NAME: _____ CLASS: _____

WEEK 3-SEP: TAG QUESTIONS + REVIEW COMPARISON

I. TAG QUESTION (CÂU HỎI ĐUÔI)

Câu hỏi đuôi là dạng câu hỏi ngắn ở cuối câu dùng để **xác minh thông tin là đúng hay không.**

1. QUY TẮC THÀNH LẬP CÂU HỎI ĐUÔI

a. Nếu mệnh đề chính mang tính khẳng định thì câu hỏi đuôi ở dạng phủ định và ngược lại, nếu mệnh đề chính ở dạng phủ định (có not hoặc từ phủ định) thì câu hỏi đuôi ở dạng khẳng định. (NGƯỢC DẤU)

You are a doctor, aren't you? *(Bạn là một bác sĩ có phải không?)*

Khẳng định *Phủ định*

He didn't play tennis, did he? (*Anh ta đã không chơi tennis có phải không?)*

Phủ định *Khẳng định*

b. Câu hỏi đuôi dùng *to be, trợ động từ hoặc động từ khuyết thiếu* và thì tương ứng với mệnh đề chính.

He has opened the room, hasn't he? Thì HTHT lấy bằng trợ động từ "has"

★ **Lưu ý:** Phần câu hỏi đuôi **luôn luôn được viết tắt khi ở dạng phủ định**

She often comes late, does not she? ☒ She often comes late, doesn't she? ☑

2. MỘT SỐ TRƯỜNG HỢP ĐẶC BIỆT CẦN LƯU Ý

a. Các từ sau mang tính chất phủ định: never, seldom, hardly ever, rarely, barely, scarcely, ...

Ví dụ: Tom barely has dinner at home, does he?

Phủ định *Khẳng định*

b. Láy đuôi của câu mệnh lệnh (câu không có chủ ngữ) là *will you*.

Ví dụ: Open the door, ***will you***? *(Vui lòng mở cửa được chứ?)*

c. Láy đuôi của let's (câu rủ) là *shall we.*

Ví dụ: Let's find something to drink, ***shall we***? *(Hãy tìm gì đó uống nhé?)*

d. Câu hỏi đuôi của I am là *aren't I*.

Ví dụ: I am an architect, ***aren't I***? *(Tôi là một kiến trúc sư có phải không?)*

e. Láy đuôi của đại từ bất định chỉ người: *everyone/everybody, no one/nobody, anyone/anybody, someone/somebody* dùng **chủ ngữ *they.***

Ví dụ: Everyone in the room brings a lunchbox, ***don't they***?

f. Láy đuôi của đại từ bất định chỉ vật: *everything, nothing, anything, something* dùng chủ ngữ ***it.***

Ví dụ: Everything is ok, ***isn't it?***

g. Láy đuôi của must

➢ Khi chỉ **sự cần thiết** phải làm gì, láy bằng ***needn't***

Ví dụ: You must finish your homework, needn't you? *(Bạn phải làm bài tập về nhà phải không?)*

➢ Khi chỉ **sự cấm đoán** (musn't), láy bằng ***must***

Ví dụ: You mustn't go home after 10 pm, must you? *(Bạn không được về nhà sau 10 giờ tối.)*

➢ Khi **dự đoán ở hiện tại**, láy theo ***động từ sau must***.

Ví dụ: You must be a celebrity, aren't you? *(Bạn chắc hẳn là một người nổi tiếng.)*

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h. Láy đuôi của <u>ought to</u> là *<u>shouldn't</u>*

Ví dụ: He **<u>ought to</u>** see this cat, ***<u>shouldn't he</u>***? *(Anh ta nên xem con mèo này có phải không?)*

i. Láy đuôi của <u>need</u>

➢ Khi **<u>need</u>** làm **<u>động từ thường</u>**: need to V, láy bằng ***<u>trợ động từ tương ứng</u>***.

