

Họ và tên:

Số báo danh:

Mã đề 101

Read the following passage and mark the letter A, B, C, or D to indicate the correct word or phrase that best fits each of the numbered blanks.

Living a healthy life is very important for our well-being. When we are healthy, we feel (1)_____ and can do things we enjoy. Eating healthy foods, like fruits and vegetables, helps our bodies stay strong and gives us energy. It is also important to exercise regularly, like (2)_____ sports or going for walks, to keep our bodies active and fit. Getting enough sleep at night helps us feel rested and ready for the day. Taking (3)_____ of our bodies and staying away from things (4)_____ can harm us, like smoking or too much junk food, is important too. When we live a healthy life, we can have more fun, (5)_____ happier, and enjoy life to the fullest.

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|-------------|--------------|------------|-----------|------------|
| Question 1. | A. good | B. badly | C. well | D. bad |
| Question 2. | A. having | B. playing | C. making | D. doing |
| Question 3. | A. advantage | B. care | C. note | D. charge |
| Question 4. | A. that | B. who | C. when | D. where |
| Question 5. | A. are | B. Ø | C. be | D. getting |

Mark the letter A, B, C, or D to indicate the sentence that best completes each of the following exchanges.

Question 6. Jane is carrying a heavy bag.

Sue: Can I give you a hand?

Jane: _____

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|----------------------------|--------------------------------|
| A. I don't know. | B. That's very kind of you. |
| C. Yes. That's a nice bag. | D. Great! Have a good workout. |

Question 7. Jane is taking a test in the class.

Jane: Do you mind if I ask you a question?

Teacher: _____

- | | |
|---------------------------------------|------------------------------|
| A. I think it's good for you. | B. Don't be quiet. |
| C. I'm sorry but that's not possible. | D. Think about it carefully. |

Mark the letter A, B, C, or D to indicate the underlined part that needs correction in each of the following questions.

Question 8. Playing sports is helpful and increases your fit.

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|--------|-------|--------------|------------|
| A. fit | B. is | C. increases | D. Playing |
|--------|-------|--------------|------------|

Question 9. I must clean my room every day because my mother forces me to do it.

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|----------|--------------|-----------|---------|
| A. to do | B. every day | C. forces | D. must |
|----------|--------------|-----------|---------|

Question 10. Henry told Hana that he disliked being ask a lot of personal questions about his life and family.

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|-------------|-------------|----------|--------------|
| A. disliked | B. personal | C. about | D. being ask |
|-------------|-------------|----------|--------------|

Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.

Everyone wants to live a long and healthy life. It's important to take care of ourselves and make choices that promote good health. By making simple lifestyle changes, we can increase our chances of living a long and fulfilling life.

Exercise is important for staying healthy. Doing activities like walking, jogging, or dancing makes our hearts strong, muscles toned, and bones healthy. It also makes us feel happy and lowers the chances of getting sick, like heart disease and diabetes.

Eating good food is very crucial too. We should eat different fruits, vegetables, whole grains, and lean meats. These foods give us important vitamins and energy. We should try not to have too many sugary drinks, processed foods, or snacks with lots of fat. Eating healthy helps our bodies stay strong, keeps us at a good weight, and reduces the chance of getting sick.

Getting enough sleep is also essential for our bodies. When we sleep, our bodies rest and get better. It helps our bodies be strong and our brains work well. If we don't get enough sleep, we can feel tired, have trouble paying attention, and get sick more easily. We should try to sleep for seven to nine hours every night.

Last but not least, we need to manage stress to stay healthy. Stress can make our bodies and minds feel bad. We can find good ways to handle stress, like doing relaxing activities, enjoying our hobbies, or talking to our friends and family. When we manage stress in healthy ways, it helps us stay healthy and happy.

Question 11. Which of the following can be the best title for the passage?

- A. Tips for a Long and Healthy Life
- B. The Role of Sleep in Maintaining Good Health
- C. The Importance of Exercise for Good Health
- D. Managing Stress for a Healthy Lifestyle

Question 12. It can be inferred from the passage that _____.

