

Chuyên đề CÂU HỎI ĐUÔI

XI TAG QUESTION

LÍ THUYẾT TRỌNG TÂM

Câu hỏi đuôi là dạng câu hỏi ngắn ở cuối câu dùng để xác minh thông tin là đúng hay không.

S + V, to be/trợ động từ/động từ khuyết thiếu?

I. QUY TẮC THÀNH LẬP CÂU HỎI ĐUÔI

1. Nếu mệnh đề chính mang tính khẳng định thì câu hỏi đuôi ở dạng phủ định và ngược lại, nếu mệnh đề chính ở dạng phủ định (có not hoặc từ phủ định) thì câu hỏi đuôi ở dạng khẳng định.

Ví dụ:

You are a doctor, aren't you? (*Bạn là một bác sĩ có phải không?*)

K.định P.định

He didn't play tennis, did he? (*Anh ta đã không chơi tennis có phải không?*)

P.định K.định

2. Câu hỏi đuôi dùng to be, trợ động từ hoặc động từ khuyết thiếu và thì tương ứng với mệnh đề chính.

Ví dụ:

He has opened the room, hasn't he?

Thì HTHT lấy bằng trợ động từ "has"

★ **Lưu ý:** Phần câu hỏi đuôi luôn luôn được viết tắt khi ở dạng phủ định

She often comes late, does not she? ☒

She often comes late, doesn't she? ☑

II. MỘT SỐ TRƯỜNG HỢP ĐẶC BIỆT CẦN LƯU Ý

1. Các từ sau mang tính chất phủ định: never, seldom, hardly ever, rarely, barely, scarcely, ...

Ví dụ: Tom barely has dinner at home, does he?

p.định K.định

2. Láy đuôi của câu mệnh lệnh (câu không có chủ ngữ) là will you.

Ví dụ: Open the door, will you? (*Vui lòng mở cửa được chú?*)

3. Láy đuôi của let's (câu rủ) là shall we.

Ví dụ: Let's find something to drink, shall we? (*Hãy tìm gì đó uống nhé?*)

4. Câu hỏi đuôi của I am là aren't I.

Ví dụ: I am an architect, aren't I? (*Tôi là một kiến trúc sư có phải không?*)

5. Láy đuôi của đại từ bất định chỉ người: everyone/everybody, no one/nobody, anyone/anybody, someone/somebody dùng **chủ ngữ they**.

Ví dụ: Everyone in the room brings a lunchbox, don't they?

6. Láy đuôi của đại từ bất định chỉ vật: everything, nothing, anything, something dùng chủ ngữ **it**.

Ví dụ: Everything is ok, isn't it?

7. Láy đuôi của must

➤ Khi chỉ sự cần thiết phải làm gì, láy bằng needn't

Ví dụ: You must finish your homework, needn't you? (*Bạn phải làm bài tập về nhà phải không?*)

➤ Khi chỉ sự cấm đoán (musn't), láy bằng must

Ví dụ: You mustn't go home after 10 pm, must you? (*Bạn không được về nhà sau 10 giờ tối.*)

➤ Khi dự đoán ở hiện tại, láy theo động từ sau must.

Ví dụ: You must be a celebrity, aren't you? (*Bạn chắc hẳn là một người nổi tiếng.*)

8. Láy đuôi của ought to là shouldn't

Ví dụ: He ought to see this cat, shouldn't he? (*Anh ta nên xem con mèo này có phải không?*)

9. Láy đuôi của need

➤ Khi need làm động từ thường: need to V, láy bằng trợ động từ tương ứng.

Ví dụ: Police needed to find the robber, didn't they? (*Cảnh sát đã cần tìm tên cướp phải không?*)

➤ Khi need làm động từ khuyết thiếu, láy bằng need

Ví dụ: Lan needn't do homework, need she? (*Lan không cần làm bài tập phải không?*)

10. Cấu trúc I + think/believe/expect/feel/... that + s + V

➤ Tính khẳng định phủ định xét theo mệnh đề I think/believe, ...

➤ Chủ ngữ và to be/trợ động từ xét theo mệnh đề S + V đằng sau.

Ví dụ: I believe chickens cannot run very fast, can't they?

I don't think we should use fossil fuel, should we?

BÀI TẬP TỰ LUYỆN

Exercise 1. Circle the best correct answer (A, B, C or D) for each of following questions.

Tra ID Đề [5176] - Tra ID Video [5177]

Question 1 [573174]: Ha Noi was named Thang Long, _____?

- A. didn't it B. was it C. doesn't it D. wasn't it

Question 2 [573175]: John won't be late again, _____?

- A. will he B. won't he C. doesn't he D. does he

Question 3 [573176]: She's been to Paris before, _____?

- A. hasn't she B. has she C. isn't she D. wasn't she

Question 4 [573177]: They never forget your birthday, _____?

- A. do they B. don't they C. did they D. didn't they

Question 5 [573178]: We couldn't solve the problem, _____?

- A. could we B. couldn't we C. can we D. can't we

Question 6 [573179]: You had already visited Italy before, _____?

