

A. SPEAKING

- Talk about healthy lifestyles _ unit 7
- Talk about health and life expectancy _ unit 8

B. LISTENING: topic unit 7, 8

- Nghe một đoạn hội thoại/ đọc thoại trong khoảng 3 phút (khoảng 170 – 200 từ) để trả lời các dạng câu hỏi có liên quan đến các chủ đề đã học trong Unit 7, 8 (*True-False hoặc MCQ*)
- Nghe một đoạn hội thoại/ đọc thoại khoảng 3 phút (khoảng 170 – 200 từ) liên quan đến các chủ đề đã học trong Unit 7, 8 (*Gap-filling*)

C. READING: topic unit 7, 8

- Đọc bài có độ dài khoảng 250-270 từ về các chủ điểm đã học trong Unit 7, 8. (*Cloze test MCQs*)
- Hiểu được nội dung chính và nội dung chi tiết đoạn văn bản có độ dài khoảng 250-270 từ, xoay quanh các chủ điểm có trong chương trình trong Unit 7, 8.
- Dạng bài kiểm tra: Cloze test, Comprehension (*MCQ*)

D. WRITING

- Write a letter expressing sympathy – unit 7
- Write an opinion essay – unit 8

E. USE OF ENGLISH (lồng ghép vào trong các phần A, B, C, D)

GRAMMAR

- participle phrases, to-infinitive clauses
- perfect gerunds, perfect participle
- modal verbs (must, have to, mustn't, don't/ doesn't have to, should, ought to, had better)

VOCABULARY: related to unit 7, 8

- Synonyms
- Antonyms
- Collocation
- Word meaning in context
- Word meaning
- Phrasal verbs (*take up, take off, hang on, hang out*)

EXERCISES

A. SPEAKING TEST (2.0pts) Topic: unit 7, 8

1. Exam forms:

- Students take the speaking test in a group of **THREE**
- When being called by examiners, all three members of a group enter the examination room and then draw lots for the spoken topic.
- Each group have 1 minute to prepare for their topic, then present their performance orally in front of the examiners within 3 minutes. (examiners may ask some more questions if necessary)
- **Notes:** 3 members in a group should be assigned appropriately so that every member has a chance to show their performance.

2. Speaking assessment criteria:

- Fluency and coherence (Su trôi chảy và liên kết ý) (not too much hesitation/ ideas linked...) (5/20)
- Vocabulary (a wide range/ appropriate use of vocabulary) (7/20)
- Grammar (accuracy/ a wide range of sentence structures) (4/20)
- Pronunciation (understandability/ accuracy/ intonation ...) (4/20)

3. Suggested Questions for the Speaking test :

Topic 1: Discuss ways to have a healthy lifestyle

- + What health problems do people often get nowadays?
- + What are the reasons for these problems?
- + What are some healthy activities?
- + What should we/ people do to have a healthy lifestyle?
- + Is a balanced diet important?
- + What food should people eat for a particular purpose? (mới thêm vào sau)
- + What are some benefits of possessing a healthy lifestyle?

...

Topic 2: Discuss ways to treat some common illnesses

- + What are common illnesses?
- + Why do people often get these illnesses?
- + What are the symptoms of sore throat/ headache/ toothache/ acne/ hay fever ...?
- + What should you/ a patient do to stop these illnesses?
- + (or what medicine/ remedies should they take for a specific illness?)
- + Are natural home remedies better than regular medicines?

...

Topic 3: Discuss the issue of eating junk food

- + What are the facts about eating junk food in the society nowadays?
- + What are some kinds of junk food?
- + Why do teenagers/ people eat a lot of junk food?
- + What are some positive or negative sides of junk food?
- + What should people do to reduce the amount of junk food they eat?

...

B. LISTENING

LISTENING 1: Dalia is talking to her friend about health problems she had while on holiday. Listen and match the sentence beginnings (1-5) with the sentence endings (A-E).

1 When Dalia arrived on the island, she had	A relieved.
2 At the beach Dalia was	B a stomachache.
3 At the hotel Dalia felt	C red and hot.
4 After Dalia put some lotion on, she felt	D tired and sleepy.

5 When Dalia left the festival, she had	E a runny nose and itchy eyes
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LISTENING 2: Listen to a dialogue between a woman and a gym trainer about how to exercise.