Ví dụ: Police **<u>needed</u>** to find the robber, ***<u>didn't they</u>***? *(Cảnh sát đã cần tìm tên cướp phải không?)*

➢ Khi **<u>need</u>** làm động từ khuyết thiếu, láy bằng ***<u>need</u>***

Ví dụ: Lan **<u>needn't do</u>** homework, ***<u>need she</u>***? *(Lan không cần làm bài tập phải không?)*

j. Cấu trúc I + think/believe/expect/feel/... that + S + V

➢ Tính **<u>khẳng định phủ định</u>** xét theo mệnh đề **I think/believe, ...**

➢ **<u>Chủ ngữ và to be/trợ động từ</u>** xét theo **mệnh đề S + V đằng sau**.

Ví dụ: I believe chickens cannot run very fast, ***can't they?***

I don't think we should use fossil fuel, ***should we?***

II. Practice about Tag questions

Exercise 1. Circle the best correct answer (A, B, C or D) for each of following questions.

Question 1 [573174]: Ha Noi was named Thang Long, _____?

A. didn't it B. was it C. doesn't it D. wasn't it

Question 2 [573175]: John won't be late again, _____?

A. will he B. won't he C. doesn't he D. does he

Question 3 [573176]: She's been to Paris before, _____?

A. hasn't she B. has she C. isn't she D. wasn't she

Question 4 [573177]: They never forget your birthday, _____?

A. do they B. don't they C. did they D. didn't they

Question 5 [573178]: We couldn't solve the problem, _____?

A. could we B. couldn't we C. can we D. can't we

Question 6 [573179]: You had already visited Italy before, _____?

A. hadn't you B. had you C. did you D. didn't you

Question 7 [573180]: Tina seldom goes out alone at night, _____?

A. does she B. doesn't she C. did she D. didn't she

Question 8 [573181]: There's no need to worry about it, _____?

A. is there B. isn't there C. was there D. wasn't there

Question 9 [573182]: Don't shout, _____? I can hear you perfectly well.

A. do you B. won't you C. will you D. don't you

Question 10 [573183]: Martin used to live in Oxford, _____?

A. was he B. wasn't he C. did he D. didn't he

Question 11 [573184]: They've waited a long time, _____?

A. haven't they B. have they C. don't they D. do they

Question 12 [573185]: It's a beautiful day, _____?

A. isn't it B. isn't he C. wasn't it D. wasn't he

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Question 13 [573186]: You needn't worry about the presentation, _____?

A. need you B. needn't you C. did you D. didn't you

Question 14 [573187]: He seldom makes mistakes in his calculations, _____?

A. does he B. doesn't he C. did he D. didn't he

Question 15 [573188]: We're going to pay a visit to the National Zoo, _____?

A. do we B. don't we C. are we D. aren't we

Question 16 [573189]: Someone comes to visit us soon, _____?

A. doesn't he B. hasn't he C. haven't they D. don't they

Question 17 [573190]: It rained heavily last night, _____?

A. did it B. doesn't it C. didn't it D. does it

Question 18 [573191]: Mike has attended over 12 meetings so far, _____?

A. hasn't he B. does he C. doesn't he D. has he

Question 19 [573192]: Paul has three apples and a bar of chocolate, _____?

A. hasn't he B. does he C. doesn't he D. has he

Question 20 [573193]: Let's go camping this weekend, _____?

A. will you B. isn't we C. shall we D. doesn't it

Question 21 [573194]: What a lovely teddy bear, _____?

A. is it B. isn't it C. does it D. doesn't it

Question 22 [573195]: No one in the group has visited Vietnam, _____?

A. haven't they B. hasn't they C. doesn't it D. don't they

Question 23 [573196]: Rememer to drink 2 liters of water a day, _____?

A. will you B. won't you C. don't you D. do you

Question 24 [573197]: What I want is a glass of cold beer, _____?

A. is it B. don't I C. do I D. isn't

Question 25 [573198]: I am wrong, _____?

A. am not I B. amn't I C. are I D. aren't I

Question 26 [573199]: Everybody has to wear uniform to school, _____?

A. hasn't it B. don't they C. haven't they D. has it

Question 27 [573200]: You have fish and chips for lunch, _____?

A. do you B. don't you C. will you D. won't you

Question 28 [573201]: Lisa must be a talented idol, _____?

A. mustn't she B. needn't she C. don't she D. isn't she

Question 29 [573202]: I think that she's a very selfish person, _____?

A. doesn't she B. isn't she C. don't I D. is she

Question 30 [573203]: You and I could have given him a hand, _____?

