

UNIT 2

Lesson 1

Health



LESSON SUMMARY

Vocabulary



Word/Phrase	Meaning	Example
get (some) sleep (v phr.) /get (sʌm) sli:p/	to sleep for some time	Get some sleep when you feel tired.
eat fruit and vegetables (v phr.) /i:t fru:t ænd 'vedʒtəblz/	to have some plants as food or snack	Eat fruit and vegetables for a fit body.
eat fast food (v phr.) /i:t fæst 'fu:d/	to have ready-made food	Young people tend to eat fast food as main meals.
drink soda (v phr.) /drɪŋk 'soudə/	to get sweet fizzy drink that smells like fruit	Kids like to drink soda.
healthy (adj) /'helθi/	good for your health	A healthy habit can keep you away from the doctor.
unhealthy (adj) /ʌn'helθi/	not good for your health	Fried food can be unhealthy.

Grammar

Indefinite quantifiers

Use **indefinite quantifiers** when you don't know the exact amount of something.

a lot of / lots of + countable / uncountable nouns

We need **a lot of / lots of** eggs.

He drinks **a lot of / lots of** milk every day.

a little + uncountable nouns

You should add **a little** cheese to the soup.

(not) much + uncountable nouns

There isn't **much** milk in the bottle.

some + countable / uncountable nouns

• in positive sentences

She wants to buy **some** vegetables and **some** fruit from the local market.

• for offers, requests or suggestions

Would you like **some** soda?

any + countable / uncountable nouns

We don't have **any** eggs in the fridge.

Pronunciation

♦ Intonation falls for Wh- questions



We have a falling tone at the end of Wh- questions.

How much pizza do you eat every week?

♦ Pronouncing /e/ and /i:/



/e/

• head /hed/

• friend /frend/

• tell /tel/

• red /red/

/i:/

• tea /ti:/

• field /fi:ld/

• key /ki:/

• these /ði:z/

PRACTICE



Pronunciation

Circle the word that has the underlined part pronounced differently from the other.

- | | | | |
|-------------------|-------------------|-----------------|----------------|
| 1 A <u>tea</u> | B <u>sea</u> | C <u>heat</u> | D <u>sweat</u> |
| 2 A <u>we</u> | B <u>chest</u> | C <u>pet</u> | D <u>leg</u> |
| 3 A <u>pea</u> | B <u>head</u> | C <u>team</u> | D <u>peach</u> |
| 4 A <u>letter</u> | B <u>sentence</u> | C <u>twenty</u> | D <u>fever</u> |
| 5 A <u>key</u> | B <u>tent</u> | C <u>hen</u> | D <u>pen</u> |

Vocabulary

a. Fill in the gaps using the phrases in the box.

- A get enough sleep
- B fruit and vegetables
- C fast food
- D drink water
- E relax your body
- F physical activities
- G ten hours

b Match the headings with the correct paragraphs.

i Sleep and relax

ii Healthy eating

iii Exercise

- ☐ **Paragraph 1** Eating the right food is important for a healthy body. You should eat 1) _____ every day. You should also 2) _____, about two liters per day. Although 3) _____ is delicious, eating too much of it can be harmful.
- ☐ **Paragraph 2** Regular exercise is part of a healthy lifestyle. 4) _____ like running, swimming, basketball and tennis are some good choices. It's also important to 5) _____.
- ☐ **Paragraph 3** We need to rest. According to scientists, a person needs to 6) _____ after working long hours. Children need to get about 7) _____ of sleep every night.

Grammar

a. Complete the conversation using the indefinite quantifiers in the box.

much little any some (x2)



- Mom I'm making chocolate cakes today, Susie. Susie There aren't 3) _____ eggs left in the fridge.
- Susie That's great, Mom. How can I help? Mom How about the flour on the shelf?
- Mom First, I need 1) _____ sugar for making cakes. Please pass me the jar on the table. Susie Yes, Mom. There is a 4) _____ flour here.
- Susie Here you are. Anything else, Mom? Mom I also need salt.
- Mom Thanks, Susie. I need 2) _____ eggs, too. Susie There isn't 5) _____ salt left.
- Mom So we need to go to the market to get some.



b. Choose the correct options.

