uigeli.xyz

SỞ GIÁO DỤC VÀ ĐÀO TẠO
HẢI PHÒNG
ĐỀ CHÍNH THỨC
(Đề thi có 06 trang)

ĐỀ KHẢO SÁT KỲ THI TỐT NGHIỆP THPT
NĂM HỌC 2025 – 2026
Môn: Tiếng Anh
Thời gian: 50 phút (không kể thời gian giao đề)

Họ và tên: …….. Số báo danh: …… **Mã đề 1102**

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 1 to 6.

CAT BA NATIONAL PARK – THE GREEN LUNG OF HAI PHONG
Discover Nature – Experience Adventure!

Nestled on Cat Ba Island, Cat Ba National Park is a UNESCO-recognized biosphere reserve and one of Vietnam's largest special-use forests. Covering over 17,000 hectares, it offers **(1)** _____ unique ecosystems - from lush forests and mangroves to vibrant marine habitats - making it a true haven for nature lovers. The park is **(2)** _____ to hundreds of plant and animal species, including the rare Cat Ba langur. Visitors can immerse themselves **(3)** _____ a rich natural environment, where towering ancient trees, hidden caves, and crystal-clear waters bring nature to life. Whether you choose to venture into primary forests, paddle through mangroves, or dive into coral-rich waters, each experience offers a chance to **(4)** _____ the beauty of nature.

(5) _____ its beauty, the park is also a living laboratory of biodiversity and a place where conservation takes centre stage. Visitors **(6)** _____ to travel responsibly and help preserve this unique ecosystem.

☞ **Plan your trip today and be part of nature!**

(Adapted from https://visitvietnam.org.vn/en/experiences)

Question 1. A. a large amount of	**B.** a great deal of	**C.** a huge number of	**D.** a wide variety of
Question 2. A. location	**B.** habitat	**C.** home	**D.** house
Question 3. A. in	**B.** on	**C.** with	**D.** off
Question 4. A. put down	**B.** look into	**C.** take in	**D.** catch up
Question 5. A. Due to	**B.** In spite of	**C.** Instead of	**D.** In addition to
Question 6. A. encouraged	**B.** encourage	**C.** have encouraged	**D.** are encouraged

Mark the letter A, B, C or D on your answer sheet to indicate the best arrangement of utterances to make a meaningful exchange, a meaningful letter or text in each of the following questions.

Question 7.

Dear Ms. Anderson,

a. In light of this, I would be grateful if you could consider my application.

b. I am writing to follow up on my application for the Research Assistant position.

c. Although I understand that candidates with hands-on experience will be preferred, I remain highly interested in contributing to your team.

d. Since submitting my application, I have completed additional training relevant to the role.

e. I look forward to your reply and would like to discuss any future opportunity that may arise.

Yours sincerely,

Michael Thompson

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

Question 8.

a. It was such an eye-opening experience. Here, I met people from all walks of life and heard stories that inspired me deeply.

b. Giving back to the community has always been a value I hold, so I decided to volunteer at a local soup kitchen.

c. Since then, I've continued to seek ways to help more people and encourage others to join in the mission of giving.

d. Besides providing meals to those in need, the kitchen served as a place of hope, offering support and companionship to them.
e. Volunteering taught me the power of empathy and the importance of small actions in creating meaningful change.

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

Question 9.

a. While many readers once relied on the daily paper for reliable updates, today's audiences turn instead to digital platforms with convenient access.
b. In such a climate, the survival of any newspaper depends on its ability to adapt with modern models that preserve credibility while meeting digital demands.
c. This shift has led to shrinking circulation numbers and the closure of many local presses.
d. The decline of newspapers has become a defining feature of modern media.
e. Advertisers have also redirected their budgets towards online outlets, further eroding the financial stability of traditional journalism.

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

Question 10.

a. Anna: Exactly. Even small actions like littering can disrupt ecosystems and harm wildlife.
b. David: Right, so being responsible means limiting our impact, not just following rules.
c. David: Hi. I'm visiting a protected area, but I'm not sure how to behave.
d. David: So I should take out everything I bring in and avoid interfering with nature, shouldn't I?
e. Anna: Well, I've read that visitors to such places are expected to stay on marked paths and avoid disturbing plants or animals.