A. can I B. could we C. couldn't I D. couldn't we

Question 31 [573204]: The children are playing tennis excitedly in the garden, _____?

A. are we B. aren't we C. aren't they D. are not they

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Question 32 [573205]: These flowers look extremely lovely, _____?

A. don't these B. aren't these C. don't they D. aren't these

Question 33 [573206]: I wish I could be a millionaire, _____?

A. couldn't I B. shall we C. will I D. may I

Question 34 [573207]: *Blackpink* is the most famous girl group nowadays, _____?

A. isn't it B. is it C. are they D. aren't they

Question 35 [573208]: I believe he will come here, _____?

A. will he B. won't he C. won't I D. don't I

Question 36 [573209]: We should follow the traffic rules strictly, _____?

A. shall we B. shouldn't we C. don't we D. should we

Question 37 [573210]: Something's at the door, _____?

A. is it B. doesn't they C. doesn't it D. isn't it

Question 38 [573211]: Let's bring some orange juice for the party, _____?

A. could we B. shall we C. will you D. won't you

Question 39 [573212]: This is the first time she's been to New York, _____?

A. isn't this B. isn't it C. has she D. hasn't she

Question 40 [573213]: Darren has made no effort to finish the project, _____?

A. hasn't she B. doesn't she C. has not she D. does she

Question 41 [573214]: He ought not to steal her car, _____?

A. oughtn't he B. shouldn't he C. should he D. ought he

Question 42 [573215]: He thinks China is still the most populous country, _____?

A. isn't he B. doesn't it C. doesn't he D. isn't it

Question 43 [573216]: How wonderful the scene is, _____?

A. is it B. does it C. doesn't it D. isn't it

Question 44 [573217]: I like eating chocolate pastries, _____?

A. am I B. aren't I C. don't I D. do I

Question 45 [573218]: Sarah won't mind if I borrow her laptop, _____?

A. doesn't she B. won't she C. will she D. don't I

Question 46 [573219]: We scarcely have lunch at the park, _____?

A. haven't we B. don't we C. do we D. doesn't we

Question 47 [573220]: Let's focus on our lecture, _____?

A. can we B. can I C. will you D. shall we

Question 48 [573221]: Nothing is more precious than independence and freedom, _____?

A. is it B. isn't it C. will it D. won't it

Question 49 [573222]: You have finished your chores, _____?

A. haven't you B. don't you C. do you D. are you

Question 50 [573223]: *Dao, Pho va Piano* needs to be more popular, _____?

A. needn't it B. does it C. need it D. doesn't it

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III. REVIEW COMPARISON (SO SÁNH)

1. SO SÁNH HƠN VÀ SÁNH NHẤT

a. Tính từ ngắn và tính từ dài

➢ Tính từ ngắn là những từ chỉ bao gồm **1 âm tiết** hoặc bao gồm **2 âm tiết** và **kết thúc bởi các đuôi -er, -et, -y, - le, -ow.**

Ví dụ: big, small, tall, round, happy, quiet, narrow,...

➢ Tính từ dài là những từ bao gồm 2 âm tiết trở lên (trừ những từ 2 âm tiết có đuôi kể trên).

Ví dụ: wonderful, expensive, comfortable, modem,...

b. So sánh hơn

➢ **Với tính từ ngắn:**

adj-er + (than)

John now is happier than before. (John bây giờ thì vui vẻ hơn trước.)

➢ **Với tính từ dài và trạng từ:**

more/less + adj/adv + (than)

+ Apes are more intelligent than monkeys. *(Tinh tinh thì thông minh hơn khỉ.)*

+ She sings more beautifully than anyone in this room. *(Cô ấy hát hay hơn bất cứ ai trong căn phòng này.)*

+ Traditional markets are less convenient than shopping malls.

c. So sánh nhất

➢ **Với tính từ ngắn:**

the + adj-est

+ Knowledge is the easiest thing you can get for free. *(Kiến thức là điều dễ nhất bạn có thể có miễn phí.)*

➢ **Với tính từ dài và trạng từ:**

the most/least + adj/adv

+ The tower is the most magnificent building in the city. *(Tòa tháp đó là tòa nhà tráng lệ nhất thành phố.)*

