

SỞ GIÁO DỤC VÀ ĐÀO TẠO
THÀNH PHỐ HỒ CHÍ MINH

ĐỀ CHÍNH THỨC
(Đề thi gồm 04 trang)

KỲ THI CHỌN HỌC SINH GIỎI LỚP 12 CẤP THÀNH PHỐ
NĂM HỌC 2025 - 2026

MÔN: TIẾNG ANH

Ngày thi: 04/3/2026

Thời gian làm bài: 120 phút (Không kể thời gian phát đề)

LISTENING (20 pts)

PART 1: Listen to a talk about features of the human voice. Complete each sentence below with NO MORE THAN TWO WORDS from the recording. (10 pts)

1. Like his/her _____ each person's voice is unique.
2. Diaphragm speech is an approach many professionals use to _____ their voice.
3. Communication between a fast talker and an overly _____ is often ineffective.
4. Meaningless sounds to break silence on the phone are called _____.
5. _____ may lead to a child to talk either too much or too little.

PART 2: Listen to an interview with a young tennis player called Alice Winters and her coach Bruce Gray, and choose the best options to complete the sentences. (10 pts)

1. According to the interviewer, Alice Winters _____.
 A. is the youngest and most talented player in her team
 B. gets trained by a former junior champion, Bruce Gray
 C. has won a nationwide tennis tournament
 D. is a professional Australian tennis player
2. To Alice, her training schedule is _____.
 A. enjoyable despite her occasional reluctance
 B. extremely demanding for any person of her age
 C. more satisfying than she had expected
 D. too burdensome, especially during cold seasons
3. Alice approaches her failure by doing all of the following EXCEPT _____.
 A. revising her matches with her coach
 B. thinking about how to have performed better
 C. training harder to definitely win future matches
 D. bettering her skills by taking part in more competitions
4. Talking about her future, Alice _____.
 A. is completely ready for it
 B. feels confident about her ability
 C. thinks she may win over tougher opponents
 D. doubts what it may hold
5. As for Alice's personality, Bruce thinks _____.
 A. she can be quite difficult to coach on a regular basis
 B. she behaves more maturely than her age suggests
 C. she becomes easily upset after disagreements
 D. she generally prefers to work independently

USE OF ENGLISH (20 pts)

Choose the best options (A, B, C, or D) to complete the sentences.

1. _____ the researchers immediately commenced the controversial gene-editing experiment.
 A. All ethical approvals granted
 B. They ethically granted all the approvals
 C. After granting approvals ethically
 D. They were granted ethical approvals
2. The engineers designed a new robotic limb the mechanism _____ relies on decoding signals from the motor cortex.

- A. that B. of which C. which D. whose
3. She _____ algorithmic bias for five consecutive years before eventually transitioning into corporate ethics.
A. researched B. used to research C. would research D. is researching
4. Of the two textile factories, the city council chose to demolish _____ to make way for a tech incubator.
A. the more dilapidated B. the most dilapidated C. more dilapidated D. a more dilapidated
5. Come on in and take a seat, Jack! We _____ your proposal for the last fifteen minutes.
A. have just discussed B. just discussed C. are just discussing D. have just been discussing
6. Do sit down, _____? Feel free to make your suggestions.
A. will you B. don't you C. do you D. can't you
7. The new furniture was _____ it did wonders to the architecture of the mansion.
A. such a lovely one B. such that C. so that D. so tasteful one
8. _____, I must challenge you on that.
A. However convinced the point is B. Though the point sounds convinced
C. Convincing as the point sounds D. Despite being convincing
9. The effects of these changes _____ so don't boast about your brilliance.
A. have yet to be assessed B. have already assessed
C. have not assessed yet D. have not already assessed
10. It was in Paris _____ and met her best friends.
A. where she was brought up B. she was brought up in
C. in which she grew up D. that she grew up
11. It was a tricky question, but she _____.
A. wrongfully guessed it B. guessed it right C. guessed it wrong D. rightly guessed it
12. I don't _____ a practice of drinking champagne, but this news calls for a celebration.
A. make B. do C. have D. take
13. Much to his mom's satisfaction, he _____ up to her expectations.
A. bounces B. measures C. attains D. stretches
14. The hostess made small talks so that the guests wouldn't be _____.
A. in comfort B. on edge C. off color D. at ease
15. I ask myself why she _____ him of being a wolf in sheep's clothing.
A. criticizes B. blames C. accuses D. complains
16. To survive the crisis, the management board decided to cut all the expenses to the _____.
A. core B. spine C. chord D. bone
17. The nurse went above and beyond the _____ of duty staying late to comfort the frightened patient.
A. sense B. order C. request D. call
18. Several unforeseen bottlenecks _____ shortly after the highly anticipated VR headset was launched.
A. came down B. cropped up C. sorted out D. cottoned on
19. The committee demanded a fully _____ network design that wouldn't become obsolete in at least a decade.
A. time-sensitive B. far-reaching C. future-proof D. long-standing
20. Despite the exhaustive media scrutiny, the charity's financial records were found to be as clean as a _____.
A. fiddle B. whistle C. breeze D. fibre

