**UNIT 2 HEALTH (SỨC KHỎE)**

1. **VOCABULARY**

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| --- | --- | --- | --- |
| **New words** | **Meaning**  | **Picture**  | **Example**  |
| Allergy (n)/'ælədʤi/ | Dị ứng | C:\Users\Admin\Downloads\dị ứng.jpg | I have an allergyTôi bị dự ứng đậu phộng |
| Cough (v)/kɔf/ | Ho | C:\Users\Admin\Downloads\ho.jpg | Last night I couldn’t stop coughingĐêm qua tôi đã không thể ngừng ho |
| Disease (n)/kɔf/ | Bệnh | C:\Users\Admin\Downloads\beenhj.jpg | Doing exercises í a good way to prevent disease Tập thể dục là một cách tốt để ngăn ngừa bệnh tật |
| Earache (n) | Đau tai | C:\Users\Admin\Downloads\đau tai.jpg | Using earphones frequently may cause earacheDùng tai nghe thường xuyên có thể gây đau tai |
| Flu (n)/flu/ | Cúm | C:\Users\Admin\Downloads\cúm.jpg | My whole family has the fluCả nhà tôi bị cúm |
| Headache (n) | Đau đầu | C:\Users\Admin\Downloads\đau đầu.jpg | Rice wine gives me a headacheRượu gạo làm tôi đau đầu |
| Myth (n)/miθ/ | Thần thoại, sự hoang đường | C:\Users\Admin\Downloads\hoang tuong.jpg | There is a myth that men are more intelligent than women Có một quan niệm hoang đường rằng đàn ông thông minh hơn phụ nữ |
| Sickness (n)/'siknis/ | Sự ốm yếu | C:\Users\Admin\Downloads\ốm yếu.jpg | She has bên off of work because of sicknessCô ấy nghỉ làm vì ốm |
| Sore throat (n)/sɔ://θrout/ | Viêm họng | C:\Users\Admin\Downloads\viêm hongk.jpg | It is unpleasant to have a sore throatThật không dễ chịu khi bị viêm họng |
| Spots (n)/spɔts/ | Đốm, mụn | C:\Users\Admin\Downloads\mụn.jpg | Teenagers always worry about their spotsThiếu niên luôn lo lắng về mụn của họ. |
| Stomachache (n) | Đau bụng | C:\Users\Admin\Downloads\đaubụng.jpg | Tom had a terrible stomachache last night Tom có một cơn đau bụng dữ dội đêm qua |
| Sunburn (n)/'sʌnbə:n/ | Cháy nắng | C:\Users\Admin\Downloads\chays nắng.jpg | You should wear a hat to prevent sunburnBạn nên đội mũ để tránh bị cháy nắng |
| Temperature (n)/'tempritʃə/ | Nhiệt độ | C:\Users\Admin\Downloads\nhiệt độ.jpg | The doctor is talking Tom’s temperatureBác sỹ đang đo nhiệt độ cho Tom |
| Tired (adj)/'taiəd/ | Mệt mỏi | C:\Users\Admin\Downloads\meetk mỏi.jpg | I feel tired after long working hoursTôi cảm thấy mệt sau nhiều giờ làm việc |
| Toothache (n)/'tu:θeik/ | Đau răng | C:\Users\Admin\Downloads\đau răng.jpg | You should brush your teeth twice a dayBạn nên đánh răng hai lần một ngày. |
| Vegetarian (n)/,vedʤi'teəriən | Người ăn chay | C:\Users\Admin\Downloads\ăn chay.jpg | My grandmother has been a vegetarian since 1965Bà tôi đã là người ăn chay từ năm 1965. |
| Vitamin (n)/'vitəmin/ | vi-ta-min | C:\Users\Admin\Downloads\viatmin.jpg | The doctor advised me to take vitamins regularlyBác sỹ khuyên tôi uống vi-ta-min đều đặn |
| Weak (adj)/wi:k/ | Yếu | C:\Users\Admin\Downloads\yếu.jpg | She is still weak after the accidentCô ấy vẫn yếu sau vụ tai nạn. |

