|  |  |
| --- | --- |
| **Date of planning**:…………..**Date of teaching:** ………..…  |  **Period 50: REVISION ON THE FIRST END-TERM TEST**  |

**I. OBJECTIVES: By the end of this review, Ss will have revised the language they have learnt and the skills they have practised in Units 1, 2, 3,4,5,6**

**1. Knowledge:** - To revise the language and skills they have learnt in Unit **1-2-3-4-5-6.**

**2. Competence:** Students will be able to revise the language they have learnt and they have practised so far. They have learnt items of language and skills. Practising doing exercises.

- Develop communication skills and creativity.

- Actively join in class activities.

**3. Qualities:** Having the good attitude to working in groups, individual work, pair work, cooperative learning.

- Develop self-study skills.

**II. TEACHING AIDS:**

- Teacher: Grade 9 text book, laptop, projector / TV.....

- Students: Text books, workbook…

- Computer connected to the Internet

- Sach mem.vn; Or hoclieu.vn

**III. PROCEDURE:**

**\* Vocabulary:** Revise words and phrases related to unit 1,2,3,4,5,6:

**\* Grammar :**

- Unit 1: Question words before to-infinitive; Phrasal verbs (1)

- Unit 2: Double comparative; Phrasal verbs (2)

- Unit 3: Modal verbs in first conditional sentences.

-Unit 4: past continuous, wish+ past simple

**\* Writing:**

- Write a paragraph about community helper.

- Write a paragraph about what you like or dislike about city life.

- Write a paragraph about how to manage time effectively.