- A. hadn't you B. had you C. did you D. didn't you

Question 7 [573180]: Tina seldom goes out alone at night, _____?

- A. does she B. doesn't she C. did she D. didn't she

Question 8 [573181]: There's no need to worry about it, _____?

- A. is there B. isn't there C. was there D. wasn't there

Question 9 [573182]: Don't shout, _____? I can hear you perfectly well.

- A. do you B. won't you C. will you D. don't you

Question 10 [573183]: Martin used to live in Oxford, _____?

- A. was he B. wasn't he C. did he D. didn't he

Question 11 [573184]: They've waited a long time, _____?

- A. haven't they B. have they C. don't they D. do they

Question 12 [573185]: It's a beautiful day, _____?

- A. isn't it B. isn't he C. wasn't it D. wasn't he

Question 13 [573186]: You needn't worry about the presentation, _____?

- A. need you B. needn't you C. did you D. didn't you

Question 14 [573187]: He seldom makes mistakes in his calculations, _____?

- A. does he B. doesn't he C. did he D. didn't he

Question 15 [573188]: We're going to pay a visit to the National Zoo, _____?

- A. do we B. don't we C. are we D. aren't we

Question 16 [573189]: Someone comes to visit us soon, _____?

- A. doesn't he B. hasn't he C. haven't they D. don't they

Question 17 [573190]: It rained heavily last night, _____?

- A. did it B. doesn't it C. didn't it D. does it

Question 18 [573191]: Mike has attended over 12 meetings so far, _____?

- A. hasn't he B. does he C. doesn't he D. has he

Question 19 [573192]: Paul has three apples and a bar of chocolate, _____?

- A. hasn't he B. does he C. doesn't he D. has he

Question 20 [573193]: Let's go camping this weekend, _____?

- A. will you B. isn't we C. shall we D. doesn't it

Question 21 [573194]: What a lovely teddy bear, _____?

- A. is it B. isn't it C. does it D. doesn't it

Question 22 [573195]: No one in the group has visited Vietnam, _____?

- A. haven't they B. hasn't they C. doesn't it D. don't they

Question 23 [573196]: Remember to drink 2 liters of water a day, _____?

- A. will you B. won't you C. don't you D. do you

Question 24 [573197]: What I want is a glass of cold beer, _____?

- A. is it B. don't I C. do I D. isn't

Question 25 [573198]: I am wrong, _____?

- A. am not I B. amn't I C. are I D. aren't I

Question 26 [573199]: Everybody has to wear uniform to school, _____?

- A. hasn't it B. don't they C. haven't they D. has it

Question 27 [573200]: You have fish and chips for lunch, _____?

- A. do you B. don't you C. will you D. won't you

Question 28 [573201]: Lisa must be a talented idol, _____?

- A. mustn't she B. needn't she C. don't she D. isn't she

Question 29 [573202]: I think that she's a very selfish person, _____?

- A. doesn't she B. isn't she C. don't I D. is she

Question 30 [573203]: You and I could have given him a hand, _____?

- A. can I B. could we C. couldn't I D. couldn't we

Question 31 [573204]: The children are playing tennis excitedly in the garden, _____?

- A. are we B. aren't we C. aren't they D. are not they

Question 32 [573205]: These flowers look extremely lovely, _____?

- A. don't these B. aren't these C. don't they D. aren't these

Question 33 [573206]: I wish I could be a millionaire, _____?

- A. couldn't I B. shall we C. will I D. may I

Question 34 [573207]: *Blackpink* is the most famous girl group nowadays,

_____?

A. isn't it B. is it C. are they D. aren't they

Question 35 [573208]: I believe he will come here, _____?

A. will he B. won't he C. won't I D. don't I

Question 36 [573209]: We should follow the traffic rules strictly, _____?

A. shall we B. shouldn't we C. don't we D. should we

Question 37 [573210]: Something's at the door, _____?

A. is it B. doesn't they C. doesn't it D. isn't it

Question 38 [573211]: Let's bring some orange juice for the party, _____?

A. could we B. shall we C. will you D. won't you

Question 39 [573212]: This is the first time she's been to New York, _____?

A. isn't this B. isn't it C. has she D. hasn't she

Question 40 [573213]: Darren has made no effort to finish the project, _____?

A. hasn't she B. doesn't she C. has not she D. does she

Question 41 [573214]: He ought not to steal her car, _____?

A. oughtn't he B. shouldn't he C. should he D. ought he

Question 42 [573215]: He thinks China is still the most populous country, _____?

A. isn't he B. doesn't it C. doesn't he D. isn't it

Question 43 [573216]: How wonderful the scene is, _____?

A. is it B. does it C. doesn't it D. isn't it

Question 44 [573217]: I like eating chocolate pastries, _____?

A. am I B. aren't I C. don't I D. do I

Question 45 [573218]: Sarah won't mind if I borrow her laptop, _____?

A. doesn't she B. won't she C. will she D. don't I

Question 46 [573219]: We scarcely have lunch at the park, _____?

A. haven't we B. don't we C. do we D. doesn't we

Question 47 [573220]: Let's focus on our lecture, _____?

