|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| UNIT 2. HEALTHY LIVING  I. VOCABULARY | | | | | | |
| Word | Type | | Pronunciation | | Meaning | |
| acne | (n) | | /ˈækni/ | | mụn trứng cá | |
| Ex: Acne is very common among teenagers. *(Mụn trứng cá rất phổ biến ở thanh thiếu niên.)* | | | | | | |
| affect | (v) | | /əˈfekt/ | | ảnh hưởng, tác động | |
| Ex: How will these changes affect us? *(Những thay đổi này sẽ ảnh hưởng đến chúng ta như thế nào?)* | | | | | | |
| avoid | (v) | | /əˈvɔɪd/ | | tránh | |
| Ex: We must find a way to avoid similar problems in future. *(Chúng ta phải tìm cách tránh những vấn đề tương tự trong tương lai.)* | | | | | | |
| chapped | (adj) | | /tʃæpt/ | | bị nứt nẻ (trên da) | |
| Ex: The girl's hands were chapped by the cold. *(Đôi tay của cô gái bị nứt nẻ vì lạnh.)* | | | | | | |
| dim | (adj) | | /dɪm/ | | lờ mờ, không đủ sáng | |
| Ex: This light is too dim to read by. *(Đèn này quá mờ để có thể đọc được.)* | | | | | | |
| disease | (n) | | /dɪˈziːz/ | | bệnh tật | |
| Ex: The government has issued a number of health measures to prevent the spread of the disease. *(Chính phủ đã ban hành một số biện pháp y tế để ngăn chặn sự lây lan của dịch bệnh.)* | | | | | | |
| eyedrops | (n) | | /aɪ drɒps/ | | thuốc nhỏ mắt | |
| Ex: These eyedrops are very effective in treating conjunctivitis.(Những loại thuốc nhỏ mắt này rất hiệu quả trong việc điều trị viêm kết mạc.) | | | | | | |
| fat | (n) | | /fæt/ | | mỡ | |
| Ex: This ham has too much fat on it. *(Món thịt nguội này có quá nhiều mỡ.)* | | | | | | |
| fit | (adj) | | /fɪt/ | | vừa vặn, cân đối | |
| Ex: She tries to keep fit by jogging every day. *(Cô ấy cố gắng giữ dáng bằng cách chạy bộ mỗi ngày.)* | | | | | | |
| health | (n) | | /helθ/ | | sức khỏe | |
| Ex: We are both in excellent health.(Cả hai chúng tôi đều có sức khỏe tuyệt vời.) | | | | | | |
| healthy | (adj) | | /ˈhelθi/ | | khỏe mạnh, lành mạnh | |
| Ex: Stay healthy by eating well and exercising regularly. *(Giữ sức khỏe bằng cách ăn uống đầy đủ và tập thể dục thường xuyên.)* | | | | | | |
| indoor | (adj | | /ˈɪndɔː(r)/ | | trong nhà | |
| Ex: There is an indoor swimming pool on the first floor. *(Có bể bơi trong nhà ở tầng 1.)* | | | | | | |
| lip balm | (n) | | /lɪp bɑːm/ | | son dưỡng môi (chống nẻ) | |
| Ex: She uses lip balm every day.(Cô ấy sử dụng son dưỡng môi hàng ngày.) | | | | | | |
| pimple | (n) | | /ˈpɪmpl/ | | mụn | |
| Ex: She has a pimple on her chin. *(Cô ấy có một cái mụn ở cằm.)* | | | | | | |
| pop | (v) | | /pɒp/ | | nặn (mụn) | |
