

Tên:



Week: 4

Lớp: S9...

Từ vựng & Ngữ pháp HW:

Ngày giao bài: Thứ, ngày/.....

Nghe HW:

Ngày nộp bài: Thứ, ngày/.....

UNIT 2: WELL-BEING – VOCABULARY & FREE TALK

A. THEORY

I. VOCABULARY

Con truy cập link hoặc quét mã QR để nghe và đọc lại từ vựng nhé:

<https://on.soundcloud.com/bq7MMuniE9hj4vgFuF>



- Food, Diet & Eating Habits

No.	Word	Meaning	No.	Word	Meaning
1	consume (v)	tiêu thụ	12	processed food (phr)	thực phẩm đã qua chế biến / chế biến sẵn
2	nutrition (n)	dinh dưỡng, sự nuôi dưỡng	13	sugary drink (phr)	đồ uống có đường
3	calories (n)	calo (đơn vị đo năng lượng)	14	food waste (phr)	rác thải thực phẩm / lãng phí thực phẩm
4	balanced diet (phr)	chế độ ăn uống cân bằng / hợp lý	15	well-being (n)	trạng thái khỏe mạnh, hạnh phúc
5	protein (n)	chất đạm	16	crave (v)	thèm khát (thức ăn, đồ uống)
6	minerals (n)	khoáng chất	17	suppress (v)	kìm hãm, đè nén
7	carbohydrates (n)	chất bột đường (tinh bột & đường)	18	poverty (n)	sự nghèo khổ, cảnh nghèo đói
8	fat (n)	chất béo / mỡ	19	suffer from (phr)	chịu đựng, chịu ảnh hưởng bởi (bệnh tật, khó khăn)
9	vegetarian (n/adj)	người ăn chay / ăn chay	20	obesity (n)	bệnh béo phì
10	vegan (n/adj)	người ăn chay thuần	21	malnutrition (n)	tình trạng suy dinh dưỡng
11	junk food (phr)	thực phẩm ít giá trị dinh dưỡng, thường nhiều đường, muối hoặc chất béo			

II. EXTRA VOCABULARY

Con truy cập link hoặc quét mã QR để nghe và đọc lại từ vựng nhé:

<https://on.soundcloud.com/dQdxTYs5KkgHYyc2A0>



No.	Word	Meaning	No.	Word	Meaning
1	anxious (adj)	lo âu, trăn trở, bồn chồn	5	sculpture (n)	tác phẩm điêu khắc, bức tượng
2	initial (adj)	ban đầu, lúc đầu	6	tackle (v)	giải quyết, đảm nhận
3	discouraged (adj)	nản lòng, nhụt chí	7	commitment (n)	sự tận tụy, cam kết
4	abstract (adj)	trừu tượng (nghệ thuật)	8	inspirational (adj)	truyền cảm hứng

B. CLASSWORK

FREETALK

My Real Food Choices: Healthy, Cheap or Just Convenient?

MIND MAP FOR THE QUESTIONS

1 What do you usually eat and drink on a busy school day?



Answer

On a busy school day, I usually consume a sandwich, some fruit and a bottle of water.

Detail

I choose this meal because it is quick to prepare and easy to carry in my school bag.

Impact

It provides useful nutrition and enough calories to keep me focused until lunchtime.

2 Do you think your diet is balanced? Why or why not?



Answer

My diet is fairly balanced because it includes carbohydrates, protein, healthy fat, fruit and vegetables.

Detail

A vegetarian or vegan diet can also be balanced if it provides enough protein and minerals.

Impact

A balanced diet supports my well-being and helps me concentrate at school.

3 What food do you often crave, even if it is not very healthy?



Answer

I often crave junk food, especially crisps and chocolate, when I feel tired or stressed.

Detail

These foods are high in calories, fat and sugar, so the craving can be difficult to suppress.

Impact

Therefore, I try to eat them in moderation and choose healthier snacks more often.

My Real Food Choices:
Healthy, Cheap
or Just Convenient?

4 What food do students often waste at school or at home?



Answer

Students often waste rice, vegetables and unopened drinks at school or at home.

Detail

They may take more food than they can eat or throw away meals they do not like.

Impact

Food waste costs money and increases the amount of rubbish.

5 Why do some people suffer from obesity or malnutrition?

Answer

People may develop obesity when they consume more calories than their bodies need.

Detail

Poverty can cause malnutrition, while cheap processed food may contain too much fat and sugar.

Impact

As a result, both conditions can seriously damage a person's health and well-being.