+ Laura speaks English (the) most fluently in our class. *(Laura nói tiếng Anh trôi chảy nhất lớp.)*

+ This bed is the least expensive one in the store. *(Chiếc giường này là chiếc ít đắt nhất trong cửa hàng.)*

★ Một số tính từ và trạng từ sẽ có dạng so sánh hơn và so sánh nhất đặc biệt được liệt kê trong bảng dưới đây:

Tính từ/Trạng từ	So sánh hơn	So sánh nhất
good/well	better	the best
bad/badly	worse	the worst
many/much	more	the most
little	less	the least
far	farther/further	the farthest/furthest
old	older/elder	the oldest/eldest

★ Một số trường hợp bỏ **THE** trong so sánh nhất:

Khi trước so sánh nhất đã có tính từ sở hữu: my, his, her, ...

Khi sau tính từ so sánh nhất không có danh từ

Dạng so sánh nhất với trạng từ có the bỏ **THE**

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2. SO SÁNH BẰNG

➢ **Với tính từ và trạng từ:**

S1 + be/V + as + adj/adv + as + S2

She is as graceful as her mom. *(Co ay duyên dáng như mẹ mình.)*

He drives as carefully as the old driver. *(Anh ta lái xe cẩn thận như người lái xe cũ.)*

★ **Lưu ý:** Với **câu phủ định** của dạng so sánh bằng, có thể thay thế từ **as** thứ nhất bằng từ **so.**

This house is not SO modern as the one we just visited.

= This house is not as modern as the one we just visited.

➢ **Với danh từ**

S1 + to be + the same + N + as + S2

Mary is the same age as Linda. *(Mary thì cùng tuổi với Linda.)*

3. SO SÁNH KÉP

➢ **So sánh với một tính từ (càng ngày càng)**

Tính từ ngắn: adj-er + and adj-er

Tính từ dài: more and more + adj

The weather is becoming hotter and hotter. *(Thời tiết càng ngày càng nóng hơn.)*

Taylor Swift is getting more and more famous. *(Taylor Swift đang trở nên càng ngày càng nổi tiếng.)*

➢ **So sánh với 2 tính từ (càng ... càng)**

The + so sánh hơn + S + V, the + so sánh hơn + S + V

+ The older you are, the more your experience will be.

(Bạn càng lớn tuổi thì trải nghiệm của bạn càng nhiều.)

+ The more trees we plant, the greener our planet is.

(Chúng ta càng trồng nhiều cây, hành tinh này càng xanh hơn.)

4. SO SÁNH GẤP SỐ LẦN

S1 + V + twice/three times/... + as + much/many/adj + **as + S2 + V**

Ví dụ:

Gold price is four times as expensive as it was 20 years ago. *(Giá vàng đắt gấp 4 lần 20 năm trước.)*

Dưới đây là một số lưu ý với các cấu trúc so sánh:

1. Chúng ta dùng một số từ trước so sánh HƠN để nhấn mạnh như: **much, far, a lot, a little, a bit,**

Ví dụ: She is much taller than me. *(Cô ấy cao hơn tôi rất nhiều.)*

2. Khi dùng câu so sánh nên nhớ các đối tượng dùng để so sánh phải tương đương nhau: **người với người, vật với vật.**

His paintings are as beautiful as his teacher. → sai

(Câu này so sánh các bức tranh của anh ấy với giáo viên trong khi mục đích là so sánh bức tranh của anh ấy với bức tranh của giáo viên).

His drawings are as perfect as his teacher's (paintings). → đúng

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IV. PRACTICE ABOUT COMPARISON

Exercise 2. Circle the best correct answer (A, B, C or D) for each of following questions.

Question 1 [573224]: Ben is not _____ her brother.

A. more intelligent as B. intelligent as

C. so intelligent as D. so intelligent that

Question 2 [573225]: Ho Chi Minh city is _____ than Ha Noi.

A. more dynamic B. most dynamic C. as dynamic D. dynamic

Question 3 [573226]: He is the _____ student in this class.

A. very bright B. most bright C. more bright D. less bright

Question 4 [573227]: Instead of slowing down, he drove _____.

A. more fastly B. faster C. more fast D. more faster

Question 5 [573228]: Paul behaves _____ in our company.

