

Homework

Exercise 1.  **►3.3** Mọi người đang nói về việc tập thể dục. Cụm từ nào hoàn thành mỗi câu phát biểu? nghe và viết đúng chữ cái.

- | | |
|---------------------------------|-------------------------------|
| 1. Jim is lifting weights | a. to get some fresh air. |
| 2. George is walking | b. to lose weight. |
| 3. Phyllis is swimming | c. to reduce stress. |
| 4. Ted is playing tennis | d. to be strong and flexible. |
| 5. Brenda is doing yoga | e. to have a healthy heart. |

Exercise 2. Read the following passage and choose the correct answer for each question.

A healthful lifestyle leads to a longer, happier, healthier life. Staying healthy means eating a well-balanced diet, getting regular exercise, and avoiding things that are bad for the body and mind.

Nutrition plays a key role in maintaining good health and preventing many diseases. In spite of all the information available about diets, scientists still believe that good nutrition can be simple. There are several basic rules to follow. Keep fat intake low. Eat foods high in carbohydrates, which are the starches in grains, legumes (beans and peas), vegetables, and some fruits. Avoid too much sugar. Limit salt. Eat lots of fruits and vegetables, which are high in vitamins.

A healthful lifestyle is an active lifestyle. Lack of proper physical exercise can cause tiredness, irritability, and poor general health. Physical fitness requires both aerobic exercise, such as running, bicycle riding, and swimming, and muscle-strengthening exercises, such as weight-lifting.

Finally, good health is acquired by saying no to bad habits such as smoking, drinking, and overeating and by avoiding situations that are **constantly** stressful. People can take their lives and happiness into their own hands. Maintaining a healthy lifestyle is the first step.

1. What is the main idea of the passage?

- A. How to keep an active lifestyle
- B. How to lead a healthy life
- C. The importance of nutrition
- D. The importance of physical exercise

2. Three kinds of food that you should avoid having too much of are

- A. fat, foods high in carbohydrates, and legumes
- B. fat, salt, and vegetables
- C. starches, sugar, and salt
- D. fat, sugar, and salt

3. are not good for your health.

- A. Smoking, drinking, excessive eating, and dieting
- B. Drinking and excessive eating
- C. Smoking, drinking, excessive eating, and stressful situations
- D. Smoking, drinking, excessive eating, dieting, and stressful situations

4. What does the word "*nutrition*" in the first paragraph mean?

- A. The food we eat
- B. Eating
- C. Good health
- D. Dieting

5. What does the word "*constantly*" in the last paragraph refer to?

- A. Continuously
- B. Continual
- C. Terribly
- D. Eventually

Exercise 3. Điền từ phù hợp vào chỗ trống và chia ở thì hiện tại hoàn thành.

wear	give	forget	ride
choose	show	speak	leave

1. I to take my vitamins regularly, which may have badly affected my overall health.
2. She to follow a balanced diet to maintain her well-being.
3. They their unhealthy habits behind and have a healthier lifestyle.
4. The doctor me valuable advice on how to manage stress for better mental health.
5. He to a nutritionist to get personalized dietary recommendations.
6. We our bikes every weekend to stay active and improve our cardiovascular health.
7. She sunscreen every day to protect her skin from harmful UV rays.
8. The instructor us proper stretching techniques to prevent injuries during exercise.



LESSON 4. WORK

Pronunciation	Vowels (diphthongs): /eɪ/, /ɔɪ/, /aɪ/, /aʊ/, /əʊ/
Vocabulary	Work (work skills, career goals, ...)
Grammar	Future with "will & be going to"

Lesson preparation

Trước khi đến lớp, bạn cần hoàn thành phần bài tập sau để đảm bảo việc tiếp thu kiến thức trên lớp đạt hiệu quả. Sau khi làm xong, bạn có thể xem video chữa bài nhé.

Yêu cầu	Trạng thái hoàn thành
Exercise 1. Nối các động từ 1-10 với những từ a-j để tạo thành các cụm có nghĩa.	☐
Exercise 2. Đọc và điền từ thích hợp từ bài 1 vào chỗ trống để hoàn thành câu.	☐
Vocabulary box. Hoàn thành bảng từ vựng.	☐

Exercise 1. Nối các động từ 1-10 với những từ a-j để tạo thành các cụm có nghĩa.

- | | |
|----------------------|--------------------------|
| 1. earn | a. new skills |
| 2. develop | b. experience/ knowledge |
| 3. achieve | c. good money |
| 4. gain | d. targets |
| 5. work | e. hard |
| 6. communicate | f. well |
| 7. aim | g. a passion for |
| 8. have | h. to do something |
| 9. get | i. job |
| 10. dream | j. promoted |

Exercise 2. Đọc và điền từ thích hợp từ bài 1 vào chỗ trống để hoàn thành câu.

1. We gained more when we worked as volunteers last summer.
2. You don't good money as a volunteer but it's good fun.
3. I have a for graphic design, which is why I enjoy every project I work on.
4. You need to push yourself harder to promoted within the next year.
5. After years of working hard, I finally developed new
6. Being able to well with clients is essential in my line of work.
7. In the future, I to work in positions that match my major.
8. The sales team worked hard to their targets for the quarter.

English	CEFR	Phonetics	Vietnamese
Dream job (n)	A2	/dri:m dʒɒb/	
Have a passion for (v)	B1	/hæv ə 'pæʃən fɔ:r/	
Achieve targets (v)	A2	/ə'tʃi:v 'tɑ:gɪts/	
	A2	/ɜ:n gud 'mʌni/	Kiểm được nhiều tiền
Aim to do sth (v)	B1	/eɪm tə du: 'sʌmθɪŋ/	
Gain (knowledge/ experience) (v)	NA	/geɪn 'nɒlɪdʒ/ /geɪn ɪks'prɪəriəns/	
	A1	/wɜ:k hɑ:d/	Làm việc chăm chỉ
	A2	/dɪ'veləp nju: skɪlz/	Phát triển kỹ năng mới
	B1	/get prə'maʊtɪd/	Được thăng chức
Communicate well (v)	A2	/kə'mju:nɪ'keɪt wel/	