**PRACTICE TESTS.**

**\_ PRACTICE TEST**

**I. 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.**

**1:** A. accomplish             B. additional                   C. anxiety                  D. assignment

**2:** A. deadline                  B. minimise                    C. physical                   D. priority

**3:** A. educate                  B. deadline                     C. distraction                  D. study

**4:** A. counsellor               B. physical                      C. optimistic                   D. submit

**5:** A. healthy                   B. happy                          C. homework                 D. honour

**II. 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 the primary stress in each of the following questions.**

**6:** A. mental                   B. delay                         C. advise                   D. awake

**7:** A. additional               B. anxiety                        C. appropriate          D. optimistic

**8:** A. accomplish             B. assignment                  C. distraction               D. minimise

**9:** A. counsellor               B. physical                      C. maintaining          D. organise

**10:** A. manage                 B. result                          C. habit                  D. punish

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

**1:** To improve your \_\_\_\_, it's important to exercise regularly and eat nutritious foods.

A. mental stress  B. assignment  C. physical health  D. anxiety

 **2:** If you feel overwhelmed with schoolwork, it might be helpful to see a(n) \_\_\_\_\_\_\_.

A. distraction  B. counsellor  C. mood D. ingredient

**3:** Eating a(n) \_\_\_\_\_\_\_ diet can help you stay healthy and energized.

A. well-balanced  B. stressed out  C. fattening D. urgent

**4:** To achieve your fitness goals, you should exercise \_\_\_\_\_\_\_\_\_.

A. effectively  B. regularly  C. physically D. optimistically

**5:** It's important to take a \_\_\_\_\_\_\_\_ when you feel tired or overworked.

A. priority B. session  C. break  D. stop

**6:** Getting enough sleep can help reduce \_\_\_\_\_\_\_\_.

A. deadline  B. ingredient C. encouragement D. anxiety

**7:** A healthy lifestyle requires you to \_\_\_\_ your body and mind.

A. come across   B. look after  C. put on  D. get through

 **8:** Seeking \_\_\_\_ from a professional can help you improve your mental health.

A. advice   B. appearance C. omission   D. ingredient

**9:** Drinking plenty of water can help \_\_\_\_ the risk of heart diseases.

A. gain weight   B. minimize  C. bring about D. overcome

**10:** Teens should \_\_\_\_ on their studies to succeed in school.

A. concentrate   B. encourage  C. require D. manage

**11**. Eating out in this city can be quite \_\_\_\_\_\_, especially at fancy restaurants.

A. affordable  B. pricey C. interesting D. reasonable

**12**. I \_\_\_\_\_\_ a fever last night.

A. came down with  B. cut down on C. got on with D. ran out of

**13.** Let's \_\_\_\_\_\_ at the local café this weekend!

A. get on with   B. hang out C. come down D. cut down on

**14**. The city offers a \_\_\_\_\_\_ lifestyle with everything within reach.

A. crowded B. noisy C. boring D. convenient

**15.** Unfortunately, I \_\_\_\_\_\_ a cold last week.

A. handed down B. came down with C. ran out of D. gave up

**16.** New York City is often referred to as a \_\_\_\_\_\_ due to its tall buildings and busy streets.

A. public amenity B. entertainment center C. concrete jungle  D. construction site

**17.** I need to \_\_\_\_\_\_ sugary snacks for better health.

A. run out of   B. cut down on  C. get on with D. take care of

**18**. The \_\_\_\_\_\_ metro system is efficient for daily commuting.

A. leftover  B. construction   C. underground  D. traffic jam

**19.** Many families prefer to live in the quieter \_\_\_\_\_\_.

 A. suburbs   B. centers C. amenities D. transportation

**20**. The \_\_\_\_\_\_ of having shops nearby makes life easier.

A. inconvenient B. difficulty          C. convenience        D. unreliable

**21**. The city council plans to \_\_\_\_\_\_ infrastructure improvements.

A. hand down      B. carry out          C. get around          D. look after

**22.** The better the weather is, \_\_\_\_\_\_.

        A. the most crowded the beaches get         B. the most the beaches get crowded

        C. the more crowded the beaches get         D. the more the beaches get crowded

**23**. The more invaluable world heritages are to humanity, \_\_\_\_\_\_.

        A. the more protected and preserving they are        B. the more they are protected and preserved

        C. the more they have people protect and preserve D. the more people make them protect and preserve

**24.** \_\_\_\_\_\_ the temperature, \_\_\_\_\_\_ water turns into steam.

        A. Higher / faster the                 B. The higher / the faster

        C. The more higher / the faster         D. The higher / the fast

**25**. The older you are, \_\_\_\_\_\_.

        A. the more you may become worried         B. the more worried you may become

        C. the more worry you may become         D. you may become more worried

**26.** The better the weather is, \_\_\_\_\_\_.

        A. the beaches get the more crowded         B. the beaches get the most crowded

        C. the most crowded the beaches get         D. the more crowded the beaches get

**27**. The \_\_\_\_\_\_ you encounter failure, the more confident you are.

        A. more frequently        B. as frequently        C. most frequent        D. more frequent

**28**. He spent a year in India and loves spicy food. \_\_\_\_\_\_ the food is, \_\_\_\_\_\_ he likes it.

        A. The hotter/the more and more          B. The hotter/the more

        C. The more and more hot/the more          D. The hottest/the most

**29.** \_\_\_\_\_\_ he drank, \_\_\_\_\_\_ he became.

        A. More/more violent                  B. The most/the most violent

        C. The more/the more violent          D. The less/less violent

**30**. \_\_\_\_\_\_ you study for these exams, \_\_\_\_\_\_ you will do.

        A. The harder/ the better                  B. The more/ the much

        C. The hardest/ the best                  D. The more hard/ the more good

**IV. 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 questions.**

**1.** New York city was **founded** by the Dutch in 1624.

        A. demolished  B. destroyed  C. established  D. pointed

