

## Unit 5: Healthy Living

### A. PRONUNCIATION

#### I. Put the words under the correct sound.

trip	chip	chew	true	train	chain
free	fruck	traffic	chair	cheese	chalk

/tr/

/tʃ/

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

#### II. Underline the content words that should be stressed in the following sentences.

1. Although it was raining, they decided to go for a walk.
2. Although our school has a cafeteria, students rarely eat there.
3. Despite having access to healthy snacks, students still prefer junk food.
4. Although I don't like sports, I play badminton twice a week.
5. Though I love music, I don't like singing.

### B. VOCABULARY

#### I. Match the words to the descriptions

1. risk	A. something that living things need to live and grow
2. cafeteria	B. a thing people make using chemistry
3. nutrient	C. the possibility of something bad hapenning
4. virus	D. a place for eating at school you can choose and pay for your food before you eat it
5. fat	E. a very small living thing that makes people, animals and plants sick
6. chemical	F. the substance under the skin of people and ani- mals that keeps them warm

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

#### II. Complete the sentences using the words in the frame.

nourishing	bone	detox	addicted	organ
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1. A fish \_\_\_\_\_ got stuck in my throat.
2. I'm doing a \_\_\_\_\_ to clean up my eating habits and feel healthier.
3. The heart is an essential \_\_\_\_\_ that pumps blood throughout the body.
4. He is \_\_\_\_\_ to video games and spends hours playing them every day.
5. Fresh fruits and vegetables are packed with \_\_\_\_\_ vitamins and minerals.

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5. Fresh fruits and vegetables are packed with \_\_\_\_\_ vitamins and minerals.

### III. Unscramble the letters to make meaningful words.

1.



oebse

\_\_\_\_\_

2.



ciaatfeer

\_\_\_\_\_

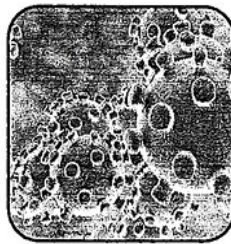
3.



enbo

\_\_\_\_\_

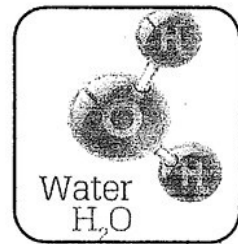
4.



vsiur

\_\_\_\_\_

5.



echcamli

\_\_\_\_\_

### IV. Circle the correct word to complete each sentence.

1. Fruits and vegetables give our bodies important things called (nutrient/ chemical).
2. A (detox/calorie) is a type of energy in food and drinks.
3. Eating too much unhealthy (fat/salt) can make us gain weight and have health problems.
4. Some diets claim to help our bodies get rid of bad things called (risk/detox).
5. Eating too much sugar can make us want it all the time, like being (addicted/ healthy).
6. Eating healthy foods like whole grains, lean proteins, and fresh fruits and vegetables can help our bodies stay strong and healthy. This is called a (nourishing/unhealthy) diet.

### C. GRAMMAR

#### I. Complete each sentence with "suggest" and the appropriate verb form

1. She \_\_\_\_\_ (go) to the movies tonight.
2. The professor \_\_\_\_\_ (read) the assigned chapters before the class.
3. They \_\_\_\_\_ (try) a new recipe for dinner.
4. He \_\_\_\_\_ (visit) the museum for a cultural experience.
5. The coach \_\_\_\_\_ (practice) the skills regularly.
6. My friend \_\_\_\_\_ (start) a book club for avid readers.
7. The travel agent \_\_\_\_\_ (visit) the local markets for authentic souvenirs.
8. The nutritionist daily meals \_\_\_\_\_ (incorporate) more vegetables into your diet.
9. The doctor \_\_\_\_\_ (not smoke) to improve your lung health.
10. The teacher \_\_\_\_\_ (attend) the seminar for professional development.

#### II. Rewrite the following sentences using the "suggest + gerund" structure.

1. "You should try to eat more vegetables for a balanced diet," my mom said to me.  
My mom suggested \_\_\_\_\_

2. "Why don't you consider joining a yoga class to reduce stress?" my friend asked me.  
My friend suggested \_\_\_\_\_
3. "You ought to start saving money for your future," the financial advisor advised me.  
The financial advisor suggested \_\_\_\_\_
4. "Have you thought about taking up a new hobby for personal growth?" my sister inquired.  
My sister suggested \_\_\_\_\_
5. "You ought to practice yoga for flexibility," the instructor advised.  
The instructor suggested \_\_\_\_\_
6. "You should read books to expand your knowledge," my mom said.  
My mom suggested \_\_\_\_\_
7. "Let's watch a movie tonight!" my friend asked.  
My friend suggested \_\_\_\_\_
8. "You ought to exercise regularly for better fitness," the trainer advised  
The trainer suggested \_\_\_\_\_
9. "Have you thought about reading a book before bed?" my sister asked.  
My sister suggested \_\_\_\_\_
10. "You might want to try listening to music for relaxation," the therapist recommended.  
The therapist suggested \_\_\_\_\_

### III. Choose the correct option (A, B, C, or D) to complete each sentence.

1. I went for a swim \_\_\_\_\_ it was raining.  
A. because                      B. although                      C. despite                      D. in spite of
2. \_\_\_\_\_ it was raining, they decided to go camping.  
A. Despite                      B. In spite of                      C. Though                      D. If
3. \_\_\_\_\_ the cold weather, they decided to have a picnic in the park.  
A. Despite                      B. Although                      C. Though                      D. Even though
4. \_\_\_\_\_ the difficulties, she managed to complete the marathon.  
A. In spite of                      B. Although                      C. Though                      D. Even though
5. \_\_\_\_\_ the fact that he didn't study, he still passed the exam.  
A. Because                      B. Although                      C. Though                      D. Despite
6. \_\_\_\_\_ being tired, she stayed up all night to finish her project.  
A. Though                      B. Although                      C. In spite of                      D. Unless
7. They decided to have a picnic \_\_\_\_\_ the rain.  
A. although                      B. despite                      C. though                      D. if
8. \_\_\_\_\_ his fear of heights, he decided to go skydiving.  
A. Though                      B. Although                      C. Despite                      D. Even though
9. \_\_\_\_\_ the loud noise, he managed to concentrate on his work.  
A. In spite of                      B. Although                      C. Though                      D. Even though
10. \_\_\_\_\_ he was hired, he stayed up late to finish his work.  
A. Despite                      B. Although                      C. In spite of                      B. Because