A. more different B. more differently C. most different D. most differently

Question 6 [573229]: Mount Everest is the _____ mountain on Earth.

A. high B. higher C. highest D. highly of all

Question 7 [573230]: The deep oceans contain some of the _____ living creatures.

A. strangest B. strange C. as strange as D. stranger

Question 8 [573231]: When comparing the Earth and the Moon, the Earth is _____ than the Moon.

A. the largest B. larger C. more large D. largely

Question 9 [573232]: _____ you are, _____ you concentrate.

A. Tired/ the least hard B. The more tired/ the harder

C. The tireder/ the harder D. The tired/ the harder

Question 10 [573233]: Vietnam exports _____ any countries in Southeast Asia.

A. ricer than B. more rice than C. most rice D. most rice than

Question 11 [573234]: Of the two competitors, the first person _____.

A. is knowledgeable B. the most knowledgeable

C. is more knowledgeable D. is so knowledgeable as

Question 12 [573235]: Your bed is _____ mine.

A. as big as B. so big as C. as big so D. bigger as

Question 13 [573236]: He drives _____ than his brother.

A. more careful B. more carefully C. more carefully D. as careful as

Question 14 [573237]: The Street has become _____ since they finished building the palace.

A. more narrow B. more and more narrow

C. narrower and narrower D. most narrow

Question 15 [573238]: The faster we complete the task, _____.

A. the sooner we can leave B. we can leave sooner and sooner

C. the sooner can we leave D. we can leave the sooner

Question 16 [573239]: The apples are _____ than the last time I bought it.

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A. badder B. bad C. worse D. worst

Question 17 [573240]: This hotel costs _____ the one we stayed in last year.

A. two as much as B. twice as much as

C. as twice much as D. twice so much as

Question 18 [573241]: This is _____ movie that I've ever seen.

A. the interesting B. the more interesting

C. the most interesting D. most interesting

Question 19 [573242]: Mia isn't _____ she looks.

A. so young as B. as young so C. more young D. as young

Question 20 [573243]: Her mother's illness becomes _____.

A. worst and worst B. more and more worse

C. worse and worse D. more worse and more

Question 21 [573244]: John has _____ me.

A. as salary as B. the same salary as

C. more salary as D. many salary as

Question 22 [573245]: IELTS examination is getting _____ because students are better and better.

A. more and more difficult B. much difficult and difficult

C. the most difficult D. the more difficult

Question 23 [573246]: _____ the building is, _____ its walls have to be.

A. Higher/thicker B. The more high/the more thick

C. The higher/the thicker D. The more high/the thicker

Question 24 [573247]: Of the two sisters, Olivia is _____.

A. more clever B. cleverer C. most clever D. cleverest

Question 25 [573248]: She got married to a man who is _____ her.

A. much more older B. much older

C. more much older D. much more old

Question 26 [573249]: This cake is cooked _____ than Paul's cake.

A. most skillful B. skillfuller C. more skillfully D. more skill

Question 27 [573250]: The problem seems to be _____.

A. more and more hard B. more hard and more hard

C. harder and harder D. more and more harder

Question 28 [573251]: Sapa is considered as one of _____ places in the North of the Vietnam.

A. more attractive B. most attractive C. much attractive D. attractly

Question 29 [573252]: The speed of the new car is _____ the previous one.

A. twice as fast as B. twice fast as

C. as twice as faster than D. twice faster than

Question 30 [573253]: Nobody was _____ than Molly when she knew she got the highest scholarship.

A. more happyB. happier C. the most happy D. happiest

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Question 31 [573254]: The big suitcase is _____ the small suitcase.

A. more heavy B. heavier than C. the heaviest D. heaviest

Question 32 [573255]: People say I look just _____ my sister.

A. as same as B. the same as C. much as D. the same

Question 33 [573256]: My friend Lily is _____ pretty as a princess.

A. as much B. as C. so D. more

Question 34 [573257]: His daughter is _____ his son. He often cries when watching romantic movies.

A. less emotional B. more emotional

C. much emotional D. least emotional

Question 35 [573258]: Which area is _____? District 1 or district 3?

A. more quiet B. quieter C. the most quiet D. as quiet

Question 36 [573259]: You must solve your problems _____.