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

Question 11.

a. Alex: How was your morning?
b. Alex: I have. I'm sure it'll be more exciting than the art class this morning.
c. Jane: Not bad, thanks. We did an interesting experiment in science with Mrs Ellwood. You've got her class after lunch, haven't you?

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

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 12 to 17.

THE OFFBEAT SARI EXHIBITION

We are pleased to announce the opening of "The Offbeat Sari". This exhibition **(12)** _____ a long-held assumption of the traditional and uncomfortable sari because it offers a new perspective on one of South Asia's oldest garments. **(13)** _____ proposed by Priya Khanchandani, the exhibition explores how the 5,000-year-old sari has been reinvented as a powerful symbol of cultural pride and social change.

The sari's flexible form, **(14)** _____ is traditionally an unstitched drape, has enabled it to change and reflect different cultural influences over time. Today, designers are experimenting with **(15)** _____ materials such as steel and recycled fabrics, giving the garment a more modern character.

(16) _____ 54 saris by India's most renowned designers, the exhibition is organized into three sections: Transformations, Identity and Resistance, and New Materialities. These works reveal how the sari is not just clothing, but a way to express ideas about society. Far from passive or uncomfortable, the sari has emerged as dynamic, modern, and central to **(17)** _____.

Bunjil Place, Narre Warren
Now showing until August 30

(Adapted from https://www.abc.net.au/news/2026-03-29/)

Question 12. A. challenges **B.** maintains **C.** objects **D.** supports
Question 13. A. Origin **B.** Originality **C.** Original **D.** Originally
Question 14. A. who **B.** which **C.** where **D.** that
Question 15. A. conventional **B.** delicate **C.** casual **D.** innovative

Question 16. A. Having featured **B.** Featuring **C.** Being featured **D.** Featured

Question 17.

A. global conversation artistic **B.** artistic conversation global-

C. global artistic conversation **D.** artistic global conversation

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

SNACK-SIZED WORKOUTS: SMALL EFFORTS, BIG GAINS?

For many people, finding time to exercise has become an ongoing challenge. Busy schedules, long working hours, and constant digital distractions mean that traditional hour-long gym sessions often feel unrealistic. In response, a growing number of fitness experts are promoting what they call "snack-sized workouts"- short bursts of activity spread throughout the day. This shift **(18)** _____. Consequently, even those with demanding routines may find it easier to remain physically active.

Instead of following fixed workout plans, individuals are stimulated to take advantage of small opportunities to move. Climbing a few flights of stairs, stretching between tasks, or completing brief cardio exercises can all contribute to daily activity levels. **(19)** _____. Over time, these small actions can accumulate into meaningful behavioural change.

Researchers have found that even short periods of physical activity can improve heart health, support metabolism, and help regulate blood sugar levels. **(20)** _____. In other words, modest efforts, when repeated consistently, may still produce noticeable benefits. Equally important are the psychological effects. Many people feel discouraged by the idea of committing to long workouts, but shorter sessions tend to feel more manageable. This simplicity can lower the barrier to getting started, **(21)** _____.

Of course, not everyone is convinced. Some critics argue that brief, scattered workouts may not be sufficient for achieving higher levels of fitness. Still, most experts agree that doing something is better than remaining inactive. Ultimately, the real question is **(22)** _____.

(Adapted from https://health-insights.org/micro-workouts)

Question 18.

A. works on the assumption that extended exercise sessions are only worthwhile

B. questions the idea that only extended exercise sessions are worthwhile

C. suggests that exercise only need to take the form of extended sessions to be worthwhile

D. redefines what only counts worthwhile extended exercise sessions

Question 19.

A. Such flexibility allows movement to be incorporated into otherwise inactive routines

B. Movement is incorporated into such flexibility despite otherwise inactive routines

C. Such flexibility makes it possible to incorporate inactive routines into otherwise movement

D. With such flexibility, otherwise inactive routines are incorporated into movement

Question 20.