### IV. Make one sentence from two. Use the word(s) in brackets to the combine sentences

1. She had a fear of heights. She climbed the mountain. (although)  
\_\_\_\_\_
2. He had studied hard. he failed the exam. (despite)  
\_\_\_\_\_
3. She had little experience. She got the job. (despite)  
\_\_\_\_\_
4. He had a sore throat. He sang beautifully. (in spite of)  
\_\_\_\_\_
5. The weather was hot. They enjoyed their outdoor activities. (though)  
\_\_\_\_\_

6. The car broke down. They arrived on time. (despite)
7. My sister was sick. My sister went to the cinema with us. (though)
8. The exam was difficult. She scored the highest marks in the class. (despite)
9. She had never cooked before. She prepared a delicious meal. (though)
10. The store was crowded.. She found everything she needed. (in spite of)

## V. Complete the sentences with **although** / **in spite of**/ **because** / **because of**.

1. He missed the train \_\_\_\_\_ he overslept.
2. She couldn't attend the concert \_\_\_\_\_ he had an other plan.
3. \_\_\_\_\_ it rained a lot, we enjoyed our holiday.
4. \_\_\_\_\_ all our careful plans, a lot of things went wrong.
5. I went home early \_\_\_\_\_ I was feeling unwell.
6. I went to work the next day \_\_\_\_\_ I was still feeling unwell.
7. I managed to get to sleep \_\_\_\_\_ there was a lot of noise.
8. I couldn't get to sleep \_\_\_\_\_ the noise.
9. \_\_\_\_\_ having very little money, they are happy.
10. \_\_\_\_\_ my foot was injured, I managed to walk home.

## D. SPEAKING

### I. Match the sentences to make a meaningful dialogue.

1. How can I live a healthier life? _____	A. Establish a consistent sleep schedule, create a relaxing bedtime routine, and ensure a comfortable sleep environment for 7-9 hours of quality sleep each night.
2. What about exercise? How should I work out? _____	B. Yes! Stay hydrated by drinking enough water, limit processed foods and sugary drinks, and avoid smoking and excessive alcohol consumption. Regularly visit your healthcare provider for check-ups and preventive screenings to ensure overall health.
3. What can I do to improve my sleep? _____	C There are several ways you can live a healthier life. One important aspect is maintaining a balanced diet. Eating nutritious foods such as fruits, vegetables, whole grains, and lean proteins is key.
4. I often feel stressed. How can I manage it better? _____	D. It's recommended to exercise at least 150 minutes per week, focusing on both aerobic activities and strength training.
5. Are there any other tips for a healthy lifestyle? _____	E. Find healthy ways to manage stress, such as practicing relaxation techniques, engaging in enjoyable activities, and seeking support from loved ones.

### II.Put the sentences in the correct order to make a conversation.

\_\_\_\_\_ That's great! What are you planning to change?

\_\_\_\_\_ Good idea! You can also try doing more exercise.  
\_\_\_\_\_ I want to be healthier in my life.  
\_\_\_\_\_ Yes, I'll start by taking walks every day and maybe join a fitness class.  
\_\_\_\_\_ I'm going to eat more fruits and vegetables and cut down on sugary snacks.  
\_\_\_\_\_ That's a good way to get moving. Don't forget to get enough sleep too.  
\_\_\_\_\_ Taking small steps can make a big difference. I'm sure you'll improve your health!  
\_\_\_\_\_ You're right. I'll make sure to have a regular sleep schedule and get at least 7 hours of sleep each night.  
\_\_\_\_\_ I'm excited to make these changes and feel better overall.

## **E. READING**

### **I. Head the passage and then answer the questions.**

Teens often face health problems due to changes in their bodies and emotions during adolescence. Some common issues include being overweight, feeling stressed or sad, using drugs or alcohol, and having unhealthy habits. However, there are ways to help solve these problems and improve teen health.

One problem is being overweight. This can happen when teens don't exercise, eat unhealthy foods, or spend too much time on screens. To fix this, it's important to encourage exercise, healthy eating, and teach teens about good food. Schools and communities can also offer sports and healthy meals.

Another problem is feeling stressed or sad. Teens can feel pressure from friends, school, and their changing bodies. To help, we should talk more about mental health and make sure schools have counselors. It's important to create a safe and supportive environment and teach healthy ways to cope with stress.

Using drugs or alcohol is a serious problem among teens. Sometimes they try it because of friends or because they feel bad. To prevent this, we need to educate teens about the dangers, offer support programs, and involve parents. We should teach them how to handle problems without using drugs or alcohol.

Unhealthy habits like not eating well, not exercising, and not sleeping enough can harm teen health. We need to teach teens about the importance of being healthy and provide resources to help. Encouraging exercise, eating balanced meals, and getting enough sleep can make a big difference.

### **Questions:**

1. What are some common health problems that teens face?

2. What can contribute to teens becoming overweight?

3. How can we help teens who feel stressed or sad?

4. How can we prevent teens from using drugs or alcohol?

5. What are some ways to improve unhealthy habits among teens?

## **F. WRITING**

### **I. Write correct sentences, using the prompts.**

1. My teacher / suggest / read / more books / for / improve / vocabulary.

2. My friend / suggest / try / new restaurant / for / unique dining experience.

3. therapist / suggest / watch / comedy movie / for / stress relief.

4. doctor / suggest / take / break / for / better mental health.

5. My parents / suggest / learn / musical instrument / for / personal development.
6. fitness instructor / suggest practice / yoga / for / flexibility and relaxation.
7. nutritionist / suggest / eat / more vegetables / for / balanced diet.
8. teacher / suggest / study / vocabulary / before / exam.
9. doctor / suggest / not / drink / too much juice.
10. They / suggested / visit / museum / Sunday.

