UNIT 3 : HEALTHY LIVING FOR TEENS.

WORD	PRONUNCIATION	MEANING
accomplish (v)	/əˈkʌmplɪʃ/	hoàn thành, đạt được (mục đích ...)
additional (adj)	/əˈdɪʃənl/	thêm, thêm vào
anxiety (n)	/æŋˈzaɪəti/	nỗi lo, mối băn khoăn, sự lo lắng
appropriately (adv)	/əˈprəʊpriətli/	phù hợp, thích đáng
assignment (n)	/əˈsaɪnmənt/	nhiệm vụ, bài tập dành cho học sinh / sinh viên
counsellor (n)	/ˈkaʊnsələ/	cố vấn, người tư vấn
deadline (n)	/ˈdedlaɪn/	thời hạn cuối cùng, hạn cuối
delay (v)	/dɪˈleɪ/	(làm) chậm trễ, trì hoãn
distraction (n)	/dɪˈstrækʃn/	điều làm sao lãng
due date (n)	/ˈdjuː deɪt/	hạn chót (ngày đến hạn để hoàn thành một việc gì đó)
fattening (adj)	/ˈfætnɪŋ/	gây béo phì
mental (adj)	/ˈmentl/	(thuộc) tinh thần, (thuộc) trí tuệ, (thuộc) trí óc
minimise (v)	/ˈmɪnɪmaɪz/	giảm đến mức tối thiểu
mood (n)	/muːd/	tâm trạng
optimistic (adj)	/ˌɒptɪˈmɪstɪk/	lạc quan
physical (adj)	/ˈfɪzɪkl/	(thuộc) cơ thể, (thuộc) thân thể
priority (n)	/praɪˈɒrəti/	sự ưu tiên, trường hợp ưu tiên
stressed out (adj)	/strest aʊt/	căng thẳng
well-balanced (adj)	/ˌwel ˈbælənst/	cân bằng, đúng mực

CONDITIONALSENTENCE I: Modal verbs in conditional sentencses.

A. CẤU TRÚC

a. Dạng Khẳng Định

If + S1+ *Vs,es*+ O....., S2+ *will/can*.. + V-inf + O....

Ex: If you eat all that food, you will be ill

*b.*Dạng Phủ Định

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If + S1+ *don't/ doesn't*+ V-infi+ O..., S2+ *will/can..* + *not* + V-inf + O...

Ex: If you don't know her address, I can tell you.

*c.*Dạng Câu Hỏi

If + S1+ Vs,es+ O, (wh) + will/can... +S2+ V-infi + O...?

Ex: If you have a long holiday, where will you go?

*d.*Dạng Mệnh Lệnh Thức.

If + S1+ Vs,es+ O...., V+ O... **If + S1+ Vs,es+ O....,don't V...**

Ex: If you meet your parents, send them my regards.

B. Cách viết lại câu dùng câu điều kiện loại 1

1.

V+O +and + S+ will/ can + V + O **=> If + you + V + O, S + will/ can + V + O**

Ex: Pay attention to the lesson and you will understand it.

→ If you pay attention to the lesson , you will understand it

2.

V+O +or/ otherwise + S+ will/ can + V + O...

Ex: Stay away from me or I will shout.

→If you don't stay away from me, I will shout.

3.

Unless +S1 + Vs,es + O, S2 + will/can/may + V + O...

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PRACTICE

I.Choose the best answer to finish the following sentences.

