

**SỞ GIÁO DỤC VÀ ĐÀO TẠO
TỈNH TUYÊN QUANG
ĐỀ THI CHÍNH THỨC**
(Đề thi có 04 trang)

uigeli.xyz
KỶ THI THỬ TỐT NGHIỆP THPT NĂM 2026 – LẦN 2
MÔN THI: TIẾNG ANH
Thời gian làm bài: 50 phút (không kể thời gian phát đề)

Họ và tên: Số báo danh: Mã đề 1109

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

Songkran Festival – Thailand’s Traditional New Year Celebration

Songkran is set to take place across Thailand as a nationwide cultural celebration next month. Each year, this festival attracts millions of international visitors (1) _____ seek to experience its blend of tradition and festivity. The Tourism Authority of Thailand has confirmed that all planned activities will proceed as scheduled, reflecting a (2) _____ commitment to preserving cultural heritage while promoting tourism development.

Recognized by UNESCO as an Intangible Cultural Heritage, Songkran allows communities to (3) _____ ancient rituals such as water-pouring ceremonies for elders and merit-making at temples, which remain deeply rooted in Thai society. In Bangkok, large-scale events are expected to attract thousands of participants, offering (4) _____ unique chance to experience Thailand’s traditional New Year atmosphere firsthand. Organizers also provide (5) _____ services to ensure smooth coordination and public safety throughout the festival period. Visitors are encouraged to (6) _____ the festive spirit and take part in the nationwide celebration of renewal, unity, and joy.

(Adapted from <https://www.tatnews.org/2026/03/songkran-festival/>)

- | | | | | |
|--------------------|-----------------------|-----------------------|---------------------|---------------------|
| Question 1. | A. who | B. which | C. whom | D. whose |
| Question 2. | A. individual | B. superficial | C. shared | D. separate |
| Question 3. | A. bring about | B. carry out | C. take over | D. turn into |
| Question 4. | A. Ø | B. an | C. a | D. the |
| Question 5. | A. reliably | B. reliance | C. reliable | D. rely |
| Question 6. | A. make | B. keep | C. seize | D. handle |

Mark the letter A, B, C or D on your answer sheet to indicate the best arrangement of utterances or sentences to make a cohesive and coherent exchange or text in each of the following questions from 7 to 11.

Question 7.

- a. I often had to work late shifts and deal with demanding customers, which occasionally left me feeling quite overwhelmed and stressed.
- b. What initially seemed like a manageable job gradually turned out to be far more demanding and challenging than I had expected.
- c. Looking back, this experience played a significant role in helping me become more responsible and improving my communication skills.
- d. Working in a small café as a part-time employee provided me with valuable insights into the practical realities of working life.
- e. Rather than giving up, I learned to manage my time more effectively and handle difficult situations with greater patience and resilience.

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

Question 8.

- a. Tom: Thank you so much! I really appreciate your feedback.
- b. Anna: I really enjoyed your presentation - it was clear, engaging, and very informative.
- c. Anna: You're welcome. I especially liked the way you explained the key points so clearly.

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

Question 9.

- a. Lan: I usually volunteer at a local shelter at weekends. What about you?
- b. Lan: That sounds really meaningful. I believe volunteering is a great way to support others and gain valuable experience.

- c. Minh: I'm involved in organizing charity events and raising funds for children in need.
 d. Minh: You seem to be very active in community work. What kind of volunteer activities do you usually take part in?
 e. Minh: I totally agree. It also helps us develop important life skills.

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

Question 10.

- a. Taken as a whole, these developments illustrate how mass media has evolved into a highly networked system characterized by immediacy, personalization, and global reach.
 b. A key driver of this transformation was the expansion of broadband internet, which enabled the rapid distribution of digital content across multiple platforms.
 c. Between 2010 and 2025, the mass media ecosystem underwent a structural shift that redefined how information was produced, distributed, and consumed.
 d. As user engagement increased on social platforms, traditional advertising gradually lost effectiveness, prompting firms to adopt data-driven targeting strategies.
 e. This digital acceleration also contributed to the decline of traditional print media, as audiences increasingly shifted toward real-time online updates.