| Ex: You should avoid popping the pimple. *(Bạn nên tránh nặn mụn.)* | | | | | | |
| protein | (n) | | /ˈprəʊtiːn/ | | chất đạm | |
| Ex: Gluten is a protein found in wheat and other grains.(Gluten là một loại chất đạm được tìm thấy trong lúa mì và các loại ngũ cốc khác.) | | | | | | |
| skin condition | (n) | | /skɪn kənˈdɪʃən/ | | trình trạng da | |
| Ex: He has a rare skin condition. *(Anh ấy có tình trạng rất hiếm gặp.)* | | | | | | |
| soybean | (n) | | /ˈsɔɪbiːn/ | | đậu nàn, đậu tương | |
| Ex: Turkey are fed mainly corn and soybean meal. *(Gà tây được nuôi chủ yếu bằng bữa ăn có ngô và đậu tương.)* | | | | | | |
| sunburn | (n) | | /ˈsʌnbɜːn/ | | sự cháy nắng | |
| Ex: He was taken to hospital suffering from severe sunburn. *(Anh ấy được đưa đến bệnh viện vì bị cháy nắng nghiêm trọng.)* | | | | | | |
| tofu | (n) | | /ˈtəʊfuː/ | | đậu phụ | |
| Ex: Tofu is a bland food made from soy beans. *(Đậu phụ là một món ăn chay được làm từ hạt đậu nành.)* | | | | | | |
| virus | (n) | | /ˈvaɪrəs/ | | vi rút | |
| Ex: An infected person can pass the virus to others. *(Người bị nhiễm bệnh có thể truyền vi rút cho người khác.)* | | | | | | |
| vitamin | (n) | | /ˈvɪtəmɪn/ | | vi ta min | |
| Ex: She tried changing her diet and taking vitamins. *(Cô ấy đã thử thay đổi chế độ ăn và uống vitamin.)* | | | | | | |
| \* Some common diseases (Tên một vài căn bệnh phổ biến) | | | | | | |
| Word | | Type | | Pronunciation | | Meaning |
| allergy | | n | | /ˈælədʒi/ | | dị ứng |
| backache | | n | | /ˈbækeɪk/ | | bệnh đau lưng |
| bruise | | n | | /bruːz/ | | vết thâm tím |
| cold | | adj, n | | /kəʊld/ | | bị lạnh, cảm lạnh |
| cough | | v | | /kɒf/ | | ho |
| cut | | v, n | | /kʌt/ | | cắt, vết đứt |
| dizziness | | n | | /ˈdɪzinəs/ | | cơn chóng mặt |
| fever | | n | | /ˈfiːvə(r)/ | | sốt |
| flu | | n | | /fluː/ | | cúm |
| headache | | n | | /ˈhedeɪk/ | | đau đầu |
| obesity | | n | | /əʊˈbiːsəti/ | | bệnh béo phì |
| sore throat | | n | | /sɔː θrəʊt/ | | đau họng |
| medicine | | n | | /ˈmedsn/ | | thuốc |
| bleed | | v | | /bliːd/ | | chảy máu |
| spot | | n | | /spɒt/ | | vết, đốm |
| sunburn | | n | | /ˈsʌnbɜːn/ | | cháy nắng |
| sick | | adj | | /sɪk/ | | ốm, bệnh |
| sickness | | n | | /ˈsɪknəs/ | | sự ốm, sự đau yếu |
| ill | | adj | | /ɪl/ | | ốm |
| illness | | n | | /ˈɪlnəs/ | | sự ốm |
| toothache | | n | | /ˈtuːθeɪk/ | | đau răng |
| temperature | | n | | /ˈtemprətʃə(r)/ | | sốt |
| earache | | n | | /ˈɪəreɪk/ | | đau tai |
| tired | | adj | | /ˈtaɪəd/ | | mệt mỏi |