1.If Mr Buong works harder on English,he_____good job in the future, but he is too lazy.
A. can't have B. must have C. will have D.mustn't have

2.If our teacher gives you lots of homework,you_____ stay up late to do at night.
A.will B.can C.must D.mustn't

3.If you want to choose your good job in the future, I think you need a/an _____.
A. counsellor B. celebrator C.engineer D.architect

4.If you want to attend the course , you _____pass the coming written exam.
A.should B.will C.can D.must

5.He is sick. I think he_____see his doctor if he wants to get over soon.
A.can B.will C.should D.willnot

6.If Lan_____on a diet, she will lose her weight easily.
A.go B.went C.will go D.goes

7.She_____a university student as her her wishes if she _____really hard now.
A.will become /works B.becomes / will work C.will become/will work D.will become / work

8.If he has time, he _____help us with our homework.
A.might B.can C.must D.should

9_____you go to school on time,you will not understand the lesson.
A.If B.If not C.Unless D.All are correct

10.Although he was sick, he still tried to _____all his homework before going to school.
A.get B.accomplish C.delay D.manage

11.If you speak English fluently,you _____ work for a foreign company.
A.will B.must C.shouldn't D.can

12.If Jane hurries up, she _____late for the class everyday.
A.will be B.can't be C.won't be D.mustn't be

13.If Mr Buong pays attention to his teacher carefully,he_____better at English.
A.become B.will become C.becoming D.became

14.Lan Anh will tell you about the movie if she_____it .
A.watch B.will watch C.watches D.watched

15.If he has enough money,he _____his girlfriend around the world.
A.would take B.will take C.takes D.taking

16.If you_____hard everyday,I think you will become successful in the future.
A.work B.works C.will work D.will work

17.She_____a good job some day if she_____really hard from now.
A.will have / works B.has / will work C.will have / work D.has / works

18.Pham Nhat Minh will become a millionaire _____he works too lazily.
A.if B.if not C.unless D.because

19.You _____go on a vacation if you save enough money.
A. can B.must C.will D.may

20.He will become an F.P.T university student if he_____what the teacher speaks in English.
A.understands B.understanding C.will understand D.would understand

21.If she has good qualifications,she_____ have an ideal job in the future.
A.should B.will C.might D.may

22.You _____ talk to Kimbum & Nickun if you have a little English.
A. can B.must C.will D.mustn't

23_____have enough apples, she'll make an apple pie this afternoon.
A.Should she B. If she C. Will she D. Unless she

24.If you don't know how to spell a word, you_____ look it up in the dictionary. D. ought
A. must B. will C. should D.ought

25.If the sun _____, we _____for a walk.

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A. shines / will go B. shine / will go C. shine / must go D. shines/ should go

26.I will never talk to you again _____ you apologize me for your being rude.

A. if B. unless C. or D. whether

27._____ you work harder, you will be sacked.

A. When B. If C. However D. Unless

28.If you take the ice out of the fridge, it _____.

A. must melt B. may melt C. can melt D. should melt

29.Let's knock on their door to see _____ home.

A. if they're B. unless they're C. whether they were D. if they were

30.Unless we _____ more snow, we can't go skiing.

A. will have B. have C. have had D. had

31.You'll fail the exam _____ you start revising day by day.

A. if B. until C. when D. unless

32.It may rain this afternoon. I hope it doesn't because I don't want the match to be cancelled.

A. If it rains, the match is cancelled. C.if it rained, the match would be cancelled.

B. If it rains, the match will be cancelled. D.If it rains, the match won't be cancelled

33._____ there are some more ideas, we can end the meeting now.

A. If B. As if C. Unless D. In case

34.If he _____ with us now, he _____ the beauty of nature of the National Park.

A. is / can enjoy B. was/will enjoy C. is / must enjoy D.were/could enjoy

35.I cannot buy a new computer _____ I don't save enough money.

A. if B. though C. unless D. as if

36.Most people you meet will be polite to you _____.

A. if you are polite to them. C. unless you are polite to them

B. if you will be polite to them D. if you were polite to them

37.If you do so, it _____ the matter worse.

A. makes only B. must only make C. will only make D. had only made

38.You _____ English fluently unless you practice it every day.

A. will speak B. will not speak C. can speak D. did not speak

39.Hurry up _____ you will miss the bus and be late for school.

A. if B. unless C. or D. as

40.You will get a good seat if you _____ there first tomorrow.

