

A. Content.

Units	Topics	Phonetics	Vocabulary	Grammar
1	LOCAL COMMUNITY	Vowel revision: /æ/; /ɑ:/; /e/	Community helpers Traditional handicrafts	Question words to- infinitives Phrasal verbs
2	CITY LIFE	Diphthong revision: /aʊ/; /əʊ/; /eə/	City life	Double comparatives Phrasal verbs
3	HEALTHY LIVING FOR TEENS	Sounds: /h/ and /r/	Student's life and school work	Modal verbs in first conditional sentences

B. Reference tests:

TEST 1

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

Question 1.

- A. ground B. should C. about D. amount

Question 2.

- A. carry B. garbage C. paragraph D. attraction

Mark the letter A, B, C, or D on your answer sheet to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

Question 3.

- A. business B. experience C. grandparent D. chocolate

Question 4.

- A. generation B. communicate C. historical D. environment

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

Question 5. Last year, the researchers _____ a survey to find out how eating habits affect the health of teenagers.

- A. worked out B. cut down C. carried out D. looked round

Question 6. After working hard from the beginning of the school year, Giang _____ her goal of achieving the highest score on the mid-term test.

- A. balanced B. accomplished C. solved D. intended

Question 7. The increase _____ population and the increasing number of vehicles have caused many accidents to happen every day in the city.

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

Question 8. If you _____ public transportation, you can reduce traffic congestion in the city.

- A. will use B. use C. using D. are used

Question 9. _____ they are from home, the more we miss them.

- A. The farther B. The more further C. The furthest D. The more far

Question 10. _____ time his son spent on electronic devices, _____ he focused on his studies.

- A. The less - the more B. The fewer - the more
C. less - more D. fewer - less

Question 11. Visiting this local craft market _____ me of the beautiful vases I saw at Bat Trang pottery village.

- A. remembers B. reviews C. reminds D. misses

Question 12. You'd better look after your _____ by taking time to relax and do things you enjoy.

- A. mental health B. physical health C. well-balanced diet D. healthy diet

Read the following recruitment 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 13 to 16.

HEALTHY LIVING TIPS FOR TEENAGERS

1. Eat (13) _____ balanced diet with plenty of fruits and vegetables.
2. Drink plenty of water and get enough sleep.
3. Exercise regularly (14) _____ fit.
4. Limit screen time to 2 hours a day.
5. Manage your time and give (15) _____ to important activities.
6. Talk to a counsellor, friends, or parents if you feel (16) _____ out.

Question 13.

- A. a B. the C. x (no article) D. an

Question 14.

- A. keeping B. keep C. kept D. to keep

Question 15.

- A. due date B. balance C. priority D. assignment

Question 16.

- A. stressful B. stressed C. stressfully D. stress

Mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions from 17 to 18.

Question 17. Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.

Fast food chains and international restaurants have become popular, offering a wide range of dishes and more food choices to local people. _____

- a. For example, here in Vietnam, we can enjoy Italian pizza or Japanese sushi, in addition to our traditional food.
- b. On the other hand, Vietnamese specialties, such as pho and banh mi, are also gaining popularity worldwide.
- c. Moreover, some international dishes use local ingredients, which make them unique and more suitable to local tastes.

- A. b – c – a B. a – c – b C. c – b – a D. b – a – c

Question 18. Choose the sentence that can end the text (in Question 17) most appropriately.

- A. In short, you can explore the flavorful world of traditional Vietnamese food or enjoy dishes from other countries around the world in Vietnam.
- B. To begin with, you have the best chance to taste many types of food when you visit Vietnam.
- C. In summary, Vietnamese dishes are not tasty enough to be enjoyed by foreigners.
- D. In the end, we need to know how to cook both local and international dishes.

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 19 to 24.

I believe all humans have the right (19) _____ in a safe and clean place. However, most cities today have many problems that need solutions. Johannesburg, South Africa, is one of these cities. I will explain some of its problems and potential solutions below.

A big problem is that crime is high in the city. There are so many criminals that life for normal people is beginning to (20) _____. They may move away from the city. For this reason, the government should provide more police officers on the streets.

