



UNIT 2 – LESSON 1

PART 1: VOCABULARY

I. Vocabulary

Word	Pronunciation	Meaning	Example
allergy (n)	/'æɪ.lə.dʒi/	dị ứng	<i>I have an allergy to animal hair.</i>
calorie (n)	/'kæl.ər.i/	calo	<i>No sugar for me, thanks – I'm counting my calories.</i>
compound (n)	/'kɒm.paʊnd/	ghép, phức	<i>Compound sentences is a bit difficult for me.</i>
concentrate (v)	/'kɒn.sən.treɪt/	tập trung	<i>Never concentrate the heat in one place for too long.</i>
conjunction (n)	/kən'dʒʌŋk.jən/	liên từ	<i>And and but are examples of conjunctions in English.</i>
coordinate (v)	/kəʊ'ɔː.di.neɪt/	kết hợp	<i>We try to coordinate our activities with those of other groups.</i>
cough (n.v)	/kɒf/	ho	<i>I couldn't stop coughing.</i>
depression (n)	/dɪ'preʃ.ən/	chán nản	<i>She suffered from severe depression after losing her job.</i>
diet (n)	/'daɪ.ət/	ăn kiêng	<i>I'd love a desert, but I'm on a diet.</i>
essential (a)	/'es.ɪ.ʃəl/	thiết yếu	<i>This book is essential reading for all nature lovers.</i>
expert (n)	/'ek.spɜːt/	chuyên gia	<i>Don't ask me – I'm no expert!</i>
independent (a)	/'ɪn.dɪ'pen.dənt/	độc lập	<i>She went to a lawyer for some independent advice.</i>



itchy (a)	/'itʃ.i/	ngứa	<i>I feel itchy all over.</i>
junk food (n)	/'dʒʌŋk ,fu:d/	quả vặt	<i>Junk food is quick and easy to prepare.</i>
myth (n)	/miθ/	việc hoang đường	<i>It's a complete myth that he has royal blood.</i>
obesity (n)	/ou'bi:si.ti/	béo phì	<i>Obesity can increase the risk of heart disease.</i>
pay attention	/pei ə'ten.ʃən/	chú ý	<i>She paid no attention to his appearance.</i>
put on weight	/pʊt.ɒn.weɪt/	tăng cân	<i>Eating much before going to sleep may put on weight.</i>
sickness (n)	/'sɪk.nəs/	sự ốm yếu	<i>She's been off work because of sickness.</i>
spot (n)	/spɒt/	mụn, nốt	<i>The baby's whole body was covered on small red spots.</i>
stay in shape	/steɪ.n.ʃeɪp/	giữ dáng	<i>A suitable diet can help you stay in shape.</i>
sunburn (n)	/'sʌn.bɜ:n/	sự cháy nắng	<i>He was taken to hospital suffering from severe sunburn.</i>
sunburnt (a)	/'sʌn.bɜ:nt/	cháy nắng	<i>Severe sunburnt skin needs treatment.</i>
triathlon (n)	/traɪ'æθ.lɒn/	ba môn phối hợp	<i>Triathlon require good health to participate.</i>
vegetarian (n)	/.vedʒ.ɪ'teə.ri.ən/	người ăn chay	<i>You're a vegetarian and you eat fish?</i>
weight (n)	/weɪt/	cân nặng	<i>Bananas are sold by weight.</i>

I. Word formation

Words	Related words	Transcription	Meaning
allergy (n)	allergic (a)	/ə'li:ʒ.ɪk/	<i>thuộc dị ứng</i>
concentrate (v)	concentration (n)	/.kɒn.sən'treɪ.ʃən/	<i>sự tập trung</i>



coordinate (v)	coordination (n)	/kəʊˌɔː.dɪˈneɪ.ʃən/	<i>sự phối hợp</i>
	coordinator (n)	/kooˈɔː.dən.ɪˈtər/	<i>người điều phối</i>
depress (v)	depression (n)	/dɪˈpreʃ.ən/	<i>sự chán nản</i>
	depressive (a)	/dɪˈpres.ɪv/	<i>gây chán nản</i>
essence (a)	essential (a)	/ɪˈsen.ʃəl/	<i>thiết yếu</i>
depend (v)	dependent (a)	/dɪˈpen.dənt/	<i>phụ thuộc</i>
	dependence (n)	/dɪˈpen.dəns/	<i>sự phụ thuộc</i>
	independent (a)	/,ɪn.dɪˈpen.dənt/	<i>độc lập</i>
	independence (n)	/,ɪn.dɪˈpen.dəns/	<i>sự độc lập</i>
itch (v.n)	itchy (a)	/ˈɪtʃ.i/	<i>ngứa</i>
attend (v)	attention (n)	/əˈten.ʃən/	<i>sự chú ý</i>
	attentive (a)	/əˈten.tɪv/	<i>chú ý</i>
	attentively (adv)	/əˈten.tɪv.li/	<i>một cách chăm chú</i>
	unattended (a)	/,ʌn.əˈten.dɪd/	<i>không chú ý</i>
sick (a)	sickness (n)	/ˈsɪk.nəs/	<i>sự ốm đau</i>
	sicken (v)	/ˈsɪk.ən/	<i>làm ốm yếu</i>