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

Question 11.

Dear Mr. Hoang,

- a. I would greatly appreciate it if you could provide further details regarding any initial responsibilities or expectations associated with this position.
 b. I am writing to formally express my sincere appreciation for offering me the position at GHI Group.
 c. I am fully committed to leveraging my professional experience and skills to make a meaningful contribution to the organization.
 d. I look forward to the prospect of working alongside a team of highly skilled professionals and contributing to common objectives.
 e. This opportunity represents a significant milestone in my career, and I am truly honored to have been selected.

Yours sincerely,

Thuy Nguyen

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

Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 12 to 16.

Wildlife tourism involves observing and interacting with animals and plants in their natural habitats, including eco-tourism, safaris, and mountain travel. Much of this activity takes place in protected areas, national parks, and reserves, which serve as key attractions, particularly in Africa. According to UNWTO, wildlife tourism represents about seven percent of global tourism and grows by roughly three percent annually, generating substantial revenue, including millions of dollars in entrance fees for protected areas, (12) _____. Beyond economic benefits, wildlife tourism supports local livelihoods; WWF reports that most natural heritage sites provide recreation, tourism opportunities, and employment, while countries such as Belize depend heavily on reef-related tourism and fisheries. Wildlife also embodies biodiversity, which underpins human health and planetary stability. Species are interconnected within ecological systems, (13) _____.

Tens of thousands of species benefit humanity; and many pharmaceuticals originate from wild plants. However, wildlife faces threats from disease, climate change, poaching, and illegal trade. Strong policies, public awareness, and responsible media coverage are essential to promote conservation. Protecting wildlife sustains biodiversity, supports agriculture, enables scientific research, and maintains ecosystem services such as clean water. (14) _____. To achieve these outcomes, governments must strengthen regulations, encourage community participation, and (15) _____. This balanced approach helps ensure tourism contributes to conservation rather than environmental damage. (16) _____.

(Adapted from <https://www.untourism.int/>)

Question 12.

- A. highlighted the significant financial value of conserving natural ecosystems
- B. to highlight the significant financial value of conserving natural ecosystems
- C. which highlight the significant financial value of conserving natural ecosystems
- D. highlighting the significant financial value of conserving natural ecosystems

Question 13.

- A. so habitat disruption can create cascading effects that threaten life cycles
- B. because ecosystems remain stable despite environmental changes
- C. and species usually adapt immediately to any habitat loss
- D. while ecological systems function independently of one another

Question 14.

- A. This ensures tourism activities rarely influence environmental protection policies
- B. This reduces the importance of biodiversity for long-term development
- C. This demonstrates how conservation efforts benefit both nature and communities
- D. This prevents governments from investing in wildlife protection programs

Question 15.

- A. reduce oversight in order to facilitate rapid tourism expansion across vulnerable regions
- B. delegate environmental responsibility entirely to private sector stakeholders
- C. prioritise short-term economic gains over long-term environmental sustainability
- D. implement measures that align tourism development with ecological preservation goals

Question 16.

- A. Consequently, sustainable wildlife tourism can reinforce ecological integrity while enhancing long-term economic resilience
- B. In parallel, local communities may remain marginalised from conservation initiatives and associated economic opportunities
- C. Accordingly, wildlife conservation maintains limited relevance to broader sustainability goals and policy frameworks
- D. Nevertheless, expanding tourism infrastructure often accelerates environmental degradation and undermines ecological stability

Read the passage and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 17 to 26.