A. However, minimal activity is not enough unless people also take part in more intense exercise

B. Therefore, even small amounts of activity can serve as a useful starting point for less active people

C. In fact, minimal activity, although convenient, rarely leads to clear physical improvement

D. As a result, minimal activity is considered helpful mainly because it replaces more demanding exercise

Question 21.

A. which increases the likelihood for individuals to develop sustainable habits

B. yet it is more likely that sustainable habits will be developed by individuals

C. thereby making it more sustainable for individuals to develop easier habits

D. making it more likely that individuals will develop sustainable habits

Question 22.

A. why we should integrate structured exercise without completely replacing more brief activity

B. how individuals can use brief activity to make up for the complete absence of exercise in daily life

C. how brief activity can be integrated without replacing more structured exercise entirely

D. whether brief activity can be included in a way that entirely replaces more structured exercise

Read the following passage about the current energy crisis 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 23 to 32.

ENERGY SHOCK FALLOUT: WHICH ECONOMIES ARE MOST AT RISK?

In many developing countries, the latest Gulf war has set off a scramble for energy. In Nepal, long queues for cooking gas have forced the government to limit supplies. In Sri Lanka, firms have been urged to shut on Wednesdays to conserve fuel. In Pakistan, schools have been closed and universities moved online. Households and governments are preparing for what the head of the IMF, Kristalina Georgieva, has called "the unthinkable".

When global energy supply is squeezed, poorer countries suffer most. As Europe subsidised energy to **shield** households, demand held up and prices stayed higher for longer. This, in turn, has shifted the burden onto importers with fewer reserves and less budget flexibility. The result is a crisis. With the Strait of Hormuz all but closed, the latest hit could be worse. **(I)**

Pakistan and Egypt are among the most affected countries. **(II)** Pakistan spends some 4% of GDP on oil and gas imports, sourcing nearly 90% from the Middle East. Egypt spends about 3% of GDP and gets nearly half its supplies from the region. Both countries also rely heavily on remittances from the Gulf, **which** are worth around 5–6% of GDP. These inflows could fall if the war disrupts labour markets or forces migrant workers to return home. **(III) A higher fuel bill can eventually tip into a financial crisis.**

Bangladesh and Sri Lanka also look vulnerable despite having less direct exposure. Bangladesh's reserves barely cover three months of imports, and it is already on an IMF programme. Sri Lanka only recently emerged from its debt crisis in 2022, and its financial reserves remain limited. India, by contrast, is better placed to weather the storm. Its reserves cover about seven months' imports, and it is more flexible in diversifying its energy imports. **(IV)**

Even if countries avoid a macroeconomic crisis, the human toll could still be severe. Nitrogen fertiliser, made from natural gas, is becoming more expensive, raising the cost of food production across poor countries. The World Food Programme warned this week that the number of people facing hunger could reach record levels in 2026 if the conflict does not end soon. Stabilising currencies and paying for imports may help countries avoid a financial crisis. Keeping food affordable is another matter.

(Adapted from https://www.economist.com)

Question 23. Which of the following is TRUE according to paragraph 1?

A. Pakistan has managed to keep its education system running without disruption.

B. The energy crisis has only affected households, not businesses or education systems.

C. Sri Lanka has increased fuel production to meet domestic demand.

D. Governments in developing countries are taking measures to deal with energy shortages.

Question 24. The word *shield* in paragraph 2 is closest in meaning to _____.

A. disclose **B.** defend **C.** eliminate **D.** separate

Question 25. Which of the following best summarises paragraph 2?

A. The energy shock is affecting most economies in largely similar ways.

B. Rising energy prices are placing a heavier burden on poorer energy importers.

C. Energy subsidies in Europe have kept fuel demand higher for longer.

D. Europe is now facing the greatest pressure from high energy costs.

Question 26. According to paragraph 3, why are Pakistan and Egypt highly susceptible?

A. They have limited access to global markets and depend mainly on domestic energy production.

B. They benefit from remittance inflows and diversified energy sources that reduce their exposure to external shocks.

C. They maintain strong financial reserves but remain vulnerable due to declining energy output.

D. They depend greatly on energy imports and overseas income, both of which may be disrupted by regional instability.

Question 27. The word *which* in paragraph 3 refers to _____.