(21) _____ problem is that the population is rising quickly. It might make more people homeless. Having more homeless people can cause many problems. The government should build more (22) _____ around the city.

The final problem is that air pollution is getting worse. Because of this, more people will need medical help. This could make hospitals very busy. To improve this, the government should ask people to ride bicycles more and use cars (23) _____.

To conclude, the number of criminals, the population (24) _____, and air pollution are problems in Johannesburg. However, there are solutions the government can implement. They should train more police officers, build more apartments, and ask people to ride bicycles instead of using cars.

Question 19.

- A. to live B. live C. living D. lives

Question 20.

- A. break up B. break down C. break into D. break away

Question 21.

- A. Other B. Others C. Another D. The other

Question 22.

- A. construction sites B. shopping malls
C. stadiums D. apartment buildings

Question 23.

- A. more B. little C. much D. less

Question 24.

- A. to grow B. grew C. growth D. grow

Mark the letter A, B, C, or D on your answer sheet to indicate the sentence that is closest in meaning to the original sentence in each of the following questions.

Question 25. Wear your coat or you may catch a cold.

- A. If you don't wear your coat, you may catch a cold.
B. Unless you wear your coat, you may not catch a cold.
C. You may wear a coat if you don't catch a cold.
D. You may catch a cold even though you wear your coat.

Question 26. They should reduce the amount of fatty foods in their daily meals.

- A. They should cut down on the amount of fatty foods in their daily meals.
B. They should eat more fatty foods in their daily meals.
C. They shouldn't cook fatty foods every day.
D. The more fatty foods they eat, the healthier they become.

Mark the letter A, B, C, or D on your answer sheet to indicate the sentence that is made from the given cues in each of the following questions.

Question 27. My father / handed / some / his / special / cooking techniques / me.

- A. My father handed out some of his special cooking techniques to me.
B. My father handed down some his special cooking techniques to me.
C. My father handed down some his special cooking techniques for me.
D. My father handed down some of his special cooking techniques to me.

Question 28. She / tell me / the trip / village / where / born / grow up.

- A. She tells me about the trip to village where she be born and grew up
B. She told me about the trip to the village where she was born and grew up.
C. She told me about the trip to the village where she is born and grew up.
D. She tells me about the trip the village where she is born and grew up.

Read the following sign or notice and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions.

Question 29. What does the sign say?



- A. Snacks are appropriate
B. You can buy food in the canteen
C. Eating is prohibited here.
D. Processed foods are bad for you

Question 30. What does the notice say?

Please do not make or take phone calls in the laboratory

- A. Phones are eliminated in the lab.
B. Visitors mustn't use phones anywhere, anytime in the lab.
C. If visitors want to use phones, they should contact staff.
D. There is no cell phone signal in the lab.

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 from 31 to 36.

As teenagers, setting goals can help you live a more balanced life. Goals give you a sense of direction and help you manage your time better. When you have clear goals, it's easier to focus on schoolwork, hobbies, and time with friends and family.

To start, think about what is important to you. For example, you may want to improve your grades, learn a new sport, or spend more time with family. Once you know your goal, break it into smaller steps. This makes it easier to work on and helps you stay **motivated**.

It's also important to set goals that you can achieve. If your goal is too hard, you might feel **frustrated** and give up. For example, if you want to get fit, start by jogging a few times a week instead of trying to run a marathon.

Finally, check your progress often. Ask yourself if you are still on track to reach your goal. If not, change your plan and try again. This will help you stay focused and not lose motivation.

By setting your own goals, you can create a balanced and happy life, making sure there is time for everything that matters to you.

Question 31. What is the main purpose of the text?

- A. To show why teenagers should focus more on their hobbies.
- B. To describe how teenagers can achieve school success easily.
- C. To encourage teenagers to spend more time with family.
- D. To explain how setting goals can lead to a more balanced life.

Question 32. The word 'motivated' in paragraph 2 is OPPOSITE in meaning to _____.