- A. Exercising regularly leads to weight gain and a higher risk of illness.
- B. Managing stress negatively affects our physical and mental health.
- C. Lack of sleep has no impact on our cognitive functions.
- D. Eating a variety of fruits and vegetables provides essential nutrients for our bodies.

Question 13. According to the passage, how does exercise contribute to staying healthy?

- A. It makes our hearts strong and muscles toned.
- B. It helps us become taller and stronger.
- C. It makes us feel sleepy and tired.
- D. It completely eliminates the chances of getting sick.

Question 14. According to the passage, we can manage stress in healthy ways by _____.

- A. avoiding social interactions and isolating ourselves
- B. watching television and playing video games for long hours to relax
- C. eating healthy foods and not skipping meals
- D. doing relaxing activities, enjoying hobbies, or talking to friends and family

Question 15. Which of the following is not true according to the passage?

- A. Getting enough sleep improves our physical and mental well-being.
- B. Managing stress contributes to our overall health and happiness.
- C. Exercise helps in preventing heart disease and diabetes.
- D. Consuming sugary drinks and snacks with high fat content is beneficial for our bodies.

Mark the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following sentences.

Question 16. Some research has shown that people without brothers and sisters tend to be less sociable.

- A. disobedient
- B. hard-working
- C. strict
- D. friendly

Question 17. Some of her actions have brought her into conflict with her parents.

- A. battle
- B. disagreement
- C. fight
- D. relation

Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following sentences.

Question 18. Honesty is a fundamental value that bridges generational gaps, fostering trust and understanding.

- A. frankness B. cheating C. loyalty D. trustworthiness
Question 19. Generational gaps can stem from varying views on **freedom** and its implications.
A. flexibility B. limitation C. power D. independence

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

- Question 20.** A. physical B. mineral C. injury D. condition
Question 21. A. economic B. education C. generation D. behavior

Mark the letter A, B, C, or D to indicate the correct answer to each of the following sentences.

- Question 22.** Special considerations: there was no indication that the appellant was _____ from psychiatric disorder.
A. suffering B. getting C. keeping D. checking
Question 23. When your body is ready for more exercise, you can _____ longer.
A. stay up B. give up C. work out D. keep fit
Question 24. The mobile phone's screen _____ blue light that can prevent you from sleeping well.
A. gives off B. put off C. takes off D. turn off
Question 25. We had better add more fresh fruits and vegetables to our _____.
A. ingredient B. recipe C. diet D. form
Question 26. The first step to have a healthy lifestyle is paying attention to ingredients and _____, such as vitamins and minerals.
A. nutrients B. nutrition C. nutritional D. nutritious
Question 27. Her academic performance has greatly improved since she _____ her study methods.
A. was changing B. changed C. would change D. will change
Question 28. In addition to your regular duties, you can do many other things around the home that would _____ your family.
A. demolish B. benefit C. return D. response
Question 29. The older _____ usually has a more traditional view.
A. generation B. family C. group D. era
Question 30. In some extended families, grandparents force their children and grandchildren _____ traditional values.
A. following B. follow C. followed D. to follow
Question 31. And that's a fact that makes me _____ happy and sad at the same time.
A. both B. whether C. between D. either
Question 32. In the past, grandmothers _____ stay at home and do all the housework.
A. must B. had to C. should D. have to
Question 33. As he grew older he _____ up going for walks and seldom went out.
A. took B. gave C. looked D. put
Question 34. _____ are typically more comfortable with technology and digital devices than those who grew up in an analog era.
A. Immigrants B. Digital natives
C. Curious generations D. Teenagers
Question 35. Some values such as individualism, freedom, honesty and _____ are accepted by the younger generation now.
A. competition B. competitors C. compete D. competitive
Question 36. My _____ family includes my parents, siblings, grandparents, and various aunts, uncles, and cousins.
A. extended B. traditional C. nuclear D. natural

Mark the letter A, B, C, or D to indicate the sentence that best combines each pair of sentences given.

- Question 37.** We need to share the tasks. The burden on each member will be more tolerable.