- | | | | | |
|--|--------|------------|-----------|------------|
| 6 She doesn't like to take _____ medicine when she is sick. | A any | B many | C a lot | D some |
| 7 The baby drinks _____ milk. He loves it. | A many | B any | C a lot | D lots of |
| 8 Would you like to have _____ fried chicken? | A any | B some | C a lot | D a little |
| 9 I need _____ eggs to make a birthday cake for my daughter. | A any | B much | C lots of | D a little |
| 10 You shouldn't add too _____ salt to your dishes. | A some | B a little | C many | D much |



Reading

a. Read the class survey report on healthy living. Circle the correct answers.

 Questions	Students' answers				
	How much do you ... every day?	not at all	a little / not much	some	much
eat fast food	5	15	10	3	2
eat vegetables	3	5	12	10	5
eat fruit	6	7	11	6	5
drink healthy drinks (e.g. water, milk)	0	5	11	10	9
drink unhealthy drinks (e.g. soda)	1	11	16	4	3
exercise	3	8	17	5	2

- How many survey questions are there?
A 5 B 6 C 7 D 8
- How many students do not exercise at all every day?
A 0 B 3 C 17 D 35
- Which do most students do much every day?
A eat fast food B eat fruit C exercise D drink healthy drinks
- What does the report show?
A Most of the students eat vegetables every day.
B All of the students eat a lot of fruit every day.
C About half of the students drink healthy drinks every day.
D Under half of the students exercise every day.
- Which is NOT true according to the report?
A Two of the students eat a lot of fast food.
B Twelve of the students just eat some vegetables.
C Nine of the students drink a lot of water.
D Nobody in the survey exercises.



b. Read the text about how to have a healthy eating habit. Complete each sentence with ONE WORD.

How to have a healthy eating habit



Do Not Eat Too Much Fast Food

Fast food contains a lot of unhealthy fats and calories. When you eat fast food too often, it is easy for you to gain weight. Besides, your cholesterol level and your risk of cancer will be very high.



Do Not Eat Too Much Red Meat

It is OK to eat red meat, but eating too much red meat is unhealthy and may increase your health risks. Red meat is high in cholesterol, sodium, and saturated fat - a type of fat that is bad for your health.



Do Not Drink Too Much Soda

A can of soda is high in calories and sugar. Those who consume too much soda face health risks, such as diabetes and tooth decay. They may also gain weight and have high cholesterol levels.



Eat More Fruit and Vegetables

Fruit and vegetables contain a lot of nutrition and vitamins. They can protect you from many diseases. This type of food can lower cholesterol levels and help you lose weight.



Drink Enough Water

Water is essential for the proper functioning of all body parts and organs. A person should drink eight glasses of water per day on average. Your organs, particularly your brain, begin to shut down after three to five days of not drinking water.

- 6 Fast food contains _____ fats. They can be harmful to one's health.
- 7 Eating too much red meat can raise your health _____.
- 8 Too much soda can cause _____ levels to increase.
- 9 Nutrition and _____ in fruit and vegetables help protect people from diseases.
- 10 Drinking _____ glasses of water per day is good for the human body.



Speaking

Put the sentences in the correct order to make a complete conversation.

- | | |
|---|--|
| ☐ 1 Do you get any exercise? | ☐ No, I don't. And you? |
| ☐ Are you practicing for the Olympics? | ☐ What are the sports? |
| ☐ You should do some exercise. | ☐ Yes. I do a lot of sports. |
| ☐ I watch TV and play video games. | ☐ Yeah! I do, too, but I'm tired. |
| ☐ No, I'm not. I want to have a healthy lifestyle. | ☐ So, what do you do in your free time? |
| ☐ I play soccer and do some running on weekends. | |



Writing

a. Put the words in the correct order to make complete sentences.

1 of / lots / They / fast food / every / eat / week.

2 does / eat / not / any / Jimmy / salad.

3 mother / My / morning. / of / lot / does / a / exercise / every

4 grandfather / not / My / eat / any / junk / does / food.

5 much / and / I / do / eat / fruit. / Hannah / not

b. Look at the table and write the sentences using **a little**, **some**, **lots of**, **a lot of**, **not much**, or **(not) any**.

Name Activity

Emily get sleep



Phong drink soda



Kate eat fast food



Tommy drink water



Lucas play video games



☐ a lot of/lots of

☐ a little/not much

☐ some

☐ (not) any



6 Emily _____

7 Phong _____

8 Kate _____

9 Tommy _____

10 Lucas _____

Answer key



• Pronunciation ____/10 pts.

• Vocabulary ____/20 pts.

• Grammar ____/20 pts.

• Reading ____/20 pts.

• Speaking ____/10 pts.

• Writing ____/20 pts.



Total ____ / 100 pts.