Check True/ False:

1. ____ The speaker will show all 25 exercises to the patient on the first day.
2. ____ The patient is expected to swim every single day in Week 1.
3. ____ Week 2 begins with a rest day, even though the first week didn't involve intense workouts.
4. ____ The goal of Week 2 is to increase flexibility through stretching exercises.
5. ____ In Week 3, there is not a list of exercises, but a personal trainer.

LISTENING 3: Listen to a manager giving directions around a training centre and choose the correct answers:

1. ____ The car park for members and visitors is located after the roundabout.
2. ____ The swimming pool is directly opposite the reception building.
3. ____ The gym was opened last week.
4. ____ The running track lies to the south of the cafe and has a surface suitable for all weather conditions.
5. ____ The playing field which has a football pitch and pickleball courts.

LISTENING 4: Listen to 5 people talking about sports and match their names on the left with the activities on the right.

1. Bill	a. Golfs
2. Liz	b. bicycles
3. Victor	c. plays baseball
4. Maria	d. takes walks
5. David	e. plays video games

LISTENING 5: Listen to John Keith, a fitness instructor, talking about four types of physical activity. Listen and choose the correct answer

1. How long has Mr John Keith worked as a fitness instructor?
A. 5 years B. 10 years C. 15 years D. 20 years
2. In Aerobic exercise, you should not _____.
A. do workout outdoors in hot and sunny weather
B. drink a glass of water before a workout
C. exercise early in the morning when it's not too hot
D. drink water regularly
3. In swimming, you should _____.
A. check the pool water before jumping in
B. warm your body by stretching and running
C. swim in rivers, lakes and the sea.
D. swim in hot and sunny weather
4. Why should you do some warm up out body before doing yoga?
A. because it can do more harm than good.
B. because it looks easy and suitable for people of all ages.
C. because it relaxes your mind
D. because it prevents any damage to your joints.
5. When you take part in fitness walking, remember to _____.
A. drink 150ml for every 15 minutes of walking
B. look at your feet while walking
C. walk slow down
D. wear good and comfortable shoes

LISTENING 6: Listen to a person giving some quick and easy tips to help you prepare for your next big test and choose the correct answer:

1. According to the text, what is the best way to study over five days?
 - A. Study ten hours on one day only
 - B. Study two hours every day
 - C. Study just before the test for five hours
2. What should you avoid doing before bed, according to the tips?
 - A. Studying instead of sleeping
 - B. Sleeping early without studying
 - C. Reading a book for fun
3. Why is taking short breaks important while studying?
 - A. It helps you sleep longer
 - B. It helps you think more clearly
 - C. It gives you time to text your friends
4. What is one reason you should avoid sugary snacks and energy drinks?
 - A. They help you sleep better
 - B. They give you long-lasting energy
 - C. They make you tired after a short time
5. What is one benefit of studying with a partner?
 - A. You can copy each other's answers
 - B. You don't have to prepare for the test
 - C. You can reduce stress by talking

C. **READING**

Cloze reading 1:

Developing a healthy lifestyle is a long-term journey, not just a quick fix. People (1) _____ improve their heart health should begin with small, manageable changes, such as walking every day, reducing sugar intake, or preparing meals at home.

(2) _____ these changes may seem simple, they can lead to significant improvements when practiced consistently over time. People who follow daily routines often experience more stable moods, improved digestion, and better sleep.

In addition to exercise and healthy eating, people (3) _____ also focus on getting enough rest. Lack of sleep affects the brain, weakens the immune system, and increases the risk of chronic illness.

Eating foods that *boost* energy and concentration is essential for overall wellness. In this case, the word *boost* means (4) _____.

Experts have linked a longer lifespan to (5) _____ healthy decisions early, particularly before illness appears. This helps prevent conditions like diabetes and heart disease.

Many people join fitness groups (6) _____ accountability and motivation, helping them stay consistent with their routines.

- | | | | |
|----------------------|-------------------|-------------------|------------------|
| 1) A. wanting | B. want | C. to wanting | D. to want |
| 2) A. Because | B. Unless | C. Although | D. Since |
| 3) A. could | B. must | C. are likely to | D. don't have to |
| 4) A. reduce | B. eliminate | C. increase | D. block |
| 5) A. having made | B. having making | C. to having make | D. being made |
| 6) A. which provides | B. that providing | C. to provide | D. providing |

Cloze reading 2:

A healthy lifestyle doesn't require perfection. Instead, it's about making small, thoughtful choices each day. Eating patterns (1) _____ long-term wellness often include vegetables, fruits, lean proteins, and whole grains. These foods are high in nutrients and help the body function efficiently.

