

A. Content.

Units	Topics	Phonetics	Vocabulary	Grammar
1	LOCAL COMMUNITY	Vowel revision: /æ /; /ɑ:/; /e /	Community helpers Traditional handicrafts	Question words to- infinitives Phrasal verbs
2	CITY LIFE	Diphthong revision: /aʊ/; /əʊ/; /eə/	City life	Double comparatives Phrasal verbs
3	HEALTHY LIVING FOR TEENS	Sounds: / h/ and / r/	Student's life and school work	Modal verbs in first conditional sentences

B. Reference tests:

TEST 1

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

Question 1. A. ground B. should C. about D. amount

Question 2. A. carry B. garbage C. paragraph D. attraction

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 primary stress in each of the following questions.

Question 3. A. business B. experience C. grandparent D. chocolate

Question 4. A. generation B. communicate C. historical D. environment

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. Last year, the researchers _____ a survey to find out how eating habits affect the health of teenagers.

A. worked out B. cut down C. carried out D. looked round

Question 6. After working hard from the beginning of the school year, Giang _____ her goal of achieving the highest score on the mid-term test.

A. balanced B. accomplished C. solved D. intended

Question 7. The increase _____ population and the increasing number of vehicles have caused many accidents to happen every day in the city.

A. in B. at C. on D. of

Question 8. If you _____ public transportation, you can reduce traffic congestion in the city.

A. will use B. use C. using D. are used

Question 9. _____ they are from home, the more we miss them.

A. The farther B. The more further C. The furthest D. The more far

Question 10. _____ time his son spent on electronic devices, _____ he focused on his studies.

A. The less - the more B. The fewer - the more C. less - more D. fewer - less

Question 11. Visiting this local craft market _____ me of the beautiful vases I saw at Bat Trang pottery village.

A. remembers B. reviews C. reminds D. misses

Question 12. You'd better look after your _____ by taking time to relax and do things you enjoy.

A. mental health B. physical health C. well-balanced diet D. healthy diet

Read the following recruitment advertisement 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 13 to 16.

HEALTHY LIVING TIPS FOR TEENAGERS

1. Eat (13) _____ balanced diet with plenty of fruits and vegetables.
2. Drink plenty of water and get enough sleep.
3. Exercise regularly (14) _____ fit.
4. Limit screen time to 2 hours a day.
5. Manage your time and give (15) _____ to important activities.
6. Talk to a counsellor, friends, or parents if you feel (16) _____ out.

- | | | | |
|----------------------------------|-------------|-------------------|---------------|
| Question 13. A. a | B. the | C. x (no article) | D. an |
| Question 14. A. keeping | B. keep | C. kept | D. to keep |
| Question 15. A. due date | B. balance | C. priority | D. assignment |
| Question 16. A. stressful | B. stressed | C. stressfully | D. stress |

Mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions from 17 to 18.

Question 17. Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.

Fast food chains and international restaurants have become popular, offering a wide range of dishes and more food choices to local people. _____

a. For example, here in Vietnam, we can enjoy Italian pizza or Japanese sushi, in addition to our traditional food.

b. On the other hand, Vietnamese specialties, such as pho and banh mi, are also gaining popularity worldwide.

c. Moreover, some international dishes use local ingredients, which make them unique and more suitable to local tastes.

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

Question 18. Choose the sentence that can end the text (in Question 17) most appropriately.

A. In short, you can explore the flavorful world of traditional Vietnamese food or enjoy dishes from other countries around the world in Vietnam.

B. To begin with, you have the best chance to taste many types of food when you visit Vietnam.

C. In summary, Vietnamese dishes are not tasty enough to be enjoyed by foreigners.

D. In the end, we need to know how to cook both local and international dishes.

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 19 to 24.

I believe all humans have the right (19) _____ in a safe and clean place. However, most cities today have many problems that need solutions. Johannesburg, South Africa, is one of these cities. I will explain some of its problems and potential solutions below.