A. as soon as you can B. as soonly as you can

C. as soon than you are D. as soon as you are

Question 37 [573260]: The accident was _____ we thought at first.

A. more seriously as B. as seriously as

C. more serious than D. as serious than

Question 38 [573261]: Thanks to the development of technology, our lives have become _____.

A. more and more good B. better and better

C. the more and more good D. gooder and gooder

Question 39 [573262]: Liam wrote more _____ with more mistakes than this term.

A. careless B. careful C. carefully D. carelessly

Question 40 [573263]: Why did you buy these tangerines? - They were _____ I could find.

A. cheapest B. cheapest ones

C. the cheapest ones D. the most cheapest

Question 41 [573264]: The larger the city, _____ the crime rate.

A. highest B. higher C. the highest D. the higher

Exercise 3. Rewrite each sentence so it has the same meaning.

Question 1 [573265]: The new model of the car is faster than the old one.

→ The old car model

Question 2 [573266]: No one in the company is more hard-working than Kevin.

→ Kevin

Question 3 [573267]: He speaks too much, and people feel bored.

→ The more

Question 4 [573268]: I've never tasted a more delicious dish than this one.

→ This is the

Question 5 [573269]: Linda's hair is as long as mine.

→ Linda's hair is the

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Question 6 [573270]: My brother studies better than my sister.

→ My sister doesn't

Question 7 [573271]: The students are interested in the difficult Math exercise.

→ The more

Question 8 [573272]: The skyscraper is taller than any other buildings in the city.

→ The skyscraper

Question 9 [573273]: This bed isn't so comfortable as the one Paul had before.

→ The bed Paul had before

Question 10 [573274]: This is the most boring film that I've ever seen.

→ I've never

Question 11 [573275]: She does not play badminton as well as Jake.

→ Jake can

Question 12 [573276]: Liam is the tallest student in the class.

→ No one

Question 13 [573277]: The apartment is bigger so the rent will be higher.

→ The bigger

Question 14 [573278]: This car is the same price as that one.

→ This car is as

Question 15 [573279]: Michael drives more carefully than Peter.

→ Peter drives

→ Peter doesn't drive

Question 16 [573280]: She thinks P.E is easier than Science.

→ She thinks P.E isn't

Question 17 [573281]: Joan can't cook as well as her mom.

→ Joan's mother can

Question 18 [573282]: If the story is interesting, people will concentrate on it.

→ The more

Question 19 [573283]: No one in the room dances as gracefully as Cinderella.

→ Cinderella

Question 20 [573284]: Have you got any bigger size for this dress?

→ Is this

LIVEWORKSHEETS

V. HEALTHY LIFESTYLE

STT	Từ	Từ loại	Nghĩa
1	access	v	*truy cập*
2	accomplish	v	*hoàn thành*
3	account	n	*tài khoản*
4	additional	adj	*thêm vào*
5	allergy allergic	n adj	*bệnh dị ứng* *bị dị ứng*
6	ambulance	n	*xe cứu thương*
7	anxious anxiety	adj n	*lo âu* *mối lo âu*
8	appointment	n	*cuộc hẹn*
9	appropriate	adj	*phù hợp*
10	bone	n	*xương*
11	boost	v	*thúc đẩy*
12	break	n	*giờ nghỉ giải lao*
13	cafeteria	n	*tiệm đồ ăn tự phục vụ*
14	calendar	n	*lịch*
15	carsick	adj	*say xe*
16	counsellor	n	*cố vấn*
17	check-up	n	*sự kiểm tra (sức khỏe)*
18	chemical chemical	n adj	*hóa chất* *(thuộc) hóa học*
19	delay	v	*trì hoãn*
20	detox	v	*thanh lọc*
21	diary	n	*nhật kí*
22	diet (go) on a diet	n phr	*chế độ ăn ăn kiêng*
23	digestive system	np	*hệ tiêu hóa*
24	distract distraction	v n	*làm xao nhãng* *việc làm xao nhãng*
25	due date	np	*ngày đến hạn*
26	effective	adj	*có hiệu quả*
27	effort	n	*nỗ lực*
28	expert	n	*chuyên gia*
29	eyesight	n	*thị lực*
30	fall asleep	phr	*Bắt đầu ngủ*