A. come B. came C.have come D. will come

41.Sam must do the tests again_____.

A.if he passes all the tests C.unless he passes all the tests

B.unless he does not pass all the tests. D.because he passes all the tests.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40

One of the four underlined parts marked A, B, C, D in each sentence is not correct in standard English. Identify them.

42.If Lucia <u>is</u> here now, she <u>must find out</u> the truth <u>about</u> her <u>uncle's</u> accident.

A B C D

43.<u>If</u> a student <u>takes a course</u> on Computer Science, it will <u>takes</u> him four years to <u>do</u> the course.

A B C D

44.<u>Unless</u> it <u>does not rain</u>, Peter <u>would pay</u> us <u>a visit</u>.

A B C D

45.<u>Unless</u> you <u>work</u> harder, you <u>will be sack</u> because of your <u>laziness</u>.

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A B C D

Choose the best answer (A,B,C or B) which has the same meaning as the first one.

46.Hurry up or you will be late for school.

A.If you don't hurry up,you will be late for school.

B.Unless you don't hurry up,you will be late for school.

C.Unless you hurry up,you will be late for school.

D.both A & C

47.Ms Nga won't travel around the world if she isn't rich.

A.Unless Ms Nga isn't rich, she Ms Nga won't travel around the world.

B.Unless Ms Nga is rich, she Ms Nga won't travel around the world.

C.Unless Ms Nga is rich, she Ms Nga will travel around the world.

D.Unless Ms Nga isn't rich, she Ms Nga will travel around the world.

48.Pass the exams or your mum will feel disappointed.

A.If not you pass the exams,your mum will feel disappointed.

B.Unless you pass the exams,your mum will feel disappointed.

C.If you pass the exams,your mum will feel disappointed.

D.All are correct.

1	2	3	4	5	6	7

Read the passage and write A, B, C or D to indicate the correct word that best fits each of the numbered blanks.

In my opinion, we all need to learn how to make our life become more successful, especially the teenagers. Good communication is the key (**69**) _____ being successful and satisfied in many situations: work, personal, social. At work, communication skills are most (**70**) _____ shown in your ability to use and understand language, whether spoken or on paper. You need a good command of language to get your ideas, opinions and feelings across clearly. Listening carefully is (**71**) _____ important communication skill, as is the ability and confidence to (**72**) _____ questions when you need to understand something or get information from someone. Competence in a language except your mother (**73**) _____ also count as communication skill.

69: A. with	B. of	C. to	D. for
70: A. common	B. uncommon	C. uncommonly	D. commonly
71: A. the	B. an	C. a	D. any
72: A. ask	B. do	C. answer	D. find
73: A. country	B. nature	C. figure	D. tongue

1	2	3	4	5	

Read the passage and mark A, B, C or D to indicate the correct answer to each of the following questions.

Music plays an important role in the modern life. It is a huge part of a teenager's life, and most of us can't imagine life without it. Hip-hop, rock, rap, country, jazz, heavy metal, and others attract many young fans. But teens do more than listen. Some three million American teens study music in school, through private lessons, or simply on their own and thousands participate in "garage bands", practicing and creating songs in the garages of their own or their friends' homes.

High school can be a very stressful time. That's why music is so important to many teens. It helps us cope with the daily stresses of school and helps us avoid pressure from our parents. It helps us to **express** our emotions and comforts us when we feel no one understands us.

The beauty of music is that there are so many kinds and so many ways to connect to it. A girl I know' fell in love with music when she was twelve. She was going through a lot with her family, and her dad helped her through it by showing her the power of music before he died. She says music helps her get away from her problems and keeps her feeling okay when everything in her life is hard.

Everyone has his or her own personal connection to music. Personally speaking, I find that music fills me with something wonderful that 1 can't even begin to explain. What's your connection?

74: What is the main topic of the passage?

