

UNIT 2 : HEALTHY LIVING

I. VOCABULARY

word	pronunciation	meaning
- acne (n)	/'ækni /	mụn trứng cá
- affect (v)	/ə'fekt/	tác động, ảnh hưởng đến
- avoid (v)	/ə'vɔɪd/	tránh
- chapped (adj)	/tʃæpt /	bị nứt nẻ, hiện tượng nứt nẻ (trên da)
- dim (adj)	/dɪm /	lờ mờ, không đủ sáng
- disease (n)	/di'zi:z/	bệnh
- eyedrops (n)	/aɪdrɒps/	thuốc nhỏ mắt
- fat (n)	/fæt/	mỡ
- fit (adj)	/fɪt /	gọn gàng, cân đối
- health (n)	/helθ/	sức khỏe
- healthy (adj)	/'helθi/	khỏe mạnh, lành mạnh
- indoor (adj)	/'ɪndɔː /	trong nhà
- lip balm (n)	/lɪpbɑ:m/	bôi môi (chống nứt nẻ)
- pimple (n)	/'pɪmpl/	mụn
- pop (v)	/pɒp/	nặn (mụn)
- protein (n)	/'prəʊti:n/	chất đạm
- skin condition	/skɪn kən'dɪʃən/	tình trạng da
- soybean (n)	/ 'sɔɪbi:n/	đậu nành
- sunburn (n)	/'sʌnbʊ:n/	sự cháy nắng
- tofu (n)	/'təʊfuː /	đậu phụ
- virus (n)	/'vaɪərəs/	(con) vi rút
- vitamin (n)	/'vɪtəmin/	vitamin

PRACTICE EXERCISES -KEY

I. VOCABULARY:

Exercise1: **I.** Write the words and phrases from the box under the correct pictures.

boating ; sun cream ; sunburn; colour vegetables ;
lip balm; cycling ; flu; ; acne ; boating ; chapped lips

				
sun cream	sunburn	cycling	boating	colour vegetables

				
chapped skin	acne	lip balm	chapped lips	flu

II. Complete the sentences with the correct words and phrases below:

tofu fit chapped lips weight harms bins skin condition sunburn
soft drinks sunscreen ; coloured vegetable.

- Doing housework is a kind of exercise. It helps keep you fit.
- Some of a vegetarian's main foods are tofu and vegetables.
- Physical activities like running help you lose weight,
- The weather may affect our skin condition.
- How do we get sunburn.
- There should be more bins in public places.
- Reading in dim light harms your eyes.
- Cold weather causes chapped lips and skin.
- soft drinks are not good for your health.
- We spend a long time in the sun without a hat or suncream.
- Please name some coloured vegetable. - Carrots and tomatoes.

Exercise 2: Read and decide if the underlined parts are the subject (S), verb (V), object (O), or Adverb (ADV) of the sentences. (Đọc và quyết định xem các phần được gạch chân là chủ ngữ (**S**), động từ (**V**), tân ngữ (**O**), hay Trạng từ (**ADV**) của câu)

Example:

a) I read science books

S V O

b) I read science books every weekend

S V O ADV

1. I am a student.

☐ ☐ ☐ (S-V-O)

2. I go to school everyday

☐ ☐ ☐ ☐ (S-V-O-A)

3. The Japanese eat a lot of tofu.

☐ ☐ ☐ (S-V-O)

4. She drinks lemonade every morning

☐ ☐ ☐ ☐ (S-V-O-A)

5. Vegetarians eat a lot of vegetables and fruits.

☐ ☐ ☐ (S-V-O)

6. On Saturday morning, my brother spends two hours of exercising at the sports center.

☐ ☐ ☐ ☐ ☐

(A-S-V-O-A)

7. We eat a lot of fish and vegetables everyday.

☐ ☐ ☐ ☐ (S-V-O-A)

8. They are studying in the library

☐ ☐ ☐ (S-V-A)

9. Tofu doesn't have any fat.

☐ ☐ ☐ (S-V-O)

10. The Japanese work hard.

☐ ☐ ☐ (S-V-A)

Exercise 3 : Underline and identify the subject (S), verb (V), object (O), complement (C), and adverb (A) in the following sentences.

1. He watches television. (S-V-O)
2. She is a pupil. (S-V-O)
3. She is pretty. (S-V-C)
4. She is reading books. (S-V-O)
5. They are here. (S-V-A)
6. He is studying in the library. (S-V-A)
7. Mrs. Brown wrote some letters to her husband. (S-V-O-O)
8. He sent me a letter. (S-V-O-O)
9. She gave me some books. (S-V-O-O)
10. They took the class to the zoo. (S-V-O)
11. They treated him badly. (S-V-O-A)
12. George is cooking dinner tonight. (S-V-O-A)
13. Trees grow. (S-V)
14. She is jogging now. (S-V-A)
15. It is raining at seven o'clock this morning. (S-V-A-A)

Exercise 4: Fill in each blank with a conjunction: so, and, or or but.

1. Samantha likes sunbathing very much, but I don't.
2. Stop smoking now, or your cough will get worse.
3. Tim shouldn't play video games, and he should sleep more.
4. He phoned his doctor, and he told him his problems.
5. Alexander had a headache, so he took an aspirin.
6. Paul had a toothache, but he didn't go to see the dentist.
7. Jane forgot to bring a hat, and she forgot to buy sun cream.
8. I stopped watching TV, so I had more time for outdoor activities.
9. Stop eating fast food, or you will put on weight soon.
10. It is very cold outside, so she should put on a coat.