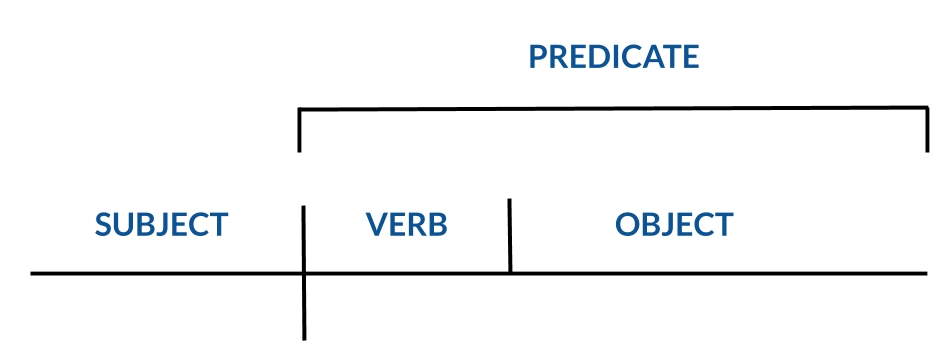
II. WORD FORM

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Word | Meaning | Related words | | | |
| affect (v) | sự ảnh hưởng | affected (adj) | | affectation (n) | |
| affectedly (adv) | | | |
| avoid (v) | tránh | avoidable (adj) | | avoidance (n) | |
| fat (n) | mỡ, chất béo | fat (adj) | | fatty (adj) | |
| fatten (v) | | fattening (adj) | |
| fit (adj) | vừa vặn, cân đối | fit (n) | fit (v) | | fitness (n) |
| health (n) | sức khoẻ | healthy (adj) | | | |
| indoor (adj) | trong nhà | indoors (adv) | | | |

III. GRAMMAR

1. Simple sentence (Câu đơn)

❄ Câu đơn là câu chỉ chứa một mệnh đề, hay cụ thể hơn là một mệnh đề độc lập, có **chủ ngữ (subject)** và **vị ngữ (predicate).**



❄ Chúng ta có thể gặp các kiểu câu đơn sau:

- Câu đơn gồm một chủ ngữ và một động từ (S + V).

**Ex.**

🗶 The price **rises.** *(Giá tăng)*

S V

🗶 Jessie **is crying.** *(Jessie đang khóc.)*

S V

- Một số câu đơn có thêm tân ngữ (S + V + O).

**Ex.**

🗶 Jessie ate **dinner.** *(Jessie ăn tối.)*

S V O

🗶 She buys **some books.** *(Cô ấy mua vài cuốn sách.)*

S V O

- Một số câu đơn có thêm trạng ngữ (S + V + O + A hoặc S + V + A).

**Ex.**

🗶 Jessie ate a very large dinner **at Sushi restaurant.**

S V O A

*(Jessie ăn một bữa tối thịnh soạn ở nhà hàng Sushi.)*

🗶 She lives **in a house on the top of the mountain**.

S V A

*(Cô ấy sống trong một căn nhà trên đỉnh núi.)*

**IV. PRONUNCIATION**

SOUND /f/ AND /v/

1. Cách phát âm âm /f/ và /v/

- Cách phát âm âm /f/

|  |  |
| --- | --- |
| /f/ là một phụ âm vô thanh. Để phát âm âm này, hãy để răng chạm vào môi dưới của bạn. Sau đó thổi hơi ra qua răng và môi. Dây thanh không rung. | 3 CÁCH PHÁT ÂM / F / ĐƠN GIẢN TRONG TIẾNG ANH |

- Cách phát âm âm /v/

|  |  |
| --- | --- |
| /v/ là một phụ âm hữu thanh. Để phát âm âm này, hãy để răng chạm vào môi dưới của bạn. Sau đó thổi hơi ra qua răng và môi, đẩy luồng hơi ra, rung nhẹ dây thanh quản. | Bài 34 - Consonant /v/ (Phụ âm /v/) » Phát âm tiếng Anh cơ bản - Phát âm  tiếng Anh - Học phát âm tiếng Anh » Phát âm tiếng Anh - |

**- Phân biệt âm /f/ và âm /v/:** đặt một mảnh giấy trước miệng khi phát âm. Khi phát âm âm /f/, tờ giấy sẽ di chuyển còn khi phát âm âm /v/ thì không. Cũng có thể đặt tay lên cổ họng để cảm nhận độ rung của dây thanh. Âm /f/ không làm rung dây thanh còn âm /v/ thì có.