(2) _____ many people believe skipping breakfast helps them lose weight, it actually slows down the metabolism and leads to low energy.

To stay healthy, we (3) _____ drink enough water, limit sugar, and avoid skipping meals. These actions support digestion and mental clarity.

In the sentence "Water is essential for life," the word *essential* means (4) _____.

People who live well into old age often credit their success to (5) _____ healthy routines, including regular exercise, sleep, and emotional self-care.

They also develop rituals (6) _____ stress, such as walking outdoors, meditating, or talking with loved ones.

- | | | | |
|---------------------|---------------|-------------------|--------------------|
| 1) A. to affect | B. affect | C. affecting | D. to be affecting |
| 2) A. While | B. Because | C. If | D. Despite |
| 3) A. had better | B. might | C. should | D. has to |
| 4) A. harmful | B. optional | C. expensive | D. vital |
| 5) A. having kept | B. being kept | C. having keeping | D. to keeping |
| 6) A. which reduces | B. to reduce | C. to reducing | D. reduce |

Cloze reading 3:

Increasing your lifespan isn't just about living longer but also about maintaining quality of life as you age. Numerous studies have shown that individuals (1) _____ active lifestyles tend to experience fewer health problems later in life. Regular physical activity strengthens muscles, improves heart function, and reduces the risk of chronic illnesses such as diabetes or hypertension.

Nutrition also plays a significant role. Health professionals recommend that you (2) _____ eat a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. These foods provide essential vitamins and minerals, contributing to overall health and longevity.

Furthermore, you (3) _____ schedule regular medical check-ups. Early detection of potential health issues often makes treatments more effective.

Mental health is equally important. Experts suggest managing stress (4) _____ through mindfulness or meditation, as these techniques have proven benefits.

(5) _____ sufficient sleep consistently, people notice improved cognitive function and mood stabilization. Lastly, if sleep difficulties persist, you (6) _____ limit caffeine and screen time before bed to enhance sleep quality.

- | | | | |
|--------------------|----------------|-------------------|------------------|
| 1) A. adopted | B. adopts | C. adopting | D. adopt |
| 2) A. must | B. ought to | C. mustn't | D. don't have to |
| 3) A. ought not to | B. may | C. must | D. could |
| 4) A. basically | B. effectively | C. barely | D. frequently |
| 5) A. Having get | B. Have gotten | C. Having getting | D. Having gotten |
| 6) A. had better | B. should | C. can | D. don't have to |

Cloze reading 3:

Improving life expectancy does not necessarily require major life transformations. Often, small habits (1) _____ meaningful impacts over time are enough. Examples include simple daily actions like short walks, consuming fresh food, and getting restful sleep.

Doctors consistently emphasize that smokers (2) _____ quit smoking immediately. Tobacco use is strongly linked to severe diseases such as lung cancer, heart problems, and stroke, significantly shortening lifespan.

Additionally, you (3) _____ reduce your alcohol consumption to moderate levels. Excessive drinking is known to increase risks for liver disease and negatively impact your health overall.

Hydration is also essential. Drinking sufficient water every day (4) _____ your body hydrated and supports overall health.

(5) _____ regular physical activity throughout life, many older adults report fewer mobility issues and greater independence in their later years.

Finally, individuals facing persistent stress (6) _____ seek professional help or reach out to supportive individuals to safeguard mental and physical health.

- | | | | |
|-------------------|----------------------|-------------------|---------------------|
| 1) A. created | B. to create | C. creates | D. creating |
| 2) A. might | B. ought to | C. can't | D. mustn't |
| 3) A. should | B. couldn't | C. don't have to | D. wouldn't |
| 4) A. stays | B. holds | C. keeps | D. runs |
| 5) A. Maintaining | B. Having maintained | C. Had maintained | D. Have maintaining |

6) A. might

B. needn't

C. ought

D. have to

Cloze reading 5:

Having a healthy social life is essential for living longer and maintaining happiness. People who regularly (1) _____ with friends and family tend to have lower stress levels, improved mood, and better emotional health. Engaging socially provides emotional support, helping individuals cope better during difficult times or stressful situations.

Research clearly (2) _____ that loneliness negatively affects health. Prolonged isolation can lead to increased blood pressure, reduced immunity, and even higher risks of developing mental health issues such as depression and anxiety.

Therefore, it's necessary (3) _____ meaningful social connections throughout one's lifetime. This becomes particularly crucial as we grow older and face significant life changes such as retirement or loss of loved ones.