Why we crave dessert even when we are full

Even after eating a large meal, most people can still find room for sweets. Now, research in mice shows that the neurons behind feeling full also trigger sugar cravings. In other words, there seems to be a neurological basis for our love of dessert. (I)

Previous studies have shown that naturally occurring opioids in the brain play a crucial role in sugar cravings. The main producers of **these opioids** are neurons located in a brain region that regulates appetite, metabolism and hormones. Known as pro-opiomelanocortin (POMC) neurons, they also control feelings of **satiety** after eating.

To understand whether these cells have a role in sugar cravings, Henning Fenselau at the Max Planck Institute for Metabolism Research in Germany and his colleagues **traced** the opioid signals that POMC cells send in the brain. They did so by bathing brain slices from three mice in a fluorescent solution that binds to receptors of these opioids. (II) The brain region with the highest density of these receptors was the paraventricular nucleus of the thalamus (PVT), known to regulate feeding. That suggested sugar cravings were related to communication between these two brain regions. This observation provided a clearer map of the neural circuitry involved, allowing the researchers to focus on specific pathways rather than general brain activity. It also helped establish a functional link between receptor density and behavioural outcomes related to food intake, thereby strengthening the overall reliability of their experimental approach. (III)

Subsequently, the researchers monitored the activity of neurons in these regions as mice ate their usual food. When the animals seemed to be full, the team gave them a dessert of sugary chow. (IV) On average, neuronal activity between the brain regions roughly quadrupled while mice ate dessert compared

with their regular meal. **The spike began prior to eating the sweets, suggesting the pathway dictates sugar cravings.** When the team inhibited signals from POMC neurons to the PVT, the mice consumed 40 percent less dessert. “The cell types, which are extremely well-known for driving satiety, also release signals that cause the appetite for sugar, and they do so particularly in the state of satiety,” says Fenselau. “This would explain why animals – humans – over-consume sugar when they’re actually full.” The pathway may have evolved because sugar is more easily turned into energy than other sources like fats or proteins.

(Adapted from New Scientist, issue dated March 22, 2025)

Question 17. The phrase **these opioids** in paragraph 2 refers to _____.

- A. Naturally produced compounds in the brain involved in regulating cravings
- B. External dietary sugars that stimulate neural activity
- C. Chemical substances artificially introduced in experimental conditions
- D. Hormonal secretions responsible for digestion and metabolism

Question 18. The word **satiety** in paragraph 2 is **CLOSEST** in meaning to _____.

- A. desire
- B. digestion
- C. hunger
- D. fullness

Question 19. The word **traced** in paragraph 3 is **OPPOSITE** in meaning to _____.

- A. ignored
- B. eliminated
- C. followed
- D. concealed

Question 20. Which of the following is **NOT** mentioned as a function of POMC neurons?

- A. Influencing satiety
- B. Regulating appetite
- C. Controlling metabolism
- D. Producing insulin

Question 21. Where in the passage would the following sentence best fit?

This may help explain why people often continue to crave sweets even after they feel full.

- A. (III)
- B. (II)
- C. (I)
- D. (IV)

Question 22. Which of the following statements is **TRUE** according to the passage?

- A. Neuronal activity increased significantly when mice consumed sweets.
- B. The PVT region has no role in regulating feeding behavior.
- C. Mice ate less dessert when neuronal signals were enhanced properly.
- D. Sugar cravings disappear completely after a large meal each day.

Question 23. Which of the following best paraphrases the underlined sentence in paragraph 4?

- A. The act of consuming sugary foods leads to lasting structural changes in the brain, which in turn reinforce future eating behavior.
- B. Neuronal activity increases only after sugar has been consumed, indicating that the desire for sweets is purely a consequence of eating rather than a cause of it.
- C. Sugar cravings are mainly triggered by external environmental influences, such as the sight or smell of food, rather than by internal neurological processes.
- D. The neural pathway becomes active before any sweets are eaten, indicating that it plays a causal role in generating the desire for sugar.

Question 24. Which of the following can be inferred from the passage?