- A. Uninterested
- B. Focused
- C. Balanced
- D. Excited

Question 33. After choosing a goal, what should teenagers do next?

- A. Begin working on all parts of the goal at once.
- B. Break the goal into smaller, more achievable steps.
- C. Try to focus on the goal and forget about distractions.
- D. Work on the goal only when they feel motivated.

Question 34. The word 'frustrated' in paragraph 3 is CLOSEST in meaning to _____.

- A. Annoyed
- B. Satisfied
- C. Interested
- D. Surprised

Question 35. Which statement is NOT true according to the text?

- A. Setting realistic goals helps teenagers stay motivated.
- B. Checking progress regularly keeps teenagers on track.
- C. It is better to work on many goals at the same time.
- D. Breaking a goal into smaller steps makes it easier to achieve.

Question 36. How should teenagers check their progress on their goals?

- A. See if they are making progress and make changes if necessary.
- B. Look at their goals only after they have finished.
- C. Ask their friends to check their goals for them.
- D. Check their progress only when they feel like it.

Four phrases/ sentences have been removed from the text below. For each question, 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 37 to 40.

Living in a big city can have both positive and negative effects on _____ (37). On the one hand, cities offer many opportunities such as access to better jobs and _____ (38). On the other hand, city life can also be stressful due to _____ (39) and noise pollution. Additionally, many people struggle to find a balance between work and personal life (40) _____.

- A. crowded public spaces
- B. public services like hospitals and schools
- C. people's mental and physical health
- D. if they are constantly working in big cities

Question 37: _____

Question 38: _____

Question 39: _____

Question 40: _____

TEST 2

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

Question 1.

- A. him B. heir C. hair D. his

Question 2.

- A. tired B. serious C. average D. general

Mark the letter A, B, C or D on your answer sheet to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

Question 3.

- A. priority B. competition C. electrician D. entertainment

Question 4.

- A. construction B. liveable C. deliver D. collector

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

Question 5. The annual fair _____ us of our community's rich history and traditions.

- A. reminds B. suggests C. encourages D. remembers

Question 6. The committee has _____ a survey of parking problems in residential areas.

- A. cut down on B. carried out C. came back D. looked around

Question 7. The more people who use buses, _____ it is for the environment.

- A. the better B. the best C. better D. more good

Question 8. Linh: "Do you mind carrying this suitcase for me?"

Tom: "_____"

- A. Do it yourself, please. B. Not at all. It's my pleasure.
C. Yes, I do. Is it too heavy for you? D. Thanks! It's so kind of you.

Question 9. We'd better get an _____ to check the wiring before we start decorating.

- A. electrician B. artist C. architect D. police officer

Question 10. The government _____ their objective of reducing violent crime.

- A. accomplished B. succeeded C. managed D. got

Question 11. The coach explained when _____ for the best results.

- A. to exercise B. to exercising C. will exercise D. exercising

Question 12. There is a big _____ site near my house, so it's very noisy.

- A. construction B. construct C. constructing D. constructed

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 numbered blank from 13 to 16

STAYING HEALTHY AT WORK

To stay healthy while working, try these easy tips:

- Take breaks to stand up and (13) _____ around.
- Drink (14) _____ water all day to stay healthy.
- (15) _____ your desk clean and tidy to feel better.
- If you feel tired, (16) _____ some deep breaths to feel relaxed.

Question 13.

- A. move B. come C. leave D. look

Question 14.

- A. many B. enough C. little D. more

Question 15.

- A. Forget B. Open C. Keep D. Hide

Question 16.

- A. take B. stop C. wait D. run

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

Question 17. Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.

When twelve-year-old George said that he was getting headaches at school, his dad made an appointment for an eye test. _____.

- a. George said that he hoped to be a pilot, 'that might be difficult', said the doctor, "because you're colour-blind."
- b. The optician showed him some coloured images and asked him what numbers he could see, but George found the task difficult.

c. The optician then asked him what his plans were for the future.

A. a – b – c

B. b – c – a

C. c – a – b

D. a – c – b

Question 18. Choose the sentences that can end the text (in Question 17) most appropriately.

