

*Nguyễn Ngọc Thạch (chủ biên) – 64 Đô Đốc Bảo, Tp. Quy Nhơn, Bình Định– Điện thoại: 0934 737 733*

**CHUYÊN ĐỀ LUYỆN THI VÀO LỚP 10 NĂM 2025**

**CHUYÊN ĐỀ: TỪ VỰNG**

**TIẾNG ANH 9 GLOBAL SUCCESS**

**UNIT 3: HEALTHY LIVING FOR TEENS**

**VOCABULARY**

1.accomplish (v) /əˈkʌmplɪʃ/ :hoàn thành, đạt được (mục đích ...)

accomplishment (n)

**Eg:** *She was able to accomplish all her goals for the year.*

2. additional (adj) /əˈdɪʃənl/ : thêm, thêm vào

**Eg:**  *We need additional information to complete the report.*

* ***Noun****: addition*
* ***Verb****: add*
* ***Adjective****: additional*
* ***Adverb****: additionally*

3. anxiety (n) /æŋˈzaɪəti/ : nỗi lo, mối băn khoăn, sự lo lắng

**Eg:** *She felt a lot of anxiety before her final exams.*

* ***Adjective****: anxious*
* ***Adverb****: anxiously*

4. appropriately (adv) /əˈprəʊpriətli/: phù hợp, thích đáng

5. assignment (n) /əˈsaɪnmənt/: nhiệm vụ, bài tập dành cho học sinh / sinh viên

**Eg:** *The teacher gave us a challenging assignment to complete over the weekend.*

* ***Verb****: assign*
* ***Adjective****: assigned*

6. counsellor (n) /ˈkaʊnsələ/ : cố vấn, người tư vấn

*Nguyễn Ngọc Thạch (chủ biên) – 64 Đô Đốc Bảo, Tp. Quy Nhơn, Bình Định– Điện thoại: 0934 737 733*

7. deadline (n) /ˈdedlaɪn/ : thời hạn cuối cùng, hạn cuối

8. delay (v) /dɪˈleɪ/ : (làm) chậm trễ, trì hoãn

9. distraction (n) /dɪˈstrækʃn/: điều làm sao lãng

**Eg:** *The noise outside was a constant distraction while I was trying to study.*

* ***Verb****: distract*
* ***Adjective****: distracting, distracted*
* ***Adverb****: distractingly*

10. due date (n) /ˈdjuː deɪt/: hạn chót (ngày đến hạn để hoàn thành một việc gì đó)

11. fattening (adj) /ˈfætnɪŋ/ : gây béo phì

12. mental (adj) /ˈmentl/: (thuộc) tinh thần, (thuộc) trí tuệ, (thuộc) trí óc

13. minimise (v) /ˈmɪnɪmaɪz/ : giảm đến mức tối thiểu

14. mood (n) /muːd/ : tâm trạng

15. optimistic (adj) /ˌɒptɪˈmɪstɪk/ : lạc quan

**Eg:** *She remains optimistic about the future despite the challenges.*

16. physical (adj) /ˈfɪzɪkl/ : (thuộc) cơ thể, (thuộc) thân thể

17. priority (n) /praɪˈɒrəti/ : sự ưu tiên, trường hợp ưu tiên

18. stressed out (adj) /strest aʊt/ : căng thẳng

**Eg:** *She felt completely stressed out after working long hours all week.*

19. well-balanced (adj) /ˌwel ˈbælənst/ : cân bằng, đúng mực

**BÀI TẬP ÁP DỤNG**

1. What verb means to successfully complete or achieve a goal?

A. Begin B. Fail C. Accomplish D. Delay

2.What adjective describes something that is added to what is already there?

A. Basic B. Additional C. Primary D. Essential

*Nguyễn Ngọc Thạch (chủ biên) – 64 Đô Đốc Bảo, Tp. Quy Nhơn, Bình Định– Điện thoại: 0934 737 733*

3. What noun refers to a feeling of worry or unease?

A. Happiness B. Anxiety C. Joy D. Calm

4. What adverb describes something done in a suitable or fitting way?

A. Anxiously B. Appropriately C. Cautiously D. Nervously

5. What noun refers to a task or piece of work given to students?

A. Project B. Assignment C. Test D. Exam

6. What noun refers to someone who provides advice and support?

A. Teacher B. Counselor C. Manager D. Friend

7.What noun refers to the final date by which something must be completed?