A. supplies **B.** countries **C.** remittances **D.** imports

Question 28. Which of the following best paraphrases the underlined sentence in paragraph 3?

A. Increasing fuel costs generally result in an immediate economic breakdown.
B. Sustained increases in fuel costs can ultimately lead to a financial crisis.
C. Extra fuel expenses are unlikely to pose a serious long-term economic threat.
D. Financial crises often arise regardless of fluctuations in fuel prices.

Question 29. Which of the following economic conditions is NOT STATED in the passage?
A. Greater resilience to energy supply disruptions in affected economies
B. Steady energy demand in European economies
C. Escalating food production costs in poor countries
D. Limited budget flexibility in some vulnerable energy-importing countries

Question 30. It can be inferred from the passage that _____.
A. Stabilising currencies alone is enough to prevent both economic and humanitarian crises.
B. Higher energy costs may increase food insecurity in poorer countries by raising farming costs.
C. Food shortages in poorer countries are mainly caused by falling agricultural productivity.
D. Countries with access to fertiliser are unlikely to face higher food production costs.

Question 31. Where in the passage does the following sentence best fit?
As energy prices rise and remittance inflows decline, countries face greater financial pressure.
A. (III) **B.** (IV) **C.** (I) **D.** (II)

Question 32. Which of the following best summarises the passage?
A. Middle Eastern countries are facing the most serious consequences because of their central role in global energy supply.
B. Global energy shocks are worsening instability, leaving poorer countries under financial and humanitarian pressure.
C. Stronger economies have become largely immune to global energy shocks through diversified energy strategies.
D. Rising energy prices are causing mainly temporary economic disruptions in developing countries.

Read the following passage about a new payment technology 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.

THE RISE OF PALM PAYMENT TECHNOLOGY

Amazon One is an advanced payment method using palm recognition to identify customers. This biometric system scans both surface lines and vein patterns beneath the skin, creating a unique identification for each person. Users can register through their smartphones, connecting palm data to their accounts. Once enrolled, they can make purchases by simply holding **their** hands above scanners, eliminating the need for wallets or phones. The technology promises to transform how people shop in busy environments.

Currently operating in over four hundred stores nationwide, including Whole Foods Markets, this solution extends beyond Amazon's own establishments. Various venues like sports arenas, airports, and dining establishments have begun implementing these scanners. The corporation emphasizes speed and efficiency as primary benefits, particularly in crowded locations where traditional checkout methods create **bottlenecks**. Additionally, potential applications include building entry systems, membership verification, and medical facilities, suggesting broader uses beyond retail transactions.

Nevertheless, serious concerns surround this advancement. Security experts highlight fundamental risks with biometric information storage since **compromised** biological data remains permanent, unlike changeable passwords. Cloud-based storage amplifies vulnerability to cyberattacks, while questions about corporate surveillance persist. Many consumers lack a complete understanding of future data usage, creating transparency issues that regulatory frameworks have not adequately addressed yet.

This palm-scanning innovation reflects movement toward touchless interactions and automated services. **Success depends on balancing customer convenience against privacy protection requirements.** While adoption continues growing, debates about ethical implications intensify. The outcome will likely influence how businesses handle personal identification going forward, potentially establishing precedents for biometric authentication standards across industries worldwide.

(Adapted from https://retail-innovation.com/a1)

Question 33. Which information is NOT MENTIONED in the passage?

A. The technology scans both surface lines and vein patterns.

B. Users can register using their smartphones.

C. The system has been used in sports arenas and airports.

D. Each palm scan takes a specific amount of time to process.

Question 34. The word **their** in paragraph 1 refers to _____.

A. enrolled users **B.** vein patterns **C.** surface lines **D.** users' accounts

Question 35. The word **bottlenecks** in paragraph 2 is OPPOSITE in meaning to _____.

A. lengthy delays **B.** unsteady streams **C.** operational barriers **D.** smooth flows

Question 36. The word **compromised** in paragraph 3 could be best replaced by _____.