## II. Put the words and phrases in the correct order to make a sentence.

1. is / Living a healthy life / important / our overall well-being. / for
2. suggest / Doctors / habits a few / that / help / can / achieve / us / this.
3. they / First, / suggest / eating / with / a balanced diet / lots of / fruits, vegetables, whole grains, / and / lean proteins.
4. also / They / staying / suggest / away from / and / processed foods / sugary drinks.
5. they / Next, / suggest / regular / doing / exercise.
6. also / Doctors / suggest / getting / sleep. / enough
7. They / recommend / establishing / a / consistent sleep schedule / and / establishing / a / relaxing bedtime routine.
8. suggest / They / strongly / not / smoking / because / is / smoking / limited / to many / health problems.
9. they / Lastly, / suggest / practicing / mindfulness, / deep breathing exercises, / or / activities / engaging / in / you / enjoy / stress / to manage.
10. By / following / these habits, / can / we / improve / and / our overall health / well-being.

## Unit 6 Natural Wonders

### A. PRONUNCIATION

#### I. Choose the word that differs from the other three in the position of primary stress.

- |                   |               |               |             |
|-------------------|---------------|---------------|-------------|
| 1. A. interesting | B. difficult  | C. understand | D. national |
| 2. A. popular     | B. favourite  | C. dangerous  | D. consider |
| 3. A. beautiful   | B. exciting   | C. attractive | D. computer |
| 4. A. different   | B. important  | C. natural    | D. generous |
| 5. A. waterfall   | B. unpleasant | C. animal     | D. scenery  |

## II. Circle the correct option.

- |                  |               |               |
|------------------|---------------|---------------|
| 1. A. 'generous  | B. ge'nerous  | C. gene'rous  |
| 2. A. 'delicious | B. de'licious | C. deli'cious |
| 3. A. 'tomato    | B. to'mato    | C. toma'to    |
| 4. A. 'dangerous | B. dan'gerous | C. dange'rous |
| 5. A. 'umbrella  | B. um'brella  | C. umbre'lla  |

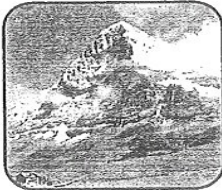
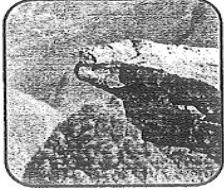
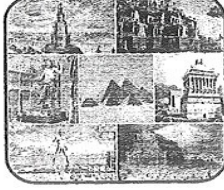


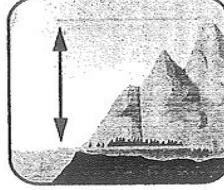
## B. VOCABULARY

### I. Match the words to the descriptions.

1. scenic	A. a large rock that stand above the ground or water
2. spectacular	B. having beautiful natural things to see
3. rainforest	C. the top of something
4. outcrop	D. very exciting to look at
5. summit	E. that people can reach, enter, use, or see
6. accessible	F. an area with lots of plants and trees that has a lot of rain

1. \_\_\_\_ 2. \_\_\_\_ 3. \_\_\_\_ 4. \_\_\_\_ 5. \_\_\_\_ 6. \_\_\_\_

## II. Unscramble the letters to make meaningful words.

1.  montu _____	2.  ooucrpt _____	3.  onwerd _____
4.  gerarn _____	5.  edre _____	6.  sae lelve _____

1. \_\_\_\_ 2. \_\_\_\_ 3. \_\_\_\_ 4. \_\_\_\_ 5. \_\_\_\_ 6. \_\_\_\_

## III. Complete the sentences using the words in the frame.

- Visitors should \_\_\_\_\_ the fragility of natural wonders.
- Loud noises can \_\_\_\_\_ the tranquility of natural wonders.
- People are not allowed to \_\_\_\_\_ in protected natural wonders.
- The law helps \_\_\_\_\_ the preservation of natural wonders.
- Littering can \_\_\_\_\_ the beauty of natural wonders.
- Please don't \_\_\_\_\_ the streets; use the designated trash cans.

### IV. Circle the correct words.

- The river forms a natural *border/voJume* between the two countries.

2. The *ranger/government* showed us the beautiful waterfall in the park.
3. The sea *level/natural* park is expected to rise by several feet over the next century due to climate change.
4. The swimmer relaxed and let their body *explore / float* on the surface of the water.
5. The judge *fine/ disturbed* the company for violating environmental regulations.
6. The sunset was a *spectacular/accessible* sight, with beautiful colors filling the sky.

## C. GRAMMAR

### I. Fill in the blanks with the correct form of adjectives.

1. France is much \_\_\_\_\_ (big) than Britain.
2. He is a far \_\_\_\_\_ (good) player than Ronaldo.
3. Dave is much \_\_\_\_\_ (fast) than me.
4. The view from the top of the mountain is far \_\_\_\_\_ (breathtaking) than I imagined.
5. The city is far \_\_\_\_\_ (busy) during rush hour.
6. He is much \_\_\_\_\_ (talented) than his competitors.
7. The hike to the summit was a bit \_\_\_\_\_ (challenging) than we expected.
8. The traffic in the city is far \_\_\_\_\_ (bad) during peak hours.
9. The sunset at the beach was a bit \_\_\_\_\_ (colorful) than the one we saw yesterday.
10. The mountain hike was much \_\_\_\_\_ (steep) than we expected.

### II. Complete each sentence using the correct form of verbs in the brackets.

1. She \_\_\_\_\_ (enjoy /explore) new trails while hiking in the mountains.
2. I can't \_\_\_\_\_ (resist/ admire) the vibrant colors of the autumn leaves.
3. We \_\_\_\_\_ (love/listen) to the sound of waves crashing on the shore.
4. They \_\_\_\_\_ (prefer/observe) the rare species of birds in the nature reserve.
5. He can't \_\_\_\_\_ (stop/touch) the delicate petals of the blooming flowers.
6. People should \_\_\_\_\_ (consider/bring) trash bags when they have picnics.
7. She \_\_\_\_\_ (started/write) a journal to document her daily experiences.
8. He \_\_\_\_\_ (denied/steal) the money from the cash register.
9. My doctor \_\_\_\_\_ (recommend/avoid) processed foods and sugary drinks.
10. She \_\_\_\_\_ (started/run) regularly to improve her fitness.