- A. The neural basis of sugar cravings is likely conserved across species, including humans.
- B. Satiety signals completely override all forms of food-related desire across species.
- C. Proteins and fats are processed more efficiently than sugar in all biological systems.
- D. Sugar consumption is driven exclusively by cultural and environmental influences.

Question 25. Which of the following best captures the central idea of the passage as a whole?

- A. Evolutionary factors have eliminated the biological drive to consume excess sugar in modern organisms.
- B. Neural systems responsible for signaling fullness can simultaneously promote the consumption of sugar.
- C. Sugar cravings are primarily the result of external environmental triggers rather than internal processes.
- D. Scientific research has definitively separated appetite regulation from reward-based eating behaviors.

Question 26. Which of the following best describes the author’s attitude toward the research findings presented in the passage?

- A. Objective and explanatory in presenting scientific evidence

- B. Doubtful about the reliability of the findings on sugar cravings
- C. Supportive of increasing daily sugar consumption
- D. Critical of the experimental design and methodology

Read the following leaflet and mark the letter A, B, C, or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 27 to 32.

Smart Strategies for Career Success

Plan your approach carefully. Instead of applying to (27) _____ jobs randomly, focus on quality, tailored applications. Prepare your CV and cover letter in advance so you can respond quickly and professionally.

Manage your time effectively, (28) _____ you should set clear periods for job searching, networking, and improving skills. Build a strong online presence (29) _____ visibility with employers. Use networking - many opportunities arise through personal connections rather than public listings.

(30) _____ informed about trends to identify valuable potential opportunities in the market. Be realistic; it is essential to be realistic about expectations and demands.

These strategies can help you make progress in a (31) _____. With discipline and persistence, adopt a more (32) _____ approach to achieving career success. Stay adaptable, learn continuously, and seek feedback to strengthen your profile and long-term prospects.

(Adapted from Navigating the Job Market: Essential Career Advice and Job Search Strategies)

- Question 27.** A. amount of B. many C. plenty D. much
Question 28. A. so B. but C. because D. although
Question 29. A. to increasing B. increasing C. increase D. to increase
Question 30. A. Stay B. Have C. Pay D. Make
Question 31.

- A. competitive fast-paced environment B. fast-paced environment competitive
 C. fast-paced competitive environment D. environment fast-paced competitive

- Question 32.** A. temporary B. systematic C. strategic D. efficient

Read the passage and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 33 to 40.

Collagen is the most abundant protein in mammals, functioning as the essential structural foundation for skin, bones, and muscles. In recent years, the market for collagen supplements has expanded exponentially, with global consumers spending billions annually. Although promotional campaigns often advertise it as a definitive cure for aging, numerous scientists remain skeptical. **They** argue that the empirical evidence supporting these ambitious claims is still developing, despite the widespread popularity of these products among high-profile celebrities.

After reaching the age of forty, humans typically lose approximately one percent of their body's collagen each year. This gradual decline inevitably leads to sagging skin and joint discomfort. Moreover, specific detrimental factors can severely accelerate this process, such as chronic smoking or excessive sugar consumption. Consequently, many people attempt to find a magic pill to **counteract** this issue. However, preserving existing collagen through healthy lifestyle modifications remains the most effective strategy.

Most contemporary supplements contain "collagen peptides," which are formulated to be significantly easier for the body to absorb than whole proteins. Interestingly, these commercial products are not strictly regulated by the FDA for safety or therapeutic effectiveness before they are distributed to the market. While some clinical studies demonstrate modest improvements in skin hydration, the overall results are not always consistent. **Researchers emphasize that far more rigorous evidence is needed to confirm whether these supplements can truly reverse the visible signs of aging.**

Beyond dermatological benefits, collagen may help alleviate joint inflammation, particularly in highly active athletes. One study indicated that active adults experienced a noticeable reduction in pain after taking daily supplements for six **consecutive** months. For those who prefer avoiding artificial supplements, this protein is naturally found in dietary sources like poultry and bone broth. Furthermore, consuming vitamin C is also vital, as it serves as a necessary component that helps the body produce its own collagen, thereby ensuring long-term vitality.