A big problem is that crime is high in the city. There are so many criminals that life for normal people is beginning to (20) _____. They may move away from the city. For this reason, the government should provide more police officers on the streets.

(21) _____ problem is that the population is rising quickly. It might make more people homeless. Having more homeless people can cause many problems. The government should build more (22) _____ around the city.

The final problem is that air pollution is getting worse. Because of this, more people will need medical help. This could make hospitals very busy. To improve this, the government should ask people to ride bicycles more and use cars (23) _____.

To conclude, the number of criminals, the population (24) _____, and air pollution are problems in Johannesburg. However, there are solutions the government can implement. They should train more police officers, build more apartments, and ask people to ride bicycles instead of using cars.

- | | | | |
|---------------------------------|---------------|---------------|---------------|
| Question 19. A. to live | B. live | C. living | D. lives |
| Question 20. A. break up | B. break down | C. break into | D. break away |

- Question 21.** A. Other B. Others C. Another D. The other
Question 22. A. construction sites B. shopping malls C. stadiums D. apartment buildings
Question 23. A. more B. little C. much D. less
Question 24. A. to grow B. grew C. growth D. grow

Mark the letter A, B, C, or D on your answer sheet to indicate the sentence that is closest in meaning to the original sentence in each of the following questions.

Question 25. *Wear your coat or you may catch a cold.*

- A. If you don't wear your coat, you may catch a cold.
 B. Unless you wear your coat, you may not catch a cold.
 C. You may wear a coat if you don't catch a cold.
 D. You may catch a cold even though you wear your coat.

Question 26. *They should reduce the amount of fatty foods in their daily meals.*

- A. They should cut down on the amount of fatty foods in their daily meals.
 B. They should eat more fatty foods in their daily meals.
 C. They shouldn't cook fatty foods every day.
 D. The more fatty foods they eat, the healthier they become.

Mark the letter A, B, C, or D on your answer sheet to indicate the sentence that is made from the given cues in each of the following questions.

Question 27. *My father / handed / some / his / special / cooking techniques / me.*

- A. My father handed out some of his special cooking techniques to me.
 B. My father handed down some his special cooking techniques to me.
 C. My father handed down some his special cooking techniques for me.
 D. My father handed down some of his special cooking techniques to me.

Question 28. *She / tell me / the trip / village / where / born / grow up.*

- A. She tells me about the trip to village where she be born and grew up
 B. She told me about the trip to the village where she was born and grew up.
 C. She told me about the trip to the village where she is born and grew up.
 D. She tells me about the trip the village where she is born and grew up.

Read the following sign or notice and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions.

Question 29. What does the sign say?



- A. Snacks are appropriate
 B. You can buy food in the canteen
 C. Eating is prohibited here.
 D. Processed foods are bad for you

Question 30. What does the notice say?

Please do not make or take
phone calls in the laboratory

- A. Phones are eliminated in the lab.
 B. Visitors mustn't use phones anywhere, anytime in the lab.
 C. If visitors want to use phones, they should contact staff.
 D. There is no cell phone signal in the lab.

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 following questions from 31 to 36.

As teenagers, setting goals can help you live a more balanced life. Goals give you a sense of direction and help you manage your time better. When you have clear goals, it's easier to focus on schoolwork, hobbies, and time with friends and family.

To start, think about what is important to you. For example, you may want to improve your grades, learn a new sport, or spend more time with family. Once you know your goal, break it into smaller steps. This makes it easier to work on and helps you stay motivated.

It's also important to set goals that you can achieve. If your goal is too hard, you might feel **frustrated** and give up. For example, if you want to get fit, start by jogging a few times a week instead of trying to run a marathon.

Finally, check your progress often. Ask yourself if you are still on track to reach your goal. If not, change your plan and try again. This will help you stay focused and not lose motivation.

By setting your own goals, you can create a balanced and happy life, making sure there is time for everything that matters to you.

