyscraper** **C. infrastructure** **D. center**
6. With the help of technology, people can now grow vegetables in _____ gardens of high-rise buildings.
A. room **B. front** **C. roof** **D. back**
7. With better transportation, more people will be able to move around easily, and it will reduce traffic _____
A. noise **B. pollution** **C. jam** **D. transport**

8. They may also be more sustainable, with green spaces and _____ energy sources.
A. nuclear **B. renewable** C. traditional D. non-renewable
9. By 2050 the world's _____ are/ is expected to reach 10 billion, and nearly 70 per cent of these people will live in cities
A. environmentalists B. gardeners C. urbanites **D. population**
10. Street lights can turn off when the streets are empty, and _____ can inform waste collection teams when the bins are full.
A. authorities B. infrastructure **C. sensors** D. facilities
11. These features will make future cities more _____ and will provide a high quality of life to city dwellers.
A. live B. alive **C. liveable** D. lively
12. Many experts believe that good _____ transport will solve traffic problems in big cities.
A. individual B. private **C. public** D. national
13. People feel safe in this neighborhood because _____ are installed everywhere.
A. smart cities B. smartphones C. smart cars **D. smart sensors**
14. People of different generations often come into _____ with one another.
A. belief **B. conflict** C. agreement D. support
15. 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

Exercise 4. Choose the best answer to complete each of the following sentences. (THÔNG HIỂU)

10. Taking part in the program was an _____ he would never forget
A. experienced B. inexperienced **C. experience** D. inexperience
11. To become a volunteer, you must be _____ for the program
A. qualify **B. qualified** C. unqualified D. disqualified
12. Participating in this summer camp was an _____ experience for me
A. forgetful B. forgettable C. forgetfully **D. unforgettable**
13. Cultural _____ is the best way for young people to understand other countries' values and ideas
A. change **B. exchange** C. values D. shock
14. Singapore has made a huge _____ to scholarships for ASEAN's students
A. decision B. effort **C. contribution** D. arrangement
15. Students with good _____ skills usually communicate well and manage teamwork effectively
A. analytical B. critical thinking C. problem-solving **D. leadership**
16. The current _____ relating to the environment is being discussed now
A. exchange B. contribution C. knowledge **D. issue**
17. 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**
18. 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

Exercise 5. Choose the best answer to complete each of the following sentences. (VẬN DỤNG THẤP)

- The office has a gym for those who like to _____ exercise in their lunch hour.
A. take B. put C. make D. give
- We should _____ healthy by eating well and exercising regularly.
A. sound B. seem C. look D. stay
- I believe you need to decide if you want to focus on _____ weights or improving your heart health
A. lifting B. putting C. taking D. pulling
- My grandparents encourage me to _____ my dream to become an engineer
A. quit B. follow C. improve D. awake
- The skyscraper _____ people's attention because of its unusual architecture.
A. attracts B. pays C. gives D. pays
- You need to _____ a community project related to the theme for the year
A. reject B. reach C. approve D. propose
- All participants agree that more opportunities should be given to women so that they can _____ their countries at international events
A. present B. propose C. represent D. apply
- Good nutrition is essential if patients are to _____ a quick recovery.
A. do B. make C. put D. take
- This exercise may look easy and suitable for people of all ages. However, if it's not done properly, it can _____ more harm than good
A. do B. make C. put D. take
- Washing your hands frequently can help prevent you from _____ a cold or other infectious illnesses.
A. catch B. take C. pick D. hold
- My parents' imposition _____ no difference to my decision of choosing the future career
A. gives B. pays C. takes D. makes
- John often _____ into conflict with his parents because he missed his curfew
A. put B. came C. took D. became

Exercise 6. Choose the best answer to complete each of the following sentences. (THÔNG HIỂU)

- 30 minutes is enough time to use social media because the screens of electronic devices _____ blue lights
A. give up B. give off C. take in D. take up
- The supermarket chain has promised to _____ on packaging.
A. cut down B. cut off C. cut into D. cut by
- Sleep, rest and relaxation can _____ the ageing process
A. slow down B. speed up C. turn off D. turn on
- You should _____ all your electric devices at least 30 minutes before you go to bed.
A. turn on B. turn off C. turn up D. turn back
- The new underground has allowed city dwellers to _____ more easily
A. make up B. get round C. get out D. move away
- Increasing numbers of children are _____ mental health problems due to bad habits
A. suffering from B. recovering from C. benefiting from D. preventing from
- More than fifty percent of it is made up _____ green areas.
A. on B. from C. of D. for
- Human beings now have to _____ environmental issues.
A. deal with B. carry out C. give up D. look after
- If you want to stay healthy, you should have a balanced diet and _____ regularly.
A. work out B. take out C. speak out D. stand out
- For a healthy diet, you should _____ sugar and eat more vegetables.
A. take on B. cut down on C. go on D. cut with

Exercise 7. Choose the best answer to complete each of the following sentences.