**2.** More and more city **dwellers** suffer from coughing or breathing problems.

        A. residents   B. roads  C. pollution  D. traffics

**3.** At weekends the city centre is always **packed** with people.

        A. empty  B. crowded   C. peaceful   D. convenient

**4.** Public transportation in the city is generally **reliable**, with frequent buses and trains.

        A. unsteady  B. broken  C. delayed  D. trustworthy

**5.** The city skyline, with its tall buildings and shimmering lights, is undeniably **attractive**.

        A. appealing  B. boring  C. ugly  D. unattractive

**V. 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 questions.**

**1.** There is far too much pollution nowadays in **urban** areas.

        A. local  B. rural   C. nation  D. neighbour

**2**. Unfortunately, some neighborhoods in the city can be **dangerous** due to high crime rates.

        A. dull  B. special   C. safe   D. unsafe

**3.** Living in the city has a number of **drawbacks**.

        A. negatives  B. advantages  C. disadvantages D. problems

**4.** The new road is very**wide**, which helps to reduce congestion and improve the flow of vehicles.

        A. narrow   B. broad C. large   D. vast

**5.** Living in the city can be **pricey**; rent, dining out, and entertainment all come at a premium.

        A. cheap   B. expensive C. costly D. dear

**VI. Complete the sentences by changing the form of the words in capitals.**

**1.** Eating a balanced diet is a great \_\_\_\_\_\_\_\_\_\_for maintaining good health. (ACCOMPLISH)

**2.** Taking \_\_\_\_\_\_\_\_\_\_  vitamins can help supplement your daily nutrition. (ADDITION)

**3.** Worrying about my health can cause a lot of \_\_\_\_\_\_\_\_\_\_ , so I try to stay calm. (ANXIOUS)

**4.** Drinking plenty of water is an \_\_\_\_\_\_\_\_\_\_ way to stay hydrated. (APPROPRIATELY)

**5.** The doctor assigned me a special exercise routine to improve my \_\_\_\_\_\_\_\_\_\_ health. (PHYSICALLY)

**6.** A \_\_\_\_\_\_\_\_\_\_ like social media can prevent me from getting enough exercise. (DISTRACT)

**C. READING**

**I. Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct word that best fits each of the numbered blanks.**

     A good way for teens to manage school stress is by using mindfulness techniques. Mindfulness is focusing on the present moment without judgment. Teens can practice mindfulness by doing deep breathing exercises, meditation, and focusing **(1) \_\_\_\_\_\_\_\_\_** the present moment. These activities can help reduce **(2) \_\_\_\_\_\_\_\_\_** and improve mental well-being.

Deep breathing exercises are simple and can be done anywhere. If teens take slow, deep breaths and focus on their breath, they **(3) \_\_\_\_\_\_\_\_\_** calm their nervous system and reduce stress. Meditation is **(4) \_\_\_\_\_\_\_\_\_**  mindfulness technique where teens sit quietly and focus their attention on an object, such as their breath or a word. This can help them feel **(5) \_\_\_\_\_\_\_\_\_** and observe their thoughts and emotions without getting overwhelmed.

Additionally, encouraging teens to **(6) \_\_\_\_\_\_\_\_\_** short breaks throughout the day to practice mindfulness can be very helpful. These breaks can include going outside for fresh air or taking a mindful walk. By taking a  moment to focus on the present, teens can reduce stress and improve their overall well-balanced status.

(Adapted form: *https://clearforkacademy.com*)

**1.** A. in    B. on    C. at D. of

**2.**  A. anxiety  B. assignment C. addition   D. distraction

**3.** A. could   B. can   C. should D. would

**4.** A. other B. the other C. another   D. others

**5.** A. peace B. peacefully C. peacefulness D. peaceful

**6.** A. take    B. get C. have                  D. do

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

Do you live in a big city? It is said that living in big cities is expensive because of the high living cost. There are also pollution and traffic problems that make living in big cities unpleasant. However, many people enjoy living in big cities because they offer convenience and **countless** options for entertainment.

        Many big cities already have good public transportation systems, which makes it easy for the citizens to go anywhere around the city. This also reduces and helps overcome the problem of traffic jams that often occur at peak times. With the convenience of public transportation, the citizens do not have to drive everywhere and can save money as they do not have to pay for parking charges.

        Staying healthy is everybody's concern and in big cities you can find the best possible medical care for any diseases, especially the severe ones. Moreover, compared to rural areas, access to medical treatment is easier because there are always clinics or medical centers that open 24 hours in many parts of the city so

you can get medical help anytime, as soon as you need it. Reaching hospitals is also easier as public transport is usually available 24 hours a day.

**1.** What is the passage mainly about?

        A. Advantages of living in big cities        B. Disadvantages of living in big cities

        C. Drawbacks of living rural areas         D. Benefits of living rural areas

**2.** Which of the \_\_\_\_\_ following is closest in meaning to the word "**countless**" in paragraph 1?

        A. definite         B. numberless          C. measurable          D. limited

**3.** What makes living in big cities costly?

        A. public transport          B. healthcare         C. high cost of living         D. high parking charges

**4.** According to the passage, what is people's concern?

        A. traffic congestions       B. air pollution        C. medical centers         D. good health

**5.** It can be inferred from the passage that in big cities

A. no one cares about the high cost of living.         B. it's impossible to get medical care for severe diseases.

C. traffic jams are often seen during rush hours.      D. city dwellers do not have to pay for parking.

**III. Read the passage and write True or False. (Đọc đoạn văn và viết True (Đúng) hoặc False (Sai).)**

Being a teenager is like navigating a three-ring circus. On one hand, you’re juggling the demands of school, with exams, homework, and projects testing your academic skills. On the other hand, you’re likely involved in extracurricular activities, from sports and clubs to music lessons and volunteering. Add to that the ever-present desire for social interaction with friends and family, and it’s no wonder teenagers often feel stretched thin.