WORD FORMS (40 pts)

A. Use the correct form of the word given to fill in each blank. (20 pts)

1. The folk _____ captivated the audience with his songs about urban isolation. (ballad)
2. The manufacturer makes a huge profit on _____ like paper bags and razors. (consume)

3. The airline announced a new _____ route connecting several major cities around the globe. (continent)
4. Years of unfair criticism began to _____ him, making it difficult for him to trust his colleagues. (bitter)
5. Hospitals rely heavily on strong _____ to keep operating rooms free from harmful bacteria. (infect)
6. The novel was so _____ that I finished it in one long evening. (put)
7. The tech industry's _____ demand for rare earth metals has rapidly accelerated deep-sea mining exploration. (satisfy)
8. Due to her severe insomnia, she strictly consumes _____ drinks after 4 PM. (caffeine)
9. The manager's _____ approach alienated the staff and ultimately resulted in a wave of resignations. (hand)
10. The algorithm flags and suspends accounts that _____ manipulate trending hashtags. (use)

B. Put the words given in the correct blanks. You have to use their correct forms to make a meaningful passage.

There are TWO words that you CANNOT use. (20 pts)

assembly	create	enthuse	need	origin	pace
provision	ride	set	sign	simple	work

In today's (11) _____ age of electronic convenience, technology is often viewed as the product of experts working in advanced laboratories. In actual fact, technology (12) _____ means designing a device to perform a task, which makes many ordinary people innovators. Most of us have created practical (13) _____ to everyday problems, although some individuals pursue this impulse much further.

Thomas Jefferson, America's third president, was one such (14) _____. He filled his home with DIY gadgets, including a homemade clock powered by cannonballs, a swivelling seat similar to a modern office chair, and an automatic signing machine so he did not need to (15) _____ his letters. His inventive activity reflected a(n) (16) _____ curiosity rather than any need for arm-twisting.

However, many home-grown inventions fail to catch on because they address needs that are not widely recognized.

Glasses for chickens and the self-tipping hat may have seemed useful to their creators, but their commercial prospects were foreshortened from the (17) _____.

In other cases, (18) _____ was the driving force. World War II servicemen in North Africa (19) _____ low-maintenance showers from oil drums and hoses, while during the Great Depression some people built their own equipment to avoid irreparable costs. Even rocket pioneer Robert Goddard relied on adventitious materials, (20) _____ early rockets from whatever parts were available. Taken together, those examples show that innovation is not confined to elite laboratories but often emerges from practical needs, curiosity, and human ingenuity.

GUIDED CLOZE TEST (30 pts)

Read the passage and choose the best option (A, B, C or D) for each blank.