A. exposed **B.** restricted **C.** enhanced **D.** sustained

Question 37. Which of the following best paraphrases the underlined sentence in paragraph 4?

A. The future success of this technology will rest on meeting customers' expectations for convenience without imposing excessive privacy safeguards.

B. Whether this technology succeeds will depend on how well it manages the trade-off between user convenience and privacy protection.

C. For this technology to succeed, customer convenience must remain the priority, with privacy protection treated as a secondary consideration.

D. The success of this technology will largely depend on delivering customer convenience while reducing privacy concerns as much as possible.

Question 38. Which of the following is TRUE according to the passage?

A. Palm payment technology is rapidly becoming a dominant payment method across most retail sectors.

B. The potential uses of palm-based biometric identification may extend to various non-commercial domains.

C. Palm payment systems significantly reduce concerns related to unauthorized access to personal data.

D. Users are generally provided with sufficient information about how their biometric data will be stored and used.

Question 39. In which paragraph does the writer mention the broader impact this technology may have on future business practices?

A. Paragraph 4 **B.** Paragraph 2 **C.** Paragraph 1 **D.** Paragraph 3

Question 40. In which paragraph does the writer mention the vulnerability of biometric data to cyberattacks?

A. Paragraph 1 **B.** Paragraph 2 **C.** Paragraph 3 **D.** Paragraph 4

— THE END —

ĐÁP ÁN THAM KHẢO

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

LỜI GIẢI THAM KHẢO

Questions 1–6

Question 1. D. a wide variety of

Câu gốc: *it offers **(1)** _____ unique ecosystems*.

- **a wide variety of** = nhiều loại, đa dạng các loại, rất hợp với danh từ đếm được số nhiều **ecosystems**.
- A **a large amount of** dùng với danh từ không đếm được.
- B **a great deal of** cũng chủ yếu dùng với danh từ không đếm được.
- C **a huge number of** về ngữ pháp không sai, nhưng câu này nhấn mạnh **sự đa dạng hệ sinh thái**, nên **a wide variety of** tự nhiên hơn.

Question 2. C. home

Câu gốc: *The park is **(2)** _____ to hundreds of plant and animal species.*

Cụm cố định: **be home to** = là nơi sinh sống của.

- **home to hundreds of species** = nơi cư trú của hàng trăm loài.
- A **location to**, B **habitat to**, D **house to** đều không dùng như vậy.

Question 3. A. in

Câu gốc: *Visitors can immerse themselves **(3)** _____ a rich natural environment.*

Cụm cố định: **immerse oneself in** something = đắm mình trong.

→ **immerse themselves in** là đúng.

Question 4. C. take in

Câu gốc: *a chance to **(4)** _____ the beauty of nature.*

- **take in** = cảm nhận, thưởng ngoạn, chiêm ngưỡng.
- A **put down** = đặt xuống / viết ra.
- B **look into** = điều tra, xem xét.
- D **catch up** = bắt kịp.

→ Chỉ **take in the beauty of nature** là hợp nghĩa.

Question 5. D. In addition to

Câu gốc: ***(5)** _____ its beauty, the park is also a living laboratory...*

- **In addition to** = ngoài, bên cạnh.

• Nghĩa câu: **Ngoài vẻ đẹp của nó**, công viên còn là...

• A **Due to** = do, bởi vì.

• B **In spite of** = mặc dù.

• C **Instead of** = thay vì.

→ **In addition to** là chuẩn nhất.

Question 6. D. are encouraged

Câu gốc: *Visitors **(6)*** _____ *to travel responsibly...*

Chủ ngữ **Visitors** nhận hành động khuyên bảo → dùng bị động:

• **are encouraged to + V** = được khuyến khích làm gì.

Các phương án khác sai về cấu trúc hoặc thì.

Question 7. A. b-d-c-a-e

Đây là một lá thư trang trọng.

• **b** mở đầu hợp lí: *I am writing to follow up...*

• **d** tiếp theo: bổ sung thông tin mới sau khi nộp đơn.

• **c** sau đó: dù hiểu rằng ứng viên có kinh nghiệm sẽ được ưu tiên, người viết vẫn quan tâm.