Question 31. What is the main purpose of the text?

- A. To show why teenagers should focus more on their hobbies.
- B. To describe how teenagers can achieve school success easily.
- C. To encourage teenagers to spend more time with family.
- D. To explain how setting goals can lead to a more balanced life.

Question 32. The word '**motivated**' in paragraph 2 is OPPOSITE in meaning to _____.

- A. Uninterested
- B. Focused
- C. Balanced
- D. Excited

Question 33. After choosing a goal, what should teenagers do next?

- A. Begin working on all parts of the goal at once.
- B. Break the goal into smaller, more achievable steps.
- C. Try to focus on the goal and forget about distractions.
- D. Work on the goal only when they feel motivated.

Question 34. The word '**frustrated**' in paragraph 3 is CLOSEST in meaning to _____.

- A. Annoyed
- B. Satisfied
- C. Interested
- D. Surprised

Question 35. Which statement is NOT true according to the text?

- A. Setting realistic goals helps teenagers stay motivated.
- B. Checking progress regularly keeps teenagers on track.
- C. It is better to work on many goals at the same time.
- D. Breaking a goal into smaller steps makes it easier to achieve.

Question 36. How should teenagers check their progress on their goals?

- A. See if they are making progress and make changes if necessary.
- B. Look at their goals only after they have finished.
- C. Ask their friends to check their goals for them.
- D. Check their progress only when they feel like it.

Four phrases/ sentences have been removed from the text below. For each question, 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 37 to 40.

Living in a big city can have both positive and negative effects on _____ (37). On the one hand, cities offer many opportunities such as access to better jobs and _____ (38). On the other hand, city life can also be stressful due to _____ (39) and noise pollution. Additionally, many people struggle to find a balance between work and personal life (40) _____.

- A. crowded public spaces
- B. public services like hospitals and schools
- C. people's mental and physical health
- D. if they are constantly working in big cities

Question 37: _____

Question 38: _____

Question 39: _____

Question 40: _____

TEST 2

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

- Question 1.** A. him B. heir C. hair D. his
Question 2. A. tired B. serious C. average D. general

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 primary stress in each of the following questions.

- Question 3.** A. priority B. competition C. electrician D. entertainment
Question 4. A. construction B. liveable C. deliver D. collector

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.** The annual fair _____ us of our community's rich history and traditions.
A. reminds B. suggests C. encourages D. remembers
Question 6. The committee has _____ a survey of parking problems in residential areas.
A. cut down on B. carried out C. came back D. looked around
Question 7. The more people who use buses, _____ it is for the environment.
A. the better B. the best C. better D. more good
Question 8. Linh: "Do you mind carrying this suitcase for me?"
Tom: " _____"
A. Do it yourself, please. B. Not at all. It's my pleasure.
C. Yes, I do. Is it too heavy for you? D. Thanks! It's so kind of you.
Question 9. We'd better get an _____ to check the wiring before we start decorating.
A. electrician B. artist C. architect D. police officer
Question 10. The government _____ their objective of reducing violent crime.
A. accomplished B. succeeded C. managed D. got
Question 11. The coach explained when _____ for the best results.
A. to exercise B. to exercising C. will exercise D. exercising
Question 12. There is a big _____ site near my house, so it's very noisy.
A. construction B. construct C. constructing D. constructed

Read the following announcement and mark the letter A, B, C or D on your answer sheet to indicate the correct option that best fits each numbered blank from 13 to 16

STAYING HEALTHY AT WORK

To stay healthy while working, try these easy tips:

- Take breaks to stand up and (13) _____ around.
- Drink (14) _____ water all day to stay healthy.
- (15) _____ your desk clean and tidy to feel better.
- If you feel tired, (16) _____ some deep breaths to feel relaxed.

