

2025 FORMAT PRACTICE TEST 4

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

- Question 1.** A. campaign B. alcohol C. motivate D. habitat
Question 2. A. decision B. responsible C. offensive D. self- study

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

- Question 3.** A. wildlife B. pressure C. resource D. lifestyle
Question 4. A. ecosystem B. population C. independence D. conservation

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

- Question 5.** _____ all my opinions, I decided to go to a vocation school instead of applying to university.
 A. To have considered B. To consider C. Being considered D. Having considered
Question 6. The Amazon _____ is home to more than a third of all the world's species of plants. Birds, and animals.
 A. rainforest B. nature reserve C. solar energy D. weather forecast
Question 7. The world is facing many social issues nowadays. _____, we need to work together to solve them.
 A. In addition B. Therefore C. By contrast D. As a result
Question 8. _____ is one of the best academic institutions in the world.
 A. It was the University of Oxford that B. It is the University of Oxford who
 C. It is the University of Oxford that D. It was the University of Oxford where
Question 9. My parents don't want me to hang _____ with friends who have a bad influence on me.
 A. hang out with B. catch up with C. lose in touch D. put aside

Read the following advertisement/ announcement and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 10 to 15.

<p style="text-align: center;">Sea Life Center</p> <p>COST Adults \$3.70 , children \$2.00 Special prices (33)_____ over sixties and school groups</p> <p>OPENING TIMES Every day except 25 and 26 December</p> <p>FOR CHILDREN Special quiz Animals are fed every morning from 9.30 am</p> <p>GROUPS Guided tours available – ask at (34)_____ information desk</p> <p>NEW (35)_____ Walk through the big tunnel made of glass</p> <p>FOR MORE INFORMATION TELEPHONE 01743 564219</p>

- Question 10:** A. in B. on C. at D. for
Question 11: A. a B. an C. the D. Ø (no article)
Question 12: A. attractive B. attraction C. attractiveness D. attract

Hoi An among world's best places to visit in Vietnam

Being one of the top 7 natural wonders of the world (13) _____ by UNESCO, **Ha Long Bay** in Vietnam is surely the dream destination of every traveler around the world.

One of the most prominent factors that brings renown to Ha Long is the beauty of Ha Long Bay. The bay has an area of 1,553 square kilometers which is made up of 1,900 large and small limestone islands in (14) _____ shapes.

In addition, the modern transportation system contributes to the development of Ha Long tourism. Over the years, Ha Long has had extremely high economic growth. The system of facilities and infrastructure is invested synchronously with a high standard. Therefore, Ha Long (15) _____ certainly meet all of your needs in terms of entertainment, relaxation, shopping, dining, etc when you come there.

Question 13: A. recognize B. recognized C. recognizing D. to being recognized

Question 14: A. vivid B. alive C. livable D. confusing

Question 15: A. should B. ought to C. will D. had better

Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of the sentences to make a meaningful paragraph/letter in each of the following questions.

Question 16:

- a. Additionally, prioritize your activities by deciding which tasks are the most urgent and important and then, concentrate on these first.
- b. Firstly, make a plan for things you need to do, including appointments and deadlines by using a diary or apps on mobile devices to remind you of what you need to accomplish and when you need to accomplish it.
- c. Finally, develop routines because routines, when established, take less time for you to do your tasks.
- d. Time management skills are not hard to develop; once you master them, you will find out that they are great keys to success and you can become independent.
- e. Many young people strive to be independent and to live independently, you need to develop time-management skills.

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

Question 17:

- f. For example, as her academic record attests, Ms. Francesca has maintained an A grade average across the board during her study here at Fallow High School.
- d. Secondly, Francesca has distinguished herself as an incredible young writer through her work in my classes as well as in her creative and essay writing in English and Literature.
- e. In addition to having firsthand knowledge of Francesca's academic commitment and talent. I feel certain that you will be just as impressed with Francesca as I am.
- c. Dear, Sir/Madam, I am writing this letter to recommend Francesca Stevens for the Linda Williams Scholarship. I was her Social Studies and History teacher and have closely followed her academic progress during past three years.
- a. Firstly, as a student, Francesca demonstrated a love of learning and the level of commitment necessary to succeed in college and beyond. I am happy to be able to provide this recommendation for such a deserving student.
- b. Please do not hesitate in contacting me with any questions that you may have, and let me know if I can provide any additional information in support of this deserving student. You may reach me at helenb@school.com.

Regards,

Helen Bridgeman

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

Mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 18 to 23.

Hot weather makes the heart (18)_____. That is the reason why the majority of mountain rescue statistics are made up from summer walkers suffering heart attacks. So, how to walk safely in summer?

The answer is to keep up the water intake. It is vital not to wait until a thirst (19)_____. Instead, keep drinking regularly from your water bottle.

Given that evaporation is the body's way to cool (20)_____, soaking a hat with water is a great way to cool the head. Walking in the heat increases the rate at which your feet swell, (21)_____. Cool water from a stream reduces any swelling and helps general foot comfort.

As for what clothing you wear, this should be lightweight and reasonably loose-fitting. Tight clothing will feel uncomfortable and may even lead to an irritating rash on the skin. The answer, if this does develop, is to try and stay cool as much as possible. Do this by either keeping in the shade, (22)_____, but without soap.

It is understandable to want to remove some clothing when it is extremely hot, but it does not really make much sense to take off T-shirts. The sun's rays can be quite strong, and shoulders are always very sensitive to sunburn. This is the worst place to be red and sore when you are wearing a heavy rucksack on your back. Wearing shorts can also create problems for walkers, as the backs of the legs can (23)_____.