### III. Identify one mistake in each sentence and correct it.

1. The Eiffel Tower, whose is located in Paris, France, is a popular tourist attraction.  
\_\_\_\_\_
2. My brother, which is a doctor, recently moved to New York City.  
\_\_\_\_\_
3. The movie, who won several awards, was directed by Steven Spielberg.  
\_\_\_\_\_
4. The old house, whom was built in the 19th century, is now a museum.  
\_\_\_\_\_
5. The athlete, which won multiple gold medals, retired from professional sports.  
\_\_\_\_\_
6. My sister, who she is a doctor, works in a hospital.  
\_\_\_\_\_
7. John's car, which it is blue and has leather seats, is parked outside.  
\_\_\_\_\_
8. Nty favorite book, it was written by J.K. Rowling, is Harry Potter.  
\_\_\_\_\_
9. The dog, that its name is Lu, loves to play fetch.  
\_\_\_\_\_
10. The concert, where it tools place last night, was fantastic.  
\_\_\_\_\_

#### **IV. Rewrite the sentences using relative pronoun “which”.**

1. Niagara Falls is a magnificent waterfall. It is located between the border of the United States and Canada.  
\_\_\_\_\_
2. Mount Everest is the tallest peak in the world. It is part of the Himalayan mountain range.  
\_\_\_\_\_
3. The Mona Lisa is a famous painting. It was created by Leonardo da Vinci.  
\_\_\_\_\_
4. The Taj Mahal is a magnificent mausoleum. It was built by Emperor Shah Jahan.  
\_\_\_\_\_
5. The Great Wall of China is a monumental structure. It was constructed during the Ming Dynasty.  
\_\_\_\_\_
6. Mount Kilimanjaro is the highest mountain in Africa. It attracts climbers from around the world.  
\_\_\_\_\_
7. The Eiffel Tower is an iconic landmark in Paris. It was designed by Gustave Eiffel.  
\_\_\_\_\_
8. The Statue of Liberty is a symbol of freedom. It was gifted to the United States by France.  
\_\_\_\_\_
9. The Sydney Opera House is a famous performing arts center. It is located in Sydney Harbor.  
\_\_\_\_\_
10. The Angkor Wat temple complex is a UNESCO World Heritage Site. It is located in Cambodia.  
\_\_\_\_\_

#### **V. Complete the sentences with whose, who, which, or where.**

1. The restaurant, \_\_\_\_\_ is known for its delicious pizza, is always busy.
2. The park, \_\_\_\_\_ is located in the center of the city, is a popular spot for picnics.
3. The company, \_\_\_\_\_ headquarters are in New York, has branches world- wide.
4. The city, \_\_\_\_\_ I grew up, has a rich cultural heritage.
5. The book, \_\_\_\_\_ cover is beautifully designed, became a bestseller.
6. The restaurant, \_\_\_\_\_ I had dinner last night, had excellent service.
7. My cousin, \_\_\_\_\_ lives in Australia, is planning a visit next month.
8. The house, \_\_\_\_\_ we visited, had a lovely garden.
9. The beach, \_\_\_\_\_ we spent our vacation, had pristine white sand.
10. My friend, \_\_\_\_\_ car broke down, needed a tow truck.

#### **D.SPEAKING**

##### **I. Choose the correct response.**

1. How do you feel about having group tours?
  - A. People should stop bringing food.
  - B. I don't mind having group tours, but they can damage rock formations.
  - C. That's not a bad idea.
  - D. They consider fining people who disturb wildlife.
2. Can you tell me more about the potential impact of collecting shells or rocks at this famous place?
  - A. Certainly, Collecting shells and rocks can disrupt ecosystems and erode habitats.
  - B. I don't want to harm the environment.
  - C. It's best not to collect shells or rocks here.
  - D. It's important to consider the impact of collecting shells and rocks at this famous place
3. Are there any legal consequences for collecting shells and rocks?
  - A. That's good to know.

- B. Yes, there can be legal consequences for collecting shells and rocks without proper authorization or in violation of local regulations.
- C. Some shells and rocks at famous places may have cultural or historical significance.
- D. It can have negative consequences for the environment and the site itself.
4. Are group tours harmful to the environment?
- A. Yes, group tours can have negative impacts on the environment.
- B. Yes, group tours can sometimes lead to conflicts with local communities.
- C. The government should consider limiting tour sizes.
- D. The government should consider fining people who disturb wildlife.
5. Can group tours disturb wildlife?
- A. People should stop going off paths.
- B. Yes, group tours can disturb wildlife and their habitats if not conducted responsibly.
- C. They shouldn't bring food.
- D. That's not a bad idea.
6. What should the government do to prevent disturbing nature and promote environmental conservation?
- A. Tourists should stop littering.
- B. The government should consider adding more trash cans.
- C. The government should consider fining people who disturb wildlife.
- D. People should stop touching them.

## II. Put the sentences in the correct order to make a conversation.

\_\_\_\_\_ It was incredible! The caves were breathtaking, and the park was well-maintained. I couldn't believe the natural beauty I witnessed there.

\_\_\_\_\_ Hey, how was your visit to Phong Nha-Ke Bang National Park?

\_\_\_\_\_ That's great to hear! Did you notice any litter or trash in the park?

\_\_\_\_\_ That's wonderful! It's important to keep our surroundings clean. How can we contribute to preserving the park's cleanliness?

\_\_\_\_\_ No, actually, I was pleasantly surprised. The park was clean, and I didn't come across any litter during my visit. It was evident that the park management and visitors were committed to preserving its natural beauty.

\_\_\_\_\_ I agree. We should all play our part.

\_\_\_\_\_ Absolutely! We can contribute by being responsible visitors and properly disposing of our waste.