2. Dấu hiệu nhận biết

\* Âm /f/

***a*.**"f"thường được phát âm là /f/

|  |  |  |  |
| --- | --- | --- | --- |
| **Words** | **Type** | **Pronunciation** | **Meaning** |
| fan | n | /fæn/ | cái quạt |
| fat | adj | /fæt/ | béo |
| coffee | n | /ˈkɒfi/ | cà phê |
| fin | n | /fɪn/ | vây cá |

***b*.**"ph"và"gh"được phát âm là /f/

|  |  |  |  |
| --- | --- | --- | --- |
| **Words** | **Type** | **Pronunciation** | **Meaning** |
| phonetic | adj | /fəˈnetɪk/ | thuộc ngữ âm học |
| photo | n | /ˈfəʊtəʊ/ | bức ảnh |
| phrase | n | /freɪz/ | cụm từ |
| laugh | v | /lɑːf/ | cười lớn |
| cough | v | /kɒf/ | ho |
| orphan | n | /ˈɔːfn/ | trẻ mồ côi |
| rough | adj | /rʌf/ | xù xì, gồ ghề |

\* Âm /v/

|  |  |  |  |
| --- | --- | --- | --- |
| **Words** | **Type** | **Pronunciation** | **Meaning** |
| favour | n | /ˈfeɪvə(r) | thiện ý, sự quý mến |
| oven | n | /ˈʌvn/ | lò (để nướng bánh) |
| view | v | /vjuː/ | nhìn, quan sát |
| heavy | adj | /ˈhevi/ | nặng |
| move | v | /muːv/ | chuyển động |
| veal | n | /viːl/ | thịt bê |
| vine | n | /vaɪn/ | cây nho |
| veil | n | /veɪl/ | mạng che mặt |
| leave | v | /liːv/ | rời khỏi |
| halve | v | /hɑːv/ | chia đôi |
| vest | n | /vest/ | áo gi lê |

**V. PRACTICE**

Exercise 1. Put the words in the correct column depending on the pronunciation.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| veil | rough | fat | phrase | heavy |
| leave | oven | coffee | laugh | move |
| halve | view | fin | cough | veal |
| orphan | fan | photo | vine | vest |

|  |  |
| --- | --- |
| /f/ | /v/ |
|  |  |

**Exercise 2. Choose the word whose underlined part is pronounced differently from the others.**

**1.** A. of B. coffee C. leaf D. fault

**2.** A. cough B. laugh C. enough D. through

**3.** A. knee B. knife C. king D. knitting

**4.** A. daughter B. weigh C. rough D. thought

**5.** A. allergy B. calorie C. coordinate D. triathlon

**6.** A. essential B. attention C. vegetarian D. Depression

**7.** A. sick B. swimming C. itchy D. riding

**8.** A. really B. healthy C. regularly D. identify

**9.** A. eat B. head C. dead D. bread

**10.** A. kind B. ride C. knife D. kid

**Exercise 3: Look at the photos and write the correct words under each photo. The first letter is a hint for you.**

|  |  |  |  |
| --- | --- | --- | --- |
| What You Need To Know About Flu Season - clemsonapothecare.com | Why do we shiver when we're cold? | Live Science | Obesity: An Emerging Health Crisis In India | Fever in Adults: High & Low Grade Fever and How to Reduce a Fever |
| **1. f\_\_\_\_\_\_\_\_\_\_\_\_** | **2. c\_\_\_\_\_\_\_\_\_\_\_\_** | **3. o\_\_\_\_\_\_\_\_\_\_\_\_** | **4. f\_\_\_\_\_\_\_\_\_\_\_\_** |
| How Do You Get Rid of an Allergic Reaction Rash? - Oak Brook Allergists | Sunburn - Wikipedia | Earache stock image. Image of fingers, caucasian, fatigue - 40478195 | Premium Photo | Close-up of a man suffering from toothache |
| **5. a\_\_\_\_\_\_\_\_\_\_\_\_** | **6. s\_\_\_\_\_\_\_\_\_\_\_\_** | **7. e\_\_\_\_\_\_\_\_\_\_\_\_** | **8. t\_\_\_\_\_\_\_\_\_\_\_\_** |

**Exercise 4: Fill in the blanks with the health problems in exercise 3.**

**1.** She's very hot and shivery, so I think she must have **\_\_\_\_\_\_\_\_\_\_\_\_.**

**2.** She eats lots of junk food and be overweight. **\_\_\_\_\_\_\_\_\_\_\_\_** is her problem.

**3.** He went outside all day long without wearing a hat. Now his skin turns red and hurts. He has got **\_\_\_\_\_\_\_\_\_\_\_\_.**