Question 18. A. pump harder B. to pump harder C. pumping harder D. pumped harder

Question 19. A. after stopping for a drink B. before stopping for a drink
C. stopping for a drink before D. before stopping to a drink

Question 20. A. itself B. herself C. ourselves D. themselves

Question 21. A. that can lead to them feeling tight in your boots
B. this can lead to them feeling tight in your boots
C. lead to them feeling tight in your boots
D. which can lead to them feeling tight in your boots

Question 22. A. nor washing the affected area with cold water B. and washing the affected area with cold water

C. or washing the affected area with cold water D. but also washing the affected area with cold water

Question 23. A. catch the sun very easily. B. catch easily the sun very.
C. catch easily very the sun. D. the sun catch very easily.

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 24 to 28.

Common issues facing teenagers today

Many people think that social media is largely to blame as this is (24)_____ teens often see images of famous or normal people drinking or smoking. This behaviour is often presented as “cool” and “fashionable”. In the USA, more than one out of five secondary school students admitted having drunk alcohol regularly.

While schools are supposed to provide a safe and healthy environment, they might actually be among the most dangerous places for (25)_____ students. It is not uncommon for teenagers to experience bullying or physical violence at school. Often victims suffer in silence as they feel reporting a bully won't make a (26)_____.

Academic pressure and family (27)_____ are the main reason for this issue. Many young people nowadays spend a lot of time studying, doing homework, or revising for tests. In Korea, (28)_____, students often spend between 12 to 16 hours per day at school and at an educational centre, and sleep only four hours per night.

Question 24. A. which B. where C. who D. when

Question 25. A. many B. each C. few D. little

Question 26. A. comparison B. similarity C. difference D. resemblance

Question 27. A. impossibility B. expectations C. expectancy D. despair

Question 28. A. as
example

B. besides

C. however

D. for

Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the questions from 29 to 33.

Apples are one of the healthiest foods you can eat every day. A traditional American proverb states: "An apple a day keeps the doctor away". But it does not specifically say anything about the best time of day to eat apples. It is generally believed that eating an apple in the morning is good for people, but eating an apple in the evening is like eating poison.

There is actually a scientific reason behind this belief. One benefit of apples is that they are a favorable source of fructose, which is a natural form of sugar that gives you a big boost of energy. The energy you get from an apple is longer lasting than **that** provided by a cup of coffee. Clearly, this is something most people would rather experience in the morning than right before bedtime.

Apples also contain high levels of pectin, a kind of dietary fiber. Fiber **stimulates** bowel movements, which help maintain the health of your digestive system. But if you eat an apple shortly before going to bed, this can cause problems. While you are asleep, your bowels can fill up with gas, making you feel bloated and uncomfortable. You may also wake up several times to use the bathroom, which will prevent you from getting a good night's sleep.

Other health benefits of apples come from flavonoids, beta carotene, and B vitamins. Flavonoids are the material that gives flowers and fruits their bright colors, such as the deep red of apples. When eaten, flavonoids can decrease your risk of heart disease, diabetes, and other illnesses. Meanwhile, beta carotene helps prevent cancer, and B vitamins provide the body with a wide variety of important benefits. Apparently, starting your day with an apple really can keep the doctor away.

Question 29: What is the main idea of the passage?

A. Apples are not as good as people may think.

B. Eating an apple in the morning proves beneficial.

C. Pectin can cause digestive problems at night.

D. Flavonoids are as good as beta carotene.

Question 30: The word "**that**" in paragraph 2 refers to _____

A. an apple

B. energy

C. sugar

D. a cup of coffee

Question 31: The word "**stimulates**" in paragraph 3 is closest in meaning to _____

A. prevents

B. avoids

C. encourages

D. creates

Question 32: Which of the following gives people a big boost of energy?

A. Fructose

B. Flavonoids

C. Beta Carotene

D. Pectin

Question 33: Which of the following is TRUE about flavonoids?

A. They make apples' colors brighter than those of other fruits.

B. They are less important than beta carotene and B vitamins.

C. They help prevent the risks of several health problems.

D. They may lead to the feeling of being bloated and uncomfortable.

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions from 34 to 40.

An education pioneer born into rural poverty in Nepal has opened 30 schools in a bid to boost prospects for his country's children.

The World Bank ranks Nepal as the globe's 31st poorest country, with almost 10 million people living on daily incomes between £1.48 and £2.50. Many rural villages remain unreachable by government schooling and adult literacy stood at just 60 percent in 2011.

Surya Karki and his charity United World Schools Nepal (UWS) are **tackling** high illiteracy and poverty rates by funding and improving education.

The first school opened in 2015. Since then 92 percent of children have completed primary education, which finishes at age eight, and continued into secondary education with UWS schools, in comparison to 39 percent of students continuing education who attended government schools.

Mr Karki was born into poverty in rural Nepal. Speaking to the Telegraph he said: "School is the only solution to the poverty cycle that we live in. I was raised by a single mother in a male-dominated society. The school that I went to was approximately two hours walk away. My house was on top of a

hill and my mother had to drag me across rivers. We used to walk 10 miles a day. The schooling was really bad.”

Karki’s mother was a firm believer in education, and at age eight Karki secured a scholarship to study in the capital, Kathmandu. From **there** he won scholarships and completed Master’s degrees in China and the United States. He returned to Nepal in 2015 and decided to stay and develop the education system. Karki said: “Inequalities in a country can only be decreased if there is access to knowledge.”

