UNIT 2 – LESSON 5

PART 1: READING

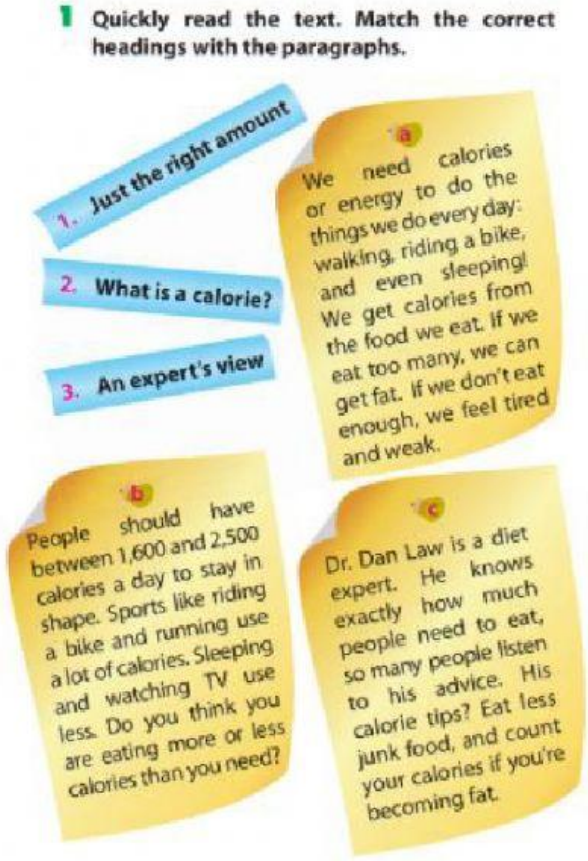
READING FOR GENERAL INFORMATION IN A MATCHING HEADING TASK

1. Reading task

Let's look at an example from the textbook.

In this task, there is a reading passage with some paragraphs and a list of headings.

We need to match the headings to the correct paragraphs.


1 Quickly read the text. Match the correct headings with the paragraphs.

1. Just the right amount
2. What is a calorie?
3. An expert's view

a
We need calories or energy to do the things we do every day: walking, riding a bike, and even sleeping! We get calories from the food we eat. If we eat too many, we can get fat. If we don't eat enough, we feel tired and weak.

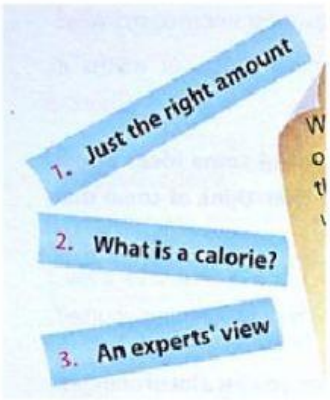
b
People should have between 1,600 and 2,500 calories a day to stay in shape. Sports like riding a bike and running use a lot of calories. Sleeping and watching TV use less. Do you think you are eating more or less calories than you need?

c
Dr. Dan Law is a diet expert. He knows exactly how much people need to eat, so many people listen to his advice. His calorie tips? Eat less junk food, and count your calories if you're becoming fat.

2. Steps to do the matching headings task

- **Step 1: Read through the list of headings quickly so that you can understand the general ideas of the passage.**

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For example:

After reading these 3 headings, we can guess that this passage is about calorie:

what it is

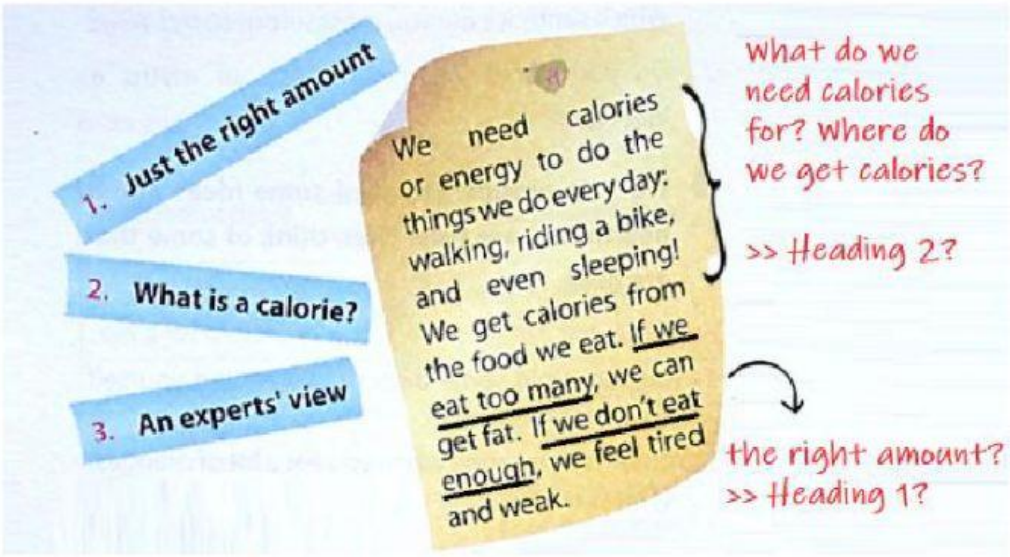
>> how many calories do we need (the right amount)

>> a tips/ advice from experts.