**4.** I think I'm getting a **\_\_\_\_\_\_\_\_\_\_\_\_.** I've got a sore throat and a runny nose.

**5.** Tony had lobster for dinner, and now his skin becomes covered with red marks. He says he has a shellfish **\_\_\_\_\_\_\_\_\_\_\_\_.**

**6.** If you've got **\_\_\_\_\_\_\_\_\_\_\_\_,** you should go and see a dentist.

**7.** His body is too hot and soaked in sweat, but he feels very cold. I think he has a **\_\_\_\_\_\_\_\_\_\_\_\_.**

**8.** My brother feels pain in his ear. He has **\_\_\_\_\_\_\_\_\_\_\_\_.**

**Exercise 5. Put the words into the correct column.**

|  |  |  |  |
| --- | --- | --- | --- |
| **flu** | **exercising** | **fever** | **sore throat** |
| **playing sports** | **sneezing** | **gardening** | **watching TV** |
| **cough** | **cycling** | **allergy** | **runny nose** |
| **walking** | **red skin** | **swimming** | **doing aerobics** |
| **headache** | **stomachache** | **sleeping** | **relaxing** |

|  |  |
| --- | --- |
| **Illnesses and symptoms** | **Activities** |
|  |  |

Exercise 6. Complete the sentence with the words in the box.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| health | dry | flu | provide | getting |
| physical | exercise | stay | weight | swimming |

**1.** Do you want to know how you can **\_\_\_\_\_\_\_\_\_\_\_\_** healthy?

**2.** They go **\_\_\_\_\_\_\_\_\_\_\_\_** outside even when it's cold.

**3.** In order to have good **\_\_\_\_\_\_\_\_\_\_\_\_,** you should eat lightly and laugh cheerfully.

**4.** My father does morning **\_\_\_\_\_\_\_\_\_\_\_\_** every day.

**5.** He eats a lot of burgers and chips so he's putting on **\_\_\_\_\_\_\_\_\_\_\_\_**.

**6.** You should eat a lot of fruits and vegetables because they **\_\_\_\_\_\_\_\_\_\_\_\_**vitamin A, which is good for the eyes.

**7.** If you want to be fit, stay outdoors more and do more **\_\_\_\_\_\_\_\_\_\_\_\_**activities.

**8.** To prevent **\_\_\_\_\_\_\_\_\_\_\_\_,** you should eat a lot of garlic and keep your body warm.

**9.** He plays computer games and watches TV a lot so his eyes are often **\_\_\_\_\_\_\_\_\_\_\_\_**.

**10.** Eat less junk high-fat food to keep you from **\_\_\_\_\_\_\_\_\_\_\_\_** fat.

Exercise 7. Match the health problems with the correct advice.

|  |  |
| --- | --- |
| 1. I have spots on my face. | a. You should go to your dentist. |
| 2. I get sunburnt. | b. Eat less junk food and do more exercise. |
| 3. I've got flu. | c. You shouldn't drink cold drinks. |
| 4. I'm putting on weight. | d. Apply an aloe vera lotion and drink lots of water. |
| 5. I have a toothache. My tooth hurts. | e. Spend less time in front of screens. |
| 6. I have a sore throat. | f. Stay at home and have a rest. |
| 7. My eyes are sore and tired. | g. Wash your face regularly. |

*Your answer:*

Exercise 8. Fill in each blank with the correct conjunction: *and, or, but, so.*

**1.** Get up early **\_\_\_\_\_\_\_\_\_\_\_\_** do more exercise.

**2.** Eat less junk food **\_\_\_\_\_\_\_\_\_\_\_\_** eat more fruit and vegetables.

**3.** The weather is very cold today **\_\_\_\_\_\_\_\_\_\_\_\_** I should put on a coat.

**4.** Watch less television **\_\_\_\_\_\_\_\_\_\_\_\_** you can protect your eyes.

**5.** If you spend less time on computer games **\_\_\_\_\_\_\_\_\_\_\_\_** television programmes, you will have more time for outdoor activities.