The devastating earthquake in 2015 damaged 9,300 schools, **displacing** hundreds of thousands of families and pushing 700,000 people into poverty. As of January 2018, only 2,891 schools had been rebuilt. Karki said: “We came at a crucial time, where we could redo or undo what had been done badly. Education was really bad in terms of infrastructure, quality of teachers and training. It was an opportunity for us to really make things better.”

UWS Nepal has so far built 30 schools and has seven more in construction. The schools run between 10 am and 3:30 pm, and have an 86 percent average attendance rate, which Karki says is almost double the attendance rate for government schools in the vicinity. Sexual health classes are taught to the children in the later years.

(Adapted from <https://www.telegraph.co.uk/global-health/climate-and-people>)

Question 34: What is the main idea of the passage?

- A. It was not easy to be educated by a single mother in a male-dominated society.,
- B. The disastrous earthquake in 2015 deteriorated the schooling system in Nepal.
- C. A man born into poverty in Nepal inspired thousands of children to finish school.
- D. Nepal successfully got rid of illiteracy thanks to the financial aid from the World Bank.

Question 35: The word “**tackling**” in the passage is OPPOSITE in meaning to _____.

- A. suffering B. discussing C. unresolved D. addressing

Question 36: The word “**there**” in the passage refers to _____.

- A. the school in China where Karki studied his Master’s degree
- B. Karki’s house in Nepal
- C. the school in Kathmandu where Karki studied
- D. the school in the United States Karki studied his Master’s degree

Question 37: The word “**displacing**” in the passage mostly means _____.

- A. making people homeless B. causing people to panic
- C. making people lose directions D. bringing people safety

Question 38: What can we learn about Nepal from the passage?

- A. Governmental schooling could reach even the most remote rural villages.
- B. In 2011, just more than 50% of its population were able to read and write.
- C. It currently has the population of just under 10 million people.
- D. It used to have higher literacy rates than 31 other countries in the world.

Question 39: All of the following is TRUE about Surya Karki EXCEPT _____.

- A. he was not raised by his father, which was a disadvantage in a male-dominated society.
- B. he used to travel a long way in order to get to school.
- C. he obtained his first academic achievement at a very young age.
- D. he and his charity UWS started building their first school in 2011.

Question 40: Which of the following can be inferred from the passage?

- A. Karki and his organization have generally outperformed Nepal governmental schools in inspiring children to continue their schooling.
- B. The obstacles faced by schools in Nepal were made more serious due to the harsh weather and the disastrous earthquake in 2015.
- C. The schooling offered to Karki had been of higher quality than that offered to current students in Nepal.
- D. School children in Nepal are bored with attending governmental schools and opting for attending UWS schools at higher levels.

2025 FORMAT PRACTICE TEST 4

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

- Question 1. A. campaign B. alcohol C. **motivate** D. habitat
Question 2. A. **decision** B. responsible C. offensive D. self- study

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

- Question 3. A. wildlife B. pressure C. **resource** D. lifestyle
Question 4. A. **ecosystem** B. population C. independence D. conservation

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

- Question 5. _____ all my opinions, I decided to go to a vocation school instead of applying to university.
A. To have considered B. To consider C. Being considered D. **Having considered**
Question 6. The Amazon _____ is home to more than a third of all the world's species of plants. Birds, and animals.
A. rainforest B. **nature reserve** C. solar energy D. weather forecast
Question 7. The world is facing many social issues nowadays. _____, we need to work together to solve them.
A. In addition B. **Therefore** C. By contrast D. As a result
Question 8. _____ is one of the best academic institutions in the world.
A. It was the University of Oxford that B. It is the University of Oxford who
C. **It is the University of Oxford that** D. It was the University of Oxford where
Question 9. My parents don't want me to hang _____ with friends who have a bad influence on me.
A. **hang out with** B. catch up with C. lose in touch D. put aside

Read the following advertisement/ announcement and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 10 to 15.

<p style="text-align: center;">Sea Life Center</p> <p>COST Adults \$3.70 , children \$2.00 Special prices (33) _____ over sixties and school groups</p> <p>OPENING TIMES Every day except 25 and 26 December</p> <p>FOR CHILDREN Special quiz Animals are fed every morning from 9.30 am</p> <p>GROUPS Guided tours available – ask at (34) _____ information desk</p> <p>NEW (35) _____ Walk through the big tunnel made of glass</p> <p>FOR MORE INFORMATION TELEPHONE 01743 564219</p>

- Question 10: A. in B. on C. at D. **for**
Question 11: A. a B. an C. **the** D. Ø (no article)
Question 12: A. attractive B. **attraction** C. attractiveness D. attract

<p style="text-align: center;">Hoi An among world's best places to visit in Vietnam</p> <p>Being one of the top 7 natural wonders of the world (13) _____ by UNESCO, Ha Long Bay in</p>

Vietnam is surely the dream destination of every traveler around the world.

One of the most prominent factors that brings renown to Ha Long is the beauty of Ha Long Bay. The bay has an area of 1,553 square kilometers which is made up of 1,900 large and small limestone islands in (14) _____ shapes.

In addition, the modern transportation system contributes to the development of Ha Long tourism. Over the years, Ha Long has had extremely high economic growth. The system of facilities and infrastructure is invested synchronously with a high standard. Therefore, Ha Long (15) _____ certainly meet all of your needs in terms of entertainment, relaxation, shopping, dining, etc when you come there.