- **Step 2: Read the first paragraph**

  - Underline or circle thewords, phrases or sentences in the paragraph that help you choose the heading.
  - Choose the heading that best matches the main idea of the paragraph. The main idea is usually in the first, second or last sentence of paragraph.
  - If you are sure about the match, write the answer next to the paragraph. Cross that heading you have found.
  - If you are not sure about the match, write the options you think may be correct next to the paragraph. Don't try to guess. Leave it there and read the other paragraph.

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- **Step 3: Read the next paragraph and do as Step 2.**
- **Step 4: Turn back to the paragraph that you have not found the heading for it yet, and decide the best match.**

PART 2: PRACTICE

Exercise 1: You are going to read the text about a health problem and do a matching heading exercise.

Before reading about a health problem, let's look at some vocabulary that you will see in the reading text.

- immune system: hệ miễn dịch

- bacteria: vi khuẩn

- symptom: triệu chứng

- stuffy nose: sự nghẹt mũi

- vomiting: nôn mửa

- diarrhea: tiêu chảy

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A. The things that cause allergies are called allergens. Some common allergens are small insects, plants, and foods such as milk, eggs, seafood and peanuts. Normally, your immune system protects you from bacteria and viruses. But when you have allergies, it tries to fight against the allergens.

B. Some of these allergens cause sneezing, a runny nose, itchy eyes, and a sore throat. A food allergy may cause a red and itchy skin, a stuffy nose, stomachache, vomiting, or diarrhea.

C. Some of us are born to have allergies easier than others. Besides, some allergies are passed to us from our parents — so you are likely to have allergies if your mom, dad or other people in your family have them.

D. To avoid allergies, stay away from the allergens. For example, if you are allergic to an animal, you might have to find a new home for your pet or keep it outside the house.

1. Why do we get allergies? _____

2. What are allergens? _____

3. How to avoid allergies? _____

4. What are the symptoms? _____

(hocbaionha.com)

Exercise 2: Reading the following text about calories and decide if the given sentences are true or false.

LEARNING ABOUT CALORIES

What is a calorie?

Like a car needs fuel to run, your body needs energy to grow and develop. A calorie is a unit of energy. You get calories from what you eat or drink. It is important that you have a healthy diet that includes the right number of calories – not too many, not too few.

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How many calories do kids need?

Kid may need 2500 to 3000 calories per day. However, kids who are active and move around a lot need more calories than those who don't. Not having enough calories can make you tired and weak. But if you eat more calories than you need, the body changes extra calories to fat. Too much fat can lead to obesity and other health problems. Eat less candy and fast food because they are high-calorie foods.

How the body uses calories?

You burn calories without thinking about it – by walking your dog or making your bed. Health experts suggest you spend at least one hour every day playing sports or doing exercise because physical activities burn calories. Watching TV won't burn many calories, so you should limit it to less than 2 hours per day. A person burns only about 1 calorie per minute while watching TV, about the same as sleeping!

	T/F
1. All kids need the same amount of calories every day.	
2. Having a diet with as many calories as possibles is very important.	
3. More calories than needed can lead to obesity	
4. It is suggested that you spend thirty minutes a day doing sports and regular exercise.	
5. You can only burn calories when playing sports or doing exercise.	
6. You can burn about 60 calories after watching TV for one hour.	
7. The writer explains the importance of energy to our body by giving an example of a car and fuel.	

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Exercise 3: Quickly read the text about how to maintain your health. Match the correct heading with the paragraphs.

A. Protect your skin	**B. Limit how much alcohol you drink**
C. Eat healthy	**D. Lose weight if you're overweight**
E. Don't smoke or use tobacco	**F. Get regular exercise**

1. _____

What you eat is closely linked to your health. Balanced nutrition has many benefits. By making healthier food choices, you can prevent or treat some conditions.

2. _____

Exercise can help prevent heart disease, stroke, diabetes, and colon cancer. It can help treat depression, osteoporosis, and high blood pressure. People who exercise also get injured less often.

3. _____

Smoking and tobacco use are harmful habits. They can cause heart disease and mouth, throat, or lung cancer. The sooner you quit, the better.

4. _____

Men should have no more than 2 drinks a day. Women should have no more than 1 drink a day. One drink is wual to 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of liquor. Too much alcohol can damage your liver.

5. _____

Sun exposure is linked to skin cancer. It's best to limit your time spent in the sun. Be sure to wear protective clothing and hats when you are outside.

6. _____

Being overweight also can lead to weight-related injuries. A common problem is arthritis in the weight-bearing joints, such as your spine, hips, or knees.

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