This constant balancing act can be challenging. Finding enough time to meet all your commitments can be a struggle, leading to feelings of stress and anxiety. Prioritizing tasks and creating a schedule can help, but unexpected events and changes in plans can throw everything out of whack.

However, navigating this juggling act also offers valuable lessons. It teaches teenagers valuable skills like time management, organization, and prioritization. They learn to be responsible, handle pressure, and adapt to changing situations. Additionally, the diverse experiences gained through academics, activities, and social interactions contribute to personal development and self-discovery.

**1.** \_\_\_\_\_\_ The main idea of the passage is that teenagers should focus only on their academic life.

**2.** \_\_\_\_\_\_ Teenagers are often involved in various activities beyond just schoolwork.

**3.** \_\_\_\_\_\_ Prioritizing tasks and creating a schedule can be detrimental to managing time effectively.

**4.** \_\_\_\_\_\_ Unexpected events can disrupt a teenager’s carefully planned schedule.

**5.** \_\_\_\_\_\_ Participating in different activities offers no benefits to teenagers.

**D. WRITING**

**I. Write complete sentences using the words given.**

**1.** Regular exercise/ be/ essential/ good health.

 **→** *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**2.** I/ enjoy/ eat/ fresh fruits/ and/ vegetables/ every day.

 **→** *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**3.** People/ often/ overlook/ importance/ mental health/ in/ healthy living.

 **→** *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**4.** There/ be/ a lot of/ ways/ stay active/ without/ gym membership.

 **→** *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**5.** Many/ people/ prefer/ cook/ home/ because/ it/ be/ healthier.

 **→** *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**6.** Yoga/ and/ meditation/ offer/ people/ ways/ relax/ and/ reduce/ stress.

 **→** *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**7.** The introduction/ new/ health program/ create/ more opportunities/ people/ stay fit.

 **→** *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**8.** One/ biggest challenges/ maintaining/ healthy lifestyle/ be/ finding/ time/ exercise.

 **→** *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**9.** Many/ people/ choose/ walk/ or/ cycle/ to work/ improve/ their/ fitness levels.

 **→** *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**10.** The local government/ plan/ build/ more parks/ and/ recreational areas/ encourage/ outdoor activities.

 **→** *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**II. Choose the option that best transforms the original one.**

**1.** Teenagers often find talking to their parents hard.

A. Teenagers find hard to talk with their parents.

B. Teenagers often hardly find talking to their parents.

C. Teenagers often find it difficult to talk to their parents.

D. Teenagers often find it hard talking to their parents.

**2.** If I had more time, I would join the school sports team.

A. I wouldn’t join the school sports team unless I had more time.

B. Unless I have more time, I would join the school sports team.

C. I would join the school sports team, unless I have more time.

D. If I have more time, I will join the school sports team.

**3.** Sue spends hours choosing the perfect outfit for school.

A. Sue doesn’t care about how she looks at school.

B. Sue often changes her outfit after arriving at school.

C. It takes Sue very little time to find an outfit for school.

D. Sue takes a long time to choose the perfect outfit for school.

**4.** “I’ve just finished my homework”, Tina said.

A. Tina said she just finished her homework.

B. Tina said she had just finished her homework.

C. Tina said that she finished her homework.

D. Tina said that I have just finished her homework.

**5.** The new student who is from Japan loves manga comics.

A. The new student loves manga comics from Japan.

B. The new student loves manga comics, whom is from Japan.

C. The new student who loves manga comics is from Japan.

D. The new student, that loves manga comics, is from Japan.

**6.** She didn’t get enough sleep because she stayed up late studying.

A. She didn’t get enough sleep, so she stayed up late studying.

B. Since she stayed up late studying, she didn’t get enough sleep.

C. She didn’t get enough sleep, yet she stayed up late studying.

D. She didn’t get enough sleep; therefore, she stayed up late studying.

**III. Write a paragraph (about 100 words) about the benefits of healthy living.**

**You can use the ideas below:**

+ Improved physical health (*regular exercise, balanced diet)*

+ Enhanced mental well-being (*stress reduction, better sleep)*

+ Increased energy levels (*consistent physical activity, proper nutrition)*

+ Better immune function (*healthy eating habits, regular check-ups)*

+ Longer lifespan (*preventive healthcare, healthy habits)*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**PRACTICE TEST\_KEY**