- Question 13.** A. move B. come C. leave D. look
Question 14. A. many B. enough C. little D. more
Question 15. A. Forget B. Open C. Keep D. Hide
Question 16. A. take B. stop C. wait D. run

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

Question 17. Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.

When twelve-year-old George said that he was getting headaches at school, his dad made an appointment for an eye test. _____.

- a. George said that he hoped to be a pilot, 'that might be difficult', said the doctor, "because you're colour-blind."
b. The optician showed him some coloured images and asked him what numbers he could see, but George found the task difficult.
c. The optician then asked him what his plans were for the future.

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

Question 18. Choose the sentences that can end the text (in Question 17) most appropriately.

- A. She told George that he probably wouldn't be able to fly planes in the future.
- B. Later at home, his mum told him that colour-blindness ran in the family.
- C. His grandad had the same problem, but he had learned to live well with it.
- D. His grandad couldn't tell the difference between some colours.

Mark letter A, B, C or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 19 to 24.

When we feel anxious, we often give ourselves negative messages like: "I can't do this", "I'm useless" and "I'm going to fail".

It can be difficult but (19)_____ to replace these with positive thoughts such as: 'this is just anxiety, it can't harm me' and, 'relax, concentrate - it's going to be okay'.

Picturing how you'd like things to go can help you feel more (20)_____. Try to imagine yourself turning up to an exam feeling confident and relaxed. You turn over your paper, write down what you do know and come away knowing you tried your best on the day.

It can sometimes feel like your whole future depends on (21)_____ grades you get. There can be pressure on young people to do well in exams which can cause a lot of (22)_____. You might have been predicted certain grades or put into a higher set, and feel if you don't get the grade, you'll get your teachers or parents (23)_____.

Remember, exams are important – (24)_____ they're not the only way to a successful future. Lots of people achieve success in life without doing well in school exams.

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|---------------------|-------------|--------------|-----------|--------------|
| Question 19. | A. afford | B. allow | C. let | D. try |
| Question 20. | A. positive | B. negative | C. tense | D. stressful |
| Question 21. | A. why | B. when | C. what | D. how |
| Question 22. | A. stressed | B. stressful | C. stress | D. stresses |
| Question 23. | A. down | B. up | C. on | D. off |
| Question 24. | A. although | B. because | C. but | D. so |

Mark letter A, B, C or D on your answer sheet to indicate the sentence that is closest in meaning to the original sentence in each of the following questions.

Question 25. His good exam result gave us no surprise.

- A. He did well in the exam, which made us surprised.
- B. We were not surprised at his good exam result.
- C. We were surprised at his good exam result.
- D. We thought he had got better exam result.

Question 26. You must be careful because you may get burnt.

- A. If you want to get burnt, you must be careful.
- B. You may get burnt because you are not careful.
- C. You will get burnt because she is not careful.
- D. If you don't want to get burnt, you must be careful.

Mark the letter A, B, C, or D on your answer sheet to indicate the sentence that is best written from the words/phrases given.

Question 27. more / developed / a city / be / more/ food / people / throw away.

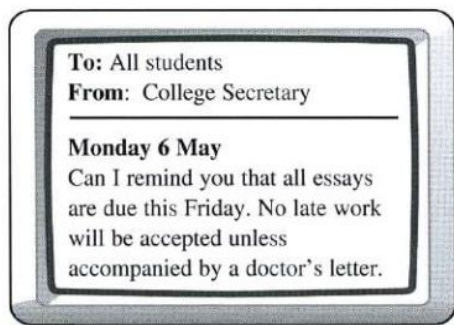
- A. The more developed a city is, the more food people throw away.
- B. More developed a city is, more food people will throw away.
- C. The more developed a city is, more food people throw away.
- D. More developed a city is, the more food people throw away.

Question 28. I /decided / cut down / fast food / and / start / cook / my own meals.

- A. I decided to cut down on fast food and start cooking my own meals.
- B. I decided cutting down on fast food and starting to cook my own meals.
- C. I decided cut down fast food and start to cook my own meals.
- D. I decided to cut down fast food and start cooking my own meals.