Long before the world agreed (1) _____ a common calendar, dependable ways of tracking time were (2) _____ on the ground. Different societies followed their own systems, (3) _____ were based on the Moon's reliable phases. Because one lunar cycle lasts about 29.5 days, twelve cycles produce a year of (4) _____

354 days. Over time, astronomers began to gain insight into a persistent problem: the lunar year was about (5) _____ the solar year - the time the Earth takes to orbit the Sun.

At first, many people treated this mismatch with a (6) _____ of salt, but the seasonal drift gradually became (7) _____ noticeable to ignore. In 45 BC, Julius Caesar (8) _____ the Julian Calendar in an effort to solve the problem. His system set the year at 365 days and added a leap day (9) _____. The reform quickly grew on the Roman world because it brought welcome order to civil and religious life. However, the Julian calculation slightly overestimated the true solar year, and the (10) _____ were stacked against perfect long-term accuracy. Over the centuries, this small error accumulated, slowly pushing the calendar (11) _____ with the seasons and creating growing confusion. To correct the drift, Pope Gregory XIII introduced a revised calendar in 1582 designed to (12) _____ Europe in the picture. Ten dates were (13) _____ skipped - Thursday 4 October was followed by Friday 15 October - to restore alignment. The reformers bore no ill (14) _____, yet some communities resisted the change. Nowadays, a few observers still (15) _____ the trend, although the Gregorian calendar remains remarkably precise.

- | | | | | |
|-----|--|--------------------------|--------------------|-----------------------|
| 1. | A. on | B. to | C. with | D. for |
| 2. | A. hot | B. big | C. keen | D. thin |
| 3. | A. many systems | B. which many | C. many of which | D. many which systems |
| 4. | A. fully | B. exactly | C. loosely | D. roughly |
| 5. | <div style="display: flex; justify-content: space-between;"> <div>A. shorter than eleven days</div> <div>B. as short as eleven days</div> </div> <div style="display: flex; justify-content: space-between;"> <div>C. eleven days as short</div> <div>D. eleven days shorter than</div> </div> | | | |
| 6. | A. bag | B. pinch | C. mine | D. lump |
| 7. | A. so | B. very | C. too | D. such |
| 8. | A. brought in | B. phased out | C. drew up | D. pulled away |
| 9. | A. every four years | B. over a four-year span | C. four years each | D. one in four years |
| 10. | A. cards | B. logs | C. piles | D. cliffs |
| 11. | A. up to date | B. over the rhythm | C. in sync | D. out of step |
| 12. | A. place | B. put | C. drop | D. crop |
| 13. | A. vehemently | B. deliberately | C. simultaneously | D. whimsically |
| 14. | A. peri | B. grudge | C. will | D. malice |
| 15. | A. whinge | B. clutch | C. buck | D. lash |

OPEN CLOZE TESTS (40 pts)

Fill in each of the blanks in the following passages with ONE suitable word.

PASSAGE A (20 pts)

Strandings of dolphins and whales are becoming more common the world (1) _____, and environmentalists claim that this may be Nature ringing the alarm bells and that the sea itself is enduring a slow death brought about by pollution. The dolphins found dying (2) _____ America and in the Mediterranean were nearly all infected with a virus, but heavy pollution had also suppressed their immune (3) _____.

Individual strandings are mainly the result of illness or injury. The animals can (4) _____ navigate nor swim properly and

accidentally come ashore. It is even possible that they choose to strand themselves as a(n) (5) _____ to their condition. In the southern hemisphere, (6) _____ strandings of these animals are common, and their plight sparks frantic (7) _____ missions to refloat them by well-meaning humans. Such strandings happen when the animals are in a large group and their leader becomes disoriented and swims ashore. They then all (8) _____, and, as long as the leader remains stranded, barely (9) _____ amount of work by human rescuers will persuade the others to go back to sea.

One piece of good news is that when people (10) _____ in refloating whales, the survival rate can be encouraging. In New Zealand, where most stranded whales are fit and merely lost, up to 90% survive. This, at least, signals that all may not be wrong at sea.