**I. 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.**

**1:** A. accomplish             B. additional                   C. anxiety                  D. assignment

**2:** A. deadline                  B. minimise                    C. physical                   D. priority

**3:** A. educate                  B. deadline                     C. distraction                  D. study

**4:** A. counsellor               B. physical                      C. optimistic                   D. submit

**5:** A. healthy                   B. happy                          C. homework                 D. honour

**II. 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 the primary stress in each of the following questions.**

**6:** A. mental                   B. delay                         C. advise                   D. awake

**7:** A. additional               B. anxiety                        C. appropriate          D. optimistic

**8:** A. accomplish             B. assignment                  C. distraction               D. minimise

**9:** A. counsellor               B. physical                      C. maintaining          D. organise

**10:** A. manage                 B. result                          C. habit                  D. punish

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

**1:** To improve your \_\_\_\_, it's important to exercise regularly and eat nutritious foods.

A. mental stress  B. assignment  C. physical health  D. anxiety

 **2:** If you feel overwhelmed with schoolwork, it might be helpful to see a(n) \_\_\_\_\_\_\_.

A. distraction  B. counsellor  C. mood D. ingredient

**3:** Eating a(n) \_\_\_\_\_\_\_ diet can help you stay healthy and energized.

A. well-balanced  B. stressed out  C. fattening D. urgent

**4:** To achieve your fitness goals, you should exercise \_\_\_\_\_\_\_\_\_.

A. effectively  B. regularly  C. physically D. optimistically

**5:** It's important to take a \_\_\_\_\_\_\_\_ when you feel tired or overworked.

A. priority B. session  C. break  D. stop

**6:** Getting enough sleep can help reduce \_\_\_\_\_\_\_\_.

A. deadline  B. ingredient C. encouragement D. anxiety

**7:** A healthy lifestyle requires you to \_\_\_\_ your body and mind.

A. come across   B. look after  C. put on  D. get through

 **8:** Seeking \_\_\_\_ from a professional can help you improve your mental health.

A. advice   B. appearance C. omission   D. ingredient

**9:** Drinking plenty of water can help \_\_\_\_ the risk of heart diseases.

A. gain weight   B. minimize  C. bring about D. overcome

**10:** Teens should \_\_\_\_ on their studies to succeed in school.

A. concentrate   B. encourage  C. require D. manage

**11**. Eating out in this city can be quite \_\_\_\_\_\_, especially at fancy restaurants.

A. affordable  **B.** pricey C. interesting D. reasonable

**12**. I \_\_\_\_\_\_ a fever last night.

**A.** came down with  B. cut down on C. got on with D. ran out of

**13.** Let's \_\_\_\_\_\_ at the local café this weekend!

A. get on with   **B.** hang out C. come down D. cut down on

**14**. The city offers a \_\_\_\_\_\_ lifestyle with everything within reach.

A. crowded B. noisy C. boring **D.** convenient

**15.** Unfortunately, I \_\_\_\_\_\_ a cold last week.

A. handed down **B. came** down with C. ran out of D. gave up

**16.** New York City is often referred to as a \_\_\_\_\_\_ due to its tall buildings and busy streets.

A. public amenity B. entertainment center **C. concrete** jungle  D. construction site

**17.** I need to \_\_\_\_\_\_ sugary snacks for better health.

A. run out of   **B. cut down** on  C. get on with D. take care of

**18**. The \_\_\_\_\_\_ metro system is efficient for daily commuting.

A. leftover  B. construction   **C. underground**  D. traffic jam

**19.** Many families prefer to live in the quieter \_\_\_\_\_\_.

 **A. suburbs**   B. centers C. amenities D. transportation

**20**. The \_\_\_\_\_\_ of having shops nearby makes life easier.

A. inconvenient B. difficulty          **C. convenience**D. unreliable

**21**. The city council plans to \_\_\_\_\_\_ infrastructure improvements.

A. hand down      **B. carry** out          C. get around          D. look after

**22.** The better the weather is, \_\_\_\_\_\_.

        A. the most crowded the beaches get         B. the most the beaches get crowded

        C**. the more crowded** the beaches get         D. the more the beaches get crowded

