

**Ở GIÁO DỤC VÀ ĐÀO TẠO
TỈNH TUYỀN QUANG**

ĐỀ CHÍNH THỨC

(Đề thi có 06 trang)

**KỲ THI THỬ NGHIỆM TỐT NGHIỆP THPT NĂM 2026
MÔN: TIẾNG ANH**

Thời gian làm bài: 50 phút (không tính thời gian phát đề)

Họ tên thí sinh:..... Số báo danh:..... Mã đề thi:

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.

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

- Tom:** Thank you so much! I really appreciate your feedback.
- Anna:** I really enjoyed your presentation - it was clear, engaging, and very informative.
- 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.

- Lan:** I usually volunteer at a local shelter at weekends. What about you?
- Lan:** That sounds really meaningful. I believe volunteering is a great way to support others and gain valuable experience.
- Minh:** I'm involved in organizing charity events and raising funds for children in need.
- Minh:** You seem to be very active in community work. What kind of volunteer activities do you usually take part in?
- 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.

(Adapted from <https://www.nationalgeographic.com/>)

- 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. In which paragraph does the writer mention a causal relationship between lifestyle habits and physical changes?

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

Question 40. In which paragraph does the writer discuss the lack of official regulatory control over supplement quality?

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

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

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

LỜI GIẢI THAM KHẢO

Question 1. Đáp án A. who

Câu: “visitors ____ seek to experience...”

“Visitors” là người, sau chỗ trống cần đại từ quan hệ làm chủ ngữ cho động từ “seek”. Vì vậy dùng **who**.

Loại:

- **which** dùng cho vật.
- **whom** làm tân ngữ, không làm chủ ngữ.
- **whose** chỉ sở hữu.

Question 2. Đáp án C. shared

Cụm đúng: **a shared commitment** = một cam kết chung.

Câu nói về việc bảo tồn di sản văn hóa và phát triển du lịch là cam kết chung của các bên.

Loại:

- individual = cá nhân.
- superficial = hời hợt.
- separate = riêng rẽ.

Question 3. Đáp án B. carry out

Cụm đúng: **carry out rituals** = thực hiện các nghi lễ.

Câu: “communities to carry out ancient rituals...” = các cộng đồng thực hiện những nghi lễ cổ truyền.

Loại:

- bring about = gây ra, đem lại.
- take over = tiếp quản.
- turn into = biến thành.

Question 4. Đáp án C. a

Câu: “offering ___ unique chance...”

“Unique” bắt đầu bằng âm /ju:/, là âm phụ âm /j/, nên dùng **a unique chance**, không dùng “an”.

Question 5. Đáp án C. reliable

Câu: “provide ___ services...”

Trước danh từ “services” cần tính từ. **Reliable services** = các dịch vụ đáng tin cậy.

Loại:

- reliably: trạng từ.
- reliance: danh từ.
- rely: động từ.

Question 6. Đáp án C. seize

Câu: “Visitors are encouraged to ___ the festive spirit...”

Trong ngữ cảnh này, **seize** mang nghĩa nắm bắt, tận hưởng không khí lễ hội. Các đáp án còn lại không hợp nghĩa.

Question 7. Đáp án B. d – b – a – e – c

Mạch hợp lí:

- **d**: Giới thiệu trải nghiệm làm thêm ở quán cà phê.
- **b**: Công việc ban đầu tưởng dễ nhưng dần trở nên khó.
- **a**: Nêu khó khăn cụ thể: làm ca muộn, khách khó tính.
- **e**: Cách vượt qua: quản lí thời gian, kiên nhẫn.
- **c**: Kết luận bài học rút ra.

→ Đáp án **B**.

Question 8. Đáp án D. b – a – c

Đoạn hội thoại:

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

→ Đáp án **D**.

Question 9. Đáp án A. d – a – c – b – e

Mạch hội thoại:

- **d:** Minh hỏi Lan tham gia hoạt động tình nguyện nào.
- **a:** Lan trả lời và hỏi lại Minh.
- **c:** Minh trả lời.
- **b:** Lan nhận xét việc đó ý nghĩa.
- **e:** Minh đồng ý.

→ Đáp án **A**.