A. She told George that he probably wouldn't be able to fly planes in the future.

B. Later at home, his mum told him that colour-blindness ran in the family.

C. His grandad had the same problem, but he had learned to live well with it.

D. His grandad couldn't tell the difference between some colours.

Mark letter A, B, C or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 19 to 24.

When we feel anxious, we often give ourselves negative messages like: "I can't do this", "I'm useless" and "I'm going to fail".

It can be difficult but (19) _____ to replace these with positive thoughts such as: 'this is just anxiety, it can't harm me' and, 'relax, concentrate - it's going to be okay'.

Picturing how you'd like things to go can help you feel more (20) _____. Try to imagine yourself turning up to an exam feeling confident and relaxed. You turn over your paper, write down what you do know and come away knowing you tried your best on the day.

It can sometimes feel like your whole future depends on (21) _____ grades you get. There can be pressure on young people to do well in exams which can cause a lot of (22) _____. You might have been predicted certain grades or put into a higher set, and feel if you don't get the grade, you'll get your teachers or parents (23) _____.

Remember, exams are important – (24) _____ they're not the only way to a successful future. Lots of people achieve success in life without doing well in school exams.

Question 19.

A. afford

B. allow

C. let

D. try

Question 20.

A. positive

B. negative

C. tense

D. stressful

Question 21.

A. why

B. when

C. what

D. how

Question 22.

A. stressed

B. stressful

C. stress

D. stresses

Question 23.

A. down

B. up

C. on

D. off

Question 24.

A. although

B. because

C. but

D. so

Mark letter A, B, C or D on your answer sheet to indicate the sentence that is closest in meaning to the original sentence in each of the following questions.

Question 25. His good exam result gave us no surprise.

A. He did well in the exam, which made us surprised.

B. We were not surprised at his good exam result.

C. We were surprised at his good exam result.

D. We thought he had got better exam result.

Question 26. You must be careful because you may get burnt.

A. If you want to get burnt, you must be careful.

B. You may get burnt because you are not careful.

C. You will get burnt because she is not careful.

D. If you don't want to get burnt, you must be careful.

Mark the letter A, B, C, or D on your answer sheet to indicate the sentence that is best written from the words/phrases given.

Question 27. more / developed / a city / be / more/ food / people / throw away.

A. The more developed a city is, the more food people throw away.

B. More developed a city is, more food people will throw away.

C. The more developed a city is, more food people throw away.

D. More developed a city is, the more food people throw away.

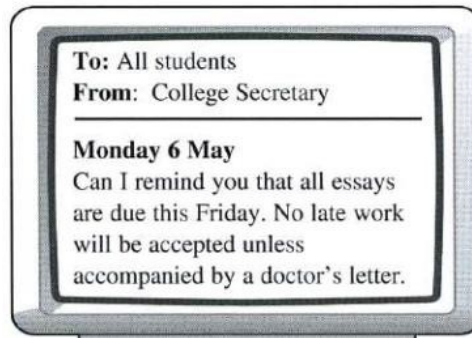
Question 28. I /decided / cut down / fast food / and / start / cook / my own meals.

A. I decided to cut down on fast food and start cooking my own meals.

- B. I decided cutting down on fast food and starting to cook my own meals.
- C. I decided cut down fast food and start to cook my own meals.
- D. I decided to cut down fast food and start cooking my own meals.

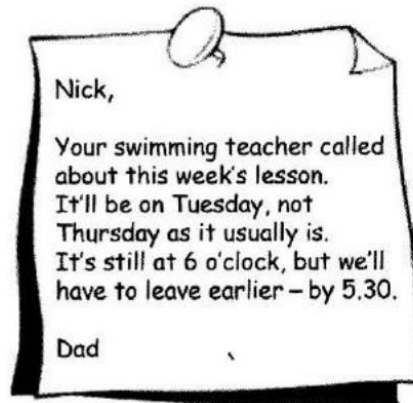
Read the following sign or notice and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.

Question 29.