- Question 33.** The word They in paragraph 1 refers to _____.
 A. promotional campaigns B. consumers C. scientists D. supplements
- Question 34.** Which of the following is **NOT** mentioned in paragraph 2 as a factor contributing to the loss of collagen?
 A. reaching the age of forty B. joint discomfort
 C. chronic smoking D. excessive sugar consumption
- Question 35.** The word counteract in paragraph 2 is **OPPOSITE** in meaning to _____.
 A. offset B. encounter C. exacerbate D. overcome
- Question 36.** Which of the following best paraphrases the underlined sentence in paragraph 3?
 A. Scientists believe that reversing the signs of aging is impossible, regardless of how much evidence is provided.
 B. Researchers confirm that there is already enough rigorous evidence showing these supplements can completely reverse the aging process.
 C. It is emphasized by researchers that no amount of evidence will ever be able to prove the anti-aging effects of these supplements.
 D. Scientists stress that additional solid proof is required to determine if these products can actually undo the physical effects of growing older.
- Question 37.** The word consecutive in paragraph 4 is **CLOSEST** in meaning to _____.
 A. intermittent B. successive C. subsequent D. concurrent
- Question 38.** Which of the following is **TRUE** according to the passage?
 A. Despite their widespread popularity, collagen supplements must undergo stringent FDA evaluations for therapeutic effectiveness before reaching consumers.
 B. Relying exclusively on synthetic collagen supplements is considered the most effective strategy to counteract the age-related deterioration of the skin.
 C. The human body completely ceases its natural collagen production immediately after an individual reaches the age of forty.
 D. While collagen supplements show potential in easing joint discomfort, their definitive anti-aging effects still require further scientific validation.
- Question 39.** A. Paragraph 3 B. Paragraph 2 C. Paragraph 1 D. Paragraph 4
- Question 40.** A. Paragraph 1 B. Paragraph 4 C. Paragraph 2 D. Paragraph 3

----- THE END -----

- Thí sinh không được sử dụng tài liệu;
- Cán bộ coi thi không giải thích gì thêm.

ĐÁP ÁN THAM KHẢO

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

Câu 1

Cụm cần điền bổ nghĩa cho **international visitors**:

“visitors _____ seek to experience...”

Danh từ chỉ người nên dùng đại từ quan hệ **who**.

Đáp án: **A. who**

Câu 2

Câu đầy đủ:

“reflecting a _____ commitment to preserving cultural heritage...”

Cần một tính từ bổ nghĩa cho **commitment**.

shared commitment nghĩa là “cam kết chung / cam kết được chia sẻ”.

Các phương án khác không hợp nghĩa:

- individual commitment: cam kết cá nhân
- superficial commitment: cam kết hời hợt
- separate commitment: cam kết riêng biệt

Đáp án: **C. shared**

Câu 3

Câu:

“Songkran allows communities to _____ ancient rituals...”

Nghĩa cần dùng: thực hiện các nghi lễ cổ truyền.

carry out rituals = thực hiện nghi lễ.

Đáp án: **B. carry out**

Câu 4

Câu:

“offering _____ unique chance...”

chance là danh từ đếm được số ít. Trước nó cần mạo từ.

Dù **unique** bắt đầu bằng chữ cái “u”, nhưng phát âm là /ju:/, âm đầu giống “you”, nên dùng **a**, không dùng **an**.

Đáp án: **C. a**

Câu 5

Câu:

“Organizers also provide _____ services...”

Cần tính từ bỏ nghĩa cho danh từ **services**.
reliable services = các dịch vụ đáng tin cậy.

Đáp án: **C. reliable**

Câu 6

Câu:

“Visitors are encouraged to _____ the festive spirit...”

Trong các đáp án, **seize** phù hợp nhất với nghĩa “nắm bắt, tận hưởng, hòa mình vào”.
 Cụm này gần nghĩa với “embrace the festive spirit”.