Question 10. Đáp án C. c – b – e – d – a

Mạch đoạn văn:

- **c:** Câu chủ đề: từ 2010 đến 2025, truyền thông đại chúng thay đổi.
- **b:** Nguyên nhân chính: internet băng thông rộng phát triển.
- **e:** Hệ quả: báo in suy giảm vì người đọc chuyển sang cập nhật online.
- **d:** Quảng cáo truyền thống giảm hiệu quả, doanh nghiệp dùng dữ liệu để nhắm mục tiêu.
- **a:** Kết luận toàn đoạn.

→ Đáp án **C**.

Question 11. Đáp án A. b – e – c – d – a

Mạch thư trang trọng:

- **b:** Mở thư: cảm ơn vì được nhận vị trí.
- **e:** Nêu ý nghĩa của cơ hội này.
- **c:** Cam kết đóng góp cho tổ chức.
- **d:** Mong được làm việc với đội ngũ chuyên nghiệp.
- **a:** Hỏi thêm về trách nhiệm ban đầu.

→ Đáp án **A**.

Question 12. Đáp án D. highlighting

Câu trước nói du lịch động vật hoang dã tạo ra doanh thu lớn, bao gồm phí vào cửa các khu bảo tồn. Phần sau cần cụm phân từ để bổ sung ý nghĩa:

highlighting the significant financial value...

= qua đó làm nổi bật giá trị tài chính đáng kể của việc bảo tồn hệ sinh thái.

Question 13. Đáp án A. so habitat disruption can create cascading effects that threaten life cycles

Câu trước: các loài liên kết với nhau trong hệ sinh thái. Vì vậy nếu môi trường sống bị phá vỡ thì có thể tạo hiệu ứng dây chuyền.

so thể hiện quan hệ kết quả.

Question 14. Đáp án C. This demonstrates how conservation efforts benefit both nature and communities

Trước đó đoạn văn nói bảo vệ động vật hoang dã giúp duy trì đa dạng sinh học, nông nghiệp, nghiên cứu khoa học, nước sạch. Tức là bảo tồn có lợi cho cả thiên nhiên và cộng đồng.

→ Đáp án C.

Question 15. Đáp án D. implement measures that align tourism development with ecological preservation goals

Cấu trúc song song:

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

Nghĩa: chính phủ phải tăng cường quy định, khuyến khích cộng đồng tham gia và thực hiện biện pháp gắn phát triển du lịch với bảo tồn sinh thái.

Question 16. Đáp án A. Consequently, sustainable wildlife tourism can reinforce ecological integrity while enhancing long-term economic resilience

Đây là câu kết luận phù hợp: du lịch động vật hoang dã bền vững vừa bảo vệ hệ sinh thái, vừa tăng sức bền kinh tế dài hạn.

Question 17. Đáp án A. Naturally produced compounds in the brain involved in regulating cravings

“these opioids” chỉ các opioid tự nhiên trong não được nhắc ngay trước đó: “naturally occurring opioids in the brain”.

→ Đáp án A.

Question 18. Đáp án D. fullness

“Satiety” nghĩa là cảm giác no.

- desire = sự ham muốn.
- digestion = tiêu hóa.
- hunger = đói.
- fullness = no.

→ Đáp án D.

Question 19. Đáp án A. ignored

“traced” = lần theo, theo dõi. Từ trái nghĩa phù hợp nhất là **ignored** = phớt lờ, không theo dõi.

→ Đáp án A.

Question 20. Đáp án D. Producing insulin

Đoạn văn có nhắc POMC neurons liên quan đến:

- cảm giác no.
- điều hòa thèm ăn.
- chuyển hóa.
- hormone.

Không nhắc đến việc **sản xuất insulin**.

→ Đáp án D.

Question 21. Đáp án C. (I)

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

Nó phù hợp ngay sau ý: nghiên cứu cho thấy neuron tạo cảm giác no cũng kích hoạt thêm đường. Vị trí hợp lí nhất là **(I)**.

→ Đáp án C.

Question 22. Đáp án A. Neuronal activity increased significantly when mice consumed sweets.

Trong đoạn có nói hoạt động neuron tăng khoảng bốn lần khi chuột ăn đồ ngọt so với bữa ăn thường.

→ Đáp án A.

Question 23. 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 gốc: hoạt động neuron tăng trước khi chuột ăn đồ ngọt, cho thấy đường dẫn thần kinh này tạo ra cơn thèm đường.

→ Đáp án D.

Question 24. Đáp án A. The neural basis of sugar cravings is likely conserved across species, including humans.

Đoạn cuối có dẫn lời Fenselau: điều này giải thích vì sao động vật — con người — ăn quá nhiều đường khi đã no.