**23**. The more invaluable world heritages are to humanity, \_\_\_\_\_\_.

        A. the more protected and preserving they are        **B. the** more they are protected and preserved

        C. the more they have people protect and preserve D. the more people make them protect and preserve

**24.** \_\_\_\_\_\_ the temperature, \_\_\_\_\_\_ water turns into steam.

        A. Higher / faster the                 **B. The higher** / the faster

        C. The more higher / the faster         D. The higher / the fast

**25**. The older you are, \_\_\_\_\_\_.

        A. the more you may become worried         **B. the more** worried you may become

        C. the more worry you may become         D. you may become more worried

**26.** The better the weather is, \_\_\_\_\_\_.

        A. the beaches get the more crowded         B. the beaches get the most crowded

        C. the most crowded the beaches get         **D. the more** crowded the beaches get

**27**. The \_\_\_\_\_\_ you encounter failure, the more confident you are.

        **A. more frequently**        B. as frequently        C. most frequent        D. more frequent

**28**. He spent a year in India and loves spicy food. \_\_\_\_\_\_ the food is, \_\_\_\_\_\_ he likes it.

        A. The hotter/the more and more          **B. The hotter**/the more

        C. The more and more hot/the more          D. The hottest/the most

**29.** \_\_\_\_\_\_ he drank, \_\_\_\_\_\_ he became.

        A. More/more violent                  B. The most/the most violent

        C**. The more/**the more violent          D. The less/less violent

**30**. \_\_\_\_\_\_ you study for these exams, \_\_\_\_\_\_ you will do.

        **A. The harder**/ the better                  B. The more/ the much

        C. The hardest/ the best                  D. The more hard/ the more good

**IV. 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 questions.**

**1.** New York city was **founded** by the Dutch in 1624.

        A. demolished  B. destroyed  **C.** established  D. pointed

**2.** More and more city **dwellers** suffer from coughing or breathing problems.

        **A. residents**   B. roads  C. pollution  D. traffics

**3.** At weekends the city centre is always **packed** with people.

        A. empty  **B.** crowded   C. peaceful   D. convenient

**4.** Public transportation in the city is generally **reliable**, with frequent buses and trains.

        A. unsteady  B. broken  C. delayed  **D.** trustworthy

**5.** The city skyline, with its tall buildings and shimmering lights, is undeniably **attractive**.

        **A.** appealing  B. boring  C. ugly  D. unattractive

**V. 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 questions.**

**1.** There is far too much pollution nowadays in **urban** areas.

        A. local  **B.** rural   C. nation  D. neighbour

**2**. Unfortunately, some neighborhoods in the city can be **dangerous** due to high crime rates.

        A. dull  B. special   **C.** safe   D. unsafe

**3.** Living in the city has a number of **drawbacks**.

        A. negatives  **B.** advantages  C. disadvantages D. problems

**4.** The new road is very**wide**, which helps to reduce congestion and improve the flow of vehicles.

        **A.** narrow   B. broad C. large   D. vast

**5.** Living in the city can be **pricey**; rent, dining out, and entertainment all come at a premium.

        **A.** cheap   B. expensive C. costly D. dear

**VI. Complete the sentences by changing the form of the words in capitals.**

**1.** Eating a balanced diet is a great **accomplishment**for maintaining good health.

**2.** Taking **additional** vitamins can help supplement your daily nutrition. (ADDITION)

**3.** Worrying about my health can cause a lot of **anxiety**, so I try to stay calm. (ANXIOUS)

**4.** Drinking plenty of water is an **appropriate** way to stay hydrated. (APPROPRIATELY)

**5.** The doctor assigned me a special exercise routine to improve my **physical** health. (PHYSICALLY)

**6.** A **distraction** like social media can prevent me from getting enough exercise. (DISTRACT)

**C. READING**

**I. Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct word that best fits each of the numbered blanks.**

     A good way for teens to manage school stress is by using mindfulness techniques. Mindfulness is focusing on the present moment without judgment. Teens can practice mindfulness by doing deep breathing exercises, meditation, and focusing **(1) \_\_\_\_\_\_\_\_\_** the present moment. These activities can help reduce **(2) \_\_\_\_\_\_\_\_\_** and improve mental well-being.

