

Glossary

English	Vietnamese

Homework

Exercise 1. Listen to **[Track 1] Completion (1)** and complete the sentences below.

Write NO MORE THAN TWO WORDS for each answer.

1. Doing crosswords or playing computer games challenges the And
2. Studies show that regular physical exercise puts you in a more of mind.
3. We have to bewhen creating study plans.
4. Studying in the is inspiring.
5. When planning for a study we must decide on time, place and

Exercise 2.

a. Watch the **[Track 2] Completion (1)** and complete the summary below.

Write NO MORE THAN TWO WORDS for each answer.

Origins of the Caveman Diet

There are many popular fad diets nowadays. They all promise good health if you stick to the **1**..... The Caveman diet is a popular example. This diet includes foods such as lean meat and fish that our forebears ate before we developed **2** We need to find out what our ancestors did eat, so researchers are studying some existing hunter-gatherer tribes. These tribes typically like to eat meat but they can't always get it, even though they are skilled with their weapons, e.g. **3** And So, instead, they eat foods that their wives gather. They get only about a **4** Of their energy from meat.

b. Read the transcript for Track 2 and complete the table below.

Key words in the question	Their paraphrases in the audio
good health	
popular	
stick to	follow
	after the invention of
typically like to eat meat	
	being very skillful with equipment
	their calories come from this protein and fat rich source

Now, open the Student's book Fighter 4 and complete the following tasks.

Task	Requirement	Status
IELTS Practice task 2	Complete questions 1-5 and 6-10 (p.11)	☐
Vocabulary 1	Exercises 2,3 5, and 7 (p.26, p.27)	☐