Có thể suy ra cơ chế thần kinh này có thể tồn tại ở nhiều loài, gồm cả người.

→ Đáp án A.

Question 25. Đáp án B. Neural systems responsible for signaling fullness can simultaneously promote the consumption of sugar.

Ý chính toàn bài: hệ thần kinh báo hiệu no cũng có thể kích hoạt ham muốn ăn đường.

→ Đáp án B.

Question 26. Đáp án A. Objective and explanatory in presenting scientific evidence

Giọng văn của tác giả khách quan, giải thích bằng thí nghiệm và bằng chứng khoa học. Không nghi ngờ, không cổ vũ ăn đường, cũng không phê phán nghiên cứu.

→ Đáp án A.

Question 27. Đáp án B. many

Câu: “Instead of applying to ___ jobs randomly...”

“Jobs” là danh từ đếm được số nhiều, nên dùng **many jobs**.

Loại:

- amount of dùng với danh từ không đếm được.
- plenty thiếu “of”.
- much dùng với danh từ không đếm được.

Question 28. Đáp án A. so

Câu: “Manage your time effectively, ___ you should set clear periods...”

Nghĩa: Hãy quản lí thời gian hiệu quả, vì vậy bạn nên đặt các khoảng thời gian rõ ràng.

→ so diễn tả kết quả.

Question 29. Đáp án D. to increase

Câu: “Build a strong online presence ____ visibility with employers.”

Dùng “to V” để chỉ mục đích: xây dựng sự hiện diện trực tuyến mạnh mẽ **để tăng** khả năng được nhà tuyển dụng nhìn thấy.

→ Đáp án D.

Question 30. Đáp án A. Stay

Cụm đúng: **Stay informed about trends** = luôn cập nhật thông tin về xu hướng.

→ Đáp án A.

Question 31. Đáp án C. fast-paced competitive environment

Cụm tự nhiên: **a fast-paced competitive environment** = một môi trường cạnh tranh, nhịp độ nhanh.

→ Đáp án C.

Question 32. Đáp án C. strategic

Cụm đúng và hợp ngữ cảnh: **a strategic approach** = một cách tiếp cận có chiến lược.

Bài nói về các chiến lược để thành công trong sự nghiệp, nên “strategic” phù hợp nhất.

→ Đáp án C.

Question 33. Đáp án C. scientists

Câu trước: “numerous scientists remain skeptical.”

Câu sau: “They argue...”

“They” chỉ **scientists**.

→ Đáp án C.

Question 34. Đáp án B. joint discomfort

Đoạn 2 nói các yếu tố làm mất collagen gồm:

- sau tuổi 40.
- hút thuốc mạn tính.
- ăn quá nhiều đường.

“Joint discomfort” là hậu quả của mất collagen, không phải yếu tố gây mất collagen.

→ Đáp án B.

Question 35. Đáp án C. exacerbate

“Counteract” = chống lại, làm giảm tác động.

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

→ Đáp án C.

Question 36. 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 gốc nói các nhà nghiên cứu nhấn mạnh cần thêm bằng chứng nghiêm ngặt để xác nhận collagen supplements có thật sự đảo ngược dấu hiệu lão hóa hay không.

→ Đáp án D.

Question 37. Đáp án B. successive

“Consecutive” = liên tiếp.

- successive = kế tiếp, liên tiếp.
- intermittent = gián đoạn.
- subsequent = sau đó.
- concurrent = đồng thời.

→ Đáp án **B**.

Question 38. Đáp án D. While collagen supplements show potential in easing joint discomfort, their definitive anti-aging effects still require further scientific validation.

Đoạn văn nói collagen có thể giúp giảm đau khớp, nhưng tác dụng chống lão hóa chắc chắn vẫn cần thêm bằng chứng khoa học.

→ Đáp án **D**.

Question 39. Đáp án B. Paragraph 2

Đoạn 2 nêu quan hệ nhân quả giữa thói quen sống và thay đổi cơ thể:

- hút thuốc, ăn nhiều đường làm quá trình mất collagen nhanh hơn.
- mất collagen dẫn đến da chảy xệ và khó chịu ở khớp.

→ Đáp án **B**.

Question 40. Đáp án D. Paragraph 3

Đoạn 3 nói các sản phẩm bổ sung collagen không được FDA quản lý nghiêm ngặt về độ an toàn hoặc hiệu quả điều trị trước khi đưa ra thị trường.

→ Đáp án **D**.