- A. The college secretary will post students' essays on Friday.
- B. Students may hand in their essays after Friday if they can prove illness.
- C. Unless your essay is due by Friday, you do not need to reply
- D. Students need to remind each other of the due date for all essays.

Question 30.



- A. Nick's lesson will be on Tuesdays from now on.
- B. The time of Nick's lesson has changed.
- C. Nick's lesson this week is at the same time on a different day.
- D. Nick won't have to leave earlier this week because the time is unchanged.

Read the passage and mark letter A, B, C or D on your answer sheet to indicate the correct answer to each question from 31 to 36.

Practical stress management can help students deal with their worries and become more productive, competent and **efficient**. First of all, students must be able to design and stick to a timetable. Choose a relaxing break between work and study, even if it's just taking out time to breathe. In addition, a healthy lifestyle is essential for students. Let's drink more water as well as take out time to get some air and exercise. Furthermore, organization is very important in academic life for dealing with stress. By keeping academic notes organized, turning in assignments on time, and keeping track of all deadlines, stress can be reduced to a great extent. Stress can also get worse if a person feels lonely. Therefore, by letting out all your thoughts to someone you trust, you immediately feel a lot better. However, if you feel extremely stressed out, take a break and do something you love. Whether it is painting or listening to music, doing something you enjoy can cheer up your mood and **distract** you from a stressor. It's about time that we students accept that we can achieve just as much in life without all the stress.

Question 31. Practical stress management can help students _____.

- A. deal with stress
- B. have more time
- C. face up to the worst situation
- D. think critically

Question 32. What should students pay attention to when designing a timetable?

- A. They have to arrange time to breathe.
- B. They need to set time for relaxation.

C. They don't need to take notice of certain tasks.

D. They shouldn't include breaks in their timetable.

Question 33. Which of the following sentences is true?

A. You should stay alone when being under pressure.

B. When you feel lonely, you should grab someone to talk immediately.

C. The lonelier you are, the more stress you can have.

D. It is believed that stress can control itself.

Question 34. The word **efficient** is CLOSEST in meaning to _____?

A. wasteful

B. invaluable

C. organizational

D. effective

Question 35. The word **distract** is OPPOSITE in meaning to _____?

A. disturb

B. confuse

C. worry

D. focus

Question 36. What is the main idea of the passage?

A. Students should prioritize academic performance.

B. Some effective stress management techniques students can practice.

C. Loneliness is the primary cause of stress among students.

D. Taking breaks from study is unnecessary.

Four phrases/ sentences have been removed from the text below. For each question, 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 37 to 40.

The countries with the highest levels of obesity, however, are in the Pacific islands. In countries such as Nauru, Tuvalu and Palau, (37) _____. This is a relatively new trend, as, before the 1950s, locals (38) _____ that included bananas, coconuts, yams and seafood. Since then, incomes have increased, making imported convenience foods more affordable. This new situation causes people (39) _____ despite the availability of healthier, locally-grown options. In many regions of the USA, healthy choices just aren't available, or they are too expensive. In addition, (40) _____ means that many people don't get enough exercise.

A. this country's driving culture

B. consumed a traditional diet

C. over half the population is obese

D. to make poor food choices

Question 37: _____

Question 38: _____

Question 39: _____

Question 40: _____

THE END

ĐÁP ÁN VÀ LỜI GIẢI THAM KHẢO

TEST 1

Đáp án

1. B	2. B	3. B	4. A	5. C	6. B	7. A	8. B	9. A	10. A
11. C	12. A	13. A	14. D	15. C	16. B	17. B	18. A	19. A	20. B
21. C	22. D	23. D	24. C	25. A	26. A	27. D	28. B	29. C	30. B
31. D	32. A	33. B	34. A	35. C	36. A	37. C	38. B	39. A	40. D

Giải chi tiết

Câu 1. B. Phần gạch chân “ou” trong should phát âm /ʊ/, còn ground, about, amount có “ou” phát âm /aʊ/.

Câu 2. B. Chữ “a” trong garbage (cách phát âm Anh-Anh) là /ɑ:/, còn carry, paragraph và attraction có âm /æ/ ở phần được gạch chân.