Đáp án: **C. seize**

Câu 7

Các câu cần sắp xếp thành đoạn văn kể về trải nghiệm làm thêm ở quán cà phê.

Thứ tự hợp lí:

- d:** Mở đầu, giới thiệu trải nghiệm làm thêm ở quán cà phê.
- b:** Ban đầu tưởng dễ nhưng thực tế khó hơn mong đợi.
- a:** Nêu cụ thể khó khăn: làm ca muộn, khách hàng khó tính.
- e:** Cách bản thân vượt qua: quản lí thời gian, kiên nhẫn hơn.
- c:** Kết luận, nhìn lại trải nghiệm giúp bản thân trưởng thành.

Thứ tự: **d – b – a – e – c**

Đáp án: **B**

Câu 8

Đây là đoạn hội thoại giữa Anna và Tom.

Thứ tự hợp lí:

- b:** Anna khen bài thuyết trình của Tom.
- a:** Tom cảm ơn lời nhận xét.
- c:** Anna đáp lại và khen thêm.

Thứ tự: **b – a – c**

Đáp án: **D**

Câu 9

Đoạn hội thoại về hoạt động tình nguyện.

Thứ tự hợp lí:

- d:** Minh hỏi Lan thường tham gia hoạt động tình nguyện nào.
- a:** Lan trả lời mình thường làm tình nguyện ở nơi trú ẩn địa phương và hỏi lại Minh.
- c:** Minh trả lời mình tổ chức sự kiện từ thiện và gây quỹ.
- b:** Lan nhận xét điều đó ý nghĩa.
- e:** Minh đồng ý và bổ sung lợi ích của hoạt động tình nguyện.

Thứ tự: **d – a – c – b – e**

Đáp án: **A**

Câu 10

Đoạn văn nói về sự thay đổi của hệ sinh thái truyền thông đại chúng.

Thứ tự hợp lí:

- c:** Mở đầu, nêu bối cảnh giai đoạn 2010–2025 truyền thông thay đổi cấu trúc.
- b:** Nêu nguyên nhân chính: internet băng thông rộng phát triển.
- e:** Hệ quả: báo in suy giảm, người đọc chuyển sang cập nhật trực tuyến.
- d:** Hệ quả tiếp theo: quảng cáo truyền thống kém hiệu quả, doanh nghiệp chuyển sang nhắm mục tiêu bằng dữ liệu.
- a:** Kết luận chung về toàn bộ các thay đổi.

Thứ tự: **c – b – e – d – a**

Đáp án: **C**

Câu 11

Đây là thư cảm ơn khi được nhận vị trí công việc.

Thứ tự hợp lí:

- b:** Mở đầu, bày tỏ sự cảm kích vì được mời nhận vị trí.
- e:** Nói cơ hội này là cột mốc quan trọng.
- c:** Cam kết dùng kinh nghiệm và kỹ năng để đóng góp.
- d:** Mong được làm việc cùng đội ngũ chuyên nghiệp.
- a:** Xin thêm thông tin về trách nhiệm ban đầu hoặc kỳ vọng công việc.

Thứ tự: **b – e – c – d – a**

Đáp án: **A**

Câu 12

Câu trước:

“generating substantial revenue, including millions of dollars in entrance fees for protected areas, _____.”

Phần sau cần một cụm phân từ để bổ sung ý cho cả mệnh đề phía trước:

“highlighting the significant financial value...” = điều này làm nổi bật giá trị tài chính đáng kể...

Đáp án: **D. highlighting the significant financial value of conserving natural ecosystems**

Câu 13

Câu:

“Species are interconnected within ecological systems, _____.”

Vì các loài liên kết với nhau nên sự phá hủy môi trường sống có thể gây hiệu ứng dây chuyền.
Đáp án A hợp logic nhất.

