

TA7 – CHUYÊN ĐỀ 4: IMPERATIVE

I. Underline the correct words.

1. Your eyes look very tired. Let your eyes rest *more / less* and watch *more / less* TV.
2. If you want to stay in shape, eat *more / less* healthy food like fruits, vegetables or fish.
3. Drink *more / less* water when you have a high fever.
4. If you want to lose weight, eat *more / less* junk food.
5. Sunbathe *more / less* to avoid getting sunburnt.
6. The popular thing to lose weight is “eat *more / less* and exercise *more / less*”.
7. Stay outdoors and do *more / less* physical activities. You will be healthier.
8. Spend *more / less* time in front of screens, such as the phone, TV or computer. It’s not good for your eyes.

II. Look at the advice for a healthy lifestyle, complete the sentences using *more* or *less*.

1. You have toothache. Eat _____ candy.
2. Get up early and do _____ exercise.
3. The examination is coming. Watch _____ TV.
4. Watch _____ television and you can protect your eyes.
5. You look tired, sleep _____.
6. She should eat _____ fast food.
7. You are putting on weight. Eat _____ fast food.
8. I will spend _____ time on computer games.
9. You have a cough. Drink _____ warm water.
10. We should eat _____ junk food and eat _____ fruit and vegetables.

III. Look at the advice for a healthy lifestyle, and complete the sentences using *more* or *less*.

1. Eat _____ sweet food.
2. Get _____ exercise.
3. Drink _____ coffee.
4. Eat _____ fast food.
5. Eat _____ fruit and vegetables.
6. Drink _____ water.

7. Smoke _____ and give it up.
8. Relax _____.
9. Worry _____ about things
10. Spend _____ time on computer games.

IV. Complete the sentences using *more* or *less*.

1. You should eat _____ fruits and vegetables because they are good for your health.
2. She looks very tired after coming back from work. She should rest _____.
3. We should spend _____ time on computer games.
4. Drink _____ green tea and _____ coffee.
5. Smoking can lead to lung cancer, so smoke _____.
6. If you wash your hands _____ than you will be less chance of having flu.
7. Eat _____ high-fat food keep you from getting fat.
8. Which activity burns _____ calories, walking or riding a bicycle?

V: Complete the sentences with *more* or *less*.

1. Drink _____ water because it is very essential for your body.
2. Sit _____ in front of the TV or a computer if you don't want your eyes to be hurt.
3. Eat _____ healthy foods like fruits, vegetables or fish. You will stay in shape.
4. Exercise _____, and count calories when eating. This can help you lose weight.
5. Eat _____ high-fat food to avoid obesity.
6. Stay outdoors more and do _____ physical activities. You will be healthier and active.
7. Spend _____ time playing computer games.
8. Sunbathe _____ to avoid sunburn.
9. Take _____ public transportation. You can save a lot.
10. Have some _____ yogurt. It will be good for your stomach.

VI: Điền "more" hoặc "less" để hoàn thành những câu sau:

1. Eat _____ fruits and vegetables.
2. Stay outdoor and do _____ exercises to be healthier.
3. Drink _____ alcohol or you will be weak.

4. Sleep _____ and don't go to bed too late.
5. Practice _____ and you will improve your skills.
6. Spend _____ time on smartphone and laptop or you will ruin your eyes.
7. Go out _____ and make some new friends, so you won't be lonely.
8. Drink _____ coffee. It's not good for your brain.
9. Read _____ books to broaden your knowledge.
10. Play _____ computer games and study _____
11. Take _____ vitamin A to strengthen your immune system.
12. Put _____ wood into the campfire to keep warm
13. Smoke _____ or you will have lung cancer.
14. Eat _____ raw food or you will have stomachache.
15. Spend _____ time on TV and pay _____ attention to your siblings.
16. Sunbathe _____ if you don't want to have skin cancer.
17. Take _____ photos of this beautiful mountainous area.
18. Wear _____ warm clothes or you'll be cold.
19. Put _____ more effort in your work to achieve best result.
20. Watch _____ documentaries about Nile River and write a report.

VII: Hoàn thành các câu sau bằng cách điền cụm từ thích hợp dưới đây vào chỗ trống.

<i>prepare more</i>	<i>talk less</i>	<i>drink more</i>	<i>study more</i>
<i>drink less</i>	<i>talk more</i>	<i>plant more</i>	<i>go out more</i>

1. _____ cakes because many people will come to our party.
2. You are so talkative. _____ and listen more.
3. It is a difficult subject. _____ or you may fail.
4. Why are you so quiet? _____. Everyone here is friendly.
5. _____ pure water and your body will function better.
6. _____ with friends and you won't be bored.
7. _____ trees to make your neighborhood greener.
8. _____ wine or you will have a headache.

VIII: Dùng câu mệnh lệnh với “more/less” để đưa ra lời khuyên về sức khỏe.

1. Your father smokes several cigarettes a day. It is very harmful to his lungs.

2. Jane stays up too late. She is always sleepy.

3. Maria takes in a lot of sugar every day. She may suffer from diabetes

4. He spends too much time on computer. He will soon be very short-sighted

5. Mary likes drinking cold water. She may have sore throat.

6. Your friend always eat raw food. She will have an upset stomach.

7. Louis works too much. He doesn't relax much. He is very weak and tired.

8. Jay always look tired. He doesn't exercise enough.

IX: Khoanh tròn vào đáp án đúng

1. (Spend more/ do more) time doing morning exercises.
2. (Play more/ do more) sports like biking, swimming or yoga.
3. Give up junk food and (eat less/ eat more) food high in fat, salt, and cholesterol.
4. (Take in more/Eat less) healthy foods like fruits, vegetables, fish or nuts in your daily meals.
5. If you get fat, (eat less/ sleep more) and (exercise more/ sleep less).
6. Don't (take in more/ take in less) calories than you burn.
7. (Spend more/ Spend less) time with family and friends.
8. (Pay more/ Pay less) attention to your health.
9. If you want to be taller, (drink more/drink less) coca and (take in more/ take in less) calcium.
10. If you want to avoid obesity, (eat more/take in less) sugar.
11. (Wear less/ Put on more) clothes or you will have the flu.
12. (Go out more/ Go out less) on sunny days to avoid sunburn and skin cancer