A. can we B. can I C. will you D. shall we

Question 48 [573221]: Nothing is more precious than independence and freedom, _____?

A. is it B. isn't it C. will it D. won't it

Question 49 [573222]: You have finished your chores, _____?

A. haven't you B. don't you C. do you D. are you

Question 50 [573223]: *Dao, Pho va Piano* needs to be more popular,
_____?

A. needn't it

B. does it

C. need it

D. doesn't it

Chuyên đề SO SÁNH

XII COMPARISON

LÍ THUYẾT TRỌNG TÂM

I. SO SÁNH HƠN VÀ SÁNH NHẤT

1. Tính từ ngắn và tính từ dài

➤ Tính từ ngắn là những từ chỉ bao gồm 1 âm tiết hoặc bao gồm 2 âm tiết và kết thúc bởi các đuôi -er, -et, -y, -le, -ow.

Ví dụ: big, small, tall, round, happy, quiet, narrow,...

➤ Tính từ dài là những từ bao gồm 2 âm tiết trở lên (trừ những từ 2 âm tiết có đuôi kể trên).

Ví dụ: wonderful, expensive, comfortable, modem,...

2. So sánh hơn

➤ Với tính từ ngắn:

adj-er + (than)

Ví dụ:

John now is happier than before. (John bây giờ thì vui vẻ hơn trước.)

➤ Với tính từ dài và trạng từ:

more/less + adj/adv + (than)

Ví dụ:

+ Apes are more intelligent than monkeys. (Tinh tinh thì thông minh hơn khỉ.)

+ She sings more beautifully than anyone in this room. (Cô ấy hát hay hơn bất cứ ai trong căn phòng này.)

+ Traditional markets are less convenient than shopping malls. (Chợ truyền thống thì kém tiện lợi hơn trung tâm thương mại.)

3. So sánh nhất

➤ Với tính từ ngắn:

the + adj-est

Ví dụ:

+ Knowledge is the easiest thing you can get for free. (Kiến thức là điều dễ nhất bạn có thể có miễn phí.)

➤ Với tính từ dài và trạng từ:

the most/least + adj/adv

Ví dụ:

+ The tower is the most magnificent building in the city. (Tòa tháp đó là tòa nhà

tráng lệ nhất thành phố.)

+ Laura speaks English (the) most fluently in our class. (Laura nói tiếng Anh trôi chảy nhất lớp.)

+ This bed is the least expensive one in the store. (Chiếc giường này là chiếc ít đắt nhất trong cửa hàng.)

★ Một số tính từ và trạng từ sẽ có dạng so sánh hơn và so sánh nhất đặc biệt được liệt kê trong bảng dưới đây:

Tính từ/Trạng từ	So sánh hơn	So sánh nhất
good/well	better	the best
bad/badly	worse	the worst
many/much	more	the most
little	less	the least
far	farther/further	the farthest/furthest
old	older/elder	the oldest/eldest

★ Một số trường hợp bỏ **THE** trong so sánh nhất:

Khi trước so sánh nhất đã có tính từ sở hữu: my, his, her, ...

Khi sau tính từ so sánh nhất không có danh từ

Dạng so sánh nhất với trạng từ' có the bỏ **THE**

II. SO SÁNH BẰNG

➤ Với tính từ và trạng từ:

S1 + be/V + as + adj/adv + as + S2

Ví dụ:

She is as graceful as her mom. (Cô ấy duyên dáng như mẹ mình.)

He drives as carefully as the old driver. (Anh ta lái xe cẩn thận như người lái xe cũ.)

★ **Lưu ý:** Với câu phủ định của dạng so sánh bằng, có thể thay thế từ **as** thứ nhất bằng từ **so**.

Ví dụ:

This house is not so modern as the one we just visited. (Căn nhà này thì không hiện đại bằng căn chúng ta vừa ghé thăm.)

➤ Với danh từ

S1 + to be + the same + N + as + S2

Ví dụ:

Mary is the same age as Linda. (Mary thì cùng tuổi với Linda.)

III. SO SÁNH KÉP

➤ **So sánh với một tính từ (càng ngày càng)**

Tính từ ngắn: adj-er + and adj-er

Tính từ dài: more and more + adj

Ví dụ:

The weather is becoming hotter and hotter. (*Thời tiết càng ngày càng nóng hơn.*)

Taylor Swift is getting more and more famous. (*Taylor Swift đang trở nên càng ngày càng nổi tiếng.*)

➤ **So sánh với 2 tính từ (càng ... càng)**

The + so sánh hơn + S + V, the + so sánh hơn + S + V

Ví dụ:

+ The older you are, the more your experience will be. (*Bạn càng lớn tuổi thì trải nghiệm của bạn càng nhiều.*)

+ The more trees we plant, the greener our planet is. (*Chúng ta càng trồng nhiều cây, hành tinh này càng xanh hơn.*)

IV. SO SÁNH GẤP SỐ LẦN

S1 + V + twice/three times/... + as + much/many/adj + as + S2 + V

Ví dụ:

Gold price is four times as expensive as it was 20 years ago. (*Giá vàng đắt gấp 4 lần 20 năm trước.*)

Dưới đây là một số lưu ý với các cấu trúc so sánh:

1. Chúng ta dùng một số từ trước so sánh để nhấn mạnh như: much, far, a lot, a little, a bit,

Ví dụ: She is much taller than me. (*Cô ấy cao hơn tôi rất nhiều.*)

2. Khi dùng câu so sánh nên nhớ các đối tượng dùng để so sánh phải tương đương nhau: người với người, vật với vật.

Ví dụ:

His paintings are as beautiful as his teacher. → sai

(Câu này so sánh các bức tranh của anh ấy với giáo viên trong khi mục đích là so sánh bức tranh của anh ấy với bức tranh của giáo viên).

His drawings are as perfect as his teacher's (paintings). → đúng

BÀI TẬP TỰ LUYỆN

Exercise 1. Circle the best correct answer (A, B, C or D) for each of following questions.

Tra ID Đề [5179] - Tra ID Video [5180]

Question 1 [573224]: Ben is not _____ her brother.

A. more intelligent as B. intelligent as
C. so intelligent as D. so intelligent that

Question 2 [573225]: Ho Chi Minh city is _____ than Ha Noi.

A. more dynamic B. most dynamic C. as dynamic D. dynamic

Question 3 [573226]: He is the _____ student in this class.

A. very bright B. most bright C. more bright D. less bright

Question 4 [573227]: Instead of slowing down, he drove _____.

A. more fastly B. faster C. more fast D. more faster

Question 5 [573228]: Paul behaves _____ in our company.

A. more different B. more differently C. most different D. most differently

Question 6 [573229]: Mount Everest is the _____ mountain on Earth.

A. high B. higher C. highest D. highly of all

Question 7 [573230]: The deep oceans contain some of the _____ living creatures.

A. strangest B. strange C. as strange as D. stranger

Question 8 [573231]: When comparing the Earth and the Moon, the Earth is _____ than the Moon.

A. the largest B. larger C. more large D. largely

Question 9 [573232]: _____ you are, _____ you concentrate.

A. Tired/ the least hard B. The more tired/ the harder
C. The tireder/ the harder D. The tired/ the harder

Question 10 [573233]: Vietnam exports _____ any countries in Southeast Asia.

A. ricer than B. more rice than C. most rice D. most rice than

Question 11 [573234]: Of the two competitors, the first person _____.

A. is knowledgeable B. the most knowledgeable
C. is more knowledgeable D. is so knowledgeable as

Question 12 [573235]: Your bed is _____ mine.

A. as big as B. so big as C. as big so D. bigger as

Question 13 [573236]: He drives _____ than his brother.

A. more careful B. more carefully C. more carefully D. as careful as

Question 14 [573237]: The Street has become _____ since they finished building the palace.

A. more narrow B. more and more narrow
C. narrower and narrower D. most narrow

Question 15 [573238]: The faster we complete the task, _____.

Question 28 [573251]: Sapa is considered as one of ____ places in the North of the Vietnam.

A. more attractive B. most attractive C. much attractive D. attractly

Question 29 [573252]: The speed of the new car is ____ the previous one.

A. twice as fast as B. twice fast as
C. as twice as faster than D. twice faster than

Question 30 [573253]: Nobody was ____ than Molly when she knew she got the highest scholarship.

A. more happy B. happier C. the most happy D. happiest

Question 31 [573254]: The big suitcase is ____ the small suitcase.

A. more heavy B. heavier than C. the heaviest D. heaviest

Question 32 [573255]: People say I look just ____ my sister.

A. as same as B. the same as C. much as D. the same

Question 33 [573256]: My friend Lily is ____ pretty as a princess.

A. as much B. as C. so D. more

Question 34 [573257]: His daughter is ____ his son. He often cries when watching romantic movies.

A. less emotional B. more emotional
C. much emotional D. least emotional

Question 35 [573258]: Which area is ____? District 1 or district 3?

A. more quiet B. quieter C. the most quiet D. as quiet

Question 36 [573259]: You must solve your problems ____.

A. as soon as you can B. as soonly as you can
C. as soon than you are D. as soon as you are

Question 37 [573260]: The accident was ____ we thought at first.

A. more seriously as B. as seriously as
C. more serious than D. as serious than

Question 38 [573261]: Thanks to the development of technology, our lives have become ____.

A. more and more good B. better and better
C. the more and more good D. gooder and gooder

Question 39 [573262]: Liam wrote more ____ with more mistakes than this term.

A. careless B. careful C. carefully D. carelessly

Question 40 [573263]: Why did you buy these tangerines? - They were ____ I could find.

A. cheapest

B. cheapest ones

C. the cheapest ones

D. the most cheapest

Question 41 [573264]: The larger the city, _____ the crime rate.

A. highest

B. higher

C. the highest

D. the higher

Exercise 2. Rewrite each sentence so it has the same meaning.

Tra ID ĐỀ [5181] - Tra ID Video [5182]

Question 1 [573265]: The new model of the car is faster than the old one.