Question 13: A. recognize **B. recognized** C. recognizing D. to being
recognized

Question 14: **A. vivid** B. alive C. livable D. confusing

Question 15: A. should B. ought to **C. will** D. had better

Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of the sentences to make a meaningful paragraph/letter in each of the following questions.

Question 16:

- Additionally, prioritize your activities by deciding which tasks are the most urgent and important and then, concentrate on these first.
- Firstly, make a plan for things you need to do, including appointments and deadlines by using a diary or apps on mobile devices to remind you of what you need to accomplish and when you need to accomplish it.
- Finally, develop routines because routines, when established, take less time for you to do your tasks.
- Time management skills are not hard to develop; once you master them, you will find out that they are great keys to success and you can become independent.
- Many young people strive to be independent and to live independently, you need to develop time-management skills.

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

Question 17:

- For example, as her academic record attests, Ms. Francesca has maintained an A grade average across the board during her study here at Fallow High School.
- Secondly, Francesca has distinguished herself as an incredible young writer through her work in my classes as well as in her creative and essay writing in English and Literature.
- In addition to having firsthand knowledge of Francesca's academic commitment and talent. I feel certain that you will be just as impressed with Francesca as I am.
- Dear, Sir/Madam, I am writing this letter to recommend Francesca Stevens for the Linda Williams Scholarship. I was her Social Studies and History teacher and have closely followed her academic progress during past three years.
- Firstly, as a student, Francesca demonstrated a love of learning and the level of commitment necessary to succeed in college and beyond. I am happy to be able to provide this recommendation for such a deserving student.
- Please do not hesitate in contacting me with any questions that you may have, and let me know if I can provide any additional information in support of this deserving student. You may reach me at helenb@school.com.

Regards,

Helen Bridgeman

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

Mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 18 to 23.

Hot weather makes the heart (18) _____. That is the reason why the majority of mountain rescue statistics are made up from summer walkers suffering heart attacks. So, how to walk safely in summer?

The answer is to keep up the water intake. It is vital not to wait until a thirst (19) _____. Instead, keep drinking regularly from your water bottle.

Given that evaporation is the body's way to cool (20)_____, soaking a hat with water is a great way to cool the head. Walking in the heat increases the rate at which your feet swell, (21)_____. Cool water from a stream reduces any swelling and helps general foot comfort.

As for what clothing you wear, this should be lightweight and reasonably loose-fitting. Tight clothing will feel uncomfortable and may even lead to an irritating rash on the skin. The answer, if this does develop, is to try and stay cool as much as possible. Do this by either keeping in the shade, (22)_____, but without soap.

It is understandable to want to remove some clothing when it is extremely hot, but it does not really make much sense to take off T-shirts. The sun's rays can be quite strong, and shoulders are always very sensitive to sunburn. This is the worst place to be red and sore when you are wearing a heavy rucksack on your back. Wearing shorts can also create problems for walkers, as the backs of the legs can (23)_____.

Question 18. A. pump harder B. to pump harder C. pumping harder D. pumped harder

Question 19. A. after stopping for a drink B. before stopping for a drink
C. stopping for a drink before D. before stopping to a drink

Question 20. A. itself B. herself C. ourselves D. themselves

Question 21. A. that can lead to them feeling tight in your boots
B. this can lead to them feeling tight in your boots
C. lead to them feeling tight in your boots
D. which can lead to them feeling tight in your boots

Question 22. A. nor washing the affected area with cold water
B. and washing the affected area with cold water
C. or washing the affected area with cold water
D. but also washing the affected area with cold water

Question 23. A. catch the sun very easily. B. catch easily the sun very.
C. catch easily very the sun. D. the sun catch very easily.

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 24 to 28.

Common issues facing teenagers today

Many people think that social media is largely to blame as this is (24)_____ teens often see images of famous or normal people drinking or smoking. This behaviour is often presented as “cool” and “fashionable”. In the USA, more than one out of five secondary school students admitted having drunk alcohol regularly.

While schools are supposed to provide a safe and healthy environment, they might actually be among the most dangerous places for (25)_____ students. It is not uncommon for teenagers to experience bullying or physical violence at school. Often victims suffer in silence as they feel reporting a bully won't make a (26)_____.

Academic pressure and family (27)_____ are the main reason for this issue. Many young people nowadays spend a lot of time studying, doing homework, or revising for tests. In Korea, (28)_____, students often spend between 12 to 16 hours per day at school and at an educational centre, and sleep only four hours per night.

Question 24. A. which B. where C. who D. when

Question 25. A. many B. each C. few D. little

Question 26. A. comparison B. similarity C. difference D. resemblance

Question 27. A. impossibility B. expectations C. expectancy D. despair

Question 28. A. as B. besides C. however D. for

example

Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the questions from 29 to 33.

Apples are one of the healthiest foods you can eat every day. A traditional American proverb states: "An apple a day keeps the doctor away". But it does not specifically say anything about the best time of day to eat apples. It is generally believed that eating an apple in the morning is good for people, but eating an apple in the evening is like eating poison.

Táo là một trong những thực phẩm lành mạnh nhất mà bạn có thể ăn hàng ngày. Một câu ngạn ngữ truyền thống của Mỹ nói rằng: "Nếu bạn ăn một quả táo mỗi ngày, bạn sẽ khỏe mạnh và không bị ốm đau gì". Nhưng nó không nói cụ thể bất cứ điều gì về thời gian tốt nhất trong ngày để ăn táo. Người ta thường tin rằng ăn một quả táo vào buổi sáng là tốt cho con người, nhưng ăn một quả táo vào buổi tối chẳng khác nào ăn phải thuốc độc.

