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Vocabulary:
 Reading :
 Listening:
 Mini Test:

HEALTH

VOCABULARY & FCE SPEAKING

***Lưu ý:** Các từ vựng mở rộng thầy cô cho ghi trong vở (nếu có) và các từ vựng mở rộng trong phiếu để có chủ thích nghĩa: con về nhà chép mỗi từ 1 dòng để ghi nhớ nhé.

VOCABULARY

No.	New words	Meanings	No.	New words	Meanings
1	fall ill (phr.v)	bị ốm, ngã bệnh	9	cure (n/v)	chữa bệnh, phương thuốc chữa bệnh
2	recuperate (=recover) (v)	hồi phục, hồi sức (sau khi đau ốm...)	10	under the weather (idiom)	cảm thấy không khỏe, mệt người, bị ốm
3	examine (v)	kiểm tra, khám (một bệnh nhân hoặc một bộ phận trên cơ thể) để phát hiện bệnh tật	11	come down with sth (phr.v)	ốm, ngã bệnh
4	operate (v)	(y học) mổ	12	be (as) fit as a fiddle (idiom)	khỏe như vâm, rất sung sức
5	take exercise (phr.v)	tập thể dục	13	be in good shape (idiom)	khỏe mạnh, sung sức
6	groggy (a)	chóng mặt, đứng không vững	14	life expectancy (n)	tuổi thọ trung bình
7	treat (v)	(y học) điều trị, chữa	15	raise public awareness (phr.v)	nâng cao nhận thức cộng đồng
8	get well (v)	khỏe lại	16	check-up (phr.v)	kiểm tra sức khỏe hoặc tình trạng của ai đó, thường bởi một bác sĩ hoặc chuyên gia y tế

* **Note:** n = noun: danh từ; v = verb: động từ; a = adjective: tính từ;
 phr.v = phrasal verb: cụm động từ; idiom: thành ngữ.

CAMBRIDGE VOCABULARY

No.	New words	Meanings	No.	New words	Meanings
1	incredible (a)	không thể tin được	4	initially (adv)	ban đầu
2	pre-historic (a)	(thuộc) thời tiền sử	5	insignificant (a)	vô nghĩa, tầm thường
3	inaccessible (a)	không thể tới gần	6	humankind (n)	nhân loại

* **Note:** a = adjective : tính từ; adv = adverb: trạng từ; n = noun: danh từ.

* Con thuộc nghĩa của từ, chép mỗi từ 1 dòng vào vở ghi và chỉnh phát âm theo từ điển.

HOMEWORK

I. Read the descriptions of the following words. Then write the complete words (some letters are already there).

0. the sound you make by playing instruments or singing

MUSIC

1. weak and unable to think clearly or walk correctly, usually because of tiredness or illness

_____ GG _____

2. to look at or consider a person or thing carefully and in detail in order to discover something about them

_____ X _____ E

3. to make someone healthy again, or to cause an illness to go away

_____ R _____

4. to become well again after an illness; to get back your strength, health, etc.

_____ E _____ E _____ E

5. a medical examination to test your general state of health

C _____ E _____ - _____

II. Complete the sentences by using words in the box (some words may not be used). Change the form of the words if necessary.

come down with	get well	treat	be in good shape	life expectancy	rein	take exercise
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0. You pull on both reins to stop or slow a horse, but only the left rein to turn left.

1. It was difficult to _____ patients because of a shortage of medicine.

2. The office has a gym for those who like to _____ in their lunch hour.

3. I feel like I'm _____ a cold.

4. If someone or something _____, they are in a good state of health or in a good condition.

5. _____ is the major factor influencing senior life insurance premiums.

III. Circle the correct answer A, B, or C.

0. Helen _____ the music club's activities when she was still a student.

☒ A. got involved in

B. converted into

C. worked her way up

1. I did have surgery a few months ago, but I'm _____ now.

A. in good shape

B. under the weather

C. as fit as a fiddle

2. The scientists are trying to find a(n) _____ for Alzheimer's Disease.

A. cure

B. awareness

C. life expectancy

3. They had to _____ on my arm because it was broken in two places.

A. recover

B. operate

C. get well

4. I heard you _____ ill yesterday. I hope it's nothing serious.

A. fell

B. got

C. took

5. The campaign has certainly succeeded in raising public _____ of the issue.

A. unawareness

B. aware

C. awareness

CAMBRIDGE PRACTICE

*Lưu ý:

1. Khi làm bài tập có từ mới, các con phải tra từ điển. Sau khi tra từ điển, các con chép mỗi từ mới 1 dòng để ghi nhớ.
2. Các con gạch chân các từ khoá chỉ nh trong bài đọc.

For questions 1–8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

In the exam, mark your answers on the separate answer sheet.

Example:

0 A bright B fair C keen D sharp

0	☒ A	☐ B	☐ C	☐ D
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Messages from the Stone Age

The incredible pre-historic Chauvet cave art in France is painted in (0) colours and dates back to a period around thirty thousand years ago when early humans first started to create rock art. Although various (1) of this art have been found in caves in Western Europe, very few people have seen the art at Chauvet because it is located (2) inside an inaccessible underground cave system. Those who have seen it say that it is very impressive, showing animals (3) horses, rhinos and cows, and that the artwork is good enough to (4) modern compositions.

The first scientists to (5) the Chauvet paintings missed some other important (6) however. The walls of the cave are also marked with a series of lines and symbols, that were initially (7) as insignificant. But recent research has suggested that these marks may represent humankind's first steps towards the development of writing, which is (8) people to rethink their ideas about when written communication first started.

- | | | | | |
|---|-----------------|--------------|--------------|------------|
| 1 | A illustrations | B models | C cases | D examples |
| 2 | A deep | B thick | C long | D dense |
| 3 | A by means of | B apart from | C as well as | D such as |
| 4 | A rival | B compare | C compete | D oppose |
| 5 | A arrive | B reach | C meet | D know |
| 6 | A instances | B matters | C details | D issues |
| 7 | A believed | B regarded | C thought | D agreed |
| 8 | A resulting | B having | C making | D causing |

Con hãy mở link nghe sau bằng máy tính nhé:

[Track 2](#)

16

You are going to listen to two friends, Carlos and Jack, talking about a student exchange trip. Listen and decide which countries Carlos and Jack come from.

17

Listen again. What activity does each member of Jack's family like doing? For questions 1-5, write a letter A-H next to each person.

Person

0 Jack

H

1 Jack's brother

2 Jack's sister

3 Jack's mum

4 Jack's dad

5 Jack's grandmother

Activity

A cooking

B going to the gym

C taking care of the garden

D doing art

E repairing things

F reading books

G shopping

H playing team sports

05

Listen again and choose the correct answer, A, B or C.

0 When will Deon and Mark go on the adventure holiday?

A June

B July

C August

Answer: C

1 How did Deon first find out about *World Trek* holidays?

A He has been on one of their holidays.

B He found their website online.

C He heard about it from someone he knows.

2 Deon would like to go on an adventure holiday

A in a forest.

B in the mountains.

C near the sea.

3 How much does the holiday they want to go on cost if they book it now?

A £500

B £650

C £800

4 The price of the holiday does NOT include

A food.

B the guide.

C transport.

5 What time will the boys meet this evening?

A 7pm

B 7:30 pm

C 8pm

[Track 5](#)