VOCABULARY

I. Choose the correct answers.

1. Maintaining a _____ by combining fresh vegetables, lean meat, and whole grains is essential for overall health.
 A. processed food B. balanced diet C. food waste D. sugary drink
2. Teenagers often _____ sweet snacks late at night when they are studying for exams.
 A. suppress B. suffer from C. crave D. avoid
3. Consuming too much fast food and lacking regular exercise can easily lead to severe _____.
 A. obesity B. nutrition C. well-being D. poverty
4. Drinking warm water before meals can help _____ your appetite and prevent overeating.
 A. consume B. crave C. suppress D. suffer from
5. Children living in underdeveloped areas often suffer from _____ due to a severe lack of essential nutrients in their daily meals.
 A. carbohydrates B. malnutrition C. junk food D. minerals

II. Fill in the blanks with the words/phrases in the box.

processed food suffer from well-being food waste consume

1. Regularly eating high-fat meals and relying on _____ can lead to serious long-term health problems.
2. Throwing away edible leftovers every day contributes directly to the growing problem of global _____.
3. Athletes need to _____ sufficient nutrients throughout the day to sustain their high energy levels during training.
4. Many families in disadvantaged areas _____ severe food insecurity due to low income.
5. Maintaining a healthy lifestyle with proper sleep and exercise is essential for an individual's overall physical _____.

C. HOMEWORK

VOCABULARY & GRAMMAR (15 questions)

I. Con cần học thuộc nghĩa của tất cả các từ trong bảng từ vựng và vở ghi (nếu có), đồng thời luyện phát âm theo file nghe nhé!

Với những từ dưới đây, con hãy chép vào vở, mỗi từ một dòng để ghi nhớ cách viết: carbohydrates, malnutrition, obesity, vegetarian, nutrition, well-being, consume, processed food, suffer from, poverty

II. Choose the word/phrase that is CLOSEST in meaning to the underlined word in each of the following sentences.

1. Many students grab junk food between classes because it is fast and cheap, even though it lacks key vitamins.
 A. healthy homemade meals
 B. unhealthy snack food high in fat or sugar
 C. fresh organic vegetables
2. Teenagers who follow a vegan diet choose not to consume any products that come from animals, including eggs and dairy.
 A. person who eats only meat and seafood
 B. containing no food or ingredients derived from animals
 C. person who eats plants and dairy products

3. Drinking a **sugary drink** after exercising may quickly boost your energy, but it provides very few useful nutrients.
- sweet beverage containing added sugar
 - plain boiled water
 - natural fruit juice without sugar
4. Athletes carefully monitor their daily intake of **calories** to ensure they have enough energy for intense training.
- units of energy provided by food
 - harmful chemicals in processed items
 - natural liquids found in fresh fruit
5. Essential **minerals** such as iron and calcium are necessary for building strong bones and maintaining overall body function.
- artificial flavorings added to fast food
 - natural inorganic substances needed for health
 - types of healthy fats found in fish

III. Read the following passage and fill in each numbered blank with ONE suitable word/phrase from the box.

carbohydrates	poverty	protein	fat	nutrition
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Good (1) _____ is essential for teenage growth, as the body needs a balanced mix of different nutrients to function properly. Carbohydrates provide the main source of energy for daily activities, while (2) _____ is crucial for building muscles and repairing body tissues. However, consuming too much saturated (3) _____ from fried foods can lead to long-term health risks such as heart disease. Many active teenagers rely on complex (4) _____ like whole grains to maintain stable energy levels throughout the school day. Unfortunately, in many developing regions, severe (5) _____ prevents families from buying fresh, healthy food, making it difficult for young people to get the nutrients they need.

IV. Complete the second sentence so that it has a similar meaning to the first sentence, using the prompt structure provided.

- Experts believe that following a balanced diet is essential for long-term physical well-being.
→ Following a balanced diet is believed _____
- Nutritionists warn teenagers that consuming too much junk food can lead to severe obesity.
→ Teenagers are warned that _____
- People consider a vegetarian lifestyle to be beneficial for both human health and the environment.
→ A vegetarian lifestyle is considered _____
- Teachers expect students to suppress their desire for sugary drinks during class hours.
→ Students are expected _____
- Doctors inform patients that people living in extreme poverty often suffer from severe malnutrition.
→ Patients are informed that _____

LISTENING PRACTICE (10 questions)

Lưu ý:

1. Khi làm bài tập có từ mới, các con cần 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.

Con truy cập link hoặc quét mã QR để làm bài nghe nhé:

<https://on.soundcloud.com/vU6oKaumpL9jGoW7no>



You will hear a boy called Harry telling his class about an art event he took part in recently. For questions 9-18, complete the sentences with a word or short phrase.

Art Day

Fiona, the person running the art day, had once worked as a (9) _____.

Harry uses the word (10) _____ to describe his feelings when he first arrived.

Harry was inspired by the variety of (11) _____ paper in the drawing book he was given.

Harry put a (12) _____ on the cover of his drawing book.

Harry's first painting was a (13) _____.

Harry was particularly impressed by the (14) _____ that another student had done.

With Fiona's help, Harry attempted a more (15) _____ style of drawing than he had tried at the start.

After lunch, the group chose the theme of (16) _____ for the sculpture they intended to make together.

Harry found a collection of (17) _____ to include in the sculpture.

The (18) _____ of the art group was what made Harry decide to sign up for the next session.