• **a** *In light of this* = trước những điều trên, mong xem xét đơn.

• **e** kết thư: *I look forward to your reply...*

→ Trình tự đúng: **b-d-c-a-e**.

Question 8. A. b-a-d-e-c

Đây là một đoạn văn kể về trải nghiệm tình nguyện.

• **b** mở đầu: lí do đi làm tình nguyện.

• **a** nói cảm nhận chung: *It was such an eye-opening experience.*

• **d** phát triển thêm về nơi đó.

• **e** rút ra bài học.

• **c** kết lại bằng ảnh hưởng kéo dài đến hiện tại: *Since then...*

→ Đáp án đúng: **b-a-d-e-c**.

Question 9. D. d-a-c-e-b

Đoạn văn nói về sự suy giảm của báo in.

- **d** câu chủ đề: *The decline of newspapers...*
- **a** giải thích sự thay đổi thói quen độc giả.
- **c** *This shift* quay lại chỉ sự thay đổi ở câu a.
- **e** thêm một nguyên nhân khác: quảng cáo chuyển sang nền tảng trực tuyến.
- **b** kết luận: trong bối cảnh đó, báo chí phải thích nghi.

→ Trình tự logic nhất là **d-a-c-e-b**.

Question 10. D. c-e-d-a-b

Đây là đoạn hội thoại.

- **c** David hỏi trước.
- **e** Anna trả lời, nêu quy tắc.
- **d** David diễn giải lại.
- **a** Anna xác nhận và giải thích thêm.
- **b** David rút ra kết luận.

→ **c-e-d-a-b**.

Question 11. D. a-c-b

- **a** Alex hỏi: *How was your morning?*
- **c** Jane trả lời và hỏi lại Alex.
- **b** Alex đáp lại câu hỏi của Jane.

→ **a-c-b**.

Question 12. A. challenges

Câu gốc: *This exhibition **(12)** _____ a long-held assumption...*

- **challenges an assumption** = thách thức một quan niệm lâu đời.
- B **maintains** = duy trì.
- C **objects** cần đi với **to**.

• D **supports** = ủng hộ.

→ **challenges** đúng nghĩa nhất.

Question 13. D. Originally

Câu gốc: ***(13)*** _____ *proposed by Priya Khanchandani...*

Cần một **trạng từ** bổ nghĩa cho **proposed**.

• **Originally proposed** = ban đầu được đề xuất bởi...

• A/B/C không đúng loại từ.

Question 14. B. which

Câu gốc: *The sari's flexible form,* ***(14)*** _____ *is traditionally an unstitched drape...*

Đây là mệnh đề quan hệ không xác định, có dấu phẩy.

• Với vật → dùng **which**.

• D **that** không dùng sau dấu phẩy trong mệnh đề không xác định.

Question 15. D. innovative

Câu gốc: *experimenting with* ***(15)*** _____ *materials such as steel and recycled fabrics*

• Steel và recycled fabrics là những chất liệu mới lạ trong bối cảnh sari.

• → **innovative materials** = vật liệu sáng tạo, đổi mới.

Question 16. B. Featuring

Câu gốc: ***(16)*** _____ *54 saris by India's most renowned designers, the exhibition is organized...*

Cấu trúc phân từ đầu câu:

• **Featuring 54 saris..., the exhibition...**

A và C không tự nhiên; D sai cấu trúc.

Question 17. C. global artistic conversation

Câu gốc: *central to* ***(17)*** _____.

Cần một cụm danh từ tự nhiên:

• **global artistic conversation** = cuộc đối thoại nghệ thuật toàn cầu.

Các phương án còn lại sai trật tự từ.

Question 18. B. questions the idea that only extended exercise sessions are worthwhile

Đoạn văn nói rằng "snack-sized workouts" khiến người ta suy nghĩ lại quan niệm cũ.

• Nghĩa phù hợp: **thách thức ý tưởng rằng chỉ những buổi tập dài mới có giá trị**.

• A nói "dựa trên giả định đó" là sai.

• C và D sai nghĩa hoặc sai cấu trúc.