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31	fattening	adj	*gây béo phì*
32	first aid	np	*sơ cứu*
33	flu	n	*cúm*
34	food poisoning	np	*ngộ độc thực phẩm*
35	function	n	*chức năng*
36	habit	n	*thói quen*
37	harmful	adj	*có hại*
38	hydrate	v	*làm ẩm/giữ nước*
39	junk food	np	*đồ ăn nhanh*
40	lose weight >< gain weight	phr	*giảm cân* *>< tăng cân*
41	maintain	v	*duy trì*
42	mineral	n	*khoáng chất*
43	muscle	n	*cơ bắp*
44	nap	n	*giấc ngủ ngắn/ngủ trưa*
45	nature natural	n adj	*thiên nhiên* *(thuộc về) thiên nhiên*
46	necessary	adj	*cần thiết*
47	nourish	v	*nuôi dưỡng*
48	nutrient nutrition nutritious	n n adj	*chất dinh dưỡng* *dinh dưỡng* *bổ dưỡng*
49	obese obesity	adj n	*béo phì* *bệnh béo phì*
50	offer	v	*đề nghị*
51	optimistic >< pessimistic	adj adj	*lạc quan* *>< bi quan*
52	organ	n	*cơ quan, nội tạng*
53	pill	n	*viên thuốc*
54	positive >< negative	adj adj	*tích cực* *tiêu cực*
55	priority	n	*sự ưu tiên*
56	product	n	*sản phẩm*
57	productivity	n	*năng suất, hiệu suất*
58	promote	v	*thúc đẩy*
59	punish	v	*phạt*

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60	physical mental	adj adj	*(thuộc) vật lí, cơ thể* *(thuộc) tinh thần*
61	reduce	v	*giảm*
62	regularly	adv	*thường xuyên*
63	remedy	n	*liệu pháp, giải pháp*
64	repair	v	*sửa chữa*
65	rest	v	*nghỉ ngơi*
66	risk	n	*nguy cơ*
67	routine	n	*thói quen, việc hay làm*
68	salt	n	*muối*
69	schedule	n	*lịch trình*
70	sore throat	np	*đau họng*
71	stay up (late)	vp	*ngủ muộn*
72	sugary	adj	*chứa đường*
73	sunblock = sunscreen	n n	*kem chống nắng* *kem chống nắng*
74	sweat	n	*mồ hôi*
75	tip	n	*mẹo*
76	truth	n	*sự thật*
77	urgent	adj	*khẩn cấp*
78	well-balanced	adj	*cân bằng, ổn định*
79	workout	n	*tập luyện thể chất*

2. TỔNG HỢP CẤU TRÚC CẦN NHỚ

STT	Cụm	Nghĩa
1	be ready to V	*sẵn sàng*
2	distract sb from sth/V-ing	*làm xao nhãng ai khỏi điều gì*
3	sign out of sth	*đăng xuất khỏi*
4	focus on sth/V-ing = concentrate on sth/V-ing	*tập trung vào*
5	be addicted to sth	*nghiện*
6	come down with	*mắc (bệnh)*
7	deal with	*xử lí, giải quyết*
8	suggest + (not) V-ing	*đề nghị làm gì*
9	access to V	*truy cập, tiếp cận tới*
10	avoid + V-ing	*tránh làm gì*

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Exercise 4. Fill in the blanks with the suitable given words.

Paragraph 1

junk food	distractions	rest
remedy	mental	habit

Taking care of our (1) _____ health is significant, especially in today's fast-paced world filled with (2) _____ which prevent you from focusing on your things. Sometimes, the best (3) _____ is something simple and natural, like taking a moment to (4) _____ and unwind. While sugary and (5) _____ might seem like quick fixes, they can actually worsen our mental state in the long run. Developing a (6) _____ of nourishing our bodies with wholesome foods can significantly improve our overall well-being.

Paragraph 2

sugary	*harmful*	*digestive*
check-ups	*accomplish*	*diet*

Maintaining good physical health is essential for a happy life. Regular (1) _____ with doctors help us have information about any potential (2) _____ conditions. Adding natural foods into our (3) _____, rather than relying on (4) _____ or processed food, can significantly improve our overall well-being. By making small changes to our lifestyle, we can (5) _____ positive habits leading to better health. Remember, it's the little choices we make every day that add up to significant improvements of (6) _____ system.