## E. READING

### I. Fill in each gap with a word in the frame.

who	which	surrounded	situated
amazing	harmonious	shines	

Ban Gioc Waterfall, (1) \_\_\_\_\_ is one of the biggest and most stunning waterfalls in Viet Nam, is located on the border between Viet Nam and China. The waterfall is

(2) \_\_\_\_\_ by trees and tall cliffs, which create a picturesque setting. It looks like something you would see on a beautiful postcard. The water falls down from a really high point, about thirty meters, and creates a misty spray that covers the rocks and plants nearby. Sometimes, when the sunlight (3) \_\_\_\_\_ through the mist, you can see colorful rainbows, which add to the enchanting atmosphere.

The waterfall is (4) \_\_\_\_\_ in a valley with lots of pretty plants, tall cliffs, and peaceful rice fields, which create a (5) \_\_\_\_\_ blend of nature's elements. The natural beauty of the area perfectly complements the magnificence of the waterfall, making Ban Gioc a wonderful place for nature lovers and photographers, (6) \_\_\_\_\_ can capture its splendor in their lenses.

Visiting the waterfall is an (7) \_\_\_\_\_ experience for your senses. You can feel the mist on your face, hear the loud sound of the water, see the vibrant colors of the rainbow, and enjoy the

breathtaking scenery. Whether you choose to admire the waterfall from far away or get closer on a boat ride, Ban Gioc, with its natural wonders, will leave a lasting impression on you.

## II. Read the text and answer the questions

Phong Nha-Ke Bang National Park is a beautiful place in Viet Nam that shows how amazing nature can be. It has big caves, pretty landscapes, and lots of different plants and animals. One of the best things in the park is Son Doong Cave, which is the biggest cave in the world. It's really huge and has lots of amazing rock formations and an underground river.

There are also other cool caves in the park like Hang Err and Paradise Cave that have their own special features and are really pretty.

The park is not just about caves though. It has forests with lots of trees, clean rivers, and tall mountains made of special rocks called limestone.

There are many different kinds of plants and animals in the park, including some that are rare and can only be found there. There are also many different kinds of birds flying around.

People who visit the park can do lots of fun things like walking in the forests, finding waterfalls that are hidden away, and seeing animals. They can also go kayaking or take a boat ride on the rivers.

The people who live near the park are very friendly and can share their traditional food and teach visitors about their customs and traditions, which makes the visit even more special. Overall, Phong Nha-Ke Bang National Park is an amazing place with caves, beautiful landscapes, and lots of different plants and animals. It's a place where people can have adventures, find peace, and learn about the local culture.

1. Where is Phong Nha-Ke Bang National Park located?

2. What makes Phong Nha-Ke Bang National Park famous?

3. Which cave in the park is the largest in the world?

4. What are some other interesting caves in Phong Nha-Ke Bang National Park?

5. What natural features can be found in Phong Nha-Ke Bang National Park besides caves?

6. What kind of wildlife can be seen in the park?

7. What activities can visitors enjoy in Phong Nha-Ke Bang National Park?

8. How do the local communities contribute to the cultural experience in the park?

## F. WRITING

### I. Put the words and phrases in the correct order to make a sentence.

1. Ha Long Bay, / is / in / which / located / the / country, / northeastern part / of / the / is / a / place / famous / Viet Nam. / in

2. The bay, / around / has / which / 1,600 limestone islands / and islets / from / emerging / of / the emerald waters / the Gulf of Tonkin, / breathtaking sight. / is 1 a

3. cruise, / Taking / a / to / which / visitors / fully experience / allows / its beauty, / is / to / explore / the best way / Ha Long Bay.

4. kayaking / Activities / like / and cave exploration, / adventure / which / visitors, / provide / for / are / Ha Long Bay. / popular / in

5. has implemented / The Vietnamese government, / which / aims / strict regulations, / to / the bay's ecological integrity. / preserve
6. as / a / UNESCO World Heritage Site, / which / is / Ha Long Bay, / recognized / attracts / visitors / from / the globe / all / around.
7. its diverse marine life, / which / is / Ha Long Bay, / known / for / is / many different types of sea creatures. / home / to
8. which / 'the bay, / has / of/ a / unique combination / natural beauty / and cultural significance, / every / makes / visitor. / a / lasting impression / on

## II. Write complete sentences, using the given prompts.

1. Sa Pa / beautiful / mountain town / northwestern Viet Nam.
2. It / stunning / landscapes / with / hills / terraced rice fields.
3. The town / home / to / different / ethnic groups / like / Hmong and Dao.
4. Many people / enjoy / there / Sa Pa / see / views / and / experience / local culture.
5. Fansipan Peak / highest mountain / in / area / and / offers / amazing views.
6. Sa Pa / also / has / national park / with / diverse / plants / animals.
7. The town / lively markets / where / you / can / find / crafts / and / traditional remedies.
8. At night, / there / cozy cafes / and / traditional music performances / enjoy.
9. Sa Pa / charming place / visit / with / its natural beauty / and / cultural experiences.
10. The cool / and / refreshing climate / of / Sa Pa / make / it / ideal escape / from / heat / of / Vietnam's lowland regions.

## Test yourself 5

### I. Choose the word whose underlined part is pronounced differently.

- |               |            |            |             |
|---------------|------------|------------|-------------|
| 1. A. hip     | B. hew     | C. heft    | D. chair    |
| 2. A. chagrin | B. hemise  | C. croquet | D. chicken  |
| 3. A. cheap   | B. hemical | C. Chinese | D. children |

- |              |             |           |            |
|--------------|-------------|-----------|------------|
| 4. A. school | B. hocolate | C. stomah | D. ristmas |
| 5. A. haos   | B. hoose    | C. hange  | D. hill    |

II. Underline content words that should be stressed in the following sentences.

1. Although she studied hard, she didn't pass the exam.
2. In spite of the noise, he managed to concentrate on his work.
3. Even though it was raining, they decided to go for a walk.
4. Though he was tired, he continued working late into the night.
5. Even though it was cold, they went swimming in the lake.