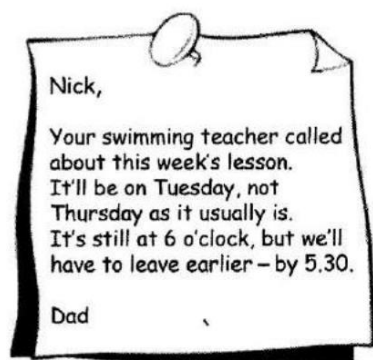
Read the following sign or notice and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.

Question 29.



- A. The college secretary will post students' essays on Friday.
- B. Students may hand in their essays after Friday if they can prove illness.
- C. Unless your essay is due by Friday, you do not need to reply
- D. Students need to remind each other of the due date for all essays.

Question 30.



- A. Nick's lesson will be on Tuesdays from now on.
- B. The time of Nick's lesson has changed.
- C. Nick's lesson this week is at the same time on a different day.
- D. Nick won't have to leave earlier this week because the time is unchanged.

Read the passage and mark letter A, B, C or D on your answer sheet to indicate the correct answer to each question from 31 to 36.

Practical stress management can help students deal with their worries and become more productive, competent and **efficient**. First of all, students must be able to design and stick to a timetable. Choose a relaxing break between work and study, even if it's just taking out time to breathe. In addition, a healthy lifestyle is essential for students. Let's drink more water as well as take out time to get some air and exercise. Furthermore, organization is very important in academic life for dealing with stress. By keeping academic notes organized, turning in assignments on time, and keeping track of all deadlines, stress can be reduced to a great extent. Stress can also get worse if a person feels lonely. Therefore, by letting out all your thoughts to someone you trust, you immediately feel a lot better. However, if you feel extremely stressed out, take a break and do something you love. Whether it is painting or listening to music, doing something you enjoy can cheer up your mood and **distract** you from a stressor. It's about time that we students accept that we can achieve just as much in life without all the stress.

Question 31. Practical stress management can help students _____.

- A. deal with stress B. have more time C. face up to the worst situation D. think critically

Question 32. What should students pay attention to when designing a timetable?

- A. They have to arrange time to breathe. B. They need to set time for relaxation.
- C. They don't need to take notice of certain tasks. D. They shouldn't include breaks in their timetable.

Question 33. Which of the following sentences is true?

- A. You should stay alone when being under pressure.
- B. When you feel lonely, you should grab someone to talk immediately.
- C. The lonelier you are, the more stress you can have.
- D. It is believed that stress can control itself.

Question 34. The word **efficient** is CLOSEST in meaning to _____?

- A. wasteful B. invaluable C. organizational D. effective

Question 35. The word **distract** is OPPOSITE in meaning to _____?

- A. disturb B. confuse C. worry D. focus

Question 36. What is the main idea of the passage?

- A. Students should prioritize academic performance.
- B. Some effective stress management techniques students can practice.
- C. Loneliness is the primary cause of stress among students.
- D. Taking breaks from study is unnecessary.

Four phrases/ sentences have been removed from the text below. For each question, 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 37 to 40.

The countries with the highest levels of obesity, however, are in the Pacific islands. In countries such as Nauru, Tuvalu and Palau, (37) _____. This is a relatively new trend, as, before the 1950s, locals (38) _____ that included bananas, coconuts, yams and seafood. Since then, incomes have increased, making imported convenience foods more affordable. This new situation causes people (39) _____ despite the availability of healthier, locally-grown options. In many regions of the USA, healthy choices just aren't available, or they are too expensive. In addition, (40) _____ means that many people don't get enough exercise.

- A. this country's driving culture
- B. consumed a traditional diet
- C. over half the population is obese
- D. to make poor food choices

Question 37: _____

Question 38: _____

Question 39: _____

Question 40: _____

THE END