1. GRAMMAR
2. CÂU GHÉP (COMPOUN SENTENCES)
3. Định nghĩa và cấu trúc câu ghép.

|  |  |
| --- | --- |
| Định nghĩa | * Là câu có 2 hay nhiều mệnh đề độc lập về ý nghĩa
* Được kết nối với nhau bởi một liên từ kết hợp hay còn gọi là liên từ đẳng lập như and, or, but, so, …
 |
| Cấu trúc | Mệnh đề 1 + (,) + mệnh đề 2Ví dụ:You should eat less fast food or you can put on weight (Bạn nên ăn ít đồ ăn nhanh hơn hoặc bạn có thể tăng cân đấy)I wasn’t very hungry, but I ate a lot (tớ không đói lắm, nhưng tớ đã ăn rất nhiều)My mother does exercise everyday, so she looks very young and fit (Mẹ tớ tập thể dục hằng ngày,vì vậy mà trông mẹ rất trẻ và khỏe) |
| Lưu ý | Chúng ta cần phải sử dụng dấu phẩy trước liên từ “so”, còn với các liên từ “and, so, but” thì có thể có dấu phẩy hoặc không. |

1. Các liên từ kết hợp phổ biến.

|  |  |
| --- | --- |
| Liên từ | Ví dụ |
| And (và): dùng để bổ sung thêm thông tin | The Japanese eat a lot of fish, and they eat a lot of tofu too.(Người Nhật ăn rất nhiều cá, và họ cũng ăn rất nhiều đậu phụ nữa) |
| Or (hoặc): dùng khi có sự lựa chọn | You can take this medicine, or you can drink hot ginger tea (Con có thể uống thuốc này hoặc con có thể uống trà gừng nóng) |
| But (nhưng): dùng để nối 2 mệnh đề mang ý nghĩa trái ngược, đối lập nhau. | She doesn’t eat much, but she’s still fat (cô ấy không ăn nhiều, nhưng cô ấy vẫn béo) |
| So (nên/vì vậy mà/vì thế mà/ vậy nên): dùng để nói về một kết quả của sự việc được nhắc đến trước đó | My mother eats healthily, so she is very strong(Mẹ tớ ăn uống rất lành mạnh, nên bà ấy rất khỏe) |

BÀI TẬP VẬN DỤNG CƠ BẢN

**Bài 1: Khoanh tròn vào đáp án đúng.**

1. My sister is a nurse (**and**/ but) she works in a dental clinic.
2. My teeth hurt, (**so**/ or) I make an appointment with the dentist.
3. The couple want to go to the musical, (**but**/ so) there aren't any tickets left.
4. Stop listening to rock music through earphones (**or**/ and) you will have earache.
5. Eating too much sugar is bad for your teeth, (so/ **and)** it causes obesity.
6. The laptop suddenly stops working, (but/ **so**) I cannot finish my work on time.
7. There are many people passing by (and/ **but)** only few people drop in the restaurant.
8. The doctor advises people to drink enough water, (**and**/ so) do exercises regularly.
9. My neighborhood is peaceful, (**but**/ so) sometimes there are several cases of petty crime.
10. My boyfriend asked me out (and/ **but**) I was sick.
11. There are many wonderful things in Thailand, **(so**/ but) I decide to stay here for another couple of days.
12. I want to eat sushi, (**so/** but) I am going to a Japanese restaurant tonight.
13. I will go to the park tomorrow, (**and/** so) Jim will take me there.
14. My friend is studying abroad (**but**/ or) we still keep in touch with each other.
15. My father is under a lot of pressure from work, (**so/** but) I am trying to make him laugh.

