

Ex1: Look at the words and write the new words.

Tập thể dục	1.	Giữ dáng	10.
Nghỉ ngơi	2.	Giữ sạch sẽ	11.
Ngủ nhiều hơn	3.	Rửa tay	12.
Ăn nhiều trái cây	4.	Xem ít ti vi	13.
Tránh đồ ăn vặt	5.	Hạn chế thời gian	14.
Đội mũ	6.	Rửa mặt	15.
Nằm nghỉ	7.	Ăn kiêng	16.
Tập thể dục nhịp điệu	8.	Giảm cân	17.
Đặt đồng hồ báo thức	9.	Chơi thể thao	18.

Exercise 2. Put the word into the correct column according to the underlined part

Words	/f/	/v/	Words	/f/	/v/	Words	/f/	/v/
knife			of			level		
leaf			paragraph			Stephen		
rough			life			tough		
knives			cough			conversation		
leaves			phonetics			move		
live			very			lovingly		
laugh			enough			tough		

Exercise 3. Circle the correct word or phrase to complete the sentences:

1. She jogs every day to keep **fit** / **unfit**.
2. Eating much fast food is not good for your **healthy** / **health**.
3. You will get **sunburn** / **suncream** if you spend too much time in the sun.
4. I like **indoor** / **outdoor** activities such as boating and cycling.
5. There is rice, fried fish, and some vegetables in my **lunch box** / **school bag**.
6. We should **affect** / **avoid** sweetened food and soft drinks.
7. Tofu is a product from **soybeans** / **coloured vegetables**.
8. You shouldn't read in **dim** / **bright light**.
9. **Acne** / **Activity** is a skin condition.
10. **Doctors** / **Vegetarians** don't eat meat or fish.

Ex4. Choose the word or phrase (A, B, C or D) that best fits the blank space in each sentence.

1. He usually _____ jogging for half an hour before breakfast.
A. goes B. rides C. takes D. cycles
2. Playing sports is very good for our _____.
A. chapped lips B. suncream C. acne D. health
3. You should wear a hat and put on suncream to avoid _____.
A. skin B. fitness C. activity D. sunburn
4. _____ is good for our eyes.
A. Alcohol B. Vitamin A C. Vitamin D D. Fast food
5. She exercises regularly to keep _____.
A. fit B. clean C. tidy D. unhealthy
6. Tofu is a product from _____.
A. fish B. meat C. soybeans D. lemons
7. He doesn't eat meat or fish. He is a _____.
A. actor B. cooker C. vegetarian D. writer
8. _____ and fruit have many vitamins.
A. Bread B. Soft drinks C. Cakes D. Vegetables
9. The lamp doesn't give much light. It's quite _____.
A. dim B. fresh C. bright D. tasty
10. Her hands are red and _____ because of working outside all winter
A. warm B. chapped C. healthy D. smooth
11. Mai is a good student. **The subject is:** _____.
A. Mai B. is C. good D. student
12. She has a new uniform. **The verb is:** _____.
A. She B. has C. a D. uniform
13. She draws flowers very beautifully. **The object is:** _____.
A. draws B. flowers C. very D. beautifully
14. We go cycling every day. **The adverb is:** _____.
A. We B. cycling C. every D. every day
15. The Japanese often eat lots of tofu. **The subject is:** _____.
A. The B. Japanese C. The Japanese D. lots of tofu
16. _____ My mother and I jog every morning. **The subject is:** _____.
A. My mother B. My mother and I C. jog D. every morning
17. Most children love fast food and soft drinks. **The verb is:** _____.
A. Most B. love C. fast D. soft
18. He doesn't read science books. **The object is:** _____.
A. doesn't B. science C. books D. science books
19. My sister rarely drinks orange juice. **The verb is:** _____.
A. My B. rarely C. drinks D. orange
20. They went to Paris two weeks ago. **The adverb is:** _____.
A. two B. weeks C. ago D. two weeks ago

Exercise 5. Complete the dialogue with the words from the box.

Thank	use	shouldn't	with	screen	eyes
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Mai's mother: What's the matter (1) _____ you?

Mai: My (2) _____ are tired.

Mai's mother: You should (3) _____ eye drops.

Mai's mother: And you (4) _____ look at your smartphone
(5) _____ too long.

Mai: (6) _____ you, mom.

Exercise 6. Match the two parts into a simple sentence.

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|---------------------|------------------------------|
| 1. He likes playing | A. from Tokyo. |
| 2. Mai met | B. him yesterday. |
| 3. They are | C. like swimming. |
| 4. This is my | D. football every afternoon. |
| 5. How old | E. friend Lan. |
| 6. I don't | F. is he? |

1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____