Đáp án: **A. so habitat disruption can create cascading effects that threaten life cycles**

Câu 14

Câu trước liệt kê lợi ích của bảo vệ động vật hoang dã:

“Protecting wildlife sustains biodiversity, supports agriculture, enables scientific research, and maintains ecosystem services such as clean water.”

Câu tiếp theo cần tổng kết ý: bảo tồn có lợi cho thiên nhiên và cộng đồng.

Đáp án: **C. This demonstrates how conservation efforts benefit both nature and communities**

Câu 15

Câu:

“governments must strengthen regulations, encourage community participation, and _____.”

Ba hành động cần song song, đều mang nghĩa tích cực.

Đáp án D phù hợp: thực hiện các biện pháp gắn phát triển du lịch với bảo tồn sinh thái.

Đáp án: **D. implement measures that align tourism development with ecological preservation goals**

Câu 16

Câu trước nói về cách tiếp cận cân bằng giúp du lịch đóng góp cho bảo tồn thay vì gây hại môi trường.
Câu kết nên khẳng định hệ quả tích cực của du lịch hoang dã bền vững.

Đáp án: **A. Consequently, sustainable wildlife tourism can reinforce ecological integrity while enhancing long-term economic resilience**

Câu 17

Cụm **these opioids** chỉ các opioids tự nhiên trong não được nhắc ở câu trước:

“naturally occurring opioids in the brain...”

Đáp án: **A. Naturally produced compounds in the brain involved in regulating cravings**

Câu 18

satiety nghĩa là cảm giác no, sự no bụng.
Gần nghĩa nhất với **fullness**.

Đáp án: **D. fullness**

Câu 19

traced nghĩa là theo dõi, lần theo dấu vết.
Từ trái nghĩa phù hợp nhất là **ignored**: phớt lờ, không theo dõi.

Đáp án: **A. ignored**

Câu 20

Bài đọc nói POMC neurons:

- regulate appetite
- control metabolism
- control feelings of satiety

Không nói chúng sản xuất insulin.

Đáp án: **D. Producing insulin**

Câu 21

Câu cần chèn:

“This may help explain why people often continue to crave sweets even after they feel full.”

Câu này giải thích ý ngay ở đoạn mở đầu: dù ăn no vẫn thèm đồ ngọt, vì neuron báo no cũng kích hoạt thèm đường.

Vị trí phù hợp nhất là sau câu giới thiệu hiện tượng ở đoạn 1, tức vị trí **(I)**.

Đáp án: **C. (I)**

Câu 22

Theo đoạn 4:

“neuronal activity between the brain regions roughly quadrupled while mice ate dessert...”

Hoạt động thần kinh tăng mạnh khi chuột ăn đồ ngọt.

Đáp án: **A. Neuronal activity increased significantly when mice consumed sweets.**

Câu 23

Câu gạch chân:

“The spike began prior to eating the sweets, suggesting the pathway dictates sugar cravings.”

Nghĩa là hoạt động thần kinh tăng lên trước khi ăn đồ ngọt, cho thấy đường dẫn thần kinh này có vai trò tạo ra cơn thèm đường.

Đáp án: **D. The neural pathway becomes active before any sweets are eaten, indicating that it plays a causal role in generating the desire for sugar.**

Câu 24

Bài đọc nghiên cứu trên chuột nhưng có câu:

“This would explain why animals – humans – over-consume sugar when they’re actually full.”

Từ đó suy ra cơ sở thần kinh của việc thèm đường có thể được bảo tồn giữa các loài, kể cả con người.

Đáp án: **A. The neural basis of sugar cravings is likely conserved across species, including humans.**

Câu 25

Ý chính của bài: các hệ thần kinh chịu trách nhiệm báo no vẫn có thể đồng thời kích thích thèm đường.

Đáp án: **B. Neural systems responsible for signaling fullness can simultaneously promote the consumption of sugar.**

Câu 26

Giọng điệu tác giả chủ yếu là trình bày, giải thích nghiên cứu khoa học một cách khách quan, không phê phán hay nghi ngờ.

