MS. CHI ENGLISH

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GLOBAL ENGLISH 7: UNIT 7 – HEALTH, FOOD AND EXERCISES

VOCABULARY REVISION

A. VOCABULARY

No.	New words	Meaning	No.	New words	Meaning
1	**diet** (n)	chế độ ăn uống	23	**plenty of** (quantifier)	nhiều
2	**balance** (n)	sự cân bằng	24	**contain** (v)	chứa, bao gồm
3	**ingredient** (n)	thành phần	25	**a large quantity**	một số lượng lớn
4	**get the right balance**	có được sự cân bằng phù hợp	26	**a large (small) amount of**	một lượng lớn (nhỏ)
5	**protein** (n)	chất đạm	27	**quantity** (n)	số lượng
6	**carbohydrates** (n)	tinh bột	28	**leaflet** (n)	tờ rơi
7	**pulse = bean** (n)	đậu	29	**mineral** (n)	chất khoáng
8	**fat** (n)	chất béo	30	**regular** (adj)	thường xuyên
9	**divide sth into** (phr.v)	chia cái gì thành	31	**steady** (adj)	đều đặn
10	**junk food** (n)	thức ăn nhanh	32	**iron** (n)	chất sắt
11	**constant supply (of sth)**	nguồn cung ứng thường xuyên (của cái gì đó)	33	**long-distance runners**	vận động viên chạy đường dài
12	**afterwards** (adv)	về sau	34	**fairly small amount**	lượng khá nhỏ
13	**burst** (n)	sự tràn đầy	35	**pill = medicine** (n)	viên thuốc
14	**constant** (adj)	thường xuyên	36	**aspect** (n)	khía cạnh
15	**fizzy drinks** (n)	đồ uống có ga	37	**two-thirds**	hai phần ba
16	**dehydration** (n)	sự mất nước	38	**based on** (phr.v)	dựa vào
17	**as (adv/adj) as possible**	càng….càng tốt	39	**run** (n)	cuộc chạy bộ
18	**anxious** (adj)	lo lắng	40	**daily routine** (n)	thói quen hàng ngày
19	**silence** (n)	sự yên tĩnh	41	**discover** (v)	khám phá ra
20	**athlete** (n)	vận động viên điền kinh	42	**find out** (phr.v)	phát hiện

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21	**porridge** (n)	cháo đặc	43	**supper** (n)	bữa ăn nhẹ (vào buổi tối)
22	**cabbage** (n)	cải bắp	44	**calcium** (n)	canxi

*** Note:** n = noun: danh từ; v = verb: động từ; adj = adjective: tính từ;
adv = adverb: trạng từ; phr.v = phrasal verb: cụm động từ;
sth = something: cái gì đó; quantifier: từ chỉ định lượng

*** Con học thuộc nghĩa của từ, chép mỗi từ 1 dòng vào vở ghi và chỉnh phát âm theo từ điển.**

B. HOMEWORK

I. Choose the correct answer by circling A, B, or C

0. He became a professional _____ at the age of 16.
A. athlete *B. balance* *C. cabbage*

1. Columbus is the explorer (*nhà thám hiểm*) who _____ the Americas *(Châu Mỹ)* first.
   A. constant B. afterwards C. discovered
2. Doing yoga has become a part of my _____.
   A. burst B. daily routine C. silence
3. I'm _____ that we can't arrive at the airport on time.
   A. constant B. aspect C. anxious
4. The film is _____ a real-life *(đời thực)* story.
   A. based on B. find out C. divided into
5. I usually heat a quick _____ in the microwave (*lò vi sóng*) when I get home from work.
   A. pill B. supper C. dehydration
6. They are now developing ways to produce the vaccine in large _____ and cheaply.
   A. amounts B. quantities C. percentages
7. Two - _____ of the land in this rural area will be used for community purposes.
   A. three B. third C. thirds