Social interactions offer (4) _____ benefits, from improving emotional resilience to enhancing feelings of belonging and self-worth. People feel more connected and happier when regularly communicating with others.

Nevertheless, social interaction alone isn't sufficient. (5) _____ maintaining an active social life, individuals should consistently engage in physical activities and follow a balanced diet. Combining these habits significantly improves overall life expectancy and greatly enhances the (6) _____ of life in older age.

1) A. get out

B. hang out

C. move out

D. figure out

2) A. indicates

B. recognizes

C. identifies

D. appoints

3) A. make

B. making

C. to make

D. makes

4) A. numerously

B. numbered

C. numerous

D. numerical

5) A. Because

B. Besides

C. Despite

D. Unless

6) A. quantity

B. qualify

C. equality

D. quality

Cloze reading 6:

Longevity isn't determined solely by genetic factors. Instead, daily lifestyle choices significantly influence life expectancy. (1) _____ such as regular physical activity benefit heart health, improve metabolism, and help individuals manage their weight effectively.

Nutrition is another critical element. Health experts consistently advise limiting consumption of processed foods and sugary beverages (2) _____ these products are linked to numerous chronic health issues, including diabetes and cardiovascular diseases.

Moreover, it's necessary (3) _____ adequate sleep every night to sustain physical health and emotional well-being. Lack of restful sleep can negatively affect cognitive function, mood, and overall quality of life.

Sleep deprivation may significantly (4) _____ the immune system, increasing vulnerability to illnesses such as common colds or flu, and potentially prolonging recovery times.

Mental health maintenance is also vital for longevity. Engaging in relaxing activities, dedicating time to enjoyable hobbies, or choosing to regularly (5) _____ with supportive friends can greatly reduce stress and promote emotional balance.

Finally, promoting health education from an early age is crucial. Children and teenagers should develop good lifestyle habits (6) _____ adulthood, as this prepares them for better health later in life.

1) A. Habits

B. Exercises

C. Behaviors

D. Practices

2) A. therefore

B. because

C. although

D. however

3) A. having

B. have

C. to have

D. had

4) A. effect

B. affect

C. recover

D. reflect

5) A. hang out

B. take out

C. carry out

D. turn out

6) A. preparation

B. prepare

C. prepared

D. in preparation for

Cloze reading 7:

People around the world are looking for ways to live longer and stay healthier into old age. While medical care plays a role, our daily lifestyle choices often have just as much—if not more—impact on how we age. One excellent strategy is to (1) _____ a new physical activity, such as walking, dancing, or swimming.

These forms of movement are easy to begin and suitable for people of all fitness levels.

Regular physical activity not only helps control body weight but also improves heart function, boosts energy,

and reduces feelings of stress. In addition to regular movement, many health experts emphasize the importance of proper nutrition. Eating whole foods rich in vitamins and minerals can (2) _____ support immune function and lower the risk of developing disease.

A well-rounded lifestyle includes building strong social relationships. Talking with others, sharing meals, or joining group activities improves emotional (3) _____ and mental stability.

(4) _____ regular exercise and nutritious eating, reducing tobacco and alcohol use is also vital for long-term health.

Experts agree that people should remain mentally active. Those who engage in lifelong (5) _____, such as reading or learning new skills, tend to show slower memory loss.

Finally, getting consistent, high-quality sleep is a crucial (6) _____ of any healthy lifestyle routine.

- | | | | |
|------------------|----------------|------------------|-------------|
| 1) A. look up | B. turn up | C. take up | D. take off |
| 2) A. consider | B. significant | C. significantly | D. absolute |
| 3) A. well-being | B. happiness | C. ability | D. success |
| 4) A. Although | B. Besides | C. However | D. Unless |
| 5) A. learn | B. learner | C. learned | D. learning |
| 6) A. decision | B. part | C. choice | D. role |

Cloze reading 8:

Living a longer life isn't just about adding years—it's about maintaining a high quality of life throughout those years. People who follow healthy routines often remain active, independent, and mentally sharp well into old age. One important habit involves regular physical activity. Many older adults (1) _____ new hobbies or sports later in life, which helps them stay engaged both physically and socially.

The benefits of exercise go beyond strong muscles. Daily physical movement improves sleep quality, boosts mood, and strengthens mental (2) _____, all of which are key to aging well.