**6.** I have a lot of homework to do this evening **\_\_\_\_\_\_\_\_\_\_\_\_** I don't have time to watch the football match.

**7.** Take up a new hobby **\_\_\_\_\_\_\_\_\_\_\_\_** you'll have some new friends.

**8.** He has toothache **\_\_\_\_\_\_\_\_\_\_\_\_** he still eats a lot of sweets and cakes.

**9.** She's very hard-working **\_\_\_\_\_\_\_\_\_\_\_\_** not very imaginative.

**10.** I was lost **\_\_\_\_\_\_\_\_\_\_\_\_** I bought a street map.

Exercise 9. Put the verbs in brackets in the correct tense and form.

**1.** Nam looks brown. He was on holiday last week. He (get) **\_\_\_\_\_\_\_\_\_\_\_\_** sunburn.

**2.** Getting plenty of rest is very good. It (help) **\_\_\_\_\_\_\_\_\_\_\_\_** you to avoid depression.

**3.** The Japanese (eat) **\_\_\_\_\_\_\_\_\_\_\_\_** a lot of fish so they are very intelligent.

**4.** If you wash your hands more, you (have) **\_\_\_\_\_\_\_\_\_\_\_\_** less chance of catching flu.

**5.** Eating carrots regularly (help) **\_\_\_\_\_\_\_\_\_\_\_\_** you see better.

**6.** It is very hot outside. Please (wear) **\_\_\_\_\_\_\_\_\_\_\_\_** a sun hat when you go out.

**7.** Do more exercise and you (feel) **\_\_\_\_\_\_\_\_\_\_\_\_** healthier.

**8.** I don't want (be) **\_\_\_\_\_\_\_\_\_\_\_\_** tired tomorrow so I go to bed early.

**9.** Nowadays, I don't feel well. I often (feel) **\_\_\_\_\_\_\_\_\_\_\_\_** sick and weak.

**10.** People who (smile) **\_\_\_\_\_\_\_\_\_\_\_\_** more are happier and they live longer.

Exercise 10. Fill in the blanks with *"and, so, but, or".*

**1.** We stayed at home **\_\_\_\_\_\_\_\_\_\_\_\_** watched a film.

**2.** I want to buy a new car, **\_\_\_\_\_\_\_\_\_\_\_\_** I don't have enough money.

**3.** She had a terrible headache last night, **\_\_\_\_\_\_\_\_\_\_\_\_** she couldn't go out.

**4.** I eat cakes, **\_\_\_\_\_\_\_\_\_\_\_\_** I never eat biscuits; I don't like them.

**5.** Would you like cakes **\_\_\_\_\_\_\_\_\_\_\_\_** biscuits with your coffee?

**6.** My job is very interesting, **\_\_\_\_\_\_\_\_\_\_\_\_** it doesn't pay very well.

**7.** We can go by bus, **\_\_\_\_\_\_\_\_\_\_\_\_** we can walk.

**8.** My classmate studies very hard, **\_\_\_\_\_\_\_\_\_\_\_\_** she always gets good marks.

**9.** You had better hurry up, **\_\_\_\_\_\_\_\_\_\_\_\_** you'll be late for work.

**10.** The Japanese eat healthily, **\_\_\_\_\_\_\_\_\_\_\_\_** they have high life expectancy.

Exercise 11. Put the verbs in brackets in the correct form.

**1.** It (be) **\_\_\_\_\_\_\_\_\_\_\_\_** 10.00. We (learn) **\_\_\_\_\_\_\_\_\_\_\_\_** our lesson.

**2.** What you (do) **\_\_\_\_\_\_\_\_\_\_\_\_** now?

**3.** your mother (walk) **\_\_\_\_\_\_\_\_\_\_\_\_** to work every day?

**4.** They (not play) **\_\_\_\_\_\_\_\_\_\_\_\_** soccer in the morning.

**5.** Hai (work) **\_\_\_\_\_\_\_\_\_\_\_\_** in the garden at the moment?

**6.** My brother (do) **\_\_\_\_\_\_\_\_\_\_\_\_** his homework in his room now. He does it every day.

**7.** James and his brother (play) **\_\_\_\_\_\_\_\_\_\_\_\_** soccer at the moment. They (play) **\_\_\_\_\_\_\_\_\_\_\_\_** it every afternoon.