Đáp án: **A. Objective and explanatory in presenting scientific evidence**

Câu 27

Câu:

“Instead of applying to _____ jobs randomly...”

jobs là danh từ đếm được số nhiều.

Dùng **many jobs**.

Không dùng:

- amount of: dùng với danh từ không đếm được
- much: dùng với danh từ không đếm được

- plenty cần “plenty of”

Đáp án: **B. many**

Câu 28

Câu:

“Manage your time effectively, _____ you should set clear periods...”

Quan hệ kết quả: quản lí thời gian hiệu quả, vì vậy bạn nên đặt ra các khoảng thời gian rõ ràng.
Dùng **so**.

Đáp án: **A. so**

Câu 29

Câu:

“Build a strong online presence _____ visibility with employers.”

Dùng cụm chỉ mục đích: **to increase visibility** = để tăng khả năng được nhà tuyển dụng nhìn thấy.

Đáp án: **D. to increase**

Câu 30

Câu:

“_____ informed about trends...”

Cụm cố định: **stay informed** = luôn cập nhật thông tin.

Đáp án: **A. Stay**

Câu 31

Câu:

“make progress in a _____.”

Cụm đúng trật tự tính từ: **fast-paced competitive environment** = môi trường cạnh tranh, nhịp độ nhanh.

Đáp án: **C. fast-paced competitive environment**

Câu 32

Câu:

“adopt a more _____ approach to achieving career success.”

Cụm tự nhiên nhất là **a more strategic approach** = cách tiếp cận chiến lược hơn.

Đáp án: **C. strategic**

Câu 33

Câu trong bài:

“numerous scientists remain skeptical. They argue that...”

They thay thế cho **scientists**.

Đáp án: **C. scientists**

Câu 34

Đoạn 2 nêu các yếu tố liên quan đến mất collagen:

- reaching the age of forty
- chronic smoking
- excessive sugar consumption

joint discomfort là hậu quả của mất collagen, không phải yếu tố góp phần gây mất collagen.

Đáp án: **B. joint discomfort**

Câu 35

counteract nghĩa là chống lại, làm giảm tác động, khắc phục.

Từ trái nghĩa là **exacerbate** = làm trầm trọng hơn.

Đáp án: **C. exacerbate**

Câu 36

Câu gạch chân:

“Researchers emphasize that far more rigorous evidence is needed to confirm whether these supplements can truly reverse the visible signs of aging.”

Nghĩa là cần thêm bằng chứng khoa học vững chắc để xác nhận liệu các sản phẩm này có thật sự đảo ngược dấu hiệu lão hóa hay không.

Đáp án: **D. Scientists stress that additional solid proof is required to determine if these products can actually undo the physical effects of growing older.**

Câu 37

consecutive nghĩa là liên tiếp, nối tiếp nhau.

Gần nghĩa nhất với **successive**.

Đáp án: **B. successive**

Câu 38

Theo bài:

- collagen supplements có thể giúp giảm đau khớp
- nhưng tác dụng chống lão hóa rõ ràng vẫn cần thêm bằng chứng

Đáp án D đúng với nội dung bài.

Đáp án: **D. While collagen supplements show potential in easing joint discomfort, their definitive anti-aging effects still require further scientific validation.**

Câu 39

Hỏi đoạn nào đề cập quan hệ nhân quả giữa thói quen sống và thay đổi thể chất.

Đoạn 2 nói:

“chronic smoking or excessive sugar consumption” có thể đẩy nhanh mất collagen, dẫn đến da chảy xệ và đau khớp.

Đáp án: **B. Paragraph 2**

Câu 40

Hỏi đoạn nào nói về thiếu sự kiểm soát chính thức đối với chất lượng thực phẩm bổ sung.

Đoạn 3 có câu:

“these commercial products are not strictly regulated by the FDA...”

Đáp án: **D. Paragraph 3**