→ The old car model

Question 2 [573266]: No one in the company is more hard-working than Kevin.

→ Kevin

Question 3 [573267]: He speaks too much, and people feel bored.

→ The more

Question 4 [573268]: I've never tasted a more delicious dish than this one.

→ This is the

Question 5 [573269]: Linda's hair is as long as mine.

→ Linda's hair is the

Question 6 [573270]: My brother studies better than my sister.

→ My sister doesn't

Question 7 [573271]: The students are interested in the difficult Math exercise.

→ The more

Question 8 [573272]: The skyscraper is taller than any other buildings in the city.

→ The skyscraper

Question 9 [573273]: This bed isn't so comfortable as the one Paul had before.

→ The bed Paul had before

Question 10 [573274]: This is the most boring film that I've ever seen.

→ I've never

Question 11 [573275]: She does not play badminton as well as Jake.

→ Jake can

Question 12 [573276]: Liam is the tallest student in the class.

→ No one

Question 13 [573277]: The apartment is bigger so the rent will be higher.

→ The bigger

Question 14 [573278]: This car is the same price as that one.

→ This car is as

Question 15 [573279]: Michael drives more carefully than Peter.

→ Peter drives

→ Peter doesn't drive

Question 16 [573280]: She thinks P.E is easier than Science.

→ She thinks P.E isn't

Question 17 [573281]: Joan can't cook as well as her mom.

→ Joan's mother can

Question 18 [573282]: If the story is interesting, people will concentrate on it.

→ The more

Question 19 [573283]: No one in the room dances as gracefully as Cinderella.

→ Cinderella

Question 20 [573284]: Have you got any bigger size for this dress?

→ Is this

Topic 6

HEALTHY LIFESTYLE

1. TỔNG HỢP TỪ VỰNG CẦN NHỚ

ST T	Từ	Từ loại	Nghĩa
1	access	v	<i>truy cập</i>
2	accomplish	v	<i>hoàn thành</i>
3	account	n	<i>tài khoản</i>
4	additional	adj	<i>thêm vào</i>
5	allergy	n	<i>bệnh dị ứng</i>
	allergic	adj	<i>bị dị ứng</i>
6	ambulance	n	<i>xe cứu thương</i>
7	anxious	adj	<i>lo âu</i>
	anxiety	n	<i>mối lo âu</i>
8	appointment	n	<i>cuộc hẹn</i>
9	appropriate	adj	<i>phù hợp</i>
10	bone	n	<i>xương</i>
11	boost	v	<i>thúc đẩy</i>
12	break	n	<i>giờ nghỉ giải lao</i>
13	cafeteria	n	<i>tiệm đồ ăn tự phục vụ</i>
14	calendar	n	<i>lịch</i>
15	carsick	adj	<i>say xe</i>
16	counsellor	n	<i>cố vấn</i>
17	check-up	n	<i>sự kiểm tra (sức khỏe)</i>
18	chemical	n	<i>hóa chất</i>
	chemical	adj	<i>(thuộc) hóa học</i>
19	delay	v	<i>trì hoãn</i>
20	detox	v	<i>thanh lọc</i>
21	diary	n	<i>nhật kí</i>
22	diet	n	<i>chế độ ăn kiêng</i>
	(go) on a diet	phr	
23	digestive system	np	<i>hệ tiêu hóa</i>
24	distract	v	<i>làm xao nhãng</i>

	distracton	n	<i>việc làm xao nhãng</i>
25	due date	np	<i>ngày đến hạn</i>
26	effective	adj	<i>có hiệu quả</i>
27	effort	n	<i>nỗ lực</i>
28	expert	n	<i>chuyên gia</i>
29	eyesight	n	<i>thị lực</i>
30	fall asleep	phr	<i>Bắt đầu ngủ</i>
31	fattening	adj	<i>gây béo phì</i>
32	first aid	np	<i>sơ cứu</i>
33	flu	n	<i>cúm</i>
34	food poisoning	np	<i>ngộ độc thực phẩm</i>
35	function	n	<i>chức năng</i>
36	habit	n	<i>thói quen</i>
37	harmful	adj	<i>có hại</i>
38	hydrate	v	<i>làm ẩm/giữ nước</i>
39	junk food	np	<i>đồ ăn nhanh</i>
40	lose weight >< gain weight	phr	<i>giảm cân >< tăng cân</i>
41	maintain	v	<i>duy trì</i>
42	mineral	n	<i>khoáng chất</i>
43	muscle	n	<i>cơ bắp</i>
44	nap	n	<i>giấc ngủ ngắn/ngủ trưa</i>
45	nature natural	n adj	<i>thiên nhiên (thuộc về) thiên nhiên</i>
46	necessary	adj	<i>cần thiết</i>
47	nourish	v	<i>nuôi dưỡng</i>
48	nutrient nutrition nutritious	n n adj	<i>chất dinh dưỡng dinh dưỡng bổ dưỡng</i>
49	obese obesity	adj n	<i>béo phì bệnh béo phì</i>
50	offer	v	<i>đề nghị</i>
51	optimistic	adj	<i>lạc quan</i>