**8.** Where the old man (live) **\_\_\_\_\_\_\_\_\_\_\_\_** now?

**9.** Mr. Smith often (teach) **\_\_\_\_\_\_\_\_\_\_\_\_** class 4A, but this morning he (teach) **\_\_\_\_\_\_\_\_\_\_\_\_** class 4B.

**10.** It's 7.30 now. She (study) **\_\_\_\_\_\_\_\_\_\_\_\_** Science in the classroom.

**11.** On Friday, I (have) **\_\_\_\_\_\_\_\_\_\_\_\_** English.

**12.** At the moment, I (eat) **\_\_\_\_\_\_\_\_\_\_\_\_** an orange and my sister (play) **\_\_\_\_\_\_\_\_\_\_\_\_** tennis.

**13.** Now, he (look) **\_\_\_\_\_\_\_\_\_\_\_\_** at his cat. It (eat) **\_\_\_\_\_\_\_\_\_\_\_\_** a mouse in the garden.

**14.** Phong, An, Ha, and Lan (be) **\_\_\_\_\_\_\_\_\_\_\_\_** close friends.

**15.** **\_\_\_\_\_\_\_\_\_\_\_\_** (your mother/walk) to market?

**Exercise 12. Choose the best option to complete the sentence.**

**1.** We should play sports or do exercise in order to stay in **\_\_\_\_\_\_\_\_\_\_\_\_**.

A. look B. shape C. fit D. health

**2.** Don't eat that type of fish: you may have a/an **\_\_\_\_\_\_\_\_\_\_\_\_**.

A. sick B. sore C. energy D. allergy

**3.** Do you believe that eating **\_\_\_\_\_\_\_\_\_\_\_\_** carrots helps you see at night?

A. much more B. less C. most D. the most

**4.** We should try to keep everything around US clean and then flu will find it **\_\_\_\_\_\_\_\_\_\_\_\_** to spread.

A. difficult B. difficulty C. difficultly D. difficulties

**5.** Be careful with **\_\_\_\_\_\_\_\_\_\_\_\_** you eat and drink.

A. what B. that C. who D. this

**6.** Eating a lot of junk food may lead to your **\_\_\_\_\_\_\_\_\_\_\_\_**.

A. obesity B. fitness C. pain D. stomachache

**7.** We should follow the advice from doctors and health **\_\_\_\_\_\_\_\_\_\_\_\_** in order to keep fit.

A. people B. workers C. managers D. experts

**8.** Have a healthy **\_\_\_\_\_\_\_\_\_\_\_\_** and you can enjoy your life.

A. lives B. lifestyle C. lifeline D. lively

**9.** The health **\_\_\_\_\_\_\_\_\_\_\_\_** from that diet expert is that you should eat less junk food and count your calories if you are becoming fat.

A. tip B. tips C. advices D. ideas

**10.** The seafood I ate this morning makes me feel **\_\_\_\_\_\_\_\_\_\_\_\_** all over.

A. running B. well C. itchy D. weak

**11.** You can avoid some diseases by **\_\_\_\_\_\_\_\_\_\_\_\_** yourself clean.

A. keeping B. taking C. looking D. bringing

**12.** The Japanese eat a lot of fish instead of meat **\_\_\_\_\_\_\_\_\_\_\_\_** they stay more healthy.

A. but B. because C. although D. so

**13.** Rob eats a lot of fast food and he **\_\_\_\_\_\_\_\_\_\_\_\_** on a lot of weight.

A. takes B. puts C. spends D. brings

**14.** We need to spend less time **\_\_\_\_\_\_\_\_\_\_\_\_** computer games.

A. play B. to play C. playing D. to playing

**15.** Do more exercise **\_\_\_\_\_\_\_\_\_\_\_\_** eat more fruit and vegetables.

A. but B. or C. and D. so

Exercise 13. Read the conservation and answer the questions.

Thang: What time do you usually come home from school?