A. The end B. Deadline C. Start date D. Submission date

8.What verb means to make something happen later than planned?

A. Finish B. Delay C. Complete D. Schedule

9.What noun refers to something that prevents you from concentrating?

A. Focus B. Motivation C. Distraction D. Determination

10.What adjective describes a food that can lead to weight gain?

A. Healthy B. Low-calorie C. Fattening D. Nutritious

11. What adjective describes things related to the mind or mental processes?

A. Physical B. Mental C. Emotional D. Financial

12. What verb means to reduce something to the smallest amount possible?

A. Maximize B. Minimize C. Increase D. Maintain

13. What noun describes your emotional state or feelings at a particular time?

A. Attitude B. Mood C. Personality D. Behavior

14.What adjective describes a hopeful and positive attitude about the future?

A. Pessimistic B. Realistic C. Optimistic D. Skeptical

*Nguyễn Ngọc Thạch (chủ biên) – 64 Đô Đốc Bảo, Tp. Quy Nhơn, Bình Định– Điện thoại: 0934 737 733*

15.What adjective describes something related to the body rather than the mind?

A. Mental B. Emotional C. Physical D. Social

16. What noun refers to something that is considered more important than other things?

A. Task B. Priority C. Assignment D. Deadline

17. What adjective describes someone who is under a lot of stress?

A. Relaxed B. Calm C. Stressed out D. Peaceful

18. What adjective describes a lifestyle that maintains harmony?

A. Unbalanced B. Chaotic C. Well-balanced D. Erratic

19.What verb means to give a task to someone?

A. Ignore B. assign C. Complete D. Accomplish

20.What adverb describes doing something in a way that adds to what is already existing?

A. Anxiously B. Appropriately C. Additionally D. Carefully

21. What noun refers to a desired outcome or specific objective that an individual aims to achieve.

A. Deadline B. Assignment C. Task D. Goal

22. What adjective describes a task that is not easily manageable and requires a lot of effort?

A. Simple B. Easy C. Challenging D. Straightforward

23.What noun describes a person’s ability to focus and complete work despite interruptions?

A. Concentration B. Distraction C. Motivation D. Productivity

24. What adjective describes food that can lead to weight gain if eaten in excess?

A. Nutritious B. Healthy C. Fattening D. Light

25.What noun refers to the process of managing tasks and meeting deadlines in a timely manner?

A. Planning . B. Organization. C. Time management D. Coordination

*Nguyễn Ngọc Thạch (chủ biên) – 64 Đô Đốc Bảo, Tp. Quy Nhơn, Bình Định– Điện thoại: 0934 737 733*

26. What adjective describes a person who is always worried and nervous about something?

A. Calm B. Anxious C. Confident D. Relaxed

27. What noun refers to a person who provides advice and guidance, especially in personal or career matters?

A. Teacher B. Consultant C. Counselor D. Advisor

28. What word is CLOSEST in meaning to “put off”?

A. Finish B. Complete C. Postpone D. Accelerate

29.What adjective describes a way of doing something that is suitable or proper?

A. Appropriately B. Ineffectively C. Irregularly D. Incorrectly

30. What noun refers to a situation where someone’s emotional state is negatively impacted by stress?

A. Mood B. Attitude C. Well-being D. Mental health

31. What adjective describes a situation where you are under a lot of pressure and cannot relax?

A. Calm B. Stressful C. Peaceful D. Serene

32. What noun refers to a specific date by which something must be finished?

A. Completion date B. Deadline C. Start date D. Due date

33. What adverb describes doing something in a way that is well-suited for the situation?

A. Appropriately B. Anxiously C. Nervously D. Excessively

34.What adjective describes a state of being focused and unaffected by interruptions?

A. Distracted B. Organized C. Concentrated D. Balanced

35. What adjective describes something that is healthy for the body and maintains physical well-being?

A. Physical B. Nutritional C. Harmful D. Unhealthy

36. What verb means to reduce something to the least possible level?

*Nguyễn Ngọc Thạch (chủ biên) – 64 Đô Đốc Bảo, Tp. Quy Nhơn, Bình Định– Điện thoại: 0934 737 733*

A. Maximize B. Minimize C. Expand D. Increase

37.What adjective describes a period when traffic is high and travel is difficult?