In addition, a balanced diet is essential. Experts suggest eating more vegetables, fruits, and whole grains while avoiding processed foods. This helps reduce the risk of chronic conditions. Long-term (3) _____ to stress, however, can undermine these benefits by weakening the immune system and causing inflammation.

(4) _____ these daily habits like eating well and exercising, people often forget the importance of hydration. Drinking enough water helps with energy, digestion, and brain function.

Another major contributor to a healthy life is lifelong (5) _____. Staying mentally active helps prevent cognitive decline.

In the end, simple healthy choices affect not just how long you live, but the overall (6) _____ of your life.

- | | | | |
|---------------|--------------|---------------|------------------|
| 1) A. take up | B. take in | C. look out | D. make up |
| 2) A. strong | B. strength | C. strengthen | D. strengthening |
| 3) A. expose | B. exposing | C. exposure | D. exposed |
| 4) A. Among | B. Between | C. Although | D. Besides |
| 5) A. educate | B. education | C. educator | D. educational |
| 6) A. qualify | B. qualified | C. quantity | D. quality |

READING COMPREHENSION 1: Read the text and choose the correct answers.

For centuries, traditional medicine has played an important role in Vietnamese culture. Long before modern hospitals and pharmacies became common, people relied on natural remedies made from herbs, roots, and plants to treat illness and improve health. Even today, traditional Vietnamese medicine is still widely practiced, especially in rural areas and among the older generation.

Vietnamese traditional medicine is influenced by both local knowledge and ancient Chinese medicine. It is based on the idea of balancing the body's energy and treating the root causes of illness, not just the symptoms. Many herbal remedies are made from natural ingredients such as ginger, turmeric, cinnamon, star anise, and goji berries. **These** herbs are believed to help **boost** the immune system, reduce inflammation, and improve blood circulation.

One popular herbal treatment is ginger tea, which is often used to relieve colds, coughs, and stomach problems. Another common remedy is perilla leaves, used to reduce fever and help with skin conditions. Turmeric is also widely used for its healing properties, especially for wounds and digestive problems.

In recent years, there has been a growing interest in natural and traditional medicine, not only in Vietnam but around the world. Many people believe that natural remedies are safer and have fewer side effects than modern

drugs. However, experts advise that people should consult a doctor before using any herbal treatment, especially if they are taking other medications.

1.What is the main idea of the passage?

- A. Vietnamese people prefer modern medicine to traditional medicine.
- B. Traditional Vietnamese medicine is no longer used today.
- C. Natural herbs play an important role in traditional Vietnamese medicine.
- D. Herbal medicine is only used in rural areas of Vietnam.

2.According to the passage, what is the goal of traditional Vietnamese medicine?

- A. To cure disease with strong drugs.
- B. To balance energy and treat the root cause of illness.
- C. To replace modern hospitals.
- D. To heal people using only Chinese methods.

3.Which of the following is NOT mentioned as a common herb in the passage?

- A. Ginger
- B. Turmeric
- C. Mint
- D. Perilla leaves

4.Why do some people prefer natural remedies over modern medicine?

- A. They are more expensive and stronger.
- B. They believe natural remedies are safer and have fewer side effects.
- C. They are easier to find in hospitals.
- D. Doctors recommend them more than modern drugs.

5.What advice is given at the end of the passage?

- A. Use herbs instead of medicine for all illnesses.
- B. Stop using modern medicine.
- C. Always ask a doctor before using herbal remedies with other medications.
- D. Never use traditional herbs in modern times.

6. What does the word "these" in the text refer to?

- A. Modern drugs
- B. Energy and balance
- C. Ginger, turmeric, cinnamon, star anise, and goji berries
- D. Vietnamese doctors

7.Which word in the passage is closest in meaning to "boost"?

- A. Improve
- B. Reduce
- C. Treat
- D. Protect

READING COMPREHENSION 2: Read the text and choose the correct answers.

In today's fast-paced world, many people spend most of their time indoors, working, studying, or using digital devices. However, spending time outdoors and engaging in physical activities can significantly improve both physical and mental health. Whether it's hiking, cycling, jogging, or simply walking in the park, outdoor activities have numerous benefits that can help us live a healthier life.

One of the primary advantages of outdoor activities is the improvement of cardiovascular health. Activities like jogging or cycling help increase heart rate and **improve** blood circulation, which reduces the risk of heart disease. Additionally, exposure to natural sunlight helps the body produce vitamin D, which is essential for bone health and immune system function.

