Tên: ……..

Lớp: S9…

Ngày giao bài: Thứ ……, ngày ……/…….

Ngày nộp bài: Thứ ……, ngày ……/…….

Ngữ pháp HW: ……

Đọc HW: ……

GLOBAL ENGLISH 9

UNIT 8: THE ENVIRONMENT – GRAMMAR 2 & GRAMMAR 1 REVISION

A. THEORY

I. GRAMMAR

1. New Grammar

- Adverbs of Frequency: là các trạng từ dùng để diễn tả **mức độ thường xuyên của một hành động**.

E.g. She **often** studies at night.

He **never** drinks coffee.

+ Các trạng từ chỉ tần suất phổ biến

Mức độ tần suất	Trạng từ
không bao giờ	never
rất hiếm	hardly ever / rarely
thỉnh thoảng	occasionally / sometimes
khá thường xuyên	often / frequently
rất thường xuyên	usually / normally
gần như luôn luôn	almost always
luôn luôn	always

+ So sánh của trạng từ chỉ tần suất

Loại	Cấu trúc	Ví dụ
So sánh hơn	more often / more frequently	She visits her grandparents **more often** now.
So sánh nhất	most often / most frequently	He travels abroad **most frequently** for work.

+ Vị trí trong câu

Vị trí	Ví dụ
Trước động từ thường	She **often** goes to the gym.
Sau động từ to be	He is **usually** late for class.
Đầu hoặc cuối câu	**Sometimes**, I read before bed.

- Multi-word verbs (or phrasal verbs): là cụm động từ gồm **một động từ chính** kết hợp với **một hoặc nhiều từ khác** (thường là giới từ hoặc trạng từ) để tạo nghĩa mới. Nghĩa của chúng không luôn giống với từng từ riêng lẻ.

Ví dụ:

- **Look after** (chăm sóc) → *She looks after her little brother every day.*
- **Give up** (từ bỏ) → *He gave up smoking last year.*

***Công thức tổng quát**

+ Phrasal verbs (Động từ + trạng từ/giới từ):

Verb + Particle(s) → Nghĩa có thể thay đổi hoàn toàn.

Phrasal verb	Ý nghĩa	Phrasal verb	Ý nghĩa
bring forward	dời lịch sớm hơn	knock out	đánh bại và loại khỏi cuộc thi; làm bất tỉnh
carry on	tiếp tục	look out	cẩn thận, coi chừng
get round to	bắt đầu làm gì (sau thời gian dài dự định)	pull out	rút lui, ngừng tham gia hoạt động nào đó
get up to	làm gì đó; làm điều không nên làm	put off	trì hoãn, dời lại
go in for	tham gia (cuộc thi, hoạt động, v.v.); thích	put up with	chịu đựng
go off	hết thích, không còn hứng thú	take to	bắt đầu một thói quen
join in	tham gia, góp mặt	take up	bắt đầu (một sở thích, môn thể thao, v.v.); chiếm không gian/thời gian

LIVEWORKSHEETS

+ **Phrasal-prepositional verbs** (Động từ + trạng từ + giới từ):
Verb + Particle + Preposition → Nghĩa có thể thay đổi hoàn toàn.
E.g. *"put up with" (chịu đựng), "look forward to" (mong đợi).*
+ **Prepositional verbs** (Động từ + giới từ):
Verb + Preposition → Nghĩa gần với nghĩa gốc hơn.
E.g. *"depend on" (phụ thuộc vào), "listen to" (nghe).*

2. Review: Verb + ing: Thường dùng khi động từ chính nói về hoạt động / quá trình; trải nghiệm; thái độ, cảm xúc; thói quen hoặc việc đã xảy ra

Động từ	Ý nghĩa	Ví dụ
enjoy	thích, thấy vui khi làm gì	She enjoys **reading** at night.
dislike	không thích	He dislikes **waiting** in long lines.
mind	phiền, ngại	Do you mind **opening** the window?
avoid	tránh	She avoided **answering** the question.
delay	trì hoãn	They delayed **leaving** because of the rain.
postpone	hoãn lại	He postponed **meeting** the client.
admit	thừa nhận	He admitted **making** a mistake.
consider	cân nhắc	We considered **moving** abroad.
keep	tiếp tục	She keeps **checking** her phone.
quit	bỏ, ngừng	He quit **smoking** last year.
discuss	thảo luận	We discussed **going** abroad for our holiday.
give up	từ bỏ	She gave up **trying** after several failed attempts.
spend time	dành thời gian	She spends time **reading** every evening.
feel like	muốn làm gì	I feel like **going** out tonight.
imagine	tưởng tượng	She imagined **living** in another country.
mention	đề cập	He mentioned **meeting** her before.
suggest	đề xuất	They suggested **going** by train.