### III. Choose the correct option (A, B, C or D) to complete each sentence.

1. He is \_\_\_\_\_ and needs to lose weight for the sake of his health.  
A. thin                      B. obese                      C. slim                      D. skinny
2. I usually bring my own lunch, but today I decided to try something from the  
A. pharmacy              B. cafeteria                      C. library                      D. museum
3. A \_\_\_\_\_ breakfast can help you start your day with energy and focus.  
A. unhealthy              B. empty                      C. nourishing                      D. inadequate
4. Fruits and vegetables are rich in essential \_\_\_\_\_ like vitamins and minerals.  
A. nutrients              B. fish                      C. fat                      D. cookies
5. Smoking cigarettes is \_\_\_\_\_ to your health and can lead to various diseases.  
A. good                      B. useful                      C. healthy                      D. harmful
6. Eating vegetables regularly has many health  
A. benefits                      b. problems                      C. nutrients                      D. harms
7. The flu \_\_\_\_\_ spreads easily during the winter months.  
A. calorie                      B. organ                      C. chemical                      D. virus
8. He is \_\_\_\_\_ to playing video games and spends hours in front of the screen every day.  
A. addicted                      B. good                      C. happy                      D. sad
9. The child's playful actions were \_\_\_\_\_ and made everyone smile.  
A. harmful                      B. harmless                      C. risky                      D. dangerous
10. The roller coaster ride was \_\_\_\_\_ , with its twists, turns, and high-speed drops.  
A. boring                      B. dull                      C. tedious                      D. thrilling

### IV. Rewrite the following sentences using the "suggest + gerund" structure.

1. "Why don't you consider walking or biking to work instead of driving?" my friend asked.  
My friend suggested \_\_\_\_\_
2. "You should think about incorporating meditation into your daily routine," the yoga instructor advised.  
The yoga instructor suggested \_\_\_\_\_
3. "Have you ever thought about joining a gym to stay fit?" my neighbor inquired.  
My neighbor suggested \_\_\_\_\_
4. "It might be a good idea to reduce your screen time before bed for better sleep," the sleep expert recommended.  
The sleep expert suggested \_\_\_\_\_
5. "Why not try drinking herbal tea instead of sugary beverages?" the nutritionist suggested.  
The nutritionist suggested \_\_\_\_\_
6. "You should explore different outdoor activities like hiking or swimming for physical fitness," the fitness trainer advised.  
The fitness trainer suggested \_\_\_\_\_
7. "How about including more whole grains in your diet for better nutrition?" the dietitian recommended.

The

dietitian

suggested

8. "Why not explore different healthy recipes and cooking methods to make nutritious meals more enjoyable?" the chef suggested.

The chef suggested \_\_\_\_\_

9. "You should try eating more vegetables for a healthier diet," my friend suggested.

My friend suggested \_\_\_\_\_

10. "It's a good idea to limit your screen time before bed for better sleep," the sleep expert advised.

The sleep expert suggested \_\_\_\_\_

**V. Rewrite each sentence so that the meaning stays the same, using the word in the brackets.**

1. He passed the test despite feeling nervous. (although)

2. \_\_\_\_\_ (despite)

3. In spite of his fear, he jumped off the diving board. (although)

4. Even though she was tired, she stayed up late to finish her project. (despite)

5. Despite the noise, he managed to concentrate on his work. (although)

6. Although they lost the game, they played with great determination. (in spite of)

7. In spite of the rain, they went ahead with the outdoor event. (although)

8. Even if it snows, we will still have the picnic. (although)

9. Despite his busy schedule, he found time to help his friend. (though)

10. Although she was disappointed, she congratulated the winner. (despite)

**VI. Put the sentences in the correct order to make a conversation.**

\_\_\_\_\_ 1 \_\_\_\_\_ Hey, I just came back from the doctor's appointment. Guess what the doctor suggested for staying healthy?

\_\_\_\_\_ What did the doctor suggest?

\_\_\_\_\_ That's good advice! What else did the doctor suggest?

\_\_\_\_\_ Yes, the doctor also suggested getting enough sleep. He recommended aiming for around 7 to 8 hours of quality sleep each night.

\_\_\_\_\_ He also suggested incorporating regular exercise into my routine. The doctor suggested trying to get at least 30 minutes of moderate- intensity physical activity, such as walking or cycling, on most days.

\_\_\_\_\_ The doctor suggested trying a few things. First, he suggested eating a variety of healthy foods, like fruits, vegetables, lean proteins, and whole grains.

\_\_\_\_\_ That sounds doable. Anything else?

\_\_\_\_\_ Lastly, he suggested managing stress effectively. The doctor recommended trying relaxation techniques, like deep breathing, meditation, or engaging in activities that bring joy and relaxation.

\_\_\_\_\_ Sleep is important indeed. Did the doctor mention anything else?

\_\_\_\_\_ Those are practical suggestions for staying healthy. It's great that you received such clear advice from the doctor.

## VII. Read the text and answer the questions.

### The Importance of Taking Care of Our Health

Taking care of our bodies and health is important, even though it can be hard with our busy lives. When we prioritize our wellness, we feel more energetic and alive. Exercise, eating nutritious food, and getting enough rest give us more energy and help us think better.

Taking care of our health also improves our mood. Exercise releases chemicals that make us feel happy and less stressed. Managing stress, relaxing, and taking care of ourselves makes us feel happier and more content.

Another good thing about taking care of our health is that it helps us avoid getting sick. Eating healthy food and exercising regularly make our bodies stronger and help us fight off illnesses like heart problems, diabetes, and cancer. It's also a good idea to avoid smoking and drinking too much alcohol. Taking care of our health helps us live longer and stay healthier.

In conclusion, even though it can be hard to prioritize our health, taking care of ourselves brings us lots of good things. We have more energy, feel happier, and have a lower chance of getting sick. Doing small things every day, like exercising, eating well, and avoiding bad habits, helps us take care of ourselves and have a better life.

1. Why is taking care of our health important?

2. How does exercise contribute to our overall well-being?

3. What are the benefits of eating nutritious food?

4. How does taking care of our health improve our mood?

5. What are some habits that we should avoid to maintain good health?

6. How does taking care of our health contribute to longevity?

7. How can small daily actions contribute to taking care of our health?

## VIII. Write complete sentences, using the given prompts.

1. You / should / prioritize / balanced and healthy diet / by / incorporate / fruits, vegetables, whole grains, lean proteins, / good fats.