Question 19. A. Such flexibility allows movement to be incorporated into otherwise inactive routines

Câu trước nói về nhiều cơ hội nhỏ để vận động trong ngày.

• Câu này phải nối tiếp ý: **sự linh hoạt như vậy cho phép vận động được đưa vào những lịch trình vốn ít hoạt động**.

• A đúng cả nghĩa lẫn ngữ pháp.

• Các câu còn lại diễn đạt gượng và sai logic.

Question 20. B. Therefore, even small amounts of activity can serve as a useful starting point for less active people

Câu trước: nghiên cứu cho thấy vận động ngắn vẫn có lợi cho sức khỏe.

→ Câu sau phải rút ra kết luận tích cực:

• **Therefore... useful starting point...**

A, C, D đi ngược ý đoạn văn.

Question 21. D. making it more likely that individuals will develop sustainable habits

Câu gốc: *This simplicity can lower the barrier to getting started,* ***(21)*** _____.

Cần một cụm phân từ chỉ kết quả:

• **..., making it more likely that...**

A không tự nhiên bằng, B sai liên kết, C sai nghĩa.

Question 22. C. how brief activity can be integrated without replacing more structured exercise entirely

Đoạn cuối nói:

• có người nghi ngờ tập ngắn không đủ,

• nhưng làm gì đó còn hơn không làm gì,

• vậy câu hỏi thật sự là **làm sao tích hợp vận động ngắn mà không thay thế hoàn toàn việc tập bài bản**.

→ **C** chính xác nhất.

Question 23. D. Governments in developing countries are taking measures to deal with energy shortages

Đoạn 1 nêu rõ:

• Nepal giới hạn nguồn cung,

• Sri Lanka kêu gọi doanh nghiệp đóng cửa 1 ngày/tuần,

• Pakistan đóng cửa trường học, chuyển đại học sang online.

→ Các chính phủ đang **thực hiện biện pháp ứng phó**.

A sai vì Pakistan bị gián đoạn giáo dục.
B sai vì ảnh hưởng cả doanh nghiệp và giáo dục.
C không hề được nhắc tới.

Question 24. B. defend

shield households = bảo vệ các hộ gia đình.

• **shield** gần nghĩa nhất với **defend / protect**.

Question 25. B. Rising energy prices are placing a heavier burden on poorer energy importers

Đoạn 2 nói:

• khi nguồn cung toàn cầu bị siết, các nước nghèo chịu ảnh hưởng nặng hơn,

• trợ cấp của châu Âu giữ cầu cao, giá cao lâu hơn,

• gánh nặng chuyển sang các nước nhập khẩu nghèo, ít dự trữ, ít linh hoạt ngân sách.

→ Ý chính là **giá năng lượng tăng gây gánh nặng lớn hơn cho các nước nhập khẩu nghèo**.

Question 26. D. They depend greatly on energy imports and overseas income, both of which may be disrupted by regional instability

Đoạn 3 nói Pakistan và Ai Cập:

• phụ thuộc nhiều vào nhập khẩu dầu khí,

• lại còn phụ thuộc vào **kiều hối từ vùng Vịnh**,

• những nguồn này có thể bị ảnh hưởng nếu chiến tranh kéo dài.

→ **D** đúng nhất.

Question 27. C. remittances

Câu chứa từ **which**:
Both countries also rely heavily on remittances from the Gulf, which are worth around 5–6% of GDP.

→ **which** thay cho **remittances**.

Question 28. B. Sustained increases in fuel costs can ultimately lead to a financial crisis

Câu gạch chân:
A higher fuel bill can eventually tip into a financial crisis.

- **eventually** = cuối cùng
- **tip into** = đẩy vào, dẫn tới

→ Paraphrase đúng nhất là **B**.

Question 29. A. Greater resilience to energy supply disruptions in affected economies

Các điều được nêu trong bài:

- châu Âu có cầu năng lượng duy trì → **B có nêu**
- chi phí sản xuất lương thực tăng → **C có nêu**
- một số nước ít linh hoạt ngân sách → **D có nêu**

Chỉ có **A** là **không được nêu**, thậm chí còn trái ngược với nội dung bài.