There is actually a scientific reason behind this belief. One benefit of apples is that they are a favorable source of fructose, which is a natural form of sugar that gives you a big boost of energy. The energy you get from an apple is longer lasting than **that** provided by a cup of coffee. Clearly, this is something most people would rather experience in the morning than right before bedtime.

Thực sự có một lý do khoa học đằng sau niềm tin này. Một lợi ích của táo là chúng là nguồn cung cấp fructose có lợi, đây là một dạng đường tự nhiên giúp tăng cường năng lượng cho bạn. Năng lượng bạn nhận được từ một quả táo lâu hơn năng lượng được cung cấp bởi một tách cà phê. Rõ ràng, đây là điều mà hầu hết mọi người muốn trải qua vào buổi sáng hơn là ngay trước khi đi ngủ.

Apples also contain high levels of pectin, a kind of dietary fiber. Fiber **stimulates** bowel movements, which help maintain the health of your digestive system. But if you eat an apple shortly before going to bed, this can cause problems. While you are asleep, your bowels can fill up with gas, making you feel bloated and uncomfortable. You may also wake up several times to use the bathroom, which will prevent you from getting a good night's sleep.

Táo cũng chứa hàm lượng pectin cao, một loại chất xơ. Chất xơ kích thích nhu động ruột, giúp duy trì sức khỏe của hệ tiêu hóa. Nhưng nếu bạn ăn một quả táo ngay trước khi đi ngủ, điều này có thể gây ra vấn đề. Khi bạn đang ngủ, ruột của bạn có thể đầy hơi, khiến bạn cảm thấy đầy bụng và khó chịu. Bạn cũng có thể thức dậy nhiều lần để sử dụng phòng tắm (đi vệ sinh), điều này sẽ khiến bạn không thể ngủ ngon.

Other health benefits of apples come from flavonoids, beta carotene, and B vitamins. Flavonoids are the material that gives flowers and fruits their bright colors, such as the deep red of apples. When eaten, flavonoids can decrease your risk of heart disease, diabetes, and other illnesses. Meanwhile, beta carotene helps prevent cancer, and B vitamins provide the body with a wide variety of important benefits. Apparently, starting your day with an apple really can keep the doctor away.

Các lợi ích sức khỏe khác của táo đến từ flavonoid, beta carotene và vitamin B. Flavonoid là nguyên liệu làm cho hoa và quả có màu sắc tươi sáng, chẳng hạn như màu đỏ đậm của táo. Khi ăn, flavonoid có thể làm giảm nguy cơ mắc bệnh tim, tiểu đường và các bệnh khác. Trong khi đó, beta carotene giúp ngăn ngừa ung thư và vitamin B cung cấp cho cơ thể nhiều lợi ích quan trọng. Rõ ràng là, bắt đầu ngày mới của bạn với một quả táo thực sự có thể khiến bạn không cần đến bác sĩ.

Question 29: What is the main idea of the passage?

A. Apples are not as good as people may think.

B. Eating an apple in the morning proves beneficial.

C. Pectin can cause digestive problems at night.

D. Flavonoids are as good as beta carotene.

Kiến thức: Đọc hiểu

Giải thích:

Ý chính của bài đọc là gì?

A. Táo không tốt như mọi người có thể nghĩ.

B. Ăn một quả táo vào buổi sáng chứng tỏ có lợi.

C. Pectin có thể gây ra các vấn đề về tiêu hóa vào ban đêm.

D. Các flavonoid tốt như beta caroten.

Thông tin:

- A traditional American proverb states: "An apple a day keeps the doctor away".

- It is generally believed that eating an apple in the morning is good for people, but eating an apple in the evening is like eating poison.

Tạm dịch:

- Một câu ngạn ngữ truyền thống của Mỹ nói rằng: "Nếu bạn ăn một quả táo mỗi ngày, bạn sẽ khỏe mạnh và không bị ốm đau gì".
- Người ta thường tin rằng ăn một quả táo vào buổi sáng là tốt cho con người, nhưng ăn một quả táo vào buổi tối chẳng khác nào ăn phải thuốc độc.

Chọn B.

Question 30: The word "**that**" in paragraph 2 refers to _____

- A. an apple **B. energy** C. sugar D. a cup of coffee

Kiến thức: Đọc hiểu

Giải thích:

Từ "**that**" trong đoạn 2 đề cập đến _____.

- A. an apple: quả táo B. energy: năng lượng
C. sugar: đường D. a cup of coffee: một cốc cà phê

=> **that** thay thế cho từ đứng phía trước nó (chứ không thay cho từ đứng sau), là "energy".

Thông tin: The energy you get from an apple is longer lasting than **that** provided by a cup of coffee.

Tạm dịch: Năng lượng bạn nhận được từ một quả táo lâu hơn năng lượng được cung cấp bởi một tách cà phê.

Chọn B.

Question 31: The word "**stimulates**" in paragraph 3 is closest in meaning to _____

- A. prevents B. avoids **C. encourages** D. creates

Kiến thức: Đọc hiểu

Giải thích:

Từ "**stimulates**" trong đoạn 3 có nghĩa gần nhất với _____.

- A. prevents: ngăn cản B. avoids: tránh
C. encourages: khuyến khích D. creates: tạo ra

=> stimulate (v): kích thích = encourage

Thông tin: Fiber **stimulates** bowel movements, which help maintain the health of your digestive system.