Tony: I usually come home at 11.30.

Thang: When do you often have lunch?

Tony: I often have lunch at 12 o'clock.

Thang: What do you usually have for lunch?

Tony: I often have fish and eggs.

Thang: What do you do after dinner?

Tony: I sometimes go to the cinema, but I usually stay at home, watch TV and do my homework.

Thang: Do you often watch TV?

Tony: Yes, I do. I like watching sports very much.

Thang: When do you go to bed?

Tony: I always go to bed at 9.30.1 never stay up late.

**1.** What time does Tony usually come home from school?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**2.** When does he often have lunch?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**3.** What does he usually have for lunch?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**4.** What does he often do after dinner?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**5.** What TV programme does he like watching?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Exercise 14. Choose the correct word A, B, or C for each gap to complete the following passage.**

We need calories or (**1**) \_\_\_\_\_\_\_\_\_\_ to do the things every day. For example, when we walk to school or (**2**) \_\_\_\_\_\_\_\_\_\_ a bike to school we spend a certain amount of (**3**) \_\_\_\_\_\_\_\_\_\_ and even when we sleep, we also use them. But how many calorie should we (**4**) \_\_\_\_\_\_\_\_\_\_ a day to stay in shape? It's difficult (**5**) \_\_\_\_\_\_\_\_\_\_ us to calculate. If people want to keep (**6**) \_\_\_\_\_\_\_\_\_\_ they should remember that everyone should have between 1600 and 2500 calories a day.

We get calories (**7**) \_\_\_\_\_\_\_\_\_\_ the food we eat. If we get too much food and don't take part (**8**) \_\_\_\_\_\_\_\_\_\_ any activities, we can get fat quickly. So besides studying, we should do some (**9**) \_\_\_\_\_\_\_\_\_\_ play sports or do the housework, such as cleaning the floor, cooking, etc. otherwise, we don't eat enough, we will be (**10**) \_\_\_\_\_\_\_\_\_\_ and weak.

1. A. food B. energy C. Drink

2. A. ride B. come C. drive

3. A. things B. food C. calories

4. A. do B. spend C. have

5. A. for B. with C.in

6. A. health B. fit C. active

7. A. in B. of C. from

8. A. with B. in C. on

9. A. exercises B. activities C. healthy

10. A. good B. tired C. thirsty

**Exercise 15 a. Reorder the words to have correct sentences.**

**1.** you/ some/ clean/ yourself/ avoid/ diseases/ by/ can/ keeping/.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**2.** Jim/ overweight/ so/ eats/ is/ fast food/ too much/ he/.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**3.** too much/ bad/ television/ watching/ for/ health/ your/ is/?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**4.** the flu/ should/ you/ a cold,/ if/ have/ or/ you/ home/ stay/.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**5.** Alex/ usually/ fishing,/ so/ loves/ goes/ in/ near/ he/ his house/ fishing/ the lake/.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Exercise 15 b. Write the second sentence so that it has the same meaning to the first one.

**1.** It's a good idea to do exercise regularly.

🡪 You

**2.** Judy stayed home from school yesterday because she had a high fever.

🡪 Judy had a high fever,

**3.** She eats fruits and veggies every day, but she keeps gaining weight.

🡪 Although

**4.** Tom's gained 5 kilos since he quit smoking.

🡪 Tom's put

**5.** Jenny doesn't eat much in order not to be overweight.

🡪 Jenny doesn't eat much because

Exercise 16. Combine the sentences using an appropriate coordination conjunction *and, or, but, so.*

**1.** To stay healthy, you eat more vegetable. You eat less high-fat food.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**2.** To prevent flu, we eat a lot of garlic. We keep our bodies especially feet warm.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**3.** It began to rain. I opened my umbrella.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**4.** You should eat less junk food. You will put on weight.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**5.** He worked hard. He could earn much money.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**6.** Study hard. You will fail the exam.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**7.** Dan didn't study for the exam. Lan did.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**8.** He is a vegetarian. He doesn't eat any meat.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**9.** Junk food tastes so good. It is bad for your health.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**10.** It began to get dark. I turned on the light.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.