

# MS. CHI ENGLISH

Name: \_\_\_\_\_

Class: S9

Date: .../.../20..

Tel: 038 255 2594

## GLOBAL ENGLISH 9 – UNIT 2: WELL-BEING VOCABULARY 1

### A. VOCABULARY

No.	New words	Meaning	No.	New words	Meaning
1	<b>malnutrition</b> (n)	sự suy dinh dưỡng	17	<b>moderate</b> (adj)	vừa phải, điều độ
2	<b>ill-health</b> (n)	sức khỏe kém	18	<b>immune system</b> (n)	hệ miễn dịch
3	<b>poverty</b> (n)	sự nghèo khổ	19	<b>cell</b> (n)	tế bào
4	<b>obesity</b> (n)	sự béo phì	20	<b>suppress</b> (v)	ngăn chặn
5	<b>consume</b> (v)	tiêu thụ	21	<b>susceptible to</b> (adj)	dễ bị ảnh hưởng
6	<b>vegetarian</b> (adj)	ăn chay, chay	22	<b>fight off</b> (phr.v)	đẩy lùi
7	<b>undernourished</b> (adj)	thiếu ăn	23	<b>infection</b> (n)	sự lây nhiễm
8	<b>lead to</b> (phr.v)	gây ra, dẫn đến	24	<b>put stress on</b>	nhấn mạnh vào
9	<b>carbohydrate-based</b>	có chứa carbohydrate	25	<b>recovery</b> (n)	sự hồi phục
10	<b>restore</b> (v)	hồi phục	26	<b>take care of appearance</b>	chăm chút ngoại hình
11	<b>regular meal</b> (n)	bữa ăn đều đặn	27	<b>wind down</b> (phr.v)	thư giãn
12	<b>keep sth in balance</b>	giữ cân bằng	28	<b>banish</b> (v)	loại bỏ
13	<b>crave</b> (v)	thèm muốn	29	<b>promote</b> (v)	đẩy mạnh
14	<b>diabetes</b> (n)	bệnh tiểu đường	30	<b>have a direct effect on</b>	có ảnh hưởng trực tiếp
15	<b>heart disease</b> (n)	bệnh tim	31	<b>anxiety</b> (n)	sự lo lắng
16	<b>catch coughs and colds</b>	bị cảm	32	<b>depression</b> (n)	sự chán nản

\* Note:

*n* = noun : danh từ; *phr.v* = phrasal verb : cụm động từ;

*adj* = adjective : tính từ; *sth* = something : cái gì đó

*v* = verb : động từ;

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

## B. HOMEWORK

### I. Match the definition with the suitable word

0. <i>decade</i>
1. moderate
2. diabetes
3. vegetarian
4. undernourished
5. heart disease

a. not eating enough food to continue to be in good health
b. an illness preventing your heart from working normally
c. of medium quantity, extent, or amount
d. <i>a period of ten years</i>
e. not eating or including meat
f. a serious disease in which there is too much sugar in your blood

0 - d	1 -	2 -	3 -	4 -	5 -
-------	-----	-----	-----	-----	-----

### II. Write the correct form of the given words

0. Getting to the top is never easy, in spite of his burning (ambitious) **ambition** and will to succeed.

- Two million people in the city live in very great (poor) \_\_\_\_\_.
- We are sorry to hear you're ill, and wish you a speedy (recover) \_\_\_\_\_.
- It has long been known that regular exercise (promotion) \_\_\_\_\_ good health.
- The National Institute of Health is discussing ways of tackling the problem of childhood (obese) \_\_\_\_\_.
- Most people in rich countries (consumption) \_\_\_\_\_ more protein than they need.

### III. Fill in the blanks with the given words in the box

restore	immune system	<i>don't mind</i>	infection	banish	susceptible
---------	---------------	-------------------	-----------	--------	-------------

0. I don't mind eating here.

- The \_\_\_\_\_ is made up of different organs, cells, and proteins that work together.
- There is no doubt that older people are more \_\_\_\_\_ to infections than youngsters who have better health.
- Be careful! *Bandage* (Băng bó) the wound (*vết thương*) to reduce the risk of \_\_\_\_\_