

WORKSHEET (17/9/2021)

Unit 1: Feeling fit

Remember: Regular Verbs + "ed"

- add "ed" (visit ⇒ visited)
- add "d" (type ⇒ typed)
- drop "y" and add "ied" (carry ⇒ carried)
- double the last consonant and add "ed" (stop ⇒ stopped)

I. Write "ed" after these verbs to make "REGULAR VERBS" in the PAST

visit	visited	type	typed	carry	carried	stop	stopped
finish		dance		study		hop	
brush		close		cry		plan	

II. Change these verbs into PAST SIMPLE "IRREGULAR VERBS"

(Con tìm các động từ sau trong bảng động từ BẤT QUY TẮC và chia ở dạng QUÁ KHỨ ĐƠN)

do	did	go		run	
have		eat		buy	
feed		write		give	

III. Read the passage and choose True or False

How many calories can you burn in one hour? Well, it all depends on the activity. You use calories all the time, even when you are resting. Reading, sleeping, sitting and sunbathing all use about 60 calories an hour.

Very light activities use 75 calories. Examples are eating, writing, knitting, shaving, driving and washing up.

Light activities which use about 100 calories an hour include playing the piano, getting dressed and having a shower.

Under moderate activities which use between 100 and 200 calories an hour we can put walking, doing housework, shopping and skating.

Energetic activities use 200-400 calories. Those activities include horse riding, cycling, swimming, skipping and dancing.

Finally, there are strenuous activities which use up to 600 calories an hour. These activities include climbing stairs, jogging, digging the garden and playing football.

1. The calories we burn for **eating** and **washing up** are **the same**.

2. **Walking** is a very **light activity**.

3. **Sunbathing** uses **more calories than driving**.

4. When we are **resting**, we **don't burn calories**.

5. **Having a shower** uses only **100 calories an hour**.

6. **Cycling** and **dancing** use **the same** amount of calories



IV. Solve the problems

1. **Nine** workers earn a total of **63000** dollars. How much does **each** worker earn?

→ **Each worker earns:**

.....: = (dollars)

Answer: Each worker earns

2. Fahasa bookstore sold **27530** comics **last year**. **This year** the bookstore sold **24410** comics. **How many more comics** did Fahasa sell **last year than this year**?

..... - = (comics)

Answer: Last year Fahasa sold more comics than this year.