- A. It is essential to share the tasks, otherwise, the burden on each member will be more tolerable.
- B. We need to share the tasks so that the burden on each member will be more tolerable.
- C. Unless we share the tasks, the burden on each member will be more tolerable.
- D. Although the burden on each member will be more tolerable, we still need to share the tasks.

Question 38. Security refers to physical and psychological safety. Families can provide security.

- A. Referring to physical and psychological safety is the security provided by families.
- B. Provided by families, security refers to physical and psychological safety.
- C. Families can provide security that refers to physical and psychological safety.
- D. The security that can provide by families refers to physical and psychological safety.

Choose the best answer A, B, C, or D that is closest in meaning to each of the questions.

Question 39. The construction workers started pulling down the old supermarket to build a shopping mall two days ago.

- A. The construction workers have been pulling down the old supermarket to build a shopping mall two days ago.
- B. The construction workers haven't pulled down the old supermarket to build a shopping mall for two days.
- C. The construction workers have pulled down the old supermarket to build a shopping mall for two days.
- D. The old supermarket have been started pulling down to build a shopping mall by the construction workers for two days.

Question 40. It's compulsory for Mai to come home before curfew.

- A. Mai has to be at home before curfew.
- B. Mai might be at home before curfew.
- C. Mai needn't be at home after curfew.
- D. Mai mustn't be at home after curfew.

Question 41. How long is it since Oliver bought that driverless car?

- A. When did Oliver start to buy that driverless car?
- B. How long has Oliver bought that driverless car?
- C. How long did Oliver buy that driverless car?
- D. When did Oliver buy that driverless car?

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

The 'Generation Gap' or 'Intergenerational Divide' has become a ubiquitous term within the debate surrounding workplace equality and diversity in recent years. **This** has become even more discerning with the rise of a workplace that has four or sometimes five generations under one organizational 'roof'. This myriad of diverse characteristics and individuality creates a management issue in relation to understanding the management of human experiences within the workplace.

Conflict rather than commonality has become a central part of the overarching narrative surrounding intergenerational workplace division. By understanding what the 'generation gap' is and how it impacts workplace organizational culture, organizations will be able to discern avenues of possible change by understanding how businesses can harness the power of commonality by unleashing intergenerational equality. HR practitioners are facing a generational 'time bomb'. By understanding the dynamics of this change and how to better facilitate a process towards change, organizations can overcome the problems that arise from intergenerational conflict within the workplace.

What is the Generation Gap (And How Can HR Overcome It)? (insightsforprofessionals.com)

Question 42. What is the main idea of the article?

- A. The need for organizations to address intergenerational workplace division.
- B. The potential for change and improvement through intergenerational equality.
- C. The challenges faced by HR practitioners in managing multiple generations.
- D. The importance of workplace diversity in organizational culture.

Question 43. What is the suggested solution to the problems arising from intergenerational conflict in the workplace?

- A. Ignoring the generation gap and focusing on common goals.
- B. Facilitating a process towards change within organizations.
- C. Embracing diversity and individuality.
- D. Overcoming the dynamics of change in HR practices.

Question 44. According to the passage, what issue are HR practitioners facing in relation to generational differences?

- A. Lack of diversity.
- B. A need for more training programs.
- C. An overabundance of generational understanding.
- D. A generational 'time bomb.'

Question 45. What is the meaning of the term "*Generation Gap*" as used in the article?

- A. The diversity and individuality within different generations.
- B. The difference in age between different generations.
- C. The conflict and divide between different generations in the workplace.
- D. The rise of multiple generations working together in organizations.

Question 46. What is the general method that can be used to solve the intergenerational workplaces' issue?

- A. Facilitating a process towards change.
- B. Overcoming conflict within the workplace.
- C. Understanding the dynamics of change.
- D. Harnessing the power of commonality.

Question 47. The word "**Conflict**" in paragraph 2 is closest in meaning to _____.

- A. Disagreement
- B. Diversity.
- C. Morality
- D. Unity

Question 48. The word "**This**" in paragraph 1 refers to _____.

- A. workplace
- B. diversity
- C. Generation Gap
- D. recent years

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

Question 49. A. suffer B. just C. fortunate D. summer

Question 50. A. include B. nuclear C. accept D. discuss

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