**Bài 2: Điển liên từ"and/but/or/so" vào chỗ trống để tạo thành câu ghép.**

1. I am very thirsty\_\_ **but** \_\_\_\_\_I don't have any money to buy drinks.
2. It's late\_\_ **but** \_\_\_\_\_I'm still wide awake.
3. We live in a small house\_ **but** \_\_\_\_\_\_we like it very much.
4. My friend looks weak\_\_ **but** \_\_\_\_\_he's really strong.
5. The entrance test is very difficult\_\_ **but** \_\_\_\_\_I hope I will pass it.
6. You go home now\_\_ **or** \_\_\_\_\_ your mother will punish you for staying out too late.
7. Fruits taste good\_\_ **and** \_\_\_\_\_ they are healthy for your body.
8. I like small dogs\_ **and** \_\_\_\_\_\_ I hate big ones.
9. My brother is having the flu\_\_ **but** \_\_\_\_\_ I think he won't be absent from school today.
10. Our project is successful \_\_ **and** \_\_\_\_\_all of us are happy about it.
11. He performs very well,\_ **so** \_\_\_\_\_\_he deserves the reward.
12. Take care of yourself\_\_\_ **or** \_\_\_\_ you will go down with disease.
13. My mother usually gets home at 5pm\_\_\_ **and** \_\_\_\_then she prepares dinner.
14. Stop eating raw food\_\_ **or** \_\_\_\_\_ you will have stomachache.
15. Janet thinks Chemistry is a difficult subject\_\_ **but** \_\_\_\_\_ she is interested in it.
16. The phone doesn't work well,\_\_ **so** \_\_\_\_\_Ana sells it and buys new one.
17. There is a need for a new fridge in Tom's kitchen\_\_ **but** \_\_\_\_\_ he lacks money now.
18. He is very good-looking\_\_ **but** \_\_\_\_\_ he seems to lack personality.
19. Will you speak to him\_ **or** \_\_\_\_\_\_ I speak?
20. I have an allergy to seafood,\_\_\_ **so** \_\_\_\_ I can't taste it.
21. This exercise is challenging\_ **but** \_\_\_\_\_\_it is helpful.
22. I am going to the beach,\_\_ **so** \_\_\_\_\_I buy some sunscreen.
23. My little brother dreams of becoming a pilot\_\_ **and** \_he wants to travel around the world.
24. The singer is suffering from sore throat, \_\_ **so** \_\_\_\_\_ he won’t perform tomorrow.
25. Tomorrow is my sister's birthday,\_\_\_ **and** \_\_\_\_ I am making a cake for her.

**BÀI 3:****Chọn đáp án đúng.**

1. I love going to the beach but I\_\_\_\_\_\_\_of sunburnam

A. am afraid **B**. am not afraid

2. My brother doesn't want to suffer from toothache, so he his teeth twice y

 **A**. brushes B. doesn't brush

3. My friend wishes to become a doctor one day, so\_\_\_\_\_\_\_.

 **A**. he studies very hard B. he wants to work in his hometown's hospital

4. My friend wishes to become a doctor one day, \_\_\_\_\_\_\_he wants to work in his hometowns

hospital.

 **A.** and B.so

5. My father is angry with me, so\_\_\_\_\_\_\_.

 **A**. he doesn't say a word to me B. he still takes me to the park

6. I will go shopping with my mom tomorrow but .

 A. I will buy some new clothes **B.** I won't buy anything

7. Louis is my closest friend and \_\_\_\_\_\_\_.

 **A**. he is my co-worker B. I don't want to talk to him now

8. \_\_\_\_\_\_\_or you will be frozen.