2. Experts / suggest / eat / balanced and healthy diet, / include / fruits, vegetables, whole grains, lean proteins, / good fats.

3. You / should / engage / regular physical activity / maintain / healthy weight / and / build / muscle strength.

4. Experts / suggest / incorporate / regular physical activity / into / your routine / control / weight, strengthen muscles, / and / improve / heart health.

5. You / should / manage / stress / by / practice / relaxation techniques, / such as / deep breathing / or / meditation.

6. You / should / seek / support / from / loved ones / or / professionals / manage / stress / and / promote / mental well-being.

7. You / should / quit / smoke / and / limit / alcohol consumption / protect your over- all health.
- 
8. Experts / suggest / quit smoking / and / reduce / alcohol intake / protect / your well-being.
- 
9. It / suggested / that / you / protect / your skin / from / sun damage / by / use / sunscreen, / wear / protective clothing, / seek shade / when necessary.
- 
10. Experts / suggest / taking precautions / protect / your skin / from / the sun, / such as / use sunscreen, / wear protective clothing, / seek shade.
- 

## TEST YOURSELF 6

### I. Choose the word that differs from the other three in the position of primary stress.

- |                 |                 |                |               |
|-----------------|-----------------|----------------|---------------|
| 1. A. dedicate  | B. beautiful    | C. successful  | D. different  |
| 2. A. generous  | B. dangerous    | C. difficult   | D. amazing    |
| 3. A. wonderful | B. majestic     | C. creative    | D. important  |
| 4. A. ambitious | B. breathtaking | C. interesting | D. confident  |
| 5. A. excited   | B. changeable   | C. volcanic    | D. enchanting |

### II. Choose the word whose underlined part is pronounced differently.

- |                       |                        |                        |                       |
|-----------------------|------------------------|------------------------|-----------------------|
| 1. A. <u>th</u> under | B. ju <u>n</u> gle     | C. su <u>m</u> mit     | D. lu <u>n</u> ar     |
| 2. A. <u>o</u> cean   | B. volca <u>n</u> o    | C. fo <u>r</u> est     | D. co <u>a</u> st     |
| 3. A. de <u>s</u> ert | B. <u>e</u> nvironment | C. he <u>m</u> isphere | D. we <u>t</u> land   |
| 4. A. i <u>s</u> land | B. wi <u>l</u> dlife   | C. mi <u>n</u> eral    | D. ti <u>d</u> al     |
| 5. A. sa <u>f</u> ari | B. la <u>k</u> e       | C. wa <u>v</u> e       | D. lan <u>d</u> scape |

### III. Choose the correct option (A, B, C or D) to complete each sentence.

1. An area with lots of plants and trees that has a lot of rain is called a \_\_\_\_\_.  
A. park                      B. rainforest                      C. monument                      D. museum
2. An \_\_\_\_\_ is a large rock that stands above the ground or water.  
A. summit                      B. outcrop                      C. formation                      D. mount
3. A person who takes care of a park, a forest, or an area in the country is called a \_\_\_\_\_.

- |               |         |           |               |
|---------------|---------|-----------|---------------|
| A. government | B. deer | C. ranger | D. rainforest |
|---------------|---------|-----------|---------------|
4. If you park in a no-partying zone, the police may \_\_\_\_\_ you, and you'll have to pay some money.
- |            |           |         |           |
|------------|-----------|---------|-----------|
| A. forgive | B. praise | C. fine | D. reward |
|------------|-----------|---------|-----------|
5. Please do not \_\_\_\_\_ the beach; place your trash in the marked containers.
- |         |           |          |         |
|---------|-----------|----------|---------|
| A. swim | B. litter | C. clean | D. keep |
|---------|-----------|----------|---------|
6. The government want to make a new \_\_\_\_\_ to reduce the country's air pollution.
- |         |          |              |        |
|---------|----------|--------------|--------|
| A. area | B. mount | D. formation | D. law |
|---------|----------|--------------|--------|
7. The number of visitors each year is \_\_\_\_\_ to protect the cave from damage.
- |            |              |             |         |
|------------|--------------|-------------|---------|
| A. limited | B. increased | C. extended | D. open |
|------------|--------------|-------------|---------|
8. Don't let the milk sit outside for too long, or it will \_\_\_\_\_.
- |          |        |            |            |
|----------|--------|------------|------------|
| A. spoil | B. hot | C. protect | D. improve |
|----------|--------|------------|------------|
9. The river forms a natural \_\_\_\_\_ between the two countries.
- |           |           |                  |            |
|-----------|-----------|------------------|------------|
| A. border | B. volume | C. national parl | D. outcrop |
|-----------|-----------|------------------|------------|
10. The kids went to the park to \_\_\_\_\_ for Easter eggs.
- |          |          |         |             |
|----------|----------|---------|-------------|
| A. spoil | B. float | C. hunt | D. consider |
|----------|----------|---------|-------------|

#### IV. Combine the sentences using non-defining relative clauses.

1. John is my best friend. He is coming to visit me.  
\_\_\_\_\_
2. The concert was held last night. It was amazing.  
\_\_\_\_\_
3. Mary won the competition. She is a talented singer.  
\_\_\_\_\_
4. I recently read a book. It was very interesty.  
\_\_\_\_\_
5. The movie won several awards. It was directed by Steven Spielberg.  
\_\_\_\_\_
6. The painting is displayed in the museum. It was created by Picasso.  
\_\_\_\_\_
7. The car is very expensive. It belongs to my neighbor.  
\_\_\_\_\_
8. Anna is my sister. She is studying medicine at university.  
\_\_\_\_\_
9. The restaurant is always busy. It serves delicious food.  
\_\_\_\_\_
10. The house has a lot of historical value. It was built in the 19<sup>th</sup> century.  
\_\_\_\_\_