II. CAMBRIDGE VOCABULARY

No.	New words	Meanings	No.	New words	Meanings
1	**stuff** (v)	nhét đầy, nhồi vào	6	**shaky** (adj)	run rẩy / yếu đi vì thiếu năng lượng
2	**physically impossible** (phr.)	về mặt thể chất là không thể	7	**peckish** (adj)	hơi đói
3	**weight-oriented** (adj)	chú trọng đến cân nặng	8	**feeding strategy** (n)	chiến lược ăn uống (trong thi đấu)
4	**steer clear of** (phr.)	tránh xa	9	**indulgence** (n)	sự nuông chiều bản thân
5	**relapse** (n)	sự tái phạm / quay lại thói quen cũ			

***Note:** *n = noun: danh từ; adj = adjective: tính từ; v = verb: động từ; phr. = phrase: cụm từ.*

B. CLASSWORK (14 questions)
I. Write one word in each gap.

1. Look _____! There's a car coming!
2. Simone has _____ to wearing a helmet whenever she goes cycling.
3. I was thinking of taking _____scuba diving until I found out how expensive the equipment is.
4. They were knocked _____ in the semi-final.
5. Maybe we should bring the meeting _____ to this Tuesday instead of having it in two weeks' time.
6. Becca had to pull _____ of the race when she sprained her ankle.
7. Melissa doesn't _____ in for adventure sports.

LIVEWORKSHEETS

II. Reorder the words/phrases to make meaningful sentences.

1. often / in / the / researchers / the laboratory / work / late / the / evening / in

→ _____.

2. rarely / students / this / course / in / participate / actively / discussions / in

→ _____.

3. put / the / committee / off / unexpectedly / meeting / the / until / next / week

→ _____.

4. never / I / imagined / living / such / remote / a / island / on

→ _____.

5. look / their / after / grandparents / carefully / children / the / often

→ _____.

6. suggested / travelling / train / instead / they / of flying / by

→ _____.

7. more / often / researchers / collaborate / internationally / today / than / did / they / before

→ _____.

C. HOMEWORK

GRAMMAR (13 questions)

I. Con học thuộc nghĩa của từ, chỉnh phát âm theo từ điển và chép mỗi từ ở phần II. Cambridge Vocabulary (trang 2) 1 dòng vào vở ghi.

II. Choose the correct answers.

1. Which sentence correctly shows the position of an adverb of frequency?

   A. She goes often to the gym. B. She often goes to the gym.

   C. She goes to often the gym. D. She goes to the gym often always.

2. Which sentence is correct when using an adverb of frequency with the verb to be?

   A. He usually is late for class. B. He is late usually for class.

   C. He is usually late for class. D. He is late for usually class.

3. Which expression is the comparative form of the adverb of frequency often?

   A. most often B. more often

   C. very often D. oftenest

4. Which sentence correctly uses the phrasal verb put off?

   A. They put off the meeting until next week. B. They put the meeting until next week off.

   C. They off put the meeting until next week. D. They put until next week the meeting off.

5. Which phrasal verb means to tolerate something unpleasant?

   A. take up B. look out

   C. put up with D. carry on

LIVEWORKSHEETS

6. Which verb is correctly followed by V-ing?

A. decide B. enjoy

C. promise D. hope

7. Which sentence correctly uses a phrasal-prepositional verb?

A. I am looking forward meeting them. B. I look forward to meet them.

C. I look forward meeting them. D. I am looking forward to meeting them.

III. Complete each second sentence using the word given, so that it has a similar meaning to the first sentence.

1. I've finally started sorting out my postcard collection. (**round**)

→ I've finally _____ .

2. What did you do at the weekend? (**get**)

→ What did you _____?

3. I'm not so keen on skiing now I've discovered snowboarding. (**gone**)

→ I've _____ since _____ .