Outdoor activities also have a positive impact on mental health. Spending time in nature has been shown to reduce stress, anxiety, and depression. The fresh air and natural environment help clear the mind and improve mood. Engaging in physical activities outdoors can also promote better sleep, as it helps regulate the body's internal clock.

Another significant benefit of outdoor activities is weight management. Engaging in physical exercise, such as hiking or playing sports, burns calories and helps maintain a healthy weight. Being outside encourages us to move more, which can lead to improved fitness levels and increased energy.

While the benefits of outdoor activities are clear, it is important to remember that balance is key. Too much time spent outdoors without proper rest or hydration can lead to exhaustion or dehydration. Therefore, it is essential to enjoy outdoor activities in moderation and ensure we take the necessary precautions, such as wearing sunscreen and drinking plenty of water.

In conclusion, outdoor activities play a crucial role in maintaining our overall health. **They** offer a wide range of physical, mental, and emotional benefits that can improve our quality of life. By making outdoor activities a regular part of our routine, we can achieve a healthier, happier lifestyle.

1.What is the main idea of the passage?

- A. Outdoor activities are not very beneficial to our health.
- B. Outdoor activities are only good for cardiovascular health.
- C. Outdoor activities provide both physical and mental health benefits.
- D. People should stay indoors to maintain their health.

2.According to the passage, how does spending time outdoors help with heart health?

- A. It increases blood pressure.
- B. It helps improve blood circulation and reduces the risk of heart disease.
- C. It decreases heart rate.
- D. It prevents heart attacks.

3. What is the role of vitamin D in the body, as mentioned in the passage?

- A. It helps regulate the sleep cycle.
- B. It improves digestion.
- C. It is essential for bone health and immune system function.
- D. It helps reduce stress.

4.What is one of the benefits of outdoor activities for weight management?

- A. They help reduce body temperature.
- B. They encourage less movement.
- C. They burn calories and help maintain a healthy weight.
- D. They make people feel hungrier.

5. Which word in the passage is closest in meaning to "improve"?

- A. Reduce
- B. Decrease
- C. Enhance
- D. Harm

6. What does the word "they" in the text refer to?

- A. People
- B. Doctors
- C. Outdoor activities
- D. Health problems

7.What mental health benefits does spending time outdoors offer?

- A. It can cause increased stress and anxiety.
- B. It helps reduce stress, anxiety, and depression.
- C. It causes tiredness and confusion.
- D. It promotes feelings of sadness and anger.

READING COMPREHENSION 3: Read the text and choose the correct answers.

Teenagers today face a variety of health problems, many of which are related to lifestyle and environmental changes. One common issue is lack of sleep. With busy school schedules, part-time jobs, and hours spent on phones or computers, many teens don't get the recommended 8–10 hours of sleep each night. **This** can lead to tiredness, poor concentration, and even anxiety.

Another growing concern is **poor** diet. Fast food, sugary snacks, and soft drinks are popular among teenagers, but they often lack the nutrients needed for healthy growth. As a result, some teens may face issues such as obesity or vitamin deficiencies.

Mental health is also an important part of teen well-being. Many adolescents experience stress, depression, or low self-esteem, especially due to academic pressure and social media influence. Talking to trusted adults or seeking help from counselors can make a big difference.

Although teenagers may appear energetic and strong, **ignoring their health problems can lead to serious consequences in the future.** Encouraging healthy habits and creating supportive environments are key to helping teens grow into healthy adults.

1.What is the main idea of the passage?

- A. Teenagers have no serious health problems.
- B. Teenagers face many health problems, often caused by modern lifestyle.
- C. Only mental health matters for teens.
- D. Sleep is the only issue teens deal with.

2.What does the word *this* in the sentence "This can lead to tiredness, poor concentration, and even anxiety." refer to?

- A. Using the phone
- B. Getting 8–10 hours of sleep
- C. Lack of sleep
- D. School schedules

3.Which word in the passage is opposite in meaning to "*poor*"?

- A. healthy
- B. bad
- C. heavy
- D. sweet

4. Which of the following is a possible result of a poor diet in teenagers?

- A. Stronger bones B. Better skin C. Obesity or vitamin deficiency D. More energy

5. According to the passage, what is a common cause of mental health issues among teens?

- A. Eating fruits and vegetables B. Social media pressure and academic stress
C. Not exercising enough D. Not having a smartphone

6. What is recommended for teenagers who feel stressed or depressed?

- A. Keep silent and rest B. Ignore the feeling
C. Talk to trusted adults or counselors D. Spend more time on social media

7. Which of the following best paraphrases the sentence: “Ignoring their health problems can lead to serious consequences in the future”?