Tạm dịch: Chất xơ kích thích nhu động ruột, giúp duy trì sức khỏe của hệ tiêu hóa.

Chọn C.

Question 32: Which of the following gives people a big boost of energy?

- A. Fructose** B. Flavonoids C. Beta Carotene D. Pectin

Kiến thức: Đọc hiểu

Giải thích:

Cái nào sau đây mang lại cho con người một nguồn năng lượng lớn?

- A. Fructose B. Flavonoids C. Beta Carotene D. Pectin

Thông tin: One benefit of apples is that they are a favorable source of fructose, which is a natural form of sugar that gives you a big boost of energy.

Tạm dịch: Một lợi ích của táo là chúng là nguồn cung cấp **fructose** có lợi, đây là một dạng đường tự nhiên giúp tăng cường **năng lượng** cho bạn.

Chọn A.

Question 33: Which of the following is TRUE about flavonoids?

- A. They make apples' colors brighter than those of other fruits.
B. They are less important than beta carotene and B vitamins.
C. They help prevent the risks of several health problems.
D. They may lead to the feeling of being bloated and uncomfortable.

Kiến thức: Đọc hiểu

Giải thích:

Cái nào sau đây là ĐÚNG về flavonoid?

- A. Chúng làm cho màu sắc của quả táo sáng hơn màu của các loại quả khác.
B. Chúng ít quan trọng hơn beta caroten và vitamin B.
C. Chúng giúp ngăn ngừa rủi ro của một số vấn đề sức khỏe.

D. Chúng có thể dẫn đến cảm giác đầy hơi và khó chịu.

Thông tin:

- Flavonoids are the material that gives flowers and fruits their bright colors, such as the deep red of apples.
- When eaten, flavonoids can decrease your risk of heart disease, diabetes, and other illnesses.

Tạm dịch:

- Flavonoid là nguyên liệu làm cho hoa và quả có màu sắc tươi sáng, chẳng hạn như **màu đỏ đậm của táo**. (A sai)
- Khi ăn, flavonoid có thể làm giảm nguy cơ mắc bệnh tim, tiểu đường và các bệnh khác.

Chọn C.

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions from 34 to 40.

An education pioneer born into rural poverty in Nepal has opened 30 schools in a bid to boost prospects for his country's children.

Một nhà tiên phong trong lĩnh vực giáo dục sinh ra trong hoàn cảnh nghèo khó ở vùng nông thôn Nepal đã mở 30 trường học nhằm nâng cao triển vọng cho trẻ em đất nước của mình.

The World Bank ranks Nepal as the globe's 31st poorest country, with almost 10 million people living on daily incomes between £1.48 and £2.50. Many rural villages remain unreached by government schooling and adult literacy stood at just 60 percent in 2011.

Ngân hàng Thế giới xếp Nepal là quốc gia nghèo thứ 31 trên toàn cầu, với gần 10 triệu người sống với thu nhập hàng ngày từ 1,48 đến 2,50 bảng. Nhiều ngôi làng nông thôn vẫn chưa được chính phủ cho đi học và tỷ lệ biết chữ của người lớn chỉ ở mức 60% vào năm 2011.

Surya Karki and his charity United World Schools Nepal (UWS) are **tackling** high illiteracy and poverty rates by funding and improving education.

Surya Karki và tổ chức từ thiện United World Schools Nepal (UWS) của ông đang giải quyết tỷ lệ mù chữ và nghèo đói cao bằng cách tài trợ và cải thiện giáo dục.

The first school opened in 2015. Since then 92 percent of children have completed primary education, which finishes at age eight, and continued into secondary education with UWS schools, in comparison to 39 percent of students continuing education who attended government schools.

Ngôi trường đầu tiên được mở vào năm 2015. Kể từ đó, 92% trẻ em đã hoàn thành chương trình giáo dục tiểu học, kết thúc ở 8 tuổi và tiếp tục học trung học tại các trường UWS, so với 39% học sinh giáo dục thường xuyên theo học các trường công lập.

Mr Karki was born into poverty in rural Nepal. Speaking to the Telegraph he said: "School is the only solution to the poverty cycle that we live in. I was raised by a single mother in a male-dominated society. The school that I went to was approximately two hours walk away. My house was on top of a hill and my mother had to drag me across rivers. We used to walk 10 miles a day. The schooling was really bad."

Ông Karki sinh ra trong hoàn cảnh nghèo khó ở vùng nông thôn Nepal. Phát biểu với Telegraph, ông nói: "Trường học là giải pháp duy nhất cho vòng nghèo đói mà chúng ta đang sống. Tôi được nuôi dưỡng bởi một bà mẹ đơn thân trong một xã hội nam quyền. Ngôi trường mà tôi đến học cách đó khoảng hai giờ đi bộ. Nhà tôi ở trên đỉnh đồi và mẹ tôi phải kéo tôi qua sông. Chúng tôi đã từng đi bộ 10 dặm một ngày. Việc đi học thực sự tệ."

Karki's mother was a firm believer in education, and at age eight Karki secured a scholarship to study in the capital, Kathmandu. From **there** he won scholarships and completed Master's degrees in China and the United States. He returned to Nepal in 2015 and decided to stay and develop the education system. Karki said: "Inequalities in a country can only be decreased if there is access to knowledge."