Question 30. B. Higher energy costs may increase food insecurity in poorer countries by raising farming costs

Đoạn cuối nói:

- phân đạm làm từ khí tự nhiên đang đắt hơn,
- làm tăng chi phí sản xuất lương thực,
- số người đối mặt nạn đói có thể tăng kỉ lục.

→ Có thể suy ra **chi phí năng lượng cao hơn làm tăng mất an ninh lương thực**.

Question 31. A. (III)

Câu cần chèn:
As energy prices rise and remittance inflows decline, countries face greater financial pressure.

Vị trí hợp lí nhất là **(III)** vì đứng ngay sau câu nói về kiều hối có thể giảm, rồi mới đến kết luận:
A higher fuel bill can eventually tip into a financial crisis.

→ trình tự logic:

1. giá năng lượng tăng,

2. kiều hối giảm,

3. áp lực tài chính lớn hơn,

4. có thể dẫn tới khủng hoảng tài chính.

Question 32. B. Global energy shocks are worsening instability, leaving poorer countries under financial and humanitarian pressure

Toàn bài nhấn mạnh:

- cú sốc năng lượng toàn cầu,
- các nước nghèo dễ tổn thương hơn,
- áp lực tài chính,
- nguy cơ nhân đạo, nạn đói.

→ **B** là phương án tóm tắt chuẩn nhất.

Question 33. D. Each palm scan takes a specific amount of time to process

Bài đọc có nhắc:

- quét đường nét bề mặt và mạch máu,
- đăng kí bằng điện thoại,
- dùng ở sân vận động, sân bay,...

Nhưng **không hề nêu thời gian cụ thể cho mỗi lần quét**.

→ **D** là thông tin không được đề cập.

Question 34. A. enrolled users

Câu: *Users can register through their smartphones, connecting palm data to their accounts.*

Từ **their** chỉ **users**.

Trong các lựa chọn, phương án gần nhất là **A. enrolled users**.

Question 35. D. smooth flows

bottlenecks = điểm nghẽn, chỗ gây ùn tắc/chậm trễ.

Từ trái nghĩa là:

- **smooth flows** = dòng chảy trôi chảy, thông suốt.

→ **D**.

Question 36. A. exposed

compromised biological data = dữ liệu sinh trắc học bị lộ / bị xâm phạm / bị đánh cắp.

- Từ gần nghĩa nhất: **exposed**.

Question 37. B. Whether this technology succeeds will depend on how well it manages the trade-off between user convenience and privacy protection

Câu gạch chân:
Success depends on balancing customer convenience against privacy protection requirements.

Nghĩa là:

- sự thành công phụ thuộc vào **cân bằng** giữa tiện lợi và bảo vệ quyền riêng tư.

→ **B** paraphrase sát nhất.

A sai vì coi nhẹ bảo vệ riêng tư.
C sai vì xem riêng tư là thứ yếu.
D gần nghĩa nhưng không nhấn mạnh rõ "sự đánh đổi/cân bằng" bằng B.

Question 38. B. The potential uses of palm-based biometric identification may extend to various non-commercial domains

Đoạn 2 nói công nghệ này có thể dùng cho:

- building entry systems,
- membership verification,
- medical facilities.

→ không chỉ dùng trong thương mại, mà còn có thể mở rộng sang lĩnh vực khác.

A quá mức, bài không nói "dominant".
C sai vì bài nêu nhiều lo ngại về dữ liệu.
D sai vì bài nói người dùng **thiếu hiểu biết đầy đủ** về cách dữ liệu được dùng.

Question 39. A. Paragraph 4

Đoạn 4 nói:

- kết quả của xu hướng này có thể ảnh hưởng đến cách doanh nghiệp xử lí nhận dạng cá nhân trong tương lai,

- có thể tạo tiền lệ cho chuẩn xác thực sinh trắc học toàn cầu.

Đó chính là **tác động rộng hơn đến thực tiễn kinh doanh tương lai**.

Question 40. C. Paragraph 3

Đoạn 3 nêu rõ:

- cloud-based storage làm tăng **vulnerability to cyberattacks**.

→ nằm ở **Paragraph 3**.