- A. Teenagers must deal with problems now to avoid future issues.
B. If teens are healthy now, they won’t need to worry later.
C. Taking care of health is only important during childhood.
D. Teens should wait until adulthood to treat their problems.

8. According to the passage, why do many teenagers not get enough sleep?

- A. Because they have healthy eating habits
B. Because they are stressed from exercise
C. Because of school schedules, part-time jobs, and screen time
D. Because they are depressed

READING COMPREHENSION 4: Read the text and choose the correct answers.

Improving the quality of healthcare services is one of the most effective ways to enhance a nation’s overall well-being. In many developing areas, hospitals and clinics are outdated, overcrowded, or lack modern medical equipment. Upgrading these facilities can make a huge difference in how communities access and benefit from medical care.

Firstly, **modern** medical equipment allows for faster and more accurate diagnosis. This means that illnesses can be detected earlier, giving patients a better chance of recovery. It also reduces the burden on healthcare workers, who can work more efficiently with advanced tools and technologies.

Secondly, expanding and renovating hospital infrastructure ensures that more people can receive treatment without long waiting times. Clean, spacious, and well-organized environments also lower the risk of infection and help patients feel more comfortable and secure.

Thirdly, training staff to use updated technologies and follow global healthcare standards is equally important. Even the most modern hospital cannot operate effectively if the medical staff is not properly trained. Investment in both people and technology must go hand in hand.

Improving healthcare facilities isn’t just about buildings and machines—it’s about giving people better access to quality care. This is especially crucial in rural areas, where many residents still travel long distances to receive even basic treatment. Governments and private organizations should work together to ensure that everyone, regardless of location, can receive the care they need.

1. What is the main idea of the passage?

- A. Training medical staff is more important than upgrading equipment.
B. Upgrading healthcare facilities helps improve public health and access to care.
C. Only rural areas need better hospitals.
D. Healthcare improvements should focus only on technology.

2. What does the word “this” in the sentence “This is especially crucial in rural areas...” refer to?

- A. Traveling long distances B. Having modern hospitals
C. Improving healthcare facilities and access to quality care D. Getting government support

3. Which word in the passage is opposite in meaning to “modern”?

- A. Secure B. Basic C. Outdated D. Efficient

4. According to the passage, why is training healthcare staff important?

- A. So that they can build hospitals B. Because technology is too difficult to use
C. So the hospital can function well with new equipment D. To increase the number of patients

5. Why is upgrading hospital infrastructure helpful for patients?

- A. It helps staff work less
- B. It shortens treatment times and improves patient comfort
- C. It creates new jobs
- D. It reduces hospital budgets

6. Which of the following best paraphrases the sentence “Improving healthcare facilities isn’t just about buildings and machines—it’s about giving people better access to quality care”?

- A. Improving hospitals is mainly about buying expensive machines.
- B. Better healthcare only happens in big cities.
- C. The focus of healthcare improvements should be on helping people get good care, not just on technology.
- D. Modern buildings are the most important part of healthcare.

7. Why is public health education important, according to the passage?

- A. To reduce the demand for medical care by preventing diseases
- B. To teach people how to build hospitals
- C. To increase the number of patients
- D. To focus only on serious health problems

8. What is needed to ensure that healthcare facility upgrades are successful?

- A. The government should work alone
- B. Local governments, international organizations, and the private sector should collaborate
- C. Hospitals should only focus on technology
- D. Only wealthy countries can improve healthcare

D. WRITING

1. Rearrange sentences

1.1

- a. Nothing much
- b. Hi, Nick. I’m OK. Long time no see. What are you up to these days?
- c. Hi, Tom. How are you?

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

1.2

- a. It's amazing how much society has changed over time.
- b. It's not just the way we live our lives that has changed, but the length of our lives has amazingly increased over time as well.
- c. Just a hundred years ago, people's lifestyles were much different from how they are today.

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

1.3

- a. Many people think teenagers eat too much junk food nowadays and they may not understand its risks.
- b. I think schools and family should educate them more about healthy food choices.
- c. By doing this, young people will learn why it is important to eat healthy food, and, as a result, they will become more aware of what they eat.
- d. All in all, when they learn which foods are really bad for their health, they will try to avoid eating these foods and get better health.
- e. Learning about healthy eating at school or at home will help students make smarter food choices.