4. Why do you continue to have riding lessons if you can't afford them? (**on**)

→ Why do you _____?

5. We can't delay the match any longer. (**off**)

→ We can't _____ .

6. I don't know how you can stand getting up so early to go to the pool. **(put)**

→ I don't know how you can _____ .

LIVEWORKSHEETS

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 chính trong bài.

I. FCE Part 3

Part 7

You are going to read an article in which four athletes talk about what they eat. For questions **43–52**, choose from the athletes (**A–D**). The athletes may be chosen more than once.

Mark your answers **on the separate answer sheet.**

Which athlete

enjoys cooking but finds the planning difficult?	43	
has to carry food with him when training?	44	
doesn't find it easy to eat before an event?	45	
uses cooking as a way to relax?	46	
sometimes allows himself certain food as a reward?	47	
has seen a change in the diet of sports people?	48	
once made the wrong decision about the food he ate?	49	
says that people are unaware of what he actually eats?	50	
says knowing what and when to eat is critical?	51	
has had to change his diet with a change of sport?	52	

LIVEWORKSHEETS

Sports diets

Four athletes talk about what they eat.

A Mark

When I'm cycling on my own I stuff my pockets with bananas and protein bars. On the longest rides I'll eat something every half an hour. For heavier training it's physically impossible to get enough energy from food alone, so you do rely on energy drinks. One development in sports nutrition since I've been competing is the focus on the importance of protein. Cycling is much more weight-orientated than the swimming I used to do, which means I need to eat differently now. Protein feeds the muscles but keeps them as lean as possible. I've been an athlete for 20 years so healthy eating is normal for me, but that's not to say I don't get a tasty take-away meal from time to time. I've just learned to spot the meals that will provide what I need. It's simple things like steering clear of the creamy sauces and making sure I get lots of veg.

B Stefan

Everyone says: 'As a runner you must be on a really strict diet. Do you only eat salad? Are you allowed chocolate?' But that's really not the case. I've got salad and vegetables in my shopping trolley but there's always some chocolate in there, too. I do most of the cooking at home. On the morning of a competition, I get so nervous I feel really sick. I have to force myself to have something so I'll have enough energy to perform well. Sometimes I get those days where I don't want to be so disciplined. You think: 'I've trained really hard, I deserve to have a pizza.' It's OK to have a little relapse every now and then but I can't do it every day or I'd be rolling round the track!

C Guy

For a gymnast, a kilo can make all the difference. But if you don't eat enough you'll be a bit shaky and weak. It's all about eating the right amount, at the right time – two hours before you do anything. Breakfast is fruit and if I'm a bit peckish, wholewheat toast and butter! I get to training for 12 pm, then break after three hours for lunch – more fruit, a cheese and tomato sandwich. I'm back in the gym from 5 pm to 8 pm, then I go to my Mum's for steak and vegetables or chicken and salad. I don't tend to mix carbs with meat late at night. I'm not the best cook, but I think it's fun to do. I know how to make chicken from my mum's recipe, it just takes me a bit longer to get organised.

D Tomas

It's definitely possible to eat delicious food and be a professional swimmer. I've always loved food so I'm not going to be obsessive because you can get what you need and still enjoy every bite. I'm not really one for endless protein shakes and energy drinks. Before a training session I'd rather have a banana. That's not to say I'm perfect. At the world championships I got my feeding strategy wrong – and I paid for it. For my sport it's what you eat two days before the competition that makes the difference. You have to 'carb load' – eat piles of rice or pasta – and I didn't. I was leading for a long way but I ended up 11th. My biggest indulgence is pastry. And I love baking. I train for 33 hours a week so in my time off I need to rest, and spending time in the kitchen is perfect. Swimming is my biggest passion but baking comes a close second.

LIVEWORKSHEETS

II. Extra Reading

Read the text again and decide if the statements are True or False.

1. Mark sometimes relies on energy drinks during particularly demanding training sessions.

   → _____

2. Stefan always follows a very strict diet and never allows himself foods like chocolate or pizza.

   → _____

3. Guy believes that the timing of meals is important for athletic performance.

   → _____

4. Tomas believes that athletes must avoid tasty food if they want to be successful in their sport.

   → _____

5. Mark previously competed in swimming before focusing on cycling.

   → _____

LIVEWORKSHEETS