PART 2: PRACTICE**Exercise 1: Do the tasks below.**

Fill the words to complete the sentences.

a cough

allergy

flu

- When you have _____, you make a lot of loud sounds.
- Phil has been sneezing and coughing since yesterday. Perhaps he's got _____
- Richard ate a lot of sea food yesterday. Soon after the meal, he felt itchy all over his body. He might have a seafood _____

Choose the correct words.

- Eating a lot of junk food is unhealthy because it can cause weight gain and *obesity* / *obese*.



2. Emma has been on the beach for a day and she looks really red now. I think she has *sunburn / sunburnt*.

3. Lucy suffered from *depression / depressed* when she lost her job last year.

Exercise 2: Choose the best answer.

1. I've fallen off my bicycle and now my legs really _____.

- A. pain B. sore C. hurt

2. Having a healthy _____ plays an important part if you want to stay in shape.

- A. lifestyle B. illness C. problem

3. After singing continuously for three hours at her concert last night, the singer now has a _____.

- A. sore throat B. stomachache C. sunburn

4. According to many diet _____, if you are becoming fat, eat less junk food and do more regular exercise.

- A. lifestyles B. experts C. problems

5. Linda tries to stay _____ shape by jogging for 30 minutes every morning.

- A. at B. in C. on

6. Lucy had _____ when she was 8 years old because she ate too many sweets. She had to go to the dentist every week then.

- A. earache B. stomachache C. toothache

7. Christian keeps asking me out for dinner and he won't _____ no for an answer.

- A. take B. tell C. give

8. After working long hours in front of your computer, you should spend five minutes _____ your eyes and relaxing to avoid headache and sore eyes.



A. resting

B. sneezing

C. hurting

9. Joe: Let's go to the popconcert tonight!

Lia: No, count me _____. I have _____ so I can't stand any loud noise.

A. in – earache

B. out – toothache

C. out – earache

10. Charlie has the habit of eating fast food all the time and now he's putting _____ a lot of weight.

A. up

B. in

C. on

Exercise 3: Give the correct form of the word in brackets.

1. Eating a lot of junk food may cause your _____ (OBESE)

2. Red spots, itchy skin and swollen eyes after eating fish are possible symptoms of a fish _____ (ALLERGIC)

3. Michael has been _____ (DEPRESSION) for three months since his father's death.

4. Excessive smoking or eating too much sugar can lead to various _____ (HEALTHY) problem.

Exercise 3: Give the correct form of the word in brackets to complete the following sentences.

1. I like cats but unfortunately I'm _____ to them. (ALLERGY)

2. This book requires a great deal of _____. (CONCENTRATE)

3. The campaign needs an effective _____. (COORDINATE)

4. I was overwhelmed by feelings of _____. (DEPRESS)

5. Water is _____ for living things. (ESSENCE)

6. Drug _____ led to her early death. (DEPEND)



- 7. This cream will reduce the _____. (ITCH)
- 8. The children listened _____ to the story. (ATTEND)
- 9. Never leave young children _____. (ATTEND)
- 10. She’s been off work because of _____. (SICK)

Exercise 4: Match the problem in column A with the appropriate advice in column B.

A	B
1. I have spots.	a. Wear s sun hat.
2. I get sunburnt.	b. Wear warm clothes and drink hot water.
3. I have toothache.	c. Eat less junk food.
4. I feel sad.	d. Go outside and play with friends.
5. I'm putting on weight.	e. Stay at home and take a rest.
6. My eyes are getting weaker.	f. Stop eating too many sweets.
7. I feel tired.	g. Spend less time on computer.
8. I have a cold.	h. Don't shout, sing or chew gum.
9. I have a temperature.	i. Cool down your room.
10. I have a sore throat.	j. Wash your face regularly.