

SỞ GD&ĐT HÀ TỈNH
TRƯỜNG THPT CHUYÊN
NGUYỄN VĂN TRÓI
(Đề thi có 06 trang)

ĐỀ THI THỬ THPT QUỐC GIA NĂM 2025
Môn thi: TIẾNG ANH

Thời gian làm bài: 50 phút; 40 câu hỏi trắc nghiệm

Read the following passage about skulls and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 1 to 8.

The hours we spend scrolling through our smartphones appear to be changing the shape of our skulls. This may be the reason why some people especially the younger crowd are developing a weird, bony spike just above their necks. This spike, known as an external occipital protuberance, appears at the lower end of the skull, and is sometimes so large. you can feel **it** by pressing your fingers on the base of your skull.

A study published in the Journal of Anatomy found that the spike was becoming more frequent -especially among 18 to 30-year-olds. David Shahar, the Australian health scientist who conducted the research, believes the development was **triggered** by prolonged use of smartphones or tablets. As people tilt their head forward to look at the screen, they put pressure on where the neck muscles meet the skull, so the body then develops more bone layers to be able to withstand it, said Shahar.

In the study, Shahar and a colleague looked at the radiographs of 218 young patients, aged 18 to 30, to determine how many had these spikes. In all, 41% of the group had an **enlarged** spike and 10% had an especially large spike measuring at least 0.7 inches (20 mm), the doctors found. In general, enlarged spikes were more common in males than in females. The largest spike belonged to a man, sticking out at 1.4 inches (35.7 mm).

Shahar believes that the spikes will continue to grow in size as people keep hunching over their handheld devices, but adds that they should not be very harmful and rarely cause serious medical issues. **"But if you are experiencing discomfort, maybe you should try improving your posture,"** he said.

(Adapted from breakingnewsenglish.com)

Question 1. Which of the following is NOT mentioned as a group that experiences skull spikes?

- A. Adults B. Young adults C. Elderly people D. Teenagers

Question 2. The word **it** in paragraph 1 refers to _____.

- A. spike B. skull C. neck D. end

Question 3. The word **triggered** in paragraph 2 could be best replaced by _____.

- A. caused B. encouraged C. fired D. developed

Question 4. The word **enlarged** in paragraph 3 is OPPOSITE in meaning to _____.

- A. reduced B. expanded C. prominent D. noticeable

Question 5. Which of the following is TRUE according to the passage?

- A. Male patients tend to have larger spikes compared to females.
B. Skull spikes are most common among elderly individuals.
C. Skull spikes have caused severe medical issues for most patients.
D. 50% of young adults examined had spikes measuring over 20 mm.

Question 6. In which paragraph does the writer mention the exact size of the largest spike found?

- A. Paragraph 2 B. Paragraph 3 C. Paragraph 1 D. Paragraph 4

Question 7. In which paragraph does the writer explore potential solutions for dealing with skull spikes?

- A. Paragraph 2 B. Paragraph 3 C. Paragraph 4 D. Paragraph 1

Question 8. Which of the following best paraphrases the underlined sentence in paragraph 4?

- A. Discomfort caused by posture issues cannot be resolved easily.
- B. Improving your posture could help reduce any discomfort you feel.
- C. Only by avoiding devices can discomfort be completely eliminated.
- D. Experiencing discomfort is unavoidable when using handheld devices.

Read the following advertisement and mark the letter A, B, C, or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 9 to 14.

ACTIVITY BREAKS AT BROOKE'S LEISURE CENTRE

If you are looking for a fun and rewarding job to do over the summer holidays, then we have just the answer! Brook's Leisure Centre is excited (9) _____ that we are running activity weeks for groups of 11-13 year-olds. We need reliable and inspiring organizers who can ensure that all activities run smoothly and that the children (10) _____ here will have a great time.

Are you interested in and skilled (11) _____ a wide range of sports? Do you (12) _____ experience in managing children? Do you have (13) _____ during the week? If you answered "yes" to these questions, we want to hear from you! Please write to us, providing details of your experience, skills, and (14) _____ for an interview. Please also give the name of a referee.

Send your letter to: The Director, Brooke's Leisure Centre, Hill Park, Bournemouth.

Question 9. A. announced B. to announce C. announcing D. announce

Question 10. A. to come B. come C. who came D. coming

Question 11. A. of B. at C. about D. for

Question 12. A. do B. make C. have D. get

Question 13. A. working flexible hours B. hours working flexible
C. flexible hours working D. flexible working hours

Question 14. A. availably B. availability C. available D. unavailable

Read the following leaflet and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 15 to 20.

NURTURING YOUR MIND AND SPIRIT

Taking care of our mental health is just as important as our physical health, which helps us (15) _____ stress, build resilience, and lead fulfilling lives.