Câu 3. B. experience nhấn âm 2: ex-PE-ri-ence. business, grandparent và chocolate đều nhấn âm 1.

Câu 4. A. generation nhấn trọng âm chính ở âm 3 (gene-RA-tion), còn communicate, historical và environment đều nhấn âm 2.

Câu 5. C. Cụm carry out a survey = tiến hành một cuộc khảo sát. Các phrasal verb còn lại không phù hợp nghĩa.

Câu 6. B. accomplish a goal = hoàn thành/đạt được mục tiêu. Giang đã làm việc chăm chỉ và đạt mục tiêu điểm cao nhất.

Câu 7. A. Cụm cố định: an increase in + noun = sự gia tăng về... → increase in population.

Câu 8. B. Câu điều kiện loại 1: If + hiện tại đơn, S + can/will/may + V. Vì vậy dùng use.

Câu 9. A. So sánh kép: The + comparative..., the + comparative... → The farther they are from home, the more we miss them.

Câu 10. A. time là danh từ không đếm được nên dùng less; ý câu: càng ít thời gian dùng thiết bị điện tử thì càng tập trung học nhiều hơn → The less - the more.

Câu 11. C. Cấu trúc remind somebody of something = gọi cho ai nhớ về điều gì. Chủ ngữ Visiting this market dùng reminds.

Câu 12. A. “Taking time to relax and do things you enjoy” liên quan trực tiếp đến sức khỏe tinh thần → mental health.

Câu 13. A. balanced diet là danh từ đếm được số ít, nhắc lần đầu nên dùng mạo từ a: eat a balanced diet.

Câu 14. D. to keep fit diễn tả mục đích: tập thể dục thường xuyên để giữ dáng/khỏe mạnh.

Câu 15. C. Cụm give priority to = dành sự ưu tiên cho. Sau give cần danh từ priority.

Câu 16. B. Cụm stressed out = rất căng thẳng. Sau feel cần tính từ, vì vậy stressed phù hợp.

Câu 17. B. Trình tự hợp lý là a - c - b: a đưa ví dụ món quốc tế ở Việt Nam; c bổ sung rằng món quốc tế dùng nguyên liệu địa phương; b chuyển ý bằng On the other hand sang món Việt phổ biến trên thế giới.

Câu 18. A. Câu A tóm tắt đúng toàn đoạn: ở Việt Nam có thể khám phá cả món truyền thống Việt Nam lẫn món ăn quốc tế.

Câu 19. A. Cấu trúc have the right to do something = có quyền làm gì → the right to live.

Câu 20. B. break down có thể mang nghĩa suy sụp/không còn vận hành tốt. Tội phạm cao khiến cuộc sống bình thường trong thành phố bắt đầu xuống cấp.

Câu 21. C. Trước danh từ số ít problem và mang nghĩa “một vấn đề khác” dùng Another.

Câu 22. D. Dân số tăng có thể làm tăng người vô gia cư, nên giải pháp hợp lý là xây thêm apartment buildings.

Câu 23. D. Cấu trúc use cars less = sử dụng ô tô ít hơn. less là trạng từ bổ nghĩa cho use.

Câu 24. C. Sau “the population” cần danh từ để liệt kê cùng criminals và air pollution → population growth.

Câu 25. A. “Wear your coat or you may catch a cold” tương đương: If you don’t wear your coat, you may catch a cold.

Câu 26. A. cut down on = reduce = cắt giảm. Do đó câu A giữ nguyên nghĩa câu gốc.

Câu 27. D. hand down something to somebody = truyền lại điều gì cho ai. Cần đủ “some of his ...” và giới từ to → D.

Câu 28. B. Câu kể ở quá khứ nên dùng told; mệnh đề nơi chốn cần “the village where she was born and grew up”.

Câu 29. C. Biển báo có ý nghĩa cấm ăn/uống tại khu vực này → Eating is prohibited here.