	>< pessimistic	adj	>< bi quan
52	organ	n	cơ quan, nội tạng
53	pill	n	viên thuốc
	positive	adj	tích cực
54	>< negative	adj	tiêu cực
55	priority	n	sự ưu tiên
56	product	n	sản phẩm
57	productivity	n	năng suất, hiệu suất
58	promote	v	thúc đẩy
59	punish	v	phạt
60	physical	adj	(thuộc) vật lí, cơ thể
	mental	adj	(thuộc) tinh thần
61	reduce	v	giảm
62	regularly	adv	thường xuyên
63	remedy	n	liệu pháp, giải pháp
64	repair	v	sửa chữa
65	rest	v	nghỉ ngơi
66	risk	n	nguy cơ
67	routine	n	thói quen, việc hay làm
68	salt	n	muối
69	schedule	n	lịch trình
70	sore throat	np	đau họng
71	stay up (late)	vp	ngủ muộn
72	sugary	adj	chứa đường
	sunblock	n	kem chống nắng
73	= sunscreen	n	kem chống nắng
74	sweat	n	mồ hôi
75	tip	n	mẹo
76	truth	n	sự thật
77	urgent	adj	khẩn cấp
78	well-balanced	adj	cân bằng, ổn định
79	workout	n	tập luyện thể chất

2. TỔNG HỢP CẤU TRÚC CĂN NHỚ

STT	Cụm	Nghĩa
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1	be ready to V	<i>sẵn sàng</i>
2	distract sb from sth/V-ing	<i>làm xao nhãng ai khỏi điều gì</i>
3	sign out of sth	<i>đăng xuất khỏi</i>
4	focus on sth/V-ing = concentrate on sth/V-ing	<i>tập trung vào</i>
5	be addicted to sth	<i>nghiện</i>
6	come down with	<i>mắc (bệnh)</i>
7	deal with	<i>xử lí, giải quyết</i>
8	suggest + (not) V-ing	<i>đề nghị làm gì</i>
9	access to V	<i>truy cập, tiếp cận tới</i>
10	avoid + V-ing	<i>tránh làm gì</i>

BÀI TẬP TỰ LUYỆN

Exercise 1. Fill in the blanks with the suitable given words.

Tra ID Đề [5187] - Tra ID Video [5188]

Paragraph 1

junk food	distractions	rest
remedy	mental	habit

Taking care of our (1) _____ health is significant, especially in today's fast-paced world filled with (2) _____ which prevent you from focusing on your things. Sometimes, the best (3) _____ is something simple and natural, like taking a moment to (4) _____ and unwind. While sugary and (5) _____ might seem like quick fixes, they can actually worsen our mental state in the long run. Developing a (6) _____ of nourishing our bodies with wholesome foods can significantly improve our overall well-being.

Paragraph 2

<i>sugary</i>	<i>harmful</i>	<i>digestive</i>
<i>check-ups</i>	<i>accomplish</i>	<i>diet</i>

Maintaining good physical health is essential for a happy life. Regular (1) _____ with doctors help us have information about any potential (2) _____ conditions. Adding natural foods into our (3) _____, rather than relying on (4) _____ or processed food, can significantly improve our overall well-being. By making small changes to our lifestyle, we can (5) _____ positive habits leading to better health. Remember, it's the little choices we make every day that add up to significant improvements of (6)

_____ system.

Paragraph 3

<i>risk</i>	<i>energy</i>	<i>nutrients</i>
<i>supportive</i>	<i>prioritize</i>	<i>balanced</i>

For teenagers aiming to maintain a healthy lifestyle, a few key tips can make a big difference.

- First, (1) _____ regular physical activity. Whether it's through sports, or simply going for a walk helps maintain a healthy weight and boosts (2) _____ levels.
- Second, making nutritious food choices is essential. Adding plenty of fruits, vegetables, whole grains into meals provides the body with (3) _____ for growth and development.
- Third, limiting the intake of sugary drinks and snacks can also help prevent weight gain and reduce the (4) _____ of developing diseases.
- Lastly, finding healthy ways to manage stress, such as engaging in hobbies, or spending time with (5) _____ friends and family, can contribute to a (6) lifestyle.

Exercise 2. Circle the best correct answer (A, B, C or D) for each of following questions.

Tra ID ĐỀ [5189] - Tra ID Video [5190]

Question 1 [574204]: When is the _____ for the submission of the research paper?

- A. due date B. requirement C. check-up D. checkpoint

Question 2 [574205]: After a long day of studying, Sarah decided to take a quick _____ to recharge her energy.

- A. rest B. nap C. break D. run

Question 3 [574206]: Regular exercise helps to strengthen and tone your _____.

- A. bones B. muscles C. organs D. brain

Question 4 [574207]: To complete the project on time, they had to _____ late into the night.

- A. stand up B. stay up C. wake up D. get up

Question 5 [574208]: A(n) _____ approach to life involves managing time, relationships, and responsibilities effectively.