Deep breathing exercises are simple and can be done anywhere. If teens take slow, deep breaths and focus on their breath, they **(3) \_\_\_\_\_\_\_\_\_** calm their nervous system and reduce stress. Meditation is **(4) \_\_\_\_\_\_\_\_\_**  mindfulness technique where teens sit quietly and focus their attention on an object, such as their breath or a word. This can help them feel **(5) \_\_\_\_\_\_\_\_\_** and observe their thoughts and emotions without getting overwhelmed.

Additionally, encouraging teens to **(6) \_\_\_\_\_\_\_\_\_** short breaks throughout the day to practice mindfulness can be very helpful. These breaks can include going outside for fresh air or taking a mindful walk. By taking a  moment to focus on the present, teens can reduce stress and improve their overall well-balanced status.

(Adapted form: *https://clearforkacademy.com*)

**1:** A. in    B. on    C. at D. of

**2:** A. anxiety  B. assignment C. addition   D. distraction

**3:** A. could   B. can   C. should D. would

**4:** A. other B. the other C. another   D. others

**5:** A. peace B. peacefully C. peacefulness D. peaceful

**6:** A. take    B. get C. have                  D. do

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

Do you live in a big city? It is said that living in big cities is expensive because of the high living cost. There are also pollution and traffic problems that make living in big cities unpleasant. However, many people enjoy living in big cities because they offer convenience and **countless** options for entertainment.

        Many big cities already have good public transportation systems, which makes it easy for the citizens to go anywhere around the city. This also reduces and helps overcome the problem of traffic jams that often occur at peak times. With the convenience of public transportation, the citizens do not have to drive everywhere and can save money as they do not have to pay for parking charges.

        Staying healthy is everybody's concern and in big cities you can find the best possible medical care for any diseases, especially the severe ones. Moreover, compared to rural areas, access to medical treatment is easier because there are always clinics or medical centers that open 24 hours in many parts of the city so

you can get medical help anytime, as soon as you need it. Reaching hospitals is also easier as public transport is usually available 24 hours a day.

**1.** What is the passage mainly about?

**A.** Advantages of living in big cities        B. Disadvantages of living in big cities

        C. Drawbacks of living rural areas         D. Benefits of living rural areas

**2.** Which of the \_\_\_\_\_ following is closest in meaning to the word "**countless**" in paragraph 1?

        A. definite         **B.** numberless          C. measurable          D. limited

**3.** What makes living in big cities costly?

        A. public transport          B. healthcare         **C.** high cost of living         D. high parking charges

**4.** According to the passage, what is people's concern?

        A. traffic congestions       B. air pollution        C. medical centers         **D.** good health

**5.** It can be inferred from the passage that in big cities

A. no one cares about the high cost of living.         B. it's impossible to get medical care for severe diseases.

**C.** traffic jams are often seen during rush hours.      D. city dwellers do not have to pay for parking.

**III. Read the passage and write True or False. (Đọc đoạn văn và viết True (Đúng) hoặc False (Sai).)**

Being a teenager is like navigating a three-ring circus. On one hand, you’re juggling the demands of school, with exams, homework, and projects testing your academic skills. On the other hand, you’re likely involved in extracurricular activities, from sports and clubs to music lessons and volunteering. Add to that the ever-present desire for social interaction with friends and family, and it’s no wonder teenagers often feel stretched thin.

This constant balancing act can be challenging. Finding enough time to meet all your commitments can be a struggle, leading to feelings of stress and anxiety. Prioritizing tasks and creating a schedule can help, but unexpected events and changes in plans can throw everything out of whack.

However, navigating this juggling act also offers valuable lessons. It teaches teenagers valuable skills like time management, organization, and prioritization. They learn to be responsible, handle pressure, and adapt to changing situations. Additionally, the diverse experiences gained through academics, activities, and social interactions contribute to personal development and self-discovery.