Câu 30. B. Thông báo “Please do not make or take phone calls in the laboratory” nghĩa là không được thực hiện hoặc nhận cuộc gọi trong phòng thí nghiệm. B là phương án gần nghĩa nhất.

Câu 31. D. Đoạn văn giải thích cách đặt mục tiêu giúp thanh thiếu niên sống cân bằng hơn, không chỉ nói riêng về học tập hay sở thích.

Câu 32. A. motivated = có động lực. Từ trái nghĩa phù hợp là uninterested = không hứng thú/không có động lực.

Câu 33. B. Đoạn 2 nói: Once you know your goal, break it into smaller steps. Vì vậy bước tiếp theo là chia mục tiêu thành các bước nhỏ hơn.

Câu 34. A. frustrated gần nghĩa với annoyed/upset = bực bội, thất vọng. Các phương án còn lại mang nghĩa tích cực hoặc không liên quan.

Câu 35. C. Đoạn văn khuyên tập trung vào mục tiêu rõ ràng, chia thành bước nhỏ; không nói rằng nên làm nhiều mục tiêu cùng lúc. C là câu NOT true.

Câu 36. A. Đoạn cuối: check your progress often; nếu chưa đúng hướng thì change your plan and try again → kiểm tra tiến độ và điều chỉnh khi cần.

Câu 37. C. Câu mở đầu cần đối tượng chịu ảnh hưởng của cuộc sống thành phố: “positive and negative effects on people’s mental and physical health”.

Câu 38. B. Sau “better jobs and ...” cần một lợi ích khác của thành phố: public services like hospitals and schools.

Câu 39. A. Cụm “stressful due to ... and noise pollution” hợp nghĩa với crowded public spaces.

Câu 40. D. Mệnh đề cuối giải thích vì sao khó cân bằng công việc - đời sống cá nhân: if they are constantly working in big cities.

TEST 2

Đáp án

1. B	2. A	3. A	4. B	5. A	6. B	7. A	8. B	9. A	10. A
11. A	12. A	13. A	14. B	15. C	16. A	17. B	18. A	19. D	20. A
21. C	22. C	23. A	24. C	25. B	26. D	27. A	28. A	29. B	30. C
31. A	32. B	33. C	34. D	35. D	36. B	37. C	38. B	39. D	40. A

Giải chi tiết

Câu 1. B. Chữ h trong heir là âm câm (heir phát âm bắt đầu bằng nguyên âm /eə/), còn h trong him, hair, his được phát âm /h/.

Câu 2. A. Trong cách phát âm Anh-Anh, r trong tired không được phát âm vì đứng sau nguyên âm và không có nguyên âm theo sau; r trong serious, average, general được phát âm /r/.

Câu 3. A. priority nhấn âm 2 (pri-OR-i-ty); competition, electrician và entertainment đều có trọng âm chính ở âm 3.

Câu 4. B. liveable nhấn âm 1 (LIVE-a-ble), còn construction, deliver và collector nhấn âm 2.

Câu 5. A. remind somebody of something = làm ai nhớ đến điều gì. The annual fair reminds us of our community's history.

Câu 6. B. carry out a survey = tiến hành khảo sát. Hiện tại hoàn thành: has carried out.

Câu 7. A. So sánh kép: The more people..., the better it is... = càng nhiều người đi xe buýt thì càng tốt cho môi trường.

Câu 8. B. “Do you mind + V-ing...?” Khi đồng ý giúp, đáp “Not at all” = không phiền chút nào. “It’s my pleasure” cũng thể hiện sẵn lòng.

Câu 9. A. electrician = thợ điện, là người phù hợp để kiểm tra hệ thống dây điện (wiring).

Câu 10. A. accomplish an objective = đạt/hoàn thành mục tiêu. succeed/manage thường cần cấu trúc khác (succeed in, manage to).

Câu 11. A. Cấu trúc question word + to-infinitive: explained when to exercise.

Câu 12. A. Cụm danh từ cố định construction site = công trường xây dựng.

Câu 13. A. move around = đi lại/vận động xung quanh. “Stand up and move around” là lời khuyên tự nhiên khi làm việc lâu.

