

UNIT 2 : HEALTH

I. Find the word which has a different sound in the part underlined

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|-------------------------|-----------------------|----------------------|---------------------|
| 1. A. knife | B. of | C. leaf | D. life |
| 2. A. <u>altho</u> ugh | B. en <u>ough</u> | C. para <u>graph</u> | D. cou <u>gh</u> |
| 3. A. <u>j</u> unk | B. <u>s</u> un | C. <u>put</u> | D. ad <u>u</u> lt |
| 4. A. head <u>a</u> che | B. arch <u>i</u> tect | C. <u>ch</u> emical | D. <u>ch</u> ildren |
| 5. A. aerob <u>i</u> cs | B. <u>c</u> alories | C. <u>c</u> ycling | D. doct <u>o</u> r |

II. Put the words into TWO groups (/f/ and /v/)

| | | | | |
|-------|--------|------|-------|--------|
| knife | knives | of | cough | level |
| leaf | leave | vast | fast | fat |
| rough | live | life | tough | very |
| safe | move | save | laugh | enough |

| /f/ | | | /v/ | | |
|-----|--|--|-----|--|--|
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III. Find which word does not belong to each group.

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|--------------------|---------------|-------------|----------------|
| 1. A. sick | B. tired | C. sore | D. fit |
| 2. A. orange juice | B. fresh milk | C. water | D. soft drinks |
| 3. A. cough | B. flu | C. sunshine | D. sunburn |
| 4. A. jogging | B. cycling | C. swimming | D. reading |
| 5. A. sleep | B. rest | C. relax | D. work |
| 6. A. singing | B. washing | C. cleaning | D. tidying up |

- | | | | |
|-----------------|--------------|---------|---------------|
| 7. A. and | B. but | C. so | D. although |
| 8. A. junk food | B. fruits | C. fish | D. vegetable |
| 9. A. healthy | B. fit | C. well | D. sick |
| 10. A. soccer | B. badminton | C. beef | D. basketball |

IV. Write the problem below the picture of each patient.



1. _____



2. _____



3. _____



4. _____

V. Choose the best answer (A, B, C or D).

- Do you believe that eating _____ carrots helps you see at night.
A. most B. less C. the most D. much more
- Don't eat that type of fish, you may have a/an _____.
A. energy B. sick C. sore D. allergy
- These seafood I ate this morning makes me feel _____ all over.
A. well B. weak C. itchy D. running
- We should try to keep everything around us clean and then flu will find it _____ to spread.
A. difficult B. difficulty C. difficulties D. like
- The health _____ from that diet expert is that the expert is that you should eat less junk food and count your calories if you are becoming fat.
A. advices B. ideas C. tip D. tips
- Be careful with _____ you eat and drink.
A. who B. what C. that D. this
- Have a health _____ and you can enjoy your life.
A. lives B. lifestyle C. lifeline D. lively
- Eating a lot of junk food may lead to your _____.
A. fitness B. obesity C. pain D. stomachache
- We should follow the activities from doctors and health _____ in order to keep fit.
A. workers B. people C. experts D. managers
- You can avoid some diseases by _____ yourself clean.

- A. taking B. keeping C. bringing D. looking
11. We should play sports or do exercise in order to stay in _____.
- A. look B. health C. fit D. shape
12. The Japanese eat a lot of fish instead of meat _____ they stay more healthy.
- A. because B. so C. although D. but
13. I forgot to wear a sun hat today and I got a _____.
- A. earache B. backache C. headache D. stomachache
14. We need to spend less time _____ computer games.
- A. play B. to play C. playing D. to playing
15. When you have a temperature, you should drink more water and rest _____.
- A. more B. most C. less D. all
16. Rob eats a lot of fast food and he _____ on a lot of weight.
- A. takes B. spends C. puts D. bring
17. When you have flu, you may have a cough and a _____ nose.
- A. running B. runny C. noisy D. flowing
18. Do more exercises _____ eat more fruits and vegetables.
- A. and B. or C. but D. so
19. Watching too much TV is not good _____ you or your eyes.
- A. at B. for C. with D. to
20. After working on a computer for long hours, you should _____ your eyes and relax.
- A. wake B. rest C. sleep D. sleep in

VI. Complete the sentences with the correct preposition.

| | | | |
|-------------|-----------|-------------|----------|
| flu | toothache | backache | earache |
| sore throat | cough | stomachache | headache |

1. _____: a pain in your stomach.
2. _____: a pain caused by something being wrong with one of your teeth.
3. _____: a very severe pain that you feel in your head.
4. _____: a pain in your back.
5. _____: a health problem that you make a lot of loud sounds.

6. _____ : a pain in your throat.
7. _____ : a problem which is like a very bad cold, but which causes a temperature.
8. _____ : a pain in the inside part of your ear.

VII. Complete the advice for a healthy lifestyle, using *more* or *less*.

1. Eat _____ sweet food.
2. Smoke _____ and give it up.
3. Drink _____ coffee.
4. Eat _____ fast food.
5. Spend _____ time on computer games.
6. Drink _____ water.
7. Worry _____ about things.
8. Relax _____.
9. Get _____ exercise.
10. Eat _____ fruit and vegetables.



VIII. Complete the sentences with the correct conjunction (*and*, *or*, *so*, *but*)

1. Watch less television _____ you can protect your eyes.
2. He has a toothache _____ he still eats a lot of sweets and cakes.
3. The weather is very cold today _____ I should put on a coat.
4. Get up early _____ do more exercise.
5. Take up a new hobby _____ you'll have some new friends.
6. I have a lot of homework to do this evening _____ I don't have time to watch the football match.
7. If you spend less time on computer games _____ television programmes, you will have more time for outdoor activities.
8. Eat less junk food _____ eat more fruit and vegetables.

IX. Complete the sentences with the words/ phrases in the box.

| | | | | |
|-------------|-----------|-------------|----------|------|
| stomachache | toothache | sick | hurts | pain |
| well | cough | temperature | headache | burn |

1. I have a _____ in my back. I'm going to lie down.
2. Is she _____ enough to run two kilometers?

3. "Oh! Be careful with that coffee." – "Look, now I have a _____ on my arm."
4. "I have a _____." – "That's because you watch too much TV."
5. Don't eat so quickly. You'll get a _____.
6. That's a bad _____. Why don't you have a glass of water?
7. "I have _____." – "Why don't you telephone the dentist?"
8. I feel _____. Quick, I must get to the bathroom!
9. Rob has a _____ of 39°C.
10. My arm _____ after that game of volleyball.

X. Make sentences from the words/ phrases given.

1. We/ keep/ our bodies/ warm/ avoid/ flu/ a cold.



2. You/ not/ play/ more/ computer games/ free time.



3. Vitamins/ play/ important/ role/ our diet.



4. Getting/ enough/ rest/ help/ you/ concentrate/ school.



5. Doctor/ asking/ Huy/ questions/ about/ health problems.