Facts and Figures

- Nature's Impact: Studies show that spending time outdoors can significantly reduce stress (16) _____. However, many people feel they lack access to green spaces.
- Screen Time Concerns: Excessive daily screen time is linked to increased anxiety and depression. (17) _____ spending too much time on the phone screen, why don't we go outside and get some fresh air?

Positive Actions You Can Take

- Make time for meaningful (18) _____ with family and friends. Connect with (19) _____ regularly help (20) _____ your support network and combats feelings of isolation.

Question 15. A. begin with B. cope with C. agree with D. go with

Question 16. A. proportions B. levels C. extents D. quantities

Question 17. A. Instead of B. Irrespective of C. Although D. On account of

Question 18. A. sayings B. conversations C. stories D. proverbs

Question 19. A. another B. the others C. others D. other

Question 20. A. weaken B. worsen C. lengthen D. strengthen

Read the following passage about tooth decay and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 21 to 30.

(I) The cause of tooth decay is acid, which is produced by bacteria in the mouth. (II) The rate at which bacteria in the mouth produce acid depends on the amount of plaque on the teeth, the composition of the microbial flora, and whether the bacteria of the plaque have been "primed" by frequent exposure to sugar. (III) To keep your teeth healthy, a regular dental hygiene program should be followed. (IV)

Removing plaque with a toothbrush and dental floss temporarily reduces the numbers of harmful bacteria in the mouth, thereby lowering the risk of tooth decay. This practice also makes the surfaces of the teeth more accessible, which enables saliva to neutralize acid and remineralize lesions. If fluoride is present in drinking water when teeth are forming, some fluoride is incorporated into the enamel of the teeth, making **them** more resistant to attack by acid. Fluoride toothpaste seems to act in another way, by promoting the remineralization of early carious lesions.

In addition to a regular dental hygiene program, a good way to keep your teeth healthy is to reduce your intake of sweet food. The least cavity-causing way to eat sweets is to have them with meals and not between. The number of times you eat sweets rather than the total amount determines how much harmful acid the bacteria in your saliva produce. But the amount of sweets influences the quality of your saliva. Avoid, if you can, **sticky** sweets that stay in your mouth a long time. Also, try to brush and floss your teeth after eating sugary foods. Even rinsing your mouth with water is effective.

Whenever possible, opt for foods with fiber, such as raw carrot sticks, apples, celery sticks, etc., that naturally **scrape off** plaque, acting as a toothbrush. Following these guidelines when consuming sweets and maintaining a thorough oral care routine can significantly reduce the risk of cavities and improve overall dental health.

(Adapted from <https://www.verywellhealth.com/tooth-erosion>)

Question 21. Where in paragraph 1 does the following sentence best fit?

"The acid removes minerals from tooth enamel, allowing tooth decay to begin."

- A. (II) B. (IV) C. (III) D. (I)

Question 22. The word **them** in paragraph 2 refers to _____.

- A. lesions B. bacteria C. teeth D. drinking water

Question 23. Which of the following best paraphrases the underlined sentence in paragraph 2?

- A. Toothbrushes and dental floss remove bacteria and plaque from the mouth, but in fact they do not reduce the risk of tooth decay.
 B. The risk of tooth decay temporarily increases when plaque is not removed by dental floss and a toothbrush.
 C. Cleaning teeth using a toothbrush and dental floss can help remove plaque and temporarily decrease the bacteria that cause tooth decay.
 D. Using dental floss and a toothbrush permanently eliminates all harmful bacteria present in the mouth and prevents tooth from decaying.

Question 24. The word **sticky** in paragraph 3 is OPPOSITE in meaning to _____.

- A. loose B. soft C. dry D. adhesive

Question 25. We can infer from the passage that one benefit of fluoride to healthy teeth is _____

- A. It makes teeth whiter
 B. It stimulates saliva production
 C. It strengthens tooth enamel
 D. It is a replacement for brushing

Question 26. Which of the following best summarises paragraph 3?

- A. Eating more sweets with meals, avoiding sticky ones, and brushing can prevent cavities effectively.
- B. Reducing sweets, avoiding sticky ones, and maintaining oral hygiene can lower tooth decay risk.
- C. A balanced diet and fiber-rich foods can remove plaque and prevent decay better than oral hygiene.
- D. Fiber-rich foods, increased sweets, and rinsing can help maintain oral health and prevent cavities.

Question 27. According to the passage, which of the following is NOT mentioned as a factor affecting the production of acid by bacteria in the mouth?

- A. The frequency of sugar consumption
- B. The amount of plaque on the teeth
- C. The composition of the microbial flora
- D. The amount of water consumed daily

Question 28. The author states that the amount of acid produced by the bacteria in your saliva increases _____.

- A. with the total amount of sweets you eat
- B. with the number of times you consume sweets
- C. if you consume sticky sweets on a regular basis
- D. if you eat a lot of sweets with your meals

Question 29. The phrase **scrape off** can best be replaced by _____.

