EX1: ĐIỀN HAVE/ FEEL , CÓ THỂ CHO THÊM A/AN NẾU CẦN (ấn vào chỗ trống để điền)

1. I _____ flu. I _____ tired and weak.
2. Jane _____ sick, so she stays at home today.
3. Maybe she _____ fever. Her face is red and she tells me that she _____ very hot.
4. I _____ terrible headache yesterday, but I _____ better now.
5. What's wrong with Sarah? Does she _____ toothache?
6. 'Have you ever _____ allergy to seafood?' 'Yes, I _____ ill when I ate some lobsters two months ago.
7. My friend _____ sunburn after a day at the beach. Her skin becomes red and sore.
8. I _____ itchy and I _____ runny nose. Do I _____ cold?

EX2: CHỌN ĐÁP ÁN ĐÚNG (ấn chọn đáp án đúng)

1. Your eyes look very tired. Let your eyes rest *more / less* and watch more / *less* TV.
2. If you want to stay in shape, eat *more / less* healthy food like fruits, vegetables or fish.
3. Drink *more / less* water when you have a high fever.
4. If you want to lose weight, eat *more / less* junk food.
5. Sunbathe *more / less* to avoid getting sunburnt.
6. The popular thing to lose weight is "eat *more / less* and exercise *more / less*".
7. Stay outdoors and do *more / less* physical activities. You will be more healthy.
8. Spend *more / less* time in front of screens, such as the phone, TV or computer. It's not good for your eyes.

EX3: DÙNG CÁC TỪ TRONG KHUNG ĐỂ ĐIỀN, THÊM MORE/LESS CHO PHÙ HỢP (ấn vào chỗ trống để điền)

play	drink	eat	read	sleep	spend	watch	do

1. _____video games or your eyes will be hurt.
2. _____ fruit, vegetables or nuts because they are healthy.
3. _____ if you want to be more active.
4. If you want to improve your knowledge, _____ books.
5. _____ TV because too much TV is really bad for your eyes.
6. If you're outside on a hot day, _____ water.
7. _____ exercise, and you will feel fitter and healthier.
8. _____ time on social media, so you can focus on your tasks.

EX4: ĐIỀN AND/ OR/ BUT/ SO (ấn vào để điền)

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.

LIVEWORKSHEETS

4. I eat cake, _____ I never eat biscuits; I don't like them.
5. Would you like cake _____ 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.

EX5: KẾT HỢP HAI CÂU BẰNG CÁCH SỬ DỤNG AND/ OR/ BUT/SO (ấn vào để điền)

1. The bus stopped. The man got off.

_____

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

_____

3. You should eat less junk food. You will put on weight.

_____

4. He is a vegetarian. He doesn't eat any meat.

_____

5. Would you like meat for lunch? Would you like vegetables for lunch?

_____

6. Susan went to the park. She had a ride on the swing.

_____

7. I love fruit. I am allergic to strawberries.

_____

8. There was a heavy rain. The roads were flooded.

_____

EX6: NỐI (điền đáp án vào bên dưới chỗ trống 1->8)

1. The doctor advises him to relax more,	a. so he ate all the cakes.
2. The Americans love steak,	b. but I prefers coffee.
3. Burgers are very tasty,	c. or he will be sick.
4. My father likes tea,	d. or you'll spoil the surprise.
5. He was very hungry,	e. because he had a toothache.
6. Sam went to the dentist's,	f. and they love hamburgers, too.
7. We wanted to go to the cinema	g. although they are not very healthy.
8. Don't tell Mary about her birthday party,	h. but there weren't any seats left.

1. _____;2. _____;3. _____;4. _____; 5. _____;6. _____; 7. _____; 8. _____

LIVEWORKSHEETS

EX7: ĐIỀN GIỚI TỪ VÀO CHỖ TRỐNG (ấn vào để điền)

1. Would you like to go out? - No, thanks. I'd rather stay _____ home.
2. If you're going to watch the football, you can count me _____. I don't like football.
3. I've put _____ 2kg in the last month.
4. The Japanese eat healthily, so they live _____ a long time.
5. Sitting too close _____ the TV hurts your eyes.
6. Be careful _____ what you eat and drink.
7. She runs six miles every day to help keep herself _____ shape.
8. Watching TV too much isn't good _____ your eyes.