Câu 14. B. water là danh từ không đếm được; enough water = đủ nước.

Câu 15. C. Câu mệnh lệnh: Keep your desk clean and tidy = giữ bàn làm việc sạch và gọn.

Câu 16. A. Cụm take a deep breath / take deep breaths = hít thở sâu.

Câu 17. B. Trình tự b - c - a: trước tiên làm bài kiểm tra màu; sau đó bác sĩ hỏi kế hoạch tương lai; cuối cùng George nói muốn làm phi công và bác sĩ giải thích khó khăn do mù màu.

Câu 18. A. Sau khi bác sĩ phát hiện George mù màu và nói nghề phi công có thể khó, câu tiếp theo phù hợp nhất là bác sĩ nói George có lẽ sẽ không thể lái máy bay trong tương lai.

Câu 19. D. Câu tự nhiên là “It can be difficult, but try to replace these with positive thoughts.” try là động từ mệnh lệnh sau but.

Câu 20. A. Đoạn văn khuyên hình dung tình huống tốt đẹp để cảm thấy positive = tích cực, tự tin hơn.

Câu 21. C. Cấu trúc depend on what grades you get = phụ thuộc vào điểm số nào/mức điểm mà bạn đạt được.

Câu 22. C. Sau “a lot of” cần danh từ: a lot of stress. stressed/stressful là tính từ.

Câu 23. A. get somebody down = làm ai buồn/thất vọng. “you’ll get your teachers or parents down” = khiến thầy cô hoặc cha mẹ thất vọng/buồn.

Câu 24. C. Hai vế đối lập: Exams are important, but they’re not the only way to a successful future.

Câu 25. B. “gave us no surprise” = không làm chúng tôi ngạc nhiên → We were not surprised at his good exam result.

Câu 26. D. Câu D giữ đúng quan hệ điều kiện: Nếu không muốn bị bông, bạn phải cẩn thận.

Câu 27. A. So sánh kép đúng cấu trúc: The more developed a city is, the more food people throw away.

Câu 28. A. decide to + V; cut down on = cắt giảm; start + V-ing có thể dùng → decided to cut down on fast food and start cooking...

Câu 29. B. Thông báo ghi bài luận phải nộp vào thứ Sáu; bài nộp muộn chỉ được chấp nhận khi có giấy của bác sĩ. Vì vậy học sinh có thể nộp sau thứ Sáu nếu chứng minh việc ốm.

Câu 30. C. Tin nhắn cho biết buổi học tuần này chuyển từ Thursday sang Tuesday nhưng vẫn lúc 6 o’clock → cùng giờ, khác ngày.

Câu 31. A. Ngay câu đầu: Practical stress management can help students deal with their worries → giúp học sinh đối phó với căng thẳng.

Câu 32. B. Khi lập thời gian biểu, đoạn văn khuyên “Choose a relaxing break between work and study” → cần dành thời gian nghỉ/ngủ thư giãn.

Câu 33. C. Đoạn văn nói stress can get worse if a person feels lonely → càng cô đơn thì có thể càng căng thẳng.

Câu 34. D. efficient = hiệu quả → effective là từ gần nghĩa nhất.

Câu 35. D. distract = làm xao nhãng; từ trái nghĩa là focus = tập trung.

Câu 36. B. Toàn bài đưa ra nhiều cách quản lý stress hiệu quả cho học sinh: thời gian biểu, lối sống lành mạnh, tổ chức công việc, chia sẻ và thư giãn.

Câu 37. C. “In countries such as Nauru, Tuvalu and Palau, over half the population is obese” hoàn chỉnh cả nghĩa và ngữ pháp.

Câu 38. B. Mốc “before the 1950s” cần quá khứ đơn: locals consumed a traditional diet, sau đó liệt kê bananas, coconuts, yams, seafood.

Câu 39. D. Cấu trúc cause somebody to do something → causes people to make poor food choices.

Câu 40. A. “this country’s driving culture means that many people don’t get enough exercise” giải thích nguyên nhân ít vận động.