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

1.4

- a. Once they gain some confidence, I help them catch up on subjects like math and science through fun activities and games.
- b. I also talk to social workers to see if they can be enrolled in public schools. Even after they start formal education, I continue to support them with homework and emotional encouragement.

- c. As a volunteer, I teach basic reading and writing skills to street children who don't have access to school.
 - d. I usually meet them in local shelters or community centers where they feel safe and comfortable.
 - e. My goal is to help them believe in themselves and build a brighter future.
- A. a-c-d-b-e B. c-d-a-b-e C. d-c-e-b-a D. e-c-b-a-d

1.5

- a. I get that, but I still think it's important to take care of our teeth. We can enjoy treats, but in moderation.
 - b. Hmm, I guess you're right.
 - c. You should probably cut down on sugar and brush your teeth more often. That helps prevent cavities.
 - d. Oh, my tooth really hurts. I think I've been eating too many sweets.
 - e. Yeah, maybe... but I really love candy. I think we should enjoy the food we like.
- A. a-c-d-b-e B. c-d-a-b-e C. d-c-e-b-a D. e-c-b-a-d

1.6

- a. It's also a powerful natural medicine.
 - b. Garlic is more than just a tasty ingredient.
 - c. Try adding fresh garlic to your soup or mixing it with honey for a strong, healthy remedy.
 - d. Garlic helps fight infections and boosts your immune system.
 - e. Feeling a cold coming on?
- A. a-c-d-b-e B. c-d-a-b-e C. d-c-e-b-a D. b-a-d-e-c

1.7

- a. I get that, but I still think health comes first. If you rest properly, you'll study more effectively too.
 - b. Yes, ... but I need to study to keep up. I think I just have to push through.
 - c. You should get more rest and try to avoid looking at screens too much. That can really cause headaches.
 - d. Maybe you're right.
 - e. I have such a bad headache. I stayed up late studying last night.
- A. a-c-d-b-e B. c-d-a-b-e C. d-c-e-b-a D. e-c-b-a-d

1.8

- a. Many people feel overwhelmed because they don't give themselves time to rest and recharge.
 - b. Doing something relaxing like listening to music or going for a walk can make a big difference.
 - c. I'm sorry to hear that you're feeling stressed these days. I know how hard that can be.
 - d. Thanks for your letter. It was great hearing from you.
 - e. It might help to take short breaks when you're studying or working.
- A. a-c-d-b-e B. c-d-a-b-e C. d-c-e-b-a D. e-c-b-a-d

1.9

- a. Why don't you try watching some online tutorials or studying with a friend? That way, it might be more fun and easier to understand.
 - b. Yes, I guess so. Have you got any other suggestions?
 - c. Well, have you thought about practicing a little every day instead of doing it all at once?
 - d. That sounds like a great idea. Thanks, Sandy.
 - e. I've tried everything, but I just can't seem to get better at maths. What do you think I should do?
- A. a-c-d-b-e B. c-d-a-b-e C. d-c-e-b-a D. e-c-b-a-d

1.10

- a. Ginger is not just for cooking – it's great for your health too.
 - b. Drink warm ginger tea with a little honey.
 - c. It can help reduce nausea and ease stomach pain.
 - d. Feeling carsick or have a sore tummy?
 - e. It's soothing, natural, and very comforting on cold days!
- A. a-c-d-b-e B. c-d-a-b-e C. d-c-e-b-a D. e-c-b-a-d

2. Writing letter / essay

1. Your English friend wants to lose some weight. Write a letter to him/ her, giving some advice. Your letter needs to include the following ideas:
 - Try to do some suitable physical exercise → you can burn extra calories and feel better
 - Eat more vegetables and less fatty food → you get enough vitamins and don't add up fat
2. A friend of yours wants to reduce her stress of school work. Write a letter giving her advice. Your writing needs to include the following ideas:
 - Try to manage your time by making study schedules and prioritizing tasks or set deadlines → improved academic performance due to better focus and organization
 - Practice healthy habits by getting enough sleep, eating well and exercising regularly → better mental and physical health, leading to a more positive school experience
3. Write an essay about the problem of eating junk food. Your writing needs to include the following ideas.
 - Eating a lot of junk food will increase the possibility of different health problems → a diet with a lot of junk food leads to heart disease, acne and high blood pressure
 - A diet with a lot of junk food could cause young people to gain weight → junk food contains a lot of calories that can lead to weight gain