Mẹ của Karki là một người tin tưởng vững chắc vào giáo dục, và khi 8 tuổi, Karki đã nhận được học bổng du học tại thủ đô Kathmandu. Ở đó, ông giành được học bổng và hoàn thành chương trình Thạc sĩ tại Trung Quốc và Hoa Kỳ. Ông trở lại Nepal vào năm 2015 và quyết định ở lại và phát triển hệ thống giáo dục. Karki nói: "Bất bình đẳng trong một quốc gia chỉ có thể được giảm bớt nếu có khả năng tiếp cận kiến thức."

The devastating earthquake in 2015 damaged 9,300 schools, **displacing** hundreds of thousands of families and pushing 700,000 people into poverty. As of January 2018, only 2,891 schools had been rebuilt. Karki said: “We came at a crucial time, where we could redo or undo what had been done badly. Education was really bad in terms of infrastructure, quality of teachers and training. It was an opportunity for us to really make things better.”

Trận động đất kinh hoàng năm 2015 đã làm hư hại 9.300 trường học, khiến hàng trăm nghìn gia đình phải di dời và đẩy 700.000 người vào cảnh nghèo đói. Tính đến tháng 1 năm 2018, chỉ có 2.891 trường học được xây dựng lại. Karki nói: “Chúng tôi đến vào một thời điểm quan trọng, nơi chúng tôi có thể làm lại hoặc hoàn tác những gì đã làm tồi tệ. Nền giáo dục thực sự tệ về cơ sở hạ tầng, chất lượng giáo viên và đào tạo. Đó là cơ hội để chúng tôi thực sự làm cho mọi thứ trở nên tốt đẹp hơn. ”

UWS Nepal has so far built 30 schools and has seven more in construction. The schools run between 10 am and 3:30 pm, and have an 86 percent average attendance rate, which Karki says is almost double the attendance rate for government schools in the vicinity. Sexual health classes are taught to the children in the later years.

UWS Nepal cho đến nay đã xây dựng được 30 trường học và 7 trường học nữa đang được xây dựng. Các trường học hoạt động trong khoảng thời gian từ 10 giờ sáng đến 3 giờ 30 chiều, và có tỷ lệ đi học trung bình là 86%, mà Karki nói là gần gấp đôi tỷ lệ đi học của các trường công lập (trường do chính phủ xây dựng) ở vùng lân cận. Các lớp học về sức khỏe tình dục được dạy cho trẻ em trong những năm sau đó.

(Adapted from <https://www.telegraph.co.uk/global-health/climate-and-people>)

Question 34: What is the main idea of the passage?

- A. It was not easy to be educated by a single mother in a male-dominated society.,
- B. The disastrous earthquake in 2015 deteriorated the schooling system in Nepal.
- C. A man born into poverty in Nepal inspired thousands of children to finish school.
- D. Nepal successfully got rid of illiteracy thanks to the financial aid from the World Bank.

Kiến thức: Đọc hiểu

Giải thích:

Ý chính của bài đọc là gì?

- A. Thật không dễ dàng để được giáo dục bởi một người mẹ đơn thân trong một xã hội nam quyền. => chỉ là chi tiết của 1 đoạn
- B. Trận động đất thảm khốc năm 2015 đã làm suy giảm hệ thống trường học ở Nepal. => chỉ là chi tiết của 1 đoạn
- C. Một người đàn ông sinh ra trong hoàn cảnh nghèo khó ở Nepal đã truyền cảm hứng cho hàng nghìn trẻ em đến trường.
- D. Nepal xóa mù chữ thành công nhờ sự hỗ trợ tài chính của Ngân hàng Thế giới. => ngân hàng này xếp hạng Nepal chứ không giúp xóa mù chữ

Chọn C.

Question 35: The word “**tackling**” in the passage is OPPOSITE in meaning to _____.

- A. suffering B. discussing C. unresolved D. addressing

Kiến thức: Đọc hiểu

Giải thích:

Từ “tackling” trong bài đọc đối nghĩa với _____.

- A. suffering: chịu đựng B. discussing: thảo luận
 - C. unresolved: không giải quyết được D. addressing: giải quyết
- => tackling: giải quyết = addressing >< unresolved

Thông tin: Surya Karki and his charity United World Schools Nepal (UWS) are **tackling** high illiteracy and poverty rates by funding and improving education.

Tạm dịch: Surya Karki và tổ chức từ thiện United World Schools Nepal (UWS) của ông đang giải quyết tỷ lệ mù chữ và nghèo đói cao bằng cách tài trợ và cải thiện giáo dục.

Chọn C.

Question 36: The word “**there**” in the passage refers to _____.

- A. the school in China where Karki studied his Master’s degree

B. Karki's house in Nepal

C. the school in Kathmandu where Karki studied

D. the school in the United States Karki studied his Master's degree

Kiến thức: Đọc hiểu

Giải thích:

Từ "**there**" trong bài đọc đề cập đến _____.

A. ngôi trường ở Trung Quốc nơi Karki học bằng Thạc sĩ

B. nhà của Karki ở Nepal

C. trường học ở Kathmandu nơi Karki học

D. trường học ở Hoa Kỳ Karki đã học bằng Thạc sĩ của mình

Thông tin: ... and at age eight Karki secured a scholarship to study in the capital, Kathmandu.

From **there** he won scholarships and completed Master's degrees in China and the United States.

Tạm dịch: ... và khi 8 tuổi, Karki đã nhận được học bổng du học tại thủ đô Kathmandu. Ở đó, ông giành được học bổng và hoàn thành chương trình Thạc sĩ tại Trung Quốc và Hoa Kỳ.

Chọn C.

Question 37: The word "**displacing**" in the passage mostly means _____.