PASSAGE B (20 pts)

Mustang, a former kingdom in north-central Nepal, lies hidden deep within the wind-savaged Himalayas and is (11) _____ to one of the world's most remarkable archaeological discoveries. Scattered across vast cliff faces are around 10,000 human-built caves. Some appear (12) _____ solitary openings in the rock, while others form towering vertical neighborhoods, stacked eight or nine storeys in (13) _____. Many were carved into the cliff or tunnelled from above, yet the reason people chose such dangerous locations has largely been (14) _____ under the carpet by time.

Seven centuries ago when salt was an extremely valuable commodity, Mustang was a bustling center of scholarship and art and a vital stop on the salt (15) _____ route from Tibet to India. However, when cheaper salt reached India, the region (16) _____ into economic decline and gradually slipped into obscurity.

In 1981, the accomplished mountaineer Pete Athans arrived, determined to get his (17) _____ into the formidable challenge of exploring caves that seemed accessible only to birds. Over twelve years, he discovered that while many caves were empty but clearly once inhabited, some astonishing treasures were also (18) _____ the offering, including a 26-foot mural and 8,000 manuscripts.

Evidence now places the caves at the cutting (19) _____ of historical insight: first burial chambers, later homes, and after AD 1400, meditation rooms, military lookouts, storage spaces - and (20) _____ today, a few remain inhabited.

READING COMPREHENSION (20 pts)

Choose the best options (A, B, C or D) that answer the questions or complete the sentences about the passage.

The Dietary Guidelines Dilemma

An analysis of the controversial new federal nutritional recommendations and their potential impact on public health.

When the federal government recently issued its updated recommendations for a healthy diet, many nutritionists and healthcare providers responded with profound dismay. Alongside universally supported advice to reduce sodium and avoid highly processed foods, the Departments of Agriculture and Health and Human Services introduced several unorthodox directives. The new guidelines strongly recommend increasing red meat and whole milk consumption, while emphasizing protein intake at every meal. Conversely, whole grains and plant-based proteins, long heralded as foundational dietary staples, were noticeably de-emphasized. Perhaps most astonishingly, beef tallow, a

rendered animal fat cardiologists have spent decades advising patients to limit, emerged as an unexpected breakout star of the new dietary regime, confounding many medical professionals.

Despite the backlash, some public health experts acknowledge the new guidelines are not entirely without merit. Barbara Larala, a professor of public health nutrition at UC Berkeley, commends the overarching theme and simplified 'Eat Real Food' slogan of the 2025-2030 framework. She notes the direct messaging - advocating for water, consistent fruit and vegetable consumption, whole grains, and limiting highly processed foods and added sugars - remains consistent with established nutritional science. Furthermore, the streamlined, ten-page public document is significantly more accessible than previous iterations. By clearly explaining how to identify added sugars and reiterating the need for restriction across all food categories, the guidelines send a definitive message that might prompt positive reformulation of commercial food products, potentially shifting industry standards.

However, the persistent failure of Americans to adhere to a healthy diet cannot be rectified by updated literature alone.

The root of the dietary crisis lies within the national food system rather than consumer ignorance. Larala points to systemic barriers, primarily the prohibitive cost of whole, fresh, nutrient-dense foods like seeds, nuts, fish, and produce. Furthermore, these essential items remain physically inaccessible in numerous low-income neighborhoods, highlighting the impact of social determinants of health. With approximately 15% of US households experiencing food insecurity, adhering to an expensive 'real food' diet is practically impossible. Compounding this is an aggressive food industry introducing over 25,000 predominantly processed new food products annually, making nutritional quality an ongoing battle for the average consumer.

Consequently, there is widespread skepticism regarding the success of these new guidelines. Where previous frameworks have been strictly implemented, such as in federal school meal programs, robust evidence indicates the resulting meals are highly nutritious. Yet, on a national scale, guidelines remain merely advisory. Unless structural changes are enforced across the entire food system, shifting dietary recommendations is unlikely to make the population healthy again. Furthermore, the internal logic of the new advice presents a perplexing contradiction. The proposed regimen essentially advocates for a high-fat, high-protein, and low-carbohydrate diet. Nutritionists struggle to decipher how individuals can realistically consume the recommended quantities of red meat and full-fat dairy while simultaneously keeping saturated fat intake strictly below ten percent of their daily calories, a cornerstone of cardiovascular health.