II. There is a spelling mistake in each sentence. Write down the wrong word and correct it

0. For more details, pick up a leaflit in your local post office. *leaflit* → *leaflet*

1. The questions devide into two categories: easy and hard. _____ → _____
2. My son likes junk food such as crisp, sweets and fizy drinks. _____ → _____
3. Milk is a very good source of cancium. _____ → _____
4. The exhibition will focus on various aspekts of life in Vietnam. _____ → _____
5. He drank black tea and ate a piece of dry bread for his super. _____ → _____
6. The country is experiencing slow but stedy economic growth. _____ → _____
7. Our skin cream contains only natural ingredents. _____ → _____
8. Mineran is a substance that exists naturally in foods or water and is not a living organism (*sinh vật sống*). _____ → _____

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III. Match each word/ phrase with its definition

~~*0. silence*~~	~~*A. a period without any sound*~~
1. dehydration	B. a person who is very good at sports or physical exercise, especially one who competes in events
2. find out	C. a drop below normal levels of water in the body
3. constant	D. the ability to keep steady with an equal amount of weight on each side of the body
4. athlete	E. to get some information about something/ somebody by asking, reading, etc.
5. afterwards	F. a round vegetable with large green or white leaves
6. balance	G. happening a lot or all the time
7. cabbage	H. after the time mentioned
8. junk food	I. food that is quick and easy to prepare and eat but that is thought to be bad for your health

0. A	1.	2.	3.	4.	5.	6.	7.	8.

IV. Choose the suitable word from the box to complete each sentence

~~***contain***~~	**divide**	**regular**	**possible**	**diet**	**balance**	**afterwards**	**plenty**	**ingredients**	**find**

0. The documents ***contain*** *sensitive information.*

1. We've got _____ of time before we need to leave for the airport.
2. Shall we _____ the project into six or seven small tasks?
3. Try to keep a _____ between work and relaxation.
4. He took his family to supper at a restaurant, and soon _____, he fell ill.
5. I'll just go and _____ out what's going on outside.
6. We will get your order to you as soon as _____.
7. The list of _____ included 250 g of almonds.
8. I'm still in _____ contact with friends I met at university.
9. She is trying to lose weight through _____ and exercise.

V. Complete the sentences with your own ideas

0. We had a very anxious time until ***we knew that they were safe***.

1. Youngsters should have a balanced diet so that _____.
2. Cereals provide essential protein and vitamins so _____.
3. Thanks to the constant supply of water, _____.
4. Long-distance runners _____ in order to stay energized (*tràn đầy năng lượng*) during the competition.
5. Due to _____, there was a moment of uncomfortable silence.
6. Although beef is rich in protein, _____.
7. Obese patients should cut down on (*cắt giảm*) fats and carbohydrates if they don't want to _____.

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Read the text and the questions below. For each question, choose the correct answer.

A hotel under the sea

Want to sleep under the sea? The company Planet Ocean has plans for an exciting underwater hotel, which they hope to build in locations all over the world.

The hotel won't be large, with only 12 guest rooms, plus a restaurant. Guests will get to the hotel in a lift – so no diving or getting wet! The hotel will float 10 metres under the ocean, although it will be attached to the sea bed to prevent it from moving too far. Because it won't be very deep under the water, the sun will shine down and provide light. Guests will get great close-up views of the fish and other sea creatures, which won't be bothered by the hotel and so won't make any effort to avoid it.

The hotel's design, with clear plastic walls, means guests will be able to see the sea and all the creatures that live there around, above and below them in their rooms. They will almost get the feeling that they are swimming in the ocean. The luxury rooms will have a shower, TV and even the internet. The restaurant will serve high-quality meals. As you might expect, Planet Ocean want to encourage people to eat less fish, so guests won't find any on the menu. What's more surprising is that the atmosphere will be silent, so guests will have to imagine the sound of the ocean around them.

The hotel won't be cheap to build and it won't be cheap to stay in. But the designers are especially proud of the fact that it will be environmentally friendly. It will use electricity, of course, but it will produce its own, and won't disturb ocean life at all. In fact, the designers hope some sea creatures will build their homes on parts of the building, which will bring real benefits to the underwater world.

Planet Ocean's future designs include a moving hotel. It perhaps sounds like this will work in the same way as a cruise ship, but this is not the case. In fact, rather than moving between continents and countries, it will stay within a single country's waters, but only occasionally change positions around its coast.