 **A.** Wear thick clothes B. The weather is cold outside

9. Tim is in hospital, so\_\_\_\_\_\_\_ .

 A. the doctor is taking his temperature **B**. he can't go to school today

10. Tim is in hospital\_\_\_\_\_\_\_the doctor is taking his temperature.

 **A**. and B.but

11. My father is having a sore throat, so\_\_\_\_\_\_\_.

 **A**. he needs to avoid cold drinks B. he has high temperature.

12. It is chilly outside but\_\_\_\_\_\_\_.

 A. we can go out and build a snowman **B**. we should stay in and keep warm

13. They need to repair the rooftop or\_\_\_\_\_\_\_.

 **A**. raindrops will leak in B. their house will look better

14. I never want anyone to wait for me, so\_\_\_\_\_\_\_.

 **A**. I try not to be late B. I keep being late

15. Last week he got a severe car accident but now

 A. he is still weak. **B**. he recovers quickly

**Bài 4: Đánh dấu [V] trước câu đúng. Đánh dấu [x] trước câu có lỗi sai và viết lại cho đúng**

|  |  |
| --- | --- |
| **X****,so**  | 1. My mother loves eating traditional dishes **but** she likes local restaurants.
 |
| **X****but** | 1. There are many hairdressers in my hometown **so** my teacher only goes to one place to cut her hair.
 |
| **V** | 1. Stop smoking **or** you will suffer from lung cancer.
 |
| **X****,so** | 1. 1 want to meet my friends **so** 1 call them for a date.
 |
| **X****but** | 1. There are numerous big and modern hospitals in the city **so** they are always overcrowded.
 |
| **X****or** | 1. I need to finish my homework before 5pm **and** my mother won't let me hang out with friends.
 |
| **X****or** | 1. My brother has to stop drinking ice water **so** he will have sore throat.
 |
| **X****but** | 1. It is hard to win this contest **and** 1 still think my daughter will be the champion.
 |
| **V** | 1. 1 have to admit that 1 love eating fast food **and** 1 like drinking beer.
 |
| **X****but** | 1. My grandmother is old **so** she is strong.
 |

**Bài 5: Nối hai câu dưới đây, dùng liên từ"and/ but/ or/ so" để tạo thành một câu ghép**

1. It takes a lot of time to cure this disease, so You need to be extremely patient
2. Anne is a gorgeous girl, and She has a pleasant personality.
3. It is raining hard, so We postpone our boat trip.
4. He dreams of being the best student, but He never studies hard.
5. My bicycle is broken,so I have to take the bus to school.
6. He is a brilliant doctor, and He is a loving father.
7. I need to tidy my room, or My mom will be angry with me.
8. My house is quite old, but Living in it is comfortable.

**II. MỆNH LỆNH CÁCH VỚI MORE VÀ LESS (IMPERATIVES WITH MORE AND LESS)**

**Mệnh lệnh cách**

|  |  |  |  |
| --- | --- | --- | --- |
| **Định nghĩa** | * Là câu có tính chất sai khiến, được dùng khi chúng ta muốn yêu cẩu, ra lệnh, hướng dẫn hay gợi ý cho người khác làm một việc gì đó.
* Được hình thành bắt đầu bằng một động từ nguyên thể không có "to".
 |  |  |
| **Ví dụ** | Stand up! (Đứng lên đi.) Come in. (Vào đi.) |  |  |

2**. Mệnh lệnh với more và less**

**a. Chứcnăng và cấu trúc**

|  |  |  |
| --- | --- | --- |
| Chức năng | Khi muốn yêu cẩu ai đó hãy làm gì đó nhiều hơn hoặc ít hơn, các em có thể thêm từ more và less sau động từ. | Để nội dung mệnh lệnh cách cụ thể hơn, các em cũng có thể thêm danh từ vào phía sau more hoặc less. |
| Câu trúc | V + more/less | V+ more + danh từ đếm được và danh từ không đếm được V+ less + danh từ không đêm được |
| Ví dụ | Sleep more. (Hãy ngủ nhiều hơn.)Sunbathe less. (Hãy tắm nắng ít hơn.)Talk less, listen more. (Hãy nói ít đi, hãy lắng nghe nhiều hơn.)Spend less, save more. (Hãy tiêu ít hơn, tiết kiệm nhiều hơn.) | Do more exercise. *(Hãy tập thể dục nhiều hơn.)*Eat more fruit. *(Hãy ăn nhiều trái cây hơn.)*Eat less salt and sugar. *(Hãy ăn ít muối và đường hơn.)*Drink less beer and wine. *(Hãy uống ít bia và rượu hơn.)* |