[I] The guidelines controversially increased the suggested daily protein intake from a standard 0.8 grams per kilogram of body weight to a range of 1.2 to 1.6 grams per kilogram. [II] While this elevated intake aligns with current consumption habits, and suits bodybuilders engaged in intensive training, its universal application is highly questionable. Dietary composition requires a delicate balance; when one macronutrient increases, another must inherently decrease. [III] By promoting meat and full-fat dairy to fulfill these targets, carbohydrate consumption naturally plummets. More disconcerting is the glaring omission of plant-based protein promotion. Extensive literature links high red meat consumption to elevated risks of cardiovascular disease and various cancers, making this endorsement deeply troubling to the broader medical community. [IV]

Beyond such a change in macronutrient ratios, the guidelines introduce contentious shifts regarding alcohol and sugar.

Previous guidance explicitly suggested adults limit alcohol to two drinks or fewer per day for men, and one or less for women.

The revised literature vaguely advises citizens to simply 'limit alcoholic beverages,' a lack of specificity experts fear could lead to increased consumption. Even more alarming to pediatric nutritionists is the mandate concerning minors. The stipulation of 'no recommendation for added sugar for children under 10' is being widely interpreted as a strict directive to restrict added sugar to absolute zero. Strict restriction often leads to 'sugar shaming' and creates a cycle of deprivation followed by intense overconsumption, potentially fostering eating disorders such as binge eating.

- Which best encapsulates the central thesis of the passage?
 - The new federal dietary guidelines advocate for dangerously high levels of animal protein and saturated fats.
 - Despite some sound advice, the new dietary framework is undermined by contradictory metrics and systemic socioeconomic barriers.
 - The US food industry's relentless production of highly processed goods renders any federal dietary recommendations practically obsolete.
 - Most public health experts reject the latest dietary guidelines due to their endorsement of unorthodox nutritional staples.
- The medical community's reaction to the inclusion of beef tallow in the guidelines is best described as _____.
 - cautious optimism
 - profound bewilderment
 - mild indifference
 - unanimous endorsement
- It can be inferred from the passage that previous federal dietary guidelines were likely _____.
 - completely devoid of restrictions on added sugars
 - more effective at shifting commercial industry standards
 - significantly less reader-friendly for the general public
 - strictly enforced nationwide rather than merely advisory
- All of the following contribute to the American public's failure to maintain a healthy diet EXCEPT _____.
 - the overwhelming annual introduction of highly processed commercial items
 - the criminally high retail prices associated with nutrient-dense, unprocessed foods
 - a widespread lack of fundamental knowledge regarding basic nutritional principles
 - the geographical unavailability of essential fresh produce in specific neighborhoods
- The author implies that an individual strictly following all the new macronutrient recommendations would inevitably _____.
 - exceed the safe threshold for daily saturated fat
 - experience a sharp increase in carbohydrate intake
 - fulfill the precise physiological needs of an average adult
 - transition organically to a predominantly plant-based diet
- By stating that dietary composition requires 'a delicate balance', the author is primarily arguing that _____.
 - federal guidelines must weigh industry profits equally against public health outcomes
 - mandating an increase in one specific macronutrient inadvertently forces the severe restriction of another
 - individuals must meticulously track their daily caloric intake to ensure it falls below ten percent
 - plant-based and animal-based proteins should be consumed in perfectly equal quantities daily

7. The primary criticism of the revised guidance regarding adult alcohol consumption is that it is _____.

- A.** medically outdated
C. overtly discriminatory
- B.** quantifiably ambiguous
D. excessively restrictive

8. Where in paragraph 5 does the following sentence best fit?

'This shift in macronutrient ratios is particularly evident in the new protein recommendations.'