Paragraph 3

risk	*energy*	*nutrients*
supportive	*prioritize*	*balanced*

For teenagers aiming to maintain a healthy lifestyle, a few key tips can make a big difference.

• First, (1) _____ regular physical activity. Whether it's through sports, or simply going for a walk helps maintain a healthy weight and boosts (2) _____ levels.

• Second, making nutritious food choices is essential. Adding plenty of fruits, vegetables, whole grains into meals provides the body with (3) _____ for growth and development.

• Third, limiting the intake of sugary drinks and snacks can also help prevent weight gain and reduce the (4) _____ of developing diseases.

• Lastly, finding healthy ways to manage stress, such as engaging in hobbies, or spending time with (5) _____ friends and family, can contribute to a (6) lifestyle.

Exercise 5. Circle the best correct answer (A, B, C or D) for each of following questions.

Question 1 [574204]: When is the _____ for the submission of the research paper?

A. due date B. requirement C. check-up D. checkpoint

Question 2 [574205]: After a long day of studying, Sarah decided to take a quick _____ to recharge her energy.

A. rest B. nap C. break D. run

Question 3 [574206]: Regular exercise helps to strengthen and tone your _____.

A. bones B. muscles C. organs D. brain

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Question 4 [574207]: To complete the project on time, they had to _____ late into the night.
A. stand up B. stay up C. wake up D. get up
Question 5 [574208]: A(n) _____ approach to life involves managing time, relationships, and responsibilities effectively.
A. well-balanced B. optimistic C. harmful D. urgent
Question 6 [574209]: Eating a variety of fruits and vegetables helps to _____ your body with essential vitamins and minerals.
A. strengthen B. repair C. nourish D. refresh
Question 7 [574210]: If you're feeling stressed out, it may be helpful to speak with a professional _____.
A. teacher B. advisor C. scientist D. counsellor
Question 8 [574211]: Sarah felt _____ about the upcoming exam, so she decided to practice relaxation techniques.
A. excited B. anxious C. confident D. afraid
Question 9 [574212]: It's important to surround yourself with supportive people and avoid those who often emit _____ energy.
A. positive B. optimistic C. negative D. supportive
Question 10 [574213]: She tried not to let her thoughts _____ her from completing the task at hand.
A. distraction B. distract C. distracting D. distracted
Question 11 [574214]: Regular exercise and a balanced diet can help prevent _____ and promote overall health.
A. obesity B. allergic C. obese D. allergy
Question 12 [574215]: She enjoys starting her day with a morning _____ to boost her energy and mood.
A. homework B. workout C. housework D. exercises
Question 13 [574216]: It's important to choose _____ clothing for your workout to ensure comfort and freedom of movement.
A. colorful B. fashionable C. tight D. appropriate
Question 14 [574217]: Parents may choose tot _____ heir children for misbehavior as a form of education.
A. reward B. forgive C. punish D. encourage
Question 15 [574218]: Eating fruits and vegetables ensures that you get a wide range of essential _____ for your body.
A. fat B. minerals C. nutrients D. proteins
Question 16 [574219]: Before heading to the beach, don't forget to applyto protect your skin from harmful UV rays.
A. suncream B. lotion C. sunblock D. sunlight
Question 17 [574220]: What is a natural _____ for a sore throat?
A. remedy B. routine C. chemical D. remind
Question 18 [574221]: The teacher threatened to _____ the students who didn't complete their homework.
A. delay B. punish C. reward D. encourage
Question 19 [574222]: A(n) _____ is an immune system response to a substance that the body mistakenly identifies as harmful.
A. reaction B. cough C. allergy D. allergic
Question 20 [574223]: When studying for exams, it's important to _____ on one subject at a time to improve focus.
A. distract B. concentrate C. rest D. review
Question 21 [574224]: To achieve success in time management, it's crucial to develop _____ strategies for prioritizing important tasks and maximizing productivity.
A. inefficient B. available C. effective D. short-term
Question 22 [574225]: It's advisable to create a detailed _____ to organize your daily activities and manage time efficiently.

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