**b. Một số cách dùng phổ biến của mệnh lệnh cách với more và less**

|  |  |
| --- | --- |
| **Cách dùng** | **Ví dụ** |
| **Ra lệnh trực tiếp** | Play less! (Chơi ít thôi!)Bring more books here! (Mang thêm sách lại đây!) |
| **Hướng dẫn** | Please provide more details in this form. (Vui lòng điển thêm chi tiết vào lá đơn này.)Eat less salt when taking this medicine. (Hãy ăn nhạt hơn khi uống loại thuốc này.) |
| **Gợi ý** | Wear more clothes and you'll be warmer. (Hãy mặc nhiều quần áo hơn và bạn sẽ thấy ấm hơn.)Spend less time surfing the Internet and you'll have more time for exercise. (Hãy dành ít thời gian cho việc lướt mạng hơn và bạn sẽ có nhiều thời gian hơn cho việc tập thể dục.) |

**■ BÀI TẬP VẬN DỤNG CƠ BẢN**

**Bài 6: Điền "more" hoặc "less" để hoàn thành những câu sau:**

1. Eat\_\_ **more** \_\_\_\_\_fruits and vegetables.
2. Stay outdoor and do\_\_\_ **more** \_\_\_\_exercises to be healthier.
3. Drink\_\_ **less** \_\_\_\_\_alcohol or you will be weak.
4. Sleep\_\_ **more** \_\_\_\_\_and don't go to bed too late.
5. Practice\_ **more** \_\_\_\_\_\_and you will improve your skills.
6. Spend\_\_ **more** \_\_\_\_\_time on smartphone and laptop or you will ruin your eyes.
7. Go out\_\_ **more** \_\_\_\_\_and make some new friends, so you won't be lonely.
8. Drink\_ **less** \_\_\_\_\_\_coffee. It's not good for your brain.
9. Read\_\_\_ **more** \_\_\_\_books to broaden your knowledge.
10. Play\_\_ **less** \_\_\_\_\_computer games and study\_\_ **more** \_\_\_\_\_
11. Take\_\_ **more** \_\_\_\_\_vitamin A to strengthen your immune system.
12. Put\_\_ **more** \_\_\_\_\_wood into the campfire to keep warm
13. Smoke\_\_\_ **less** \_\_\_\_ or you will have lung cancer.
14. Eat\_\_ **less** \_\_\_\_\_raw food or you will have stomachache.
15. Spend\_\_ **less** \_\_\_\_\_time on TV and pay\_\_ **more** \_\_\_\_\_attention to your siblings.
16. Sunbathe**\_ less \_\_\_\_\_\_**if you don't want to have skin cancer.
17. Take\_\_\_ **more** \_\_\_\_ photos of this beautiful mountainous area.
18. Wear\_\_\_ **more** \_\_\_\_warm clothes or you'll be cold.
19. Put\_\_ **more** \_\_\_\_\_more effort in your work to achieve best result.
20. Watch\_ **more** \_\_\_\_\_\_documentaries about Nile River and write a report.

**Bài 7: Hoàn thành các câu sau bằng cách đỉền cụm từ thích hợp dưới đây vào chỗ trống.**

|  |  |  |  |
| --- | --- | --- | --- |
| Prepare more | Talk less | Drink more | Study more |
| Drink less | Talk more | Plant more | Go out more |

1. \_\_\_ Prepare more \_\_\_\_\_\_\_\_\_cakes because many people will come to our party.
2. You are so talkative. \_\_\_ Talk less \_\_\_\_\_\_\_\_\_and listen more.
3. It is a difficult subject. \_\_ Study more \_\_\_\_\_\_\_\_\_\_or you may fail.
4. Why are you so quiet?\_\_ Talk more \_\_\_\_\_\_\_\_\_\_. Everyone here is friendly.
5. \_\_\_ Drink more \_\_\_\_\_\_\_\_\_pure water and your body will function better.
6. \_\_ Go out more \_\_\_\_\_\_\_\_\_\_with friends and you won't be bored.
7. \_\_\_ Plant more \_\_\_\_\_\_\_\_\_ trees to make your neighborhood greener.
8. \_\_\_ Drink less \_\_\_\_\_\_\_\_\_ wine or you will have a headache.

Bài 8: Dùng câu mệnh lệnh với “more/less” để đưa ra lời khuyên về sức khỏe.