- A.** [I] **B.** [II] **C.** [III] **D.** [IV]

9. If the new guidelines were strictly implemented within federal school meal programs, the resulting lunches might _____.

- A.** become entirely plant-based and cost-prohibitive
B. resolve the nutritional battle for average consumers
C. contain less than 0.8 grams of protein per kilogram
D. increase students' long-term risk of severe illness

10. Which paragraph outlines the mathematical impossibility of adhering to the government's prescribed macronutrient ratios?

- A. Paragraph 3** **B. Paragraph 4** **C. Paragraph 5** **D. Paragraph 6**

SENTENCE TRANSFORMATION (30 points)

Rewrite each sentence in such a way that it means almost the same as the one printed before it. Use the word in

brackets without making any change to it. Write BETWEEN SEVEN AND TEN WORDS.

1. It's widely believed that girls are more detailed than boys, but they aren't. (nowhere)

→ Contrary to _____ as boys.

2. Alice is overjoyed now that Apple has employed her. (air)

→ Alice has been _____ on by Apple.

3. I worked as fast as possible all morning to finish the task. (done)

→ With a _____ out all morning.

4. Timothy entered the station just in time to catch the last train. (nick)

→ Into the station _____ of missing the last train.

5. Your lack of confidence prevented you from dealing with the issue quickly. (short)

→ With more _____ of the issue.

6. If only she had not been so angry. (better)

→ I'd sooner _____ her.

7. I certainly wouldn't say attempts to lose weight are simply fruitless. (diet)

→ Far be _____ but fruitless.

8. It was not like him to eagerly help us out. (favor)

→ The enthusiasm with _____ his character.

9. I actually expect Tom to have put in more effort regardless of his spontaneity. (might)

→ However _____ backwards.

10. Despite knowing that it's unwise to do so, the coach forced the athletes to train at dawn. (training)

→ Against his _____ wee hours.

— THE END OF THE TEST —

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LISTENING

PART 1

1. fingerprints 2. Amplify 3. polite listener 4. pause fillers 5. parental discipline

PART 2

1. C 2. A 3. D 4. D 5. B

USE OF ENGLISH

1. A 2. B 3. A 4. A 5. D 6. A 7. B 8. C 9. A 10. D 11. B 12. A

13. B 14. D 15. C 16. D 17. D 18. B 19. C 20. B

WORD FORMS

1. balladeer 2. Consumables 3. transcontinental / intercontinental

4. embitter 5. Disinfectants 6. unputdownable

7. insatiable / unsatisfied 8. Decaffeinated 9. heavy-handed 10. abusively

11. fast-paced 12. Simply 13. Workarounds 14. Enthusiast 15. hand-sign

16. overriding 17. Outset 18. Necessity 19. Improvised 20. assembling

GUIDED CLOZE TEST

1. A 2. D 3. C 4. D 5. C 6. B 7. C 8. A 9. A 10. A 11. D 12. B 13. B 14. D 15. C

OPEN CLOZE TESTS

PASSAGE A

1. over 2. Off 3. system(s) 4. Neither 5. Response 6. Mass 7. Rescue 8. Follow 9. Any 10. succeed

PASSAGE B

11. home 12. As 13. Height 14. Swept 15. trade / shipping 16. fell / went

17. teeth 18. In 19. Edge 20. even

READING COMPREHENSION

1. B 2. B 3. C 4. C 5. A 6. B 7. B 8. A 9. D 10. B

SENTENCE TRANSFORMATION (sample answers)

1. girls are nowhere near as detailed as boys

2. Alice has been walking / floating on air since she was taken on by Apple

3. With a view to getting the task done, I worked flat out all morning

4. Into the station came / went Timothy in the nick of time

5. You could have made short work of the issue

6. I'd sooner her anger had not got better of her
7. Far be it from me to say (that) attempts to diet are nothing but fruitless
8. The enthusiasm with which he did us a favor was out of his character
9. However spontaneous Tom is / may be, he might have bent over backwards
10. Against his better judgement, the coach had the athletes training in the wee hours