EX8: ĐỌC ĐOẠN HỘI THOẠI VÀ HOÀN THIỆN CHỖ TRỐNG (kéo các đáp án trong khung thả vào chỗ trống)

what are the best foods to eat?	can I drink it sometimes?
it's bad for your teeth and health.	what should I avoid?
how to stay healthy?	what else is important?

Tom: Can you give me some suggestions on (1) _____

Doctor: Well, first of all, you need to make sure that you eat the right foods.

Tom: (2)_____

Doctor: You should eat fresh fruits, vegetables, and whole grains.

Tom: (3)_____

Doctor: You need to avoid highly fatty and greasy foods.

Tom: (4)_____

Doctor: You need to get plenty of exercise every day.

Tom: How about soda? (5)_____

Doctor: It's okay to drink soda once in a while, but never overdo it. (6) _____

EX9. NỐI (ấn, giữ , kéo từ bên này sang bên kia)

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

LIVEWORKSHEETS

EX10: SẮP XẾP CÁC CÂU SAU THEO THỨ TỰ ĐỂ TẠO THÀNH ĐOẠN HỘI THOẠI (ấn vào để điền)

___ My father gave me some painkillers.

_1_ Hi. What's the matter with you?

___ A horrible headache? Has anything hit you in the head lately?

___ If you are still hurts, you should see the doctor.

___ Oh! Did you take any medicines?

___ I had a horrible headache last week.

___ My head hit a door few days ago.

EX11. ĐỌC VÀ HOÀN THIỆN CHỖ TRỐNG (kéo đáp án trên khung -> thả vào chỗ trống)

put	home-cooked	vitamins	weight	growing	unhealthy	like	diet

Good nutrition is especially important for (1) _____ teenagers. Unfortunately many teenagers have an unbalanced (2) _____. They buy (3) _____ take away food every day or even a few times a day. If you eat fast food regularly, you are more likely to (4) _____ on weight than if you eat fast food only occasionally. About nine in ten teenagers eat junk food every day. This might be fizzy drinks and snacks (5) _____ potato chips. Compared to (6) _____ food, junk food is almost always: higher in fat, particularly saturated fat; higher in salt; higher in sugar; lower in fibre; lower in nutrients, such as (7) _____ and minerals.

Junk food is poor fuel for your body. A poor diet can cause (8) _____ gain, high blood pressure, fatigue and concentration problems.

EX12: ĐỌC ĐOẠN VĂN VÀ ĐIỀN ĐÚNG (T) HOẶC SAI (F) (ấn vào chỗ trống để điền T / F)

These are some easy habits that help you stay healthy and live longer.

Go for a jog

Exercise is key to good health. Aerobic activity, like running, is crucial for getting your blood pumping and your heart working. A recent study showed that people who run have 25 to 40 per cent reduced risk of early death, and live about three years longer.

Get more sun - but not too much

The "sunshine vitamin" – vitamin D, that is – has been shown to fight to disease, improve bone health, and prevent depression. Concerns over skin cancer are well-founded, and sunblock is generally a good idea. But getting 15 to 30 minutes of sun exposure a day should be adequate for vitamin D production.

Stress less

The impact of stress on our overall health is huge, so reducing stress is one way to lower our risk of many deadly diseases.

Eat more fruits and veggies

If you want to live longer, eat more fruits and vegetables. The vitamins, minerals, and most importantly, the fibre help control satiety so you do not need to eat much of the animal foods. High fibre diets promote lower cholesterol levels, and reduce the risk of heart disease and cancers such as colon cancer.

1. One of the most important things you can do to stay healthy is to exercise.

LIVEWORKSHEETS

2. Vitamin D comes from the sun. _____
3. Getting too much sun can be harmful. _____
4. Stress doesn't impact on your health. _____
5. Fruits and vegetables contain vitamins, minerals and fibre. _____
6. A high fibre diet can cause heart disease and colon cancer._____

EX13: SẮP XẾP TỪ THÀNH CÂU (ấn vào để điền)

1. cold/ I/ sore throat/ love/ a/ drinks/ but/ have/ I.

   _____

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.

   _____

6. you/ some/ clean/ yourself/ avoid/ diseases/ by/ can/ keeping.

   _____

LIVEWORKSHEETS