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A. The role of music in a teen's life
B. The way teens cope with stress
C. The rise music lovers in America.
D. The most popular forms of music

75: What does the word "**express**" in paragraph 2 probably mean?
A. show B. control C. hide D. spread

76: The girl in paragraph 3 fell in love with music when she was _____.
A. 10 B. 12 C. 22 D. 20

77: Which of the following is NOT TRUE according to the passage?
A. Millions of teens in America study music.
B. Thousands of teens in America participate in "garage bands".
C. Music helps us deal with stresses and avoid pressure.
D. People all have the same connection to music.

1	2	3	4	

Read the following passage and mark A, B, C, or D to indicatethe correct answer to each of the questions.

Our life is nowadays is different from that in the past. The phrase "healthy lifestyle" is a definition of how you should live if you want to get the healthiest body you can- one that both looks good and feels good. You know the obvious behaviors that describe someone who is healthy and takes care of themselves. A healthy person doesn't smoke, eats healthy foods with plenty of fruits, vegetables and fiber and, of course, exercises regularly. A healthy person also knows how to manage stress, gets good quality sleep each night, doesn't drink too much, doesn't sit too much, does everything in moderation all the time. When you look at everything that could possibly make a healthy lifestyle, you can see just how hard all of those things are in our current world.

There is no such thing as a "bad" food, but there are some foods you should try not to have regular basis. Fast food refers to food that can be prepared and served quickly. It is popular as the food is inexpensive, convenient, and tastes good. Because fast food is high in sodium, trans-fat, and cholesterol, **it** isn't something you should eat often.

The good news is that you don't have to change everything at the same time. In fact, the **trick** to healthy living is making small changes-taking more steps each day, adding fruit to your cereal, having an extra glass of water, or saying no to that second helping of buttery mashed potatoes. One thing you can do right now to make your lifestyle healthier is to move more.

78. What is the main idea of the passage?
A. How to manage stress
B. Some healthy foods to eat
C. Benefits of a healthy lifestyle
D. Ways to live a healthy life

79. The word "**it**" in paragraph 2 refers to _____.
A. cholesterol B. fast food C. trans-fat D. sodium

80. According to the passage, which of the following statements is NOT true?
A. A healthy person avoids eating fiber.
B. A healthy person should eat healthy foods.
C. A healthy person exercises regularly.
D. Fast food has a lot of sodium, trans-fat and cholesterol.

81. The word "**trick**" in paragraph 3 is CLOSEST in meaning to_____.
A. knowledge B. stress C. method D. cheating

82. According to the passage, what can we do right now to have healthier lifestyle?
A. moving more B. drinking more C. sleeping more D. sitting more

1	2	3	4	5

Rewrite these sentences by using *conditional sentence Type I*

1.Vegetarians don't eat meat.
→

2. People who live in a cold country don't like hot weather.
→

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3. Teachers have to work very hard.
→
4. People who do a lot of exercise stay fit and healthy.
→
5. Mechanics understand engines.
→
6. People who read newspapers know what's happening in the world.
→
7. Pay electricity bill today or your electricity will be cut off.
→
8. Stop smoking otherwise your cough may be worse.
→
9. Unless we use less fossil fuel, they will be run out soon.
→
10. Unless it stops raining today, we may be faced with a serious flood.
→
11.Do morning exercises regularly, your body will be fitter.
→
12. Unless we renewable energy, we will have nothing for the future generation.
→
13. The climate will change unless we reduce the use of non-renewable energy.
→
14. Lock all the doors and noone can break into your house.
→
15. Unless we continue hunting polar bears, they will become extinct in near future.
→
16. Turn off all the lights and you will not pay more money.
→
17. Unless she wears warm clothes, she will have a cold.
→
18. Be careful or you may have an accident.
→
19. Phone your parents or you will have a trouble.
→
20. Unless she whispers, everyone knows what she is saying.
→
21. Stay here and you will feel sick.
→
22. If she doesn't study harder, she will fail the final exam.
→

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