A. making people homeless

B. causing people to panic

C. making people lose directions

D. bringing people safety

Kiến thức: Đọc hiểu

Giải thích:

Từ "**displacing**" trong đoạn văn chủ yếu có nghĩa là _____.

A. khiến mọi người mất nhà cửa

B. khiến mọi người hoảng sợ

C. làm cho mọi người mất phương hướng

D. mang lại sự an toàn cho mọi người

=> displacing: to force people to move away from their home to another place (buộc mọi người phải di chuyển khỏi nhà của họ đến một nơi khác) = making people homeless

Thông tin: The devastating earthquake in 2015 damaged 9,300 schools, **displacing** hundreds of thousands of families and pushing 700,000 people into poverty.

Tạm dịch: Trận động đất kinh hoàng năm 2015 đã làm hư hại 9.300 trường học, khiến hàng trăm nghìn gia đình phải di dời và đẩy 700.000 người vào cảnh nghèo đói.

Chọn A.

Question 38: What can we learn about Nepal from the passage?

A. Governmental schooling could reach even the most remote rural villages.

B. In 2011, just more than 50% of its population were able to read and write.

C. It currently has the population of just under 10 million people.

D. It used to have higher literacy rates than 31 other countries in the world.

Kiến thức: Đọc hiểu

Giải thích:

Chúng ta có thể học được gì về Nepal từ bài đọc này?

A. Giáo dục của chính phủ có thể đến được ngay cả những ngôi làng nông thôn hẻo lánh nhất.

B. Năm 2011, chỉ hơn 50% dân số biết đọc và viết.

C. Hiện có dân số dưới 10 triệu người một chút.

D. Nơi đây từng có tỷ lệ người biết chữ cao hơn 31 quốc gia khác trên thế giới.

Thông tin: The World Bank ranks Nepal as the globe's 31st poorest country, with almost 10 million people living on daily incomes between £1.48 and £2.50. Many rural villages remain unreached by government schooling and adult literacy stood at just 60 percent in 2011.

Tạm dịch: Ngân hàng Thế giới xếp Nepal là quốc gia nghèo thứ 31 trên toàn cầu, với gần 10 triệu người sống với thu nhập hàng ngày từ 1,48 đến 2,50 bảng. Nhiều ngôi làng nông thôn vẫn chưa có được giáo dục của chính phủ và tỷ lệ biết chữ của người lớn chỉ ở mức 60% vào năm 2011. => A, B, D sai

Chọn C.

Question 39: All of the following is TRUE about Surya Karki EXCEPT _____.

A. he was not raised by his father, which was a disadvantage in a male-dominated society.

- B. he used to travel a long way in order to get to school.
- C. he obtained his first academic achievement at a very young age.
- D. he and his charity UWS started building their first school in 2011.

Kiến thức: Đọc hiểu

Giải thích:

Tất cả những điều sau đây là ĐÚNG về Surya Karki NGOẠI TRÙ _____

- A. ông ấy không được nuôi dưỡng bởi bố mình, đó là một bất lợi trong một xã hội nam quyền.
- B. ông ấy đã từng phải đi một quãng đường dài để đến trường.
- C. ông ấy đạt được thành tích học tập đầu tiên khi còn rất trẻ.
- D. ông ấy và tổ chức từ thiện UWS của mình bắt đầu xây dựng trường học đầu tiên của họ vào năm 2015.

Thông tin: I was raised by a single mother in a male-dominated society.

Tạm dịch: Tôi được nuôi dưỡng bởi một bà mẹ đơn thân trong một xã hội nam quyền.

Chọn A.

Question 40: Which of the following can be inferred from the passage?

- A. Karki and his organization have generally outperformed Nepal governmental schools in inspiring children to continue their schooling.
- B. The obstacles faced by schools in Nepal were made more serious due to the harsh weather and the disastrous earthquake in 2015.
- C. The schooling offered to Karki had been of higher quality than that offered to current students in Nepal.
- D. School children in Nepal are bored with attending governmental schools and opting for attending UWS schools at higher levels.

Kiến thức: Đọc hiểu

Giải thích:

Điều nào sau đây có thể được suy ra từ đoạn văn?

- A. Karki và tổ chức của ông nói chung đã làm tốt hơn các trường học của chính phủ Nepal trong việc truyền cảm hứng cho trẻ em tiếp tục đi học.
- B. Những trở ngại mà các trường học ở Nepal gặp phải ngày càng nghiêm trọng do thời tiết khắc nghiệt và trận động đất thảm khốc năm 2015.
- C. Trường học cung cấp cho Karki có chất lượng cao hơn so với học sinh hiện tại ở Nepal.
- D. Trẻ em trong độ tuổi đi học ở Nepal chán học các trường chính phủ và chọn học các trường UWS ở các cấp học cao hơn.

Thông tin: UWS Nepal has so far built 30 schools and has seven more in construction. The schools run between 10 am and 3:30 pm, and have an 86 percent average attendance rate, which Karki says is almost double the attendance rate for government schools in the vicinity.

Tạm dịch: UWS Nepal cho đến nay đã xây dựng được 30 trường học và 7 trường học nữa đang được xây dựng. Các trường học hoạt động trong khoảng thời gian từ 10 giờ sáng đến 3 giờ 30 chiều, và có tỷ lệ đi học trung bình là 86%, mà Karki nói là gần gấp đôi tỷ lệ đi học của các trường công lập (trường do chính phủ xây dựng) ở vùng lân cận.

Chọn A.