Jim is getting fat. He eats a lot of fast food every day.

*Eat less fast food.*

1. smoke less a day
2. sleepe more
3. take less sugar every day.
4. spend less time on computer.
5. drink less cold water.
6. eat less raw food.
7. work less and relax more.
8. exercise more

**Bài 9: Khoanh tròn vào đáp án đúng**

1. (**Spend more**/ do more) time doing morning exercises.
2. (**Play more**/ do more) sports like biking, swimming or yoga.
3. Give up junk food and (**eat less**/ eat more) food high in fat, salt, and cholesterol.
4. **(Take in more**/ Eat less) healthy foods like fruits, vegetables, fish or nuts in your daily meals.
5. If you get fat, (**eat less**/ sleep more) and (**exercise more/** sleep less).
6. Don't (**take in more**/ take in less) calories than you burn.
7. (**Spend mor**e/ Spend less) time with family and friends.
8. (**Pay more**/ Pay less) attention to your health.
9. If you want to be taller, (drink more/ **drink less**) coca and (**take in more**/ take in less) calcium.
10. If you want to avoid obesity, (eat more/**take in less**) sugar.
11. (Wear less/ **Put on more)** clothes or you will have the flu.
12. (Go out more/ **Go out less**) on sunny days to avoid sunburn and skin cancer

**Bài 10. Gạch chân lỗi sai trong câu và viết lại câu đúng.**

1. **Studies** more or you won't pass the test.

Study

1. Exercise **less** during daytime and you will have a decent night sleep.

 More

1. Read **less** books and you can learn new things.

More

1. Don't drink **less** beer or you will have a big belly.

More

1. Don't smoke more and you will have **poor** health condition.

Good

1. Talk **more** and keep quiet. I need to concentrate on my homework.

Less

1. Spend **more** time on computer and hang out more with friend.

Less

1. Eat **less** carrots because they are good for your eyes.

More

■ BÀITẬP TỔNG HỢP NÂNG CAO

**Bài 11: Sắp xếp những từ đã cho thành câu hoàn chỉnh.**

1. Be/ you/ confident/ more/ will/ perform/ and/ better.

Be more confident and you will perform better.

1. or/ Show off/ no one/ less/ you/ like/ will.

Show off less or noone will like you.

1. Eat/ much/ too/ don't/ but/ more/ meat/ eat.

Eat more meat but don’t too much.

1. but/ You/ try/ your best/ never/ want/ you/successful/ to be**.**

You want to be successful but you never try your best.

1. Singer/ is/ a/ Louis/ good/ brilliant/ a/ actor/ and/ is/ he.

Louis is a good singer and he is a brillant actor.

1. so/1/ ,/ more time/ my family/ with/ less time/ computer/ on/1/ spend/ have.

I spend more time on computer, so I have less time with my family.

1. his mother/ let/ him go/ but/Tom/ to go/ doesn't/ wants/ to/ the party.

Tom wants to go to the party but his mother doesn’t het him go.

1. a/ Gordon Ramsay/ loves/ fond/ of/ Masterchef/ My mother/ she/ is/ and/ watching.

My mother is fond of wtaching Masterchef and she loves Gordon Ramsay.

**Bài 12: Nối mệnh đề ở cột A với mệnh đề ở cột B sao cho thích hợp.**

|  |  |
| --- | --- |
| **A** | **B** |
| 1. Emily has an enquiring mind
 | a. so she saves money from now. |
| 2. Underclassmen at colleges may find it difficult in a new learning environment | b. but we don't buy anything. |
| 3. New and modern equipment will soon replace the old stuff, | c. or you will have the flu. |
| 4. Sarah wants to travel around the world, | d. and she learns a lot from reading books. |
| 5. At times, my friends and 1 go shopping | e. and leave the car. |
| 6. Keep warm | f. but sometimes they can't escape predators such as lions. |
| 7. Unfasten your seatbelt | g. but the teachers can help and support them. |
| 8. Zebras are fast-moving animals | h. so we will live more conveniently and comfortably. |