**1.** \_F\_\_ The main idea of the passage is that teenagers should focus only on their academic life.

**2.** \_T\_\_ Teenagers are often involved in various activities beyond just schoolwork.

**3.** \_F\_\_ Prioritizing tasks and creating a schedule can be detrimental to managing time effectively.

**4.** \_T\_\_ Unexpected events can disrupt a teenager’s carefully planned schedule.

**5.** \_F\_\_ Participating in different activities offers no benefits to teenagers.

**D. WRITING**

**I. Write complete sentences using the words given.**

**1.** Regular exercise/ be/ essential/ good health.

 **→** *Regular exercise is essential for good health.*

**2.** I/ enjoy/ eat/ fresh fruits/ and/ vegetables/ every day.

**→** *I enjoy eating fresh fruits and vegetables every day.*

**3.** People/ often/ overlook/ importance/ mental health/ in/ healthy living.

**→**  *People often overlook the importance of mental health in healthy living.*

**4.** There/ be/ a lot of/ ways/ stay active/ without/ gym membership.

**→** *There are a lot of ways to stay active without a gym membership.*

**5.** Many/ people/ prefer/ cook/ home/ because/ it/ be/ healthier.

 **→** *Many people prefer to cook at home because it is healthier.*

**6.** Yoga/ and/ meditation/ offer/ people/ ways/ relax/ and/ reduce/ stress.

 **→** *Yoga and meditation offer people ways to relax and reduce stress.*

**7.** The introduction/ new/ health program/ create/ more opportunities/ people/ stay fit.

**→** *The introduction of a new health program creates more opportunities for people to stay fit.*

**8.** One/ biggest challenges/ maintaining/ healthy lifestyle/ be/ finding/ time/ exercise.

 **→** *One of the biggest challenges in maintaining a healthy lifestyle is finding time to exercise.*

**9.** Many/ people/ choose/ walk/ or/ cycle/ to work/ improve/ their/ fitness levels.

 **→** *Many people choose to walk or cycle to work to improve their fitness levels.*

**10.** The local government/ plan/ build/ more parks/ and/ recreational areas/ encourage/ outdoor activities.

 **→** *The local government plans to build more parks and recreational areas to encourage outdoor activities.*

**II. Choose the option that best transforms the original one.**

**1.** Teenagers often find talking to their parents hard.

A. Teenagers find hard to talk with their parents.

B. Teenagers often hardly find talking to their parents.

**C.** Teenagers often find it difficult to talk to their parents.

D. Teenagers often find it hard talking to their parents.

**2.** If I had more time, I would join the school sports team.

**A.** I wouldn’t join the school sports team unless I had more time.

B. Unless I have more time, I would join the school sports team.

C. I would join the school sports team, unless I have more time.

D. If I have more time, I will join the school sports team.

**3.** Sue spends hours choosing the perfect outfit for school.

A. Sue doesn’t care about how she looks at school.

B. Sue often changes her outfit after arriving at school.

C. It takes Sue very little time to find an outfit for school.

**D.** Sue takes a long time to choose the perfect outfit for school.

**4.** “I’ve just finished my homework”, Tina said.

A. Tina said she just finished her homework.

**B.** Tina said she had just finished her homework.

C. Tina said that she finished her homework.

D. Tina said that I have just finished her homework.

**5.** The new student who is from Japan loves manga comics.

A. The new student loves manga comics from Japan.

B. The new student loves manga comics, whom is from Japan.

**C.** The new student who loves manga comics is from Japan.

D. The new student, that loves manga comics, is from Japan.

**6.** She didn’t get enough sleep because she stayed up late studying.

A. She didn’t get enough sleep, so she stayed up late studying.

**B.** Since she stayed up late studying, she didn’t get enough sleep.

C. She didn’t get enough sleep, yet she stayed up late studying.

D. She didn’t get enough sleep; therefore, she stayed up late studying.

**III. Write a paragraph (about 100 words) about the benefits of healthy living.**

**You can use the ideas below:**

+ Improved physical health (*regular exercise, balanced diet)*

+ Enhanced mental well-being (*stress reduction, better sleep)*

+ Increased energy levels (*consistent physical activity, proper nutrition)*

+ Better immune function (*healthy eating habits, regular check-ups)*

+ Longer lifespan (*preventive healthcare, healthy habits)*

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**Suggested writing:**

*Healthy living offers numerous benefits that can significantly improve one's quality of life. Regular exercise and a balanced diet contribute to improved physical health, helping to maintain a healthy weight and reduce the risk of chronic diseases. Enhanced mental well-being is another advantage, as healthy living practices can reduce stress and improve sleep quality. Consistent physical activity and proper nutrition lead to increased energy levels, allowing for more productivity and enjoyment in daily activities. Additionally, healthy eating habits and regular medical check-ups boost immune function, helping the body to fend off illnesses. Overall, adopting healthy habits can lead to a longer and more fulfilling life.*

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