#### V. Identify and correct any mistakes related to the use of non-defining relative clauses.

1. The book, whom I read last night, was very interesting.  
\_\_\_\_\_
2. Sarah, whose is my sister, is studying architecture at university.  
\_\_\_\_\_
3. The movie, which directed by Steven Spielberg, won several awards.  
\_\_\_\_\_
4. The concert, that was held at the park, was amazing.  
\_\_\_\_\_
5. John, who his car is blue, is my neighbor.  
\_\_\_\_\_
6. The painting, which created by a famous artist, is displayed in the museum.  
\_\_\_\_\_

7. The professor, whose lectures are informative, is highly respected.

8. The dog, whose name is Max, loves to play fetch.

9. The house, which was built in the 19th century, has a beautiful garden.

10. Jane, whose hair is blonde, is a talented musician.

**VI. Fill in the blanks with the correct form of adjectives (including "much," "far," or "a bit"):**

1. The Grand Canyon is \_\_\_\_\_ (much) (breathtaking) than any other canyon in the world.

2. Mount Everest is \_\_\_\_\_ (far) (majestic) than any other mountain on Earth.

3. The Victoria Falls are \_\_\_\_\_ (a bit) (impressive) than any other waterfall I have seen.

4. The Amazon Rainforest is \_\_\_\_\_ (much) (vast) than any other rainforest in the world.

5. The Great Barrier Reef is \_\_\_\_\_ (far) (stunning) than any other coral reef I have explored.

6. The Northern Lights are \_\_\_\_\_ (much) (enchanting) than any other natural light display.

7. The Sahara Desert is \_\_\_\_\_ (much) (extensive) than any other desert on the planet.

8. The Niagara Falls are \_\_\_\_\_ (a bit) (famous) than any other waterfall in North America.

9. The Iguazu Falls are \_\_\_\_\_ (much) (spectacular) than any other waterfall in South America.

10. The Serengeti National Park is \_\_\_\_\_ (far) (remarkable) than any other wildlife reserve in Africa.

**VII. Complete the conversation, using the sentences in the frame.**

A: (1) \_\_\_\_\_

B: Yes, I have. It's a remarkable mountain. What would you like to know about it?

A: (2) \_\_\_\_\_

B: Mount Langbiang is one of the highest peaks in the region, standing at an elevation of approximately 2,167 meters (7,110 feet) above sea level. It is taller than most other mountains in the area.

A: (3) \_\_\_\_\_

B: Absolutely! Mount Langbiang offers stunning panoramic views of the surrounding area. One of its distinctive attractions is the Langbiang Plateau, which is known for its picturesque landscapes and beautiful flower gardens.

A: (4) \_\_\_\_\_

B: Yes, indeed! Mount Langbiang is a popular destination for outdoor enthusiasts. There are several hiking trails that allow visitors to explore the mountain's natural beauty and enjoy breathtaking views of the valleys and lakes below.

A: (5) \_\_\_\_\_

B: Mount Langbiang is home to a diverse range of wildlife, including various bird species and mammals. The mountain's rich ecosystem supports a greater abundance of wildlife compared to many other areas in the region.

A: (6) \_\_\_\_\_

B: To reach Mount Langbiang, you can hire a taxi or join a guided tour from Da Lat City. It takes approximately 30 minutes to drive to the base of the mountain, and from there, you can choose to hike or take a jeep ride to the summit.

A: Thank you for the information! I'm excited to visit Mount Langbiang and experience its natural wonders.

B: You're welcome! I'm sure you'll have a fantastic time exploring the beauty of Mount Langbiang. Enjoy your visit and the breathtaking views it offers!

## **VIII. Read the text and answer the questions.**

### **Exploring the Serene Beauty of Vietnam's Mekong Delta**

The Mekong Delta in Viet Nam is a really beautiful place and one of the most captivating spots in Southeast Asia. It has lots of winding canals and rivers that create a special maze for exploring. When you go there, you'll see lots of green plants and trees along the water, which makes it feel magical and different from other places.

Compared to other pretty areas in Viet Nam like Sa Pa or Da Lat, the Mekong Delta has its own special appeal. Instead of mountains or charming landscapes, it's known for having big fields where they grow lots of rice and fruit. The land is flat and the Ntekong River flows calmly, making it a beautiful sight to see.

Unlike busy cities like Hanoi or Ho Chi Ntingh City, the Mekong Delta is a peaceful and quiet place. It has calm waterways and a countryside that's not busy or noisy. It's a chance to relax, enjoy nature, and be part of a community. 'there are also iioating markets where people sell things from boats, which is a unique sight you won't find in cities.

Overall, the Mekong Delta is a really special place with its winding canals, beautiful landscapes, and peaceful atmosphere. Exploring it lets you experience a different side of Vietnam's natural beauty and culture. You'll have wonderful memories that you'll treasure for a long time.

1. Where is the Mekong Delta located?

2. What makes the Mekong Delta a captivating spot?

3. How does the Meltong Delta differ from other beautiful areas in Viet Nam like Sa Pa or Da Lat?

4. What is the atmosphere like in the Mekong Delta compared to busy cities like Hanoi or Ho Chi Minh City?

5. What can you expect to experience while exploring the Mekong Delta?

## **IX. Write complete sentences, using the given prompts.**

1. Sa Pa / beautiful place / Viet Nam / known for / its rice fields / and / friendly hill tribes.

2. You / can / explore / hills / by / hike / and / enjoy / countryside views / and / farming scenes.

3. The hill tribes / Sa Pa, / like / Hmong, / Dao, / Tay, / have / their own cultures and / wear / colorful clothes.

4. Fansipan / tallest mountain nearby, / where / you / can / climb / for / amazing views.

5. Love Waterfall / pretty waterfall / in / forest, ideal / for / peaceful walks / and / enjoy / falling water.

6. In Sapa's markets, / you / find / traditional crafts, / clothes, / and / food / from / dil'f'erent tribes.

7. Spring in Sa Pa / lovely / with / blooming flowers / and / cherry blossoms.

8. The Silver Waterfall / another / impressive / waterfall / surrounded / by / trees.

---

9. Sapa / offers / beautiful landscapes, / diverse cultures, / and / outdoor activities  
/ for / unforgettable experience.

---

10. It / unique place / enjoy / nature, / meet / friendly people, / and / learn / valuable  
lessons.

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