A. Peak B. Low C. Light D. Free-flowing

38. What word is CLOSEST in meaning to “timetable” ?

A. Deadline B. Starting point C. Schedule D. Timeframe

39. What adjective describes a person who maintains a positive outlook on life?

A. Pessimistic B. Realistic C. Optimistic D. Cynical

40. What noun refers to the feeling of being overwhelmed by too many tasks or responsibilities?

A. Stress B. Calm C. Relaxation D. Peace

41.Which word is CLOSEST in meaning to “result”?

A. Delay B. Progress C. Schedule D. Outcome

42.What adjective describes a method or system that is effective and suitable for achieving its purpose?

A. Inappropriate B. Suitable C. Ineffective D. Unfit

43. What noun refers to a fixed period when a task must be completed?

A. Project B. Deadline C. Assignment D. Objective

44. Which word is CLOSEST in meaning to “finish”?

A. Start B. Postpone C. Complete D. Cancel

45. Which word is OPPOSITE in meaning to “sick”?

A. Low-fat B. Fattening C. Healthy D. Light

46. What noun refers to the result of finishing a task or reaching a goal?

A. Failure B. Completion C. Distraction D. Delay

47. What adverb describes an action performed in a thoughtful and planned manner?

A. Improperly B. Anxiously C. Appropriately D. Hastily

48. What noun describes an additional detail or component that is not part of the main requirement?

A. Extra B. Essential C. Primary D. Basic

49. What adjective describes a situation where you are feeling overwhelmed due to multiple tasks or responsibilities?

A. Relaxed B. Calm C. Stressed D. Peaceful

50.What verb means to actively work on or manage a task or project?

A. Ignore B. Handle C. Disregard D. Neglect

51. What noun refers to a person who is experiencing emotional or mental tension due to pressure?

A. Relaxed person B. Stressed individual

C. Calm person. D. Easygoing individual

52. What noun refers to the ability to continue working despite interruptions or challenges?

A. Focus B. Distraction C. Fatigue D. Disinterest

53. Which word is OPPOSITE in meaning to “stresed”?

A. Balanced B. Stressed C. Relaxed D. Composed

54. Which word is OPPOSITE in meaning to “laziness”?

A. Schedule B. Task C. hard word D. Calendar

55. Which word is CLOSET in meaning to “delay”?

A. Finish B. Advance C. Postpone D. Complete

56. What adjective describes a type of food that contributes to weight gain if consumed excessively?

A. Healthy B. Fattening C. Low-calorie D. Nutritious

57.What noun refers to a mental or emotional state of feeling apprehensive or worried?

A. Joy B. Calm C. Anxiety D. Happiness

58. Which word is OPPOSITE in meaning to “suitable”?

A. Inappropriate B. Anxious C. Appropriate D. Hasty

59. What noun refers to a period by which something must be done, especially for projects or assignments?

A. Due date B. Start date C. Event date D. Project date

60. What adjective describes an individual who manages to maintain a positive outlook despite difficulties?

A. Pessimistic B. Optimistic C. Realistic D. Skeptical

*ĐÂY LÀ SẢN PHẨM DO TEAM CỦA NGỌC THẠCH NỔ LỰC BIÊN SOẠN ĐỂ GIÚP VIỆC DẠY HỌC CỦA THẦY CÔ ĐƯỢC NHẸ NHÀNG HƠN. KÍNH MONG THẦY CÔ LIÊN HỆ ĐIỆN THOẠI* ***0934 737 733*** *NHẬN FILE WORDS + ĐÁP ÁN VÀ DONATE ĐỂ TEAM CÓ CHÚT NHUẬN BÚT\* SÁNG TẠO NHỮNG SẢN PHẨM TIẾP THEO CHO CỘNG ĐỒNG.*

*\* Tiền nhuận bút có thể được hiểu theo nghĩa đen là “tiền để thấm ướt ngòi bút lông cho dễ viết”, hiểu nôm na là ngòi bút phải ướt, thì mới sáng tạo ra tiếp tục nội dung kiến thức mới.*

***NGUYỀN NGỌC THẠCH TRÂN TRỌNG CẢM ƠN THẦY CÔ ỦNG HỘ.***