- A. well-balanced B. optimistic C. harmful D. urgent

Question 6 [574209]: Eating a variety of fruits and vegetables helps to _____

your body with essential vitamins and minerals.

A. strengthen B. repair C. nourish D. refresh

Question 7 [574210]: If you're feeling stressed out, it may be helpful to speak with a professional _____.

A. teacher B. advisor C. scientist D. counsellor

Question 8 [574211]: Sarah felt _____ about the upcoming exam, so she decided to practice relaxation techniques.

A. excited B. anxious C. confident D. afraid

Question 9 [574212]: It's important to surround yourself with supportive people and avoid those who often emit _____ energy.

A. positive B. optimistic C. negative D. supportive

Question 10 [574213]: She tried not to let her thoughts _____ her from completing the task at hand.

A. distraction B. distract C. distracting D. distracted

Question 11 [574214]: Regular exercise and a balanced diet can help prevent _____ and promote overall health.

A. obesity B. allergic C. obese D. allergy

Question 12 [574215]: She enjoys starting her day with a morning _____ to boost her energy and mood.

A. homework B. workout C. housework D. exercises

Question 13 [574216]: It's important to choose _____ clothing for your workout to ensure comfort and freedom of movement.

A. colorful B. fashionable C. tight D. appropriate

Question 14 [574217]: Parents may choose to _____ their children for misbehavior as a form of education.

A. reward B. forgive C. punish D. encourage

Question 15 [574218]: Eating fruits and vegetables ensures that you get a wide range of essential _____ for your body.

A. fat B. minerals C. nutrients D. proteins

Question 16 [574219]: Before heading to the beach, don't forget to apply to protect your skin from harmful UV rays.

A. suncream B. lotion C. sunblock D. sunlight

Question 17 [574220]: What is a natural _____ for a sore throat?

A. remedy B. routine C. chemical D. remind

Question 18 [574221]: The teacher threatened to _____ the students who didn't

complete their homework.

A. delay B. punish C. reward D. encourage

Question 19 [574222]: A(n) _____ is an immune system response to a substance that the body mistakenly identifies as harmful.

A. reaction B. cough C. allergy D. allergic

Question 20 [574223]: When studying for exams, it's important to _____ on one subject at a time to improve focus.

A. distract B. concentrate C. rest D. review

Question 21 [574224]: To achieve success in time management, it's crucial to develop _____ strategies for prioritizing important tasks and maximizing productivity.

A. inefficient B. available C. effective D. short-term

Question 22 [574225]: It's advisable to create a detailed _____ to organize your daily activities and manage time efficiently.

A. subject B. schedule C. habit D. time

Question 23 [574226]: People with _____ vision might need to wear glasses or contact lenses to see objects clearly at a short distance.

A. farsighted B. nearsighted C. shortsighted D. farsighted

Question 24 [574227]: When facing a challenging problem, it's essential to remain calm and find ways to _____ with it.

A. deal B. handle C. interact D. negotiate

Question 25 [574228]: Regular exercise and a balanced diet are _____ for maintaining good health.

A. necessary B. harmful C. excessive D. avoidable

Question 26 [574229]: Users need a username and password to gain _____ to the system.

A. function B. benefit C. access D. network

Question 27 [574230]: In order to maintain good physical and mental well-being, teens should _____ on balanced nutrition and regular exercise.

A. distract B. focus C. depend D. reduce

Question 28 [574231]: If a teenager experiences a _____, it's advisable to drink warm water and gargle with salt water to ease discomfort.

A. fever B. headache C. sore throat D. flu

Question 29 [574232]: Consuming too much sugary food can lead to _____ problems among teens.

A. dental B. athletic C. hair D. gardening

Question 30 [574233]: The teacher provided several _____ in the multiple-choice questions to test the students' understanding of the topic.

A. answers B. distractors C. workout D. explanations

Exercise 3. Mark the letter A, B, C, or D to indicate the word or phrase that is CLOSEST in meaning to the underlined part in each of the following questions.

Tra ID Đề [5191] - Tra ID Video [5192]

Question 1 [574234]: The noise from the construction site outside tends to interrupt me while I'm studying.

A. hurt B. assist C. boost D. distract

Question 2 [574235]: I go for a run in the park frequently to stay fit and healthy.

A. rarely B. regularly C. never D. early

Question 3 [574236]: Reading is beneficial for expanding knowledge and improving cognitive abilities.

A. harmful B. interesting C. advantageous D. boring

Question 4 [574237]: The deadline for submitting the project is tomorrow, so completing it is the top priority.

A. urgent B. effective C. anxious D. happy

Question 5 [574238]: With determination and endeavor, she managed to climb to the top of the mountain.

A. laziness B. effort C. dangers D. impatience

Exercise 4. Mark the letter A, B, C, or D to indicate the word or phrase that is OPPOSITE in meaning to the underlined part in each of the following questions.

Tra ID Đề [5193] - Tra ID Video [5194]

Question 1 [574239]: She preferred using natural remedies for minor ailments instead of relying on medication.

A. traditional B. artificial C. organic D. normal

Question 2 [574240]: I think I'm getting over a cold; I've been feeling much better today.