1. \_\_d\_\_\_\_\_\_ 2. \_\_\_g\_\_\_\_\_ 3. \_\_h\_\_\_\_\_\_ 4. \_\_a\_\_\_\_\_\_

5. \_\_b\_\_\_\_\_\_ 6. \_\_c\_\_\_\_\_\_ 7. \_\_e\_\_\_\_\_\_ 8. \_f\_\_\_\_\_\_\_

**Bài 13: Dựa vào những gọi ý cho sẵn và dùng liên từ"and/ but/ or/ so" để tạo thành câu ghép.**

1. Janet/ my teacher/ she/ my best friend.

<=ỉ>Janet is my teacher and she is my best friend.

1. I hate cats but 1 love dogs.
2. My brother is 20 years old but he likes watching cartoons.
3. There is not anything in the fridge, so 1 go shopping.
4. All the students have to finish their homework or the teacher will punish them.
5. James haves many books but he rarely reads books.
6. My uncle suffers from diabetes, so he stops eating sugar.
7. She needs new clothes but she does not have money.
8. Right now my mother is feeding the baby and my father is doing housework.
9. My grandmother misses me and my brother, so we will visit her this summer.

**Bài 14: Đặt các từ đã cho vào trong khoảng tróng đế hoàn thành đoạn văn sau:**

|  |
| --- |
| More but but so and orBurns good relax forget meals |

“Do (1)\_\_\_ More \_\_\_\_\_\_\_\_ exercises to be healthier!” says the doctor. Everyone knows that doing exercises is (2)\_\_ good \_\_\_\_\_\_\_\_\_for the health. First of all, doing exercises (3)\_\_\_\_\_ Burns \_\_\_\_\_\_calories (4) \_\_\_ and \_\_\_\_\_\_\_\_ it helps you lose weight. You can go to the gym to work out (5) \_ or \_\_\_\_\_\_\_\_\_\_ you can play sports withyour friends. You can sleep better if you act a lot during daytime. Moreover, regular exercises allow your blood to flow smoothly, (6) \_\_\_ so \_\_\_\_\_\_\_\_ you can avoid heart disease. Besides, you need to pay attention to your daily (7) \_\_\_ meals \_\_\_\_\_\_\_\_ . Drink (8) \_\_\_ More \_\_\_\_\_\_\_\_water and avoid alcohol. You should eat healthy food to have enough energy (9) \_\_ but \_\_\_\_\_\_\_\_\_ you shouldn't eat too much. It is important that you have time to (10)\_\_ relax \_\_\_\_\_\_\_\_\_ after long working hours. Lastly, never (11)\_\_ forget \_\_\_\_\_\_\_\_\_ to visit the doctor regularly to check your health condition.

**Bài 15: Đọc đoạn văn sau đây và điển T (true) trước câu đúng, điển F (False) trước câu có thông tin sai.**

**Pet therapy**

Pet therapy is a modern way of using pets to help people recover from or be health issues such as cancer, heart problems or mental health problems. Dogs an animals can assist people and they also bring comfort and enjoyment for the patients. Pet therapy takes place many where, including hospitals, care homes, and treatment centers. It includes a wide range of activities such as walking, looking after, and grooming the therapy animal, spending time with a dog makes the patients feel comfortable and release stress.

Beside the specially-trained dogs in big hospitals, anyone can adopt a pet and make friends with it. Along walk with your dog helps you become physically and mentally stronger. Pets brings many benefits to people but you shouldn't have one if you have an allergy to animals' hair. If you want to stay healthy with your pet, you should make sure it is always clean. Remember to bring it to the vet's regularly to check its health condition.

|  |  |
| --- | --- |
| **F** | 1. Pet therapy is a traditional way of treating |
| **F** | 2. Pet therapy only takes place in hospitals. |
| **T** | 3. Pet therapy includes walking, looking after, and grooming the therapy animal. |
| **T** | 4 Walking with your dog makes you stronger. |
| **F** | 5. You have an allergy to animal's hair so you should have a pet. |
| **F** | 6. You don t have to bring your pet to the vet's regularly. |