

PART I: LISTENING:

1. TASK 1: Listen to the recording and fill in the missing words: (You listen it carefully twice.)

The Healthy Eating Pyramid is a simple, reliable guide to choosing a healthy diet. Its foundation is daily (1) _____ **exercise** and weight control since these two related elements strongly influence your chances of staying healthy. The Healthy Eating Pyramid builds from there, showing that you should eat (2) _____ **more** foods from the bottom part of the pyramid (vegetables, whole grains) and fewer from the top (red meat, refined grains, potatoes, sugary drinks, and salt).

When it's dining time, fill half your plate with vegetables, the more varied the better, and fruits. Save a quarter of your plate for whole grains. (3) _____ **Fish**, poultry, beans, or nuts, can make up the rest. Healthy oils like olive and canola are advised in cooking, on salad, and at the table. Complete your meal with a cup of water, or if you like, tea or (4) _____ **coffee** with little or no sugar. Staying active is half of the secret to weight control, the other half is a healthy diet that meets your calorie needs - so be sure you choose a plate that is not too large.

2. TASK 2: Listen to the conversation between Kevin and Mai and choose the best answers: (You listen it carefully twice.)

Question 5. What does Mai's mother keep complaining about?

- A. Her study B. **Her appearance** C. Her clothes D. Her friends

Question 6. Mai's mother doesn't allow her to wear _____ at school.

- A. high heels B. shorts C. **tight jeans** D. loose trousers

Question 7. Kevin mainly uses his _____ and laptop for his homework.

- A. books B. briefcase C. study tools D. **smartphone**

Question 8. According to Mai, what might Kevin's parents worry about?

- A. His study B. His brain C. **His eyesight** D. His hairstyle

Question 9. Kevin's parents take away his smartphone and laptop _____.

- A. before 10 a.m. B. after 10 p.m. C. at **10 p.m.** D. at 10 a.m.

Question 10. Mai advises Kevin to _____ his homework assignments on paper first, then he can type them quickly on his laptop.

- A. **write down** B. turn down C. put down D. cut down

PART II: VOCABULARY, GRAMMAR:

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

Question 11. Choose the word that has the main stress placed differently from that of the others.

- A. **limit** B. obey C. forbid D. impose

Question 12. Choose the word that has the main stress placed differently from that of the others.

- A. infectious B. essential C. resistant D. **properly**

Question 13. She lives with grandparents who have _____ views.

- A. tradition B. **traditional** C. traditionally D. traditionalize

Question 14. Bob used to completely rely _____ his parents.

- A. in B. for C. **on** D. with

Question 15. Remember that even simple _____ changes can boost our immune system.

- A. diet B. **dietary** C. dieting D. diets

Question 16. Parents can't always respond effectively to aggressive _____ of their children

- A. behaved B. behaving C. **behaviour** D. behave

Question 17. Choose the word which is OPPOSITE in meaning with the underlined word.
Don't look down at your feet as you walk. This will cause you to slow down and cause back pain.

- A. result in B. result from C. lead to D. give off

Question 18. Which of the following needs correcting?

You mustn't uses the motorbike without a driver's license. It's against the law.

- A. uses B. mustn't C. without D. against

Question 19. She _____ two miles and a half, and now she feels exhausted.

- A. will have run B. was running C. has run D. ran

Question 20. All students _____ wear uniforms at school because it is a rule.

- A. should B. have to C. ought to D. must

PART III: READING

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

Everyone knows that exercise is good for the body and the mind. We all want to keep fit and look good, but too many of us (21) _____ the wrong sport and quickly lose interest. So now fitness experts are advising people to choose an activity that matches their character.

For instance, those (22) _____ like to be with other people often enjoy golf or squash, or playing for a basketball, football or hockey team. (23) _____, you may prefer to go jogging or swimming if you're happier on your own.

Do you like competition? Then try something like running, or a racket sport such as tennis. If, on the other hand, (24) _____ isn't important to you, then activities like dancing can be an enjoyable (25) _____ without the need to show you're better than everyone else.

Finally, think about whether you find it easy to make yourself do exercise. If so, sports like weight training at home and cycling are fine. If not, book a skiing holiday, Taekwondo lessons, or a tennis court. You're much more likely to do something you've already paid for!

Question 21. A. put on B. break into C. get up D. take up

Question 22. A. who B. where C. when D. what

Question 23. A. Therefore B. Thus C. However D. While

Question 24. A. winners B. winning C. win D. won

Question 25. A. challenge B. victory C. defeat D. score

• *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, which refers to a broad difference between one generation and another, especially between young people and their parents, usually leads to numerous conflicts. Such family conflicts can seriously threaten the relationship between parents and children at times.

It goes without saying that, however old their children are, parents still regard them as small kids and keep in mind that their **offspring** are too young to protect themselves cautiously or have wise choices. Therefore, they tend to make a great attempt to help their children to discover the outside world.

Nevertheless, they forget that as children grow up, they want to be more independent and develop their own identity by creating their own opinions, thoughts, styles and values about life.

One common issue that drives conflicts is the clothes of teenagers. While teens are keen on wearing fashionable clothes which try to catch up with the youth trends, parents who value traditional clothes believe that those kinds of attire violate the rules and the norms of the society. It becomes worse when the expensive brand name clothes teens choose seem to be beyond the financial capacity of parents.

Another reason contributing to conflicts is the interest in choosing a career path or education between parents and teenagers. Young people are told that they have the world at their feet and that dazzling future opportunities are just waiting for them to seize. However, their parents try to impose their choices of university or career on them regardless of their children's preference.

Indeed, conflicts between parents and children are the everlasting family phenomena. It seems that the best way to solve the matter is open communication to create mutual trust and understanding.

Question 26. Most parents still treat their teenage children like small kids because _____.

- A. children usually make mistakes
- B. they think that children are too young to live independently.
- C. **they think that children can't** protect themselves well.
- D. they want to control their children.

Question 27. The word "**offspring**" in the second paragraph is CLOSEST meaning to _____.

- A. parents
- B. **children**
- C. neighbours
- D. adults

Question 28. Parents tend to make a great attempt to help their children to _____.

- A. prepare everything for their future life
- B. develop their ability better
- C. discover **the outside world**
- D. be better than they did

Question 29. According to the passage, which kinds of clothes do teenagers want to wear?

- A. **fashionable clothes**
- B. casual clothes
- C. flashy clothes
- D. tight jeans

Question 30. According to the passage, what are parents' viewpoints about the teenagers' clothes?

- A. Teenagers' clothes get the latest teen fashion trends.
- B. Teenagers' clothes are too short and ripped.
- C. Teenagers' **clothes are contrary to the accepted** standards and values of the society.
- D. Teenagers' clothes are suitable to the rules and the norms of the society.

PART IV: WRITING:

• **Rewrite the following sentences as directed:**

Question 31. Peter doesn't get permission to use his laptop after 10 p.m. (Use: **Mustn't**)

Peter mustn't use his laptop after 10 p.m.

Question 32. We have not seen Lucy since 2022.

The last time we saw Lucy was in 2022.

Question 33. It is not necessary for these farmers to join the meeting today. (Using a modal verb)

These farmers don't have to join the meeting today.

Question 34. This is the first time I have read such an interesting story.

I have never read such an interesting story like that before.

• **Write an opinion essay (100- 120 WORDS) stating the opposite view about the topic: Parents should strictly limit their children' screen time.**

Suggested ideas:

- Parents limit what teens can benefit from it.
- The gap between parents and children may become wider

Good luck to you!