

Bài 5: Đọc đoạn văn sau và trả lời câu hỏi.

Everyone suffers from the common cold at some time or other. It isn't a serious illness, but people spend a lot of money on medicine. The medicine can only relieve the symptoms. That is, it can make you cough less, make you feel better, and stop your nose running for a while. So far, there is no cure for the common cold and no medicine to prevent it. People also drink a lot of hot water with sugar, lemon juice. It helps provide them with a lot of vitamin C.

1. Why is the common cold very popular?

2. Is the common cold a serious illness?

3. What does the medicine help people with common cold?

4. Besides medicine, what do people do to make them feel better?

5. Why is it useful?

Bài 6: Chọn đáp án đúng để hoàn thành bài đọc sau.

My friend, Ben, has had a few problems with his health. He didn't feel well, (1)_____ he told his parents about that. His mom said, "You should eat (2)_____ vegetables. You shouldn't eat (3)_____ every day". His dad said, "You shouldn't go to bed (4)_____. You (5)_____ stay up late at night." He

phoned me and told me about the problems. I said, "Don't play so (6)_____ computer games. Go outside (7)_____ play football."

He didn't go to school last week. He went to (8)_____ the doctor. The doctor said "You should stay at home for a week. Don't go out and don't turn on your computer."

At school today, he looked sad. We asked him, "What's (9)_____? You should be happy. You weren't here last week."

Ben is (10)_____ his school work from last week. He's not happy at all.

1. A. because	B. or	C. and	D. but
2. A. more	B. less	C. most	D. the more
3. A. ready food	B. fresh food	C. junk food	D. traditional food
4. A. late	B. lately	C. earlier	D. more earlier
5. A. should	B. Shouldn't	C. must	D. needn't
6. A. many	B. much	C. lot	D. lots
7. A. or	B. so	C. and	D. but
8. A. look	B. look at	C. find	D. see
9. A. bad	B. trouble	C. problem	D. wrong
10. A. doing	B. making	C. playing	D. taking

Bài 7: Sử dụng các từ gợi ý để viết câu hoàn chỉnh.

1. We/ keep/ our bodies/ warm/ avoid/ flu/ a cold.

_ 2. You/ not/ play/ more/ computer games/ free time.

_ 3. Vitamins/ play/ important/ role/ our diet.

_ 4. Getting/ enough/ rest/ help/ you/ concentrate/ school.

_ 5. Doctor/ asking/ Huy/ questions/ about/ health problems.

_ 6. Getting/ plenty / rest / really / important.

_ 7. It / easy / get / flu /. / we / should / try / keep / clean / more/ .

_ 8. I/ have / toothache / yesterday / because / I eat / many / sweets /.

_ 9. He / has/ flu /. / he / keep / sneezing / coughing / .

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

_ Bài 8: Chia động từ trong ngoặc.

1. Hung looks brown. He was on holiday last weekend. He (get).....sunburn.

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

3. They (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.

Bài 9: Cho dạng đúng của từ trong ngoặc.

1. They should try to keep everything around us clean and then flu will find it _____ to spread. (difficulty)
2. Have a _____ lifestyle and you can enjoy your life. (health)
3. Minh eats a lot of fast food so he's putting on _____.
(weigh)
4. I have a _____. - Why don't you telephone the doctor?
(stomach)
5. I have a _____ in my back. I'm going to lie down.
(painful)
6. Don't eat too many sweets. You will have a _____. (tooth)
7. Tuan has a _____ of 39⁰C. (temperate)
8. Eating right, staying _____ active, and not smoking are a few examples of good habits that can help you stay healthy. (physical)

Bài 10: Viết lại câu sao cho nghĩa không đổi.

1. Phuong started to eat a low carb diet five months ago.

Phuong has _____

2. Could you take me to the airport Sunday morning?

Would you mind _____

3. How about going to the shopping centre tonight?

Let's _____

4. Nhung stayed home from school yesterday because she had a high fever.

Nhung had a high fever, _____

5. My sister eats fruits and veggies every day, but she keeps gaining weight.

Although _____

6. Phong's gained 5 kilos since he quit smoking.

Phong's put _____

7. Chi doesn't eat much in order not to be overweight.

Chi doesn't eat much because _____

8. It's a good idea to do exercises regularly.

You _____

III. BÀI TẬP NÂNG CAO

Bài 1: Kết hợp hai câu sau thành một câu ghép với từ nối được cho sẵn.

1. I want to eat some food. I have a sore throat. (but)

_____ 2. The Japanese eat healthily. They live for a long time. (so)

_ 3. I feel tired. I feel weak. (and)

4. You can go and see the doctor. You can go to bed now and rest. (or)

5. You may have an allergy. Be careful with what you eat and drink. (so)

6. Tom has a temperature. Tom has a sore throat. (and)

7. I want to buy other car. I have no money. (but)

8. It's raining. I will stay at home and sleep. (so)

9. I wanted to buy a set of Lego. I started to save my money. (so)

Bài 2: Hãy sử dụng các từ cho sẵn để viết một đoạn hội thoại đưa ra lời khuyên.

VD: (toothache// eat any more sweet things / go to the dentist)

A: What's the matter?

B: I have toothache.

A: You shouldn't eat any more sweet things. You should go to the dentist.

1. (flu// be at school / stay at home)

- 2. (earache// go to the doctor / wait for it to be better)

- 3. (stomachache// lie down / eat anything)

- 4. (headache/ read any books / take a painkiller)

- 5. sore throat// take some medicine / eat any crisps)

Bài 3: Điền vào chỗ trống liên từ thích hợp.

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.

C. KỸ NĂNG NGHE

Bài 1: Nghe và điền vào chỗ trống.

A: Were you (1) _____ as a child?

B: No, I always felt sick and weak. I had (2) _____ too, so I always had a runny nose, and itchy skin.

A: When did that change?

B: My friends started doing sports. I wanted to, too. My sports instructor said 'Do more (3) _____, or continue to feel sick. It's up to you!'

A: Was it easy?

B: No! It was hard. I did more exercise, so my body ached. But slowly I felt better.

A: What do you do now?

B: I do triathlons around the world. It's a (4) _____ competition. You have to swim, run, and ride a bike. I use around (5) _____ calories in one event!

A: How do you prepare?

B: Three great things to do before the race are: eat more (6) _____ food, sleep more, and do more exercise. Then you'll be ready.

Bài 2: Dịch đoạn hội thoại vừa nghe trên.