A. get through B. get over C. come down with D. give up

Question 3 [574241]: Maintaining an optimistic life can greatly impact one's overall wellbeing and success in life.

A. negative B. positive C. physical D. mental

Question 4 [574242]: I need to **remain awake** late tonight to finish my assignment before the deadline.

A. stay up B. fall asleep C. work hard D. have a rest

Question 5 [574243]: The school organized events to **promote** students' participation in extracurricular activities.

A. encourage B. offer C. discourage D. increase

Exercise 5. Rewrite the following sentences by using the word in the brackets.

Tra ID Đề [5195] - Tra ID Video [5196]

Question 1 [574244]: "Why don't we stay up late to study for the exam?" I said.

(SUGGESTED)

→ I

Question 2 [574245]: Hoa booked the ticket 2 months ago, so she doesn't have to wait now. **(AVOID)**

→ To

Question 3 [574246]: During meditation, you should focus on your breathing.

(CONCENTRATE)

→ You

Question 4 [574247]: She cannot finish the homework because of the noise.

(DISTRACTS)

→ The noisy sound

Question 5 [574248]: A lot of people nowadays can't give up the internet.

(ADDICTED)

→ A lot of

Exercise 6. Odd one out.

Tra ID Đề [5197] - Tra ID Video [5198]

Question 1 [574249]:

A. nutrition **B.** exercise **C.** caffeine **D.** hydration

Question 2 [574250]:

A. vegetable **B.** whole grain **C.** fruit **D.** chips

Question 3 [574251]:

A. anxious **B.** vaccinate **C.** depressed **D.** angry

Question 4 [574252]:

A. junk food **B.** fast food **C.** fruit **D.** soft drink

Question 5 [574253]:

A. allergy B. flu C. sore throat D. first aid

Question 6 [574254]:

A. sunscreen B. mineral C. check-up D. nearsighted

Question 7 [574255]:

A. obesity B. sunburn C. acne D. remedy

Question 8 [574256]:

A. cycling B. sweat C. workout D. swimming

Question 9 [574257]:

A. alcohol B. smoking C. nutrients D. stress

Question 10 [574258]:

A. risk B. balance C. detox D. nourish

Exercise 7. Mark the letter A, B, C or D to indicate the correct arrangement of the sentences to make a meaningful paragraph/letter for the following questions.

Tra ID ĐỀ [5199] - Tra ID Video [5200]

Question 1 [581962]:

- a. I've also started incorporating more vegetables and fruits into my diet.
- b. Dear Sarah, I hope you're doing great!
- c. I'm excited to share that I've recently made some positive changes to my lifestyle.
- d. Let's catch up soon—I'd love to hear about any new habits you've been working on.
- e. I've started going for morning jogs and doing yoga on the weekends.
- f. Take care, and I look forward to our chat!

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

Question 2 [581963]:

- a. Secondly, setting achievable goals can keep you motivated and on track.
- b. Above all, these steps I just mentioned should be done as soon as possible.
- c. Weight loss is a gradual process that requires a lot of effort.
- d. Finally, consulting with a healthcare professional can provide personalized guidance and support.
- e. Additionally, drinking plenty of water can help improve overall health.
- f. Firstly, eating a balanced diet and exercising regularly are key components of a successful weight loss plan.

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

Questions [581964]:

- a. Additionally, staying hydrated by drinking plenty of water throughout the day contributes to bodily functions and energy levels.
- b. A healthy lifestyle involves a lot of factors.
- c. Adequate sleep is also crucial besides having enough water, as it helps the body recover and function optimally.
- d. First, regular physical activity is essential for maintaining good health and preventing chronic diseases.
- e. Finally, forming a healthy lifestyle is not difficult as long as you adapt these factors.
- f. Second, eating a balanced diet that includes a variety of fruits, vegetables, whole grains, and lean proteins supports overall well-being.

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

Question 4. [583470]

- a. We must combine both exercise and nutritious diet to stay in shape.
- b. Lastly, staying active every day, even with simple activities like walking, contributes to overall health.
- c. Next, eating a variety of fruits, vegetables, and whole grains provides the necessary nutrients for energy and recovery.
- d. Firstly, for a balanced routine, it's important to include both cardio exercises and strength training.
- e. Besides food, drinking plenty of water helps keep your body hydrated and supports your fitness efforts.
- f. In conclusion, combining exercise, proper nutrition, and daily activity helps maintain a healthy lifestyle.

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

Question 5. [583471]

- a. Finally, creating a sleep schedule, where you go to bed and wake up at the same time every day.
- b. Then, avoiding large meals and caffeine close to bedtime can help you fall asleep more easily. In summary, following these sleep tips can lead to better rest and overall health.
- c. There are many ways to improve your sleeping quality.
- d. To begin with, limiting screen time before bed helps reduce exposure to blue light, which can interfere with your sleep.

e. Thirdly, keeping your bedroom cool and dark to create a comfortable sleep environment.

A. e-d-b-f-a-c

B. e-d-f-a-b-c

C. d-e-b-f-a-c

D. d-e-f-a-b-c