- A. take on
- B. check in
- C. wipe off
- D. build up

Question 30. Which of the following best summarizes the passage?

- A. Fluoride use is a sufficient way for people to prevent tooth from decaying, without the need for brushing
- B. The key to healthy teeth is avoiding all sweets and only using fluoride toothpaste to prevent decay.
- C. Eating sweets with meals and brushing immediately after helps reduce the risk of cavities without fluoride.
- D. Regular dental hygiene and a diet low in sugar help prevent tooth decay and promote healthy teeth.

Mark the letter A, B, C or D on your answer sheet to indicate the best arrangement of utterances or sentences to make a meaningful exchange or text in each of the following questions from 31 to 35.

Question 31.

- a. The town's shopping district has also expanded, with new stores and cafes along Main Street.
- b. Over the past few years, Hillcrest has changed drastically, with rapid growth and new businesses setting up.
- c. However, the expansion has led to rising property prices, making it harder for longtime residents to afford living in the area.
- d. This economic boom has attracted young professionals, leading to an increase in demand for housing and entertainment options.
- e. Despite these improvements, Hillcrest still lacks basic facilities like a community center or hospital, which residents have long requested.

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

Question 32.

- a. Alex: Exactly! Even small things like turning off unused appliances can save a lot.
- b. Alex: That's smart! Let's make it a habit and maybe encourage others to do the same.
- c. Alex: Hey, do you ever think about how much electricity we use daily?
- d. Sam: Good point! I've started unplugging chargers when I'm not using them.
- e. Sam: Yeah, especially when I leave lights on by accident. It adds up, you know?

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

Question 33.

Dear Mrs. Black,

- a. I'll make sure everything is set up so it's easy for you to find.
- b. The plants only need a light watering once a day, especially the ones near the windows.
- c. Thank you so much for your help - it would mean a lot to us!
- d. I hope this note finds you well.
- e. We'll be away for three days, and I wonder if you can help us by watering our plants.

Best regards,

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

Question 34.

- a. My background in graphic design has been invaluable in my current role.
- b. I have always had a deep interest in art and technology, which led me to pursue a career in digital marketing.
- c. Over the last two years, I have grown tremendously, developing my skills and contributing to various projects.
- d. Although working in a fast-paced environment can be demanding, I find it incredibly rewarding.
- e. In summary, I am thrilled with my journey so far and excited about the opportunities ahead.

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

Question 35.

- a. Kevin: That sounds fantastic! Did you do any hiking?
- b. Kevin: Hi, Lucy! How was your weekend trip to the mountains?
- c. Lucy: Hey, Kevin! It was amazing! The scenery was breathtaking.

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

Read the following passage about reading skill and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 36 to 40.

Reading is an essential skill that enhances our cognitive abilities in many ways. Firstly, it improves our language skills. When we read, we learn new words and understand how they are used in context, (36) _____. This helps in improving our communication skills. Secondly, reading boosts our imagination and creativity. When reading interesting stories, (37) _____. This stimulates our creativity and helps us think outside the box. Thirdly, regular reading enhances our concentration and focus, (38) _____. Additionally, reading provides us with knowledge about various subjects and cultures. (39) _____. This broadens our perspective and helps us become more empathetic and understanding. Finally, reading is a great way to relax and de-stress. Reading, as a form of escapism, (40) _____. In conclusion, reading is not just a leisure activity. It plays a significant role in our cognitive development, helping us to improve mentally and emotionally. Therefore, it's important to cultivate a habit of reading from a young age.

Question 36.

- A. which contribute to expanding our vocabulary
- B. it contributes to expanding our vocabulary
- C. contributing to expanding our vocabulary
- D. contributes to expanding our vocabulary

Question 37.

- A. we can imagine ourselves being in different worlds that we might not experience in real life
- B. they take us to different imaginary worlds and situations we might not experience in real life.
- C. imaginary worlds will become more vivid, providing us such refreshing experiences. D.
- interesting stories can take us to different fictional worlds that we might never experience in real life.

Question 38.

- A. it requires us to pay attention to details and follow complex narratives
- B. this requires us to pay attention to details and follow complex narratives
- C. required us to pay attention to details and follow complex narratives
- D. which requires us to pay attention to details and follow complex narratives

Question 39.

- A. This allows us to gain insights into the lives and experiences of people from diverse backgrounds
- B. people of experiences and lives from diverse backgrounds provide readers with insight into their stories
- C. diverse backgrounds of people's lives and experiences allow us to gain insights into different stories
- D. people from diverse experiences and backgrounds of their lives allow us to gain insight into their lives

Question 40.

- A. to make us so engaged in a story that we forget about our daily worries
- B. making us so engaged in a story that we forget about our daily worries
- C. which can make so engaged in a story that we forget about our daily worries
- D. can make us so engaged in a story that we forget about our daily worries

---THE END---