# Unit 2: Health

## A. PHONETICS

**Ex 1. Find the word which has a different sound in the part underlined. Read the words aloud.**

| | | | |
|---|---|---|---|
| 1. A. allergy | B. calorie | C. coordinate | D. triathlon |
| 2. A. compound | B. concentrate | C. monopoly | D. melody |
| 3. A. essential | B. attention | C. vegetarian | D. depression |
| 4. A. sick | B. swimming | C. itchy | D. riding |
| 5. A. really | B. healthy | C. regularly | D. identify |

## B. VOCABULARY AND GRAMMAR

**Ex 1 : Find the odd one out A, B, C or D.**

| | | | |
|---|---|---|---|
| 6. A. cough | B. weak | C. headache | D. sore throat |
| 7. A. sunburn | B. toothache | C. earache | D. unhealthy |
| 8. A. sick | B. temperature | C. tired | D. weak |
| 9. A. flu | B. stomachache | C. allergy | D. fat |
| 10. A. sleep | B. happy | C. live | D. smile |

**Ex 2 : Circle A, B, C or D for each picture.**

11. 

A. have a cough B. have a headache C. have a sore throat D. have a temperature

12. 


A. have flu B. have stomachache C. have toothache D. have earache

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13. 

A. feel sick B. feel tired C. Feel weak D. Feel sleepy

14. 

A. wearing a sun hat B. washing face C. Washing hands D. doing exercise

**Ex 3: Put the verbs in brackets in the correct tense form.**

15. Nam looks brown. He was on holiday last week. He (get)……sunburn.
16. Getting plenty of rest is very good. It (help)……you to avoid depression.
17. The Japanese (eat)……..a lot of fish so they are very intelligent.
18. If you wash your hands more, you (have)…….less chance of catching flu.
19. Eating carrots regularly (help)…….you see better.
20. It is very hot outside. Please (wear)……a sun hat when you go out.
21. Do more exercise and you (feel)……..healthier.
22. I don't want (be)……..tired tomorrow so I go to bed early.
23. Nowadays, I don't feel well. I often (feel)…….sick and weak.
24. People who ( smile)…….more are happier and they live longer.

**Ex 4: Fill each blank with a word in the box**

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

25. You should eat a lot of fruits and vegetables because they _____ vitamin A, which is good for the eyes.
26. If you want to be fit, stay outdoors more and do more _____activities.
27. Eat less junk high-fat food to keep you from _____fat.

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28. They go _____ outside even when it's cold.

29. To prevent _____, you should eat a lot of garlic and keep your body warm.

30. In order to have good _____, you should eat lightly and laugh cheerfully.

31. My father does morning _____every day.

32. Do you want to know how you can _____ healthy?

33. He plays computer games and watches TV a lot so eyes are often_____.

34. He eats a lot of burger and chips so he's putting on _____.

## C. READING

**Ex 1: Put a word from the box in each gap to complete the following passage.**

| | | | | |
|---|---|---|---|---|
| ***fresh*** | ***drink*** | ***eat*** | ***rice*** | ***healthy*** |
| ***school*** | ***water*** | ***fish*** | ***breakfast*** | ***well*** |

It's important to (35)……..well, especially when you are studying. If you are at primary (36)……., you may not go home for lunch and have a cooked meal of meat or (37)……and vegetables. A chicken and lettuce sandwich, with some (38)……..…..fruit would be a light but (39)……..….. Many people around the world eat plain, boiled (40)……two or three times a day.

Pupils and students often don't eat (41)……..……when they're revising for exam – they eat chocolate and (42)……..lots of black coffee! And by the way, doctors say everybody should start the day with healthy (43)…… It's also good for you to drink a lot of (44)……..……through the day.

**Ex 2: Read the conservation and answer the questions.**

Phong: What time do you usually come home from school?
Nick: I usually come home at 11.30.
Phong: When do you often have lunch?
Nick: I often have lunch at 12 o'clock.
Phong: What do you usually have for lunch?
Nick: I often have fish and eggs.
Phong: What do you do after dinner?
Nick: I sometimes go to the cinema, but I usually stay at home, watch TV and do my homework.
Phong: Do you often watch TV?
Nick: Yes, I do. I like watching sports very much.
Phong: When do you go to bed?
Nick: I always go to bed at 9.30. I never stay up late.

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**Questions:**

45. What time does Nick usually come home from school?

.....

46. When does he often have lunch?

.....

47. What does he usually have for lunch?

.....

48. What does he often do after dinner?

.....

49. What TV programme does he like watching?

.....

**Ex 3: Choose the correct word A, B, or C for each gap to complete the following passage.**

We need calories or (50).....to do the things every day. For example, when we walk to school or (51) .....a bike to school we spend a certain amount of (52).....and even when we sleep, we also use them. But how many calorie should we (53) .....a day to stay in shape? It's difficult (54).....us to calculate. If people want to keep (55) ....., they should remember that everyone should have between 1600 and 2500 calories a day.

We get calories (56) .....the food we eat. If we get too many food and don't take part (57)..... any activities, we can get fat quickly. So besides studying, we should do some (58)....., play sports or do the housework, such as cleaning the floor, cooking etc. Otherwise, we don't eat enough, we will be (59).....and weak.

| | | |
|---|---|---|
| 50. A. food | B. energy | C. drink |
| 51. A. ride | B. come | C. drive |
| 52. A. things | B. food | C. calories |
| 53. A. do | B. spend | C. have |
| 54. A. for | B. with | C. in |
| 55. A. health | B. fit | C. active |
| 56. A. in | B. of | C. from |
| 57. A. with | B. in | C. on |
| 58. A. exercises | B. activities | C. healthy |
| 59. A. good | B. tired | C. thirsty |

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## D. WRITING

**Ex 1: Make sentences using the words and phrases given.**

Example : Dr. Minh / diet / expert/ . → Dr. Minh is a diet expert.

60. Getting/ plenty / rest / really / important.

……

61. It / easy / get / flu / . / we / should / try / keep / clean / more/ .

……

62. I/ have / toothache / yesterday / because / I eat / many / sweets / .

……

63. He / has/ flu / . / he / keep / sneezing / coughing / .

……

64. Which / activity / use / more / calories / walking / or / riding / bicycle/ ?

……

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