- A: - What an attractive hair style you have got, Mary! B: - _____

- A. Thank you very much. I am afraid
C. Thank you for your compliment
2. A: - You look great in this new dress.
 A. With pleasure
C. I am glad you like it
3. A: - How well you are playing!
 A. Say it again. I like to hear your words
 C. Thank you too much lot.
4. - Laura: "What a lovely house you have!"
 A. Of course not, it's not costly
 C. I think so
 5: Lora: "Your new blouse looks gorgeous, Helen!"
A. Thanks, I bought it at Macy's
6. George: "_____" Michelle: "Thank you for your compliment."
 A. You've done your work
 C. I'm glad that you're well again
 7. A: "Can I give you a hand?" B: "_____"
A. That's very kind of you B. You're right. C. Sorry to hear that. D. I agree with you.
8. Lan: "Is there anything else I can do for you?" - Nam: "_____"
 A. Good job B. You're right.
 C. I'd love to **D. Thank you, but I think I'm fine**
9. Will: "Let's me show you how to use this treadmill" - Mary: "_____"
 A. My pleasure B. You're right. **C. Thank you for your help** D. Never mind
10. Peter: Mai, your bags look very heavy _____ give you a hand?
 Mai: Thank you. That's very kind of you.
A. Can I B. Do I C. Should I D. Did I
11. A: "Is it all right if I use your bike?" B: "_____"
 A. Sure, go ahead B. I don't care C. I accept it D. Oh, forget it
12. "I'd like the blue jacket, please! Can I try it on?" - "Yes, _____"
 A. you would B. you must **C. certainly** D. you do
13. Lora: "Do you mind if I turn on the fan?"
 A. Cheer! **B. Not at all** C. Never mind D. Not enough
4. "May I take a seat here?" "_____"
 1A. I'm not sure **B. Yes, do please**
 C. That's a good idea D. I'm glad you do.
15. "Would you mind if I used your dictionary?" "Of course not, _____"
 A. Don't do that B. I'm sorry I can't **C. It's over there** D. I have a dictionary

Exercise 8. Mark the letter A, B, c, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions. (NHẬN BIẾT)

11. The balance between work and life helps people to protect themselves from the negative effects of stress

- A. reasons **B. impacts** C. causes D. symptoms

12. We should do exercise **frequently** and eat more fruits and vegetables to stay healthy
 A. rarely B. daily C. regularly D. immediately
13. I read an article on the Internet, which claimed you could increase your **life expectancy** if you ate brown rice, fruit and vegetables
 A. health B. protection C. length D. longevity
14. The doctor **examined** her carefully but could find nothing wrong.
 A. treated B. checked C. operated D. diagnosed
15. You should also **exercise** early in the morning when it's not too hot.
 A. have a rest B. do housework C. do homework D. work out
16. Old people have an **active** lifestyle and are cared for by their families
 A. independent B. simple C. energetic D. passive
17. You will become **unhealthy** if you eat too many snacks.
 A. harmful B. nutritious C. sick D. injured
18. Men often gather in the street and laugh with each other. This **reduces** their stress and risk of heart diseases.
 A. cut down on B. go down C. go up D. give up
19. You ought to **give up** smoking to protect your health
 A. suffer B. reduce C. stop D. prevent
20. Lack of sleep can **lead to** many health problems. We should sleep seven to eight hours a night.
 A. prevent B. solve C. result from D. cause
2. Despite being a kid, Tuan always helps his mother do **the chores** every day.
 A. homework B. works C. housework D. house duties

Exercise 8. Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions. (VẬN DỤNG THẤP)

1. Getting enough sleep can **reduce** stress and improve your mood
 A. decrease B. relieve C. ease D. increase
2. Most of us need to lead more balanced lives to be **healthy** and happy
 A. blue B. ill C. down D. upset
3. Spending more time outdoors can boost the body's **strength** and ability to function well
 A. power B. health C. weakness D. injury
4. Jane found herself in **conflict** with her parents over her future career.
 A. disagreement B. harmony C. controversy D. fighting
5. Smart cities are built on new technologies to **improve** people's lives.
 A. recover B. affect C. worsen D. enhance
6. Pollution has reached disturbingly high levels in some **urban** areas.
 A. residential B. rural C. coastal D. mountainous
7. Stress may **weaken** your immune system
 A. lengthen B. enlarge C. strengthen D. shorten
8. 30 minutes is enough time to use social media because the screens of electronic devices **give off** blue lights

9. I noticed that you was looking a little under the weather. You coughed a lot
A. as pale as a ghost B. green around the gills C. off color D. in the pink
10. We greatly respect my teacher for all of the best things that she brought to us.
A. look up to B. look forwards C. look for D. look down on
11. One disadvantage of living in the town is the lack of safe places for children to play.
A. outcomes B. drawbacks C. benefits D. solutions