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1 What do we learn about the hotel?

A Guests will have to swim down to get to it.
B Its lights will shine into the sea so guests can see the fish.
C It will only have a small number of rooms.
D Fish and other sea creatures will be scared of it.

2 What might guests find strange about staying at the hotel?

A swimming from their rooms into the ocean
B having ocean life in their room
C enjoying a meal of freshly caught fish
D being unable to hear the ocean

3 What is the best thing about the hotel, according to the designers?

A It won't cost much to build.
B It won't use much electricity.
C It won't cause any damage to the environment.
D Fish and other sea creatures won't come very close to it.

4 Planet Ocean's moving hotel will

A rarely move from one site to another.
B travel between various countries.
C be similar to a type of cruise ship.
D remain close to the coast of each continent.

5 What might a guest in this hotel say?

A

It's very expensive, but the facilities are quite basic and the windows are too small to see outside.

B

It's great to stay in such a beautiful hotel that is also good for the planet.

C

Seeing the fish up close is amazing, but it's a shame that the hotel disturbs sea life.

D

It's a great idea, and I love the fact that it can move around and travel to different locations.

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EXAM BOOSTER FOR B1 – LISTENING PART 3 – TASK 1 (P. 73)

Các con làm bài nghe theo link sau:

https://drive.google.com/file/d/1_jUb6PNS9VI_AyZf_tbvHWriolUUHsFz/view

Track 7 For each question, write the correct answer in the gap. Write one or two words or a number or a date or a time.

You will hear a film review programme on the radio.

The Film Review Programme

This week's reviews

The film *Jungle Fever* is a **(1)** ..... about a family of tigers.

Actor Steve Wills plays a **(2)** ..... in his new film, *Call It.*

Swim! is about a man who wants to swim in a local **(3)** ..... .

Competition for listeners

Listeners can enter an online quiz at www. **(4)** ..... .co.uk.

Winners will receive **(5)** ..... tickets.

Entries must be received on **(6)** ..... by 2 p.m.

FCE TRAINER 1 – TEST 6 – LISTENING PART 3

Các con làm bài nghe theo link sau:

https://drive.google.com/file/d/1c8tnlx8tf7rLU9UchnvsbiB04gNdNBo5/view

3 07 You will hear five short extracts in which university students are talking about their next summer vacation. For questions **19–23**, choose from the list (**A–H**) what each speaker wants to do during their vacation. Use the letters only once. There are three extra letters which you do not need to use. **[You will need to play this recording twice.]**

A start learning a language

B spend time with friends

C travel abroad

D do charity work

E read books

F earn some money

G learn to drive

H do more exercise

Speaker 1		**19**
Speaker 2		**20**
Speaker 3		**21**
Speaker 4		**22**
Speaker 5		**23**

LIVEWORKSHEETS

I. Fill in the blanks with the missing English words

English words	Meanings
0. ***icy***	*đóng băng*
1.	dịch vụ cứu hộ
2.	vệ tinh
3.	đột nhập
4.	khinh khí cầu
5.	công trình kiến trúc
6.	đường dành cho xe đạp
7.	tỉ mỉ, công phu
8.	đủ trình độ chuyên môn
9.	Bắc Cực
10.	đường mòn

II. Choose the correct answer (A, B, C or D) to complete each sentence

0. People have become increasingly _____ about sharing personal information online.

(A.) careless *B. regional*

C. conventional *D. overjoyed*

1. I couldn't _____ where the music was coming from.

A. circle around B. work out

C. set off D. put up

2. During the interview I was asked some really _____ questions.

A. unconscious B. tough

C. qualified D. regular

3. If there are people walking on the _____, ring your bell to get their attention.

A. tractor B. congestion

C. airport shuttle D. cycle path

4._____ is a card that a passenger must have in order to be allowed to get on an aircraft.

A. Boarding pass B. Baggage reclaim

C. Compass D. Snowboarder

5. The situation is _____. We have no food, very little water and no medical supplies.

A. desperate B. fortunate

C. narrow D. cramped

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