Exercise 5: Fill in each blank with a word from the box.

exercise many body about habits live unhealthy but

How healthy are you? Do you have a healthy diet? Do you (1) **exercise** regularly? Do you drink at least 8 glasses of water a day? Do you get enough sleep every day? Do you (2) **live** a healthy lifestyle? We need to take care of our (3) **body**. Life is beautiful and we should not keep ourselves down with unhealthy problems. Today, your body organs may be working well, (4) **but** they may not be tomorrow. Good health is not just about healthy eating and enough exercise, but it is also (5) **about** having a positive attitude and a healthy lifestyle. Stress is a major problem for (6) **many** people. Stress happens not only in work and study, but also because of bad (7) **habits** such as playing games and watching TV. When stress gets too high, it causes us to be unhappy and (8) **unhealthy**. Therefore, avoiding stress is as important as eating healthily and doing exercise regularly.

Exercise 6: Read the passage and choose the best answer to the questions.

There are habits that we should avoid so that we can have a healthy life. Most people are stuck to the screens of mobile phones these days. This is an unhealthy habit we should get rid of right away. Watching too much TV or spending too much time on computer is also something we should avoid. It is bad for our eyes, and sitting for a long time can lead to backache.

Many of us are too busy to cook, so we have fast food and junk food. Those kinds of food contains a lot of fat, salt, and sugar, which have bad effects on our health. It is time to watch out on our eating habit of fast food and junk food. We should eat home-made food. This will not only keep us healthy but also in good shape.

Many of us are so busy that we skip our meals. There is a tendency of skipping breakfast. If we skip meals, we will have stomachache.

Smoking and drinking are the two things that make us unhealthy. Too much smoking and drinking can lead to a lot of health problems, even cancer.

1. What is the passage about?

- | | |
|------------------------------------|---|
| A. The ways for us to avoid habits | B. Habits and diseases |
| C. The reasons why we have habits | D. Some habits that lead to unhealthy life |

2. Which of the following is a good thing to do?

- A. **get rid of unhealthy** habits
- B. use mobile phones for a long time
- C. eat less home-made food
- D. watch too much TV

3. What kinds of food have bad effects on our health?

- | | |
|-----------------------------------|---------------------------------|
| A. home-made food and fast food | B. junk food and home-made food |
| C. fast food and junk food | D. home-made food |

4. If we skip meals, we will have .

- | | |
|------------------------------|-----------------------|
| A. bad effects on our health | B. stomachache |
| C. fast food | D. junk food |

5. According to the passage, too much smoking and drinking can lead to .

A. unhealthy habits

B. health problems

C. weight loss

D. stomach diseases.

Exercise 7 : Rearrange the words and phrases to make simple sentences.

1. soft drinks / never / my sister / drinks /.

=> *My sister never drinks soft drinks*

2. affects / acne / 80% of young people /.

=> *Acne affects 80% of young people.*

3. has / he / for breakfast / bread and eggs /.

=> *He has bread and eggs for breakfast.*

4. don't eat / we / much fast food /.

=> *We don't eat much fast food.*

5. a lot of vitamins / fruit and vegetables / have /

=> *Fruit and vegetables have a lot of vitamins.*

6. Healthy food/ people/ keep fit/ helps

=> *Healthy food helps people keep fit.*

7. We/ indoor/ exercise/ can/ here

=> *We can exercise indoor here.*

8. You/ your room/ keep/tidy./should.

=> *You should keep your room tidy.*

9. Making models/ creativity/ your/ develops.

=> *Making models develops your creativity.*

10. helps/ Collecting stamps / more patient/ you/ be .

=> *Collecting stamps helps you be more patient.*

Exercise 8: I. Write complete sentences from the prompts. You may have to change the words or add some.

1. tofu / be / healthy.

=> *Tofu is healthy.*

2. many Vietnamese / drink / green tea.

=> *Many Vietnamese drink green tea.*

3. she / not / use / sunscreen.

=> *She does not use sunscreen.*

4. father / not / exercise / every morning.

=> *My father does not exercise every morning.*

5. most children / have / chapped lips and skin / winter.

=> *Most children have chapped lips and skin in winter.*

6. They/ usually/ / eat/ healthy/ food

=> *They usually eat healthy food.*

7. Most / children/ love/ fast food/ soft drinks/ and .

=> *Most children love fast food and soft drinks.*

8. We/ should/ wear/ a mask/ when going out.

=> *We should wear a mask when going out*

9. hard- working / people/ often/ stay fit.

=> *Hard- working people often stay fit.*

10. My mother / buy/ I/ often / an ice cream

=> *My mother often buys me an ice cream*

II. Complete the second sentence so that it means the same as the first one.

1. It's good for us to go to bed early every day.

=> *We should go to bed early every day.*

2. His lunch doesn't have any fruit or vegetables.

=> *There isn't any fruit or vegetables in his lunch.*

3. Lucy hasn't exercised for three months.

=> *Lucy last exercised three months ago.*

4. Dave eats lots of sweets, so he is becoming fat.

=> *Because Dave eats lots of sweets, he is becoming fat*

5. Sitting close to the TV screen is not good for you.

=> *You shouldn't sit close to the TV screen.*

6. Let's do something outdoors this afternoon.

=> *How about doing something outdoors this afternoon ?*

7. Natalie isn't interested in sleeping in at the weekend.

=> *Natalie doesn't like sleeping in at the weekend*

8. Although Kelvin likes fast food, he doesn't usually eat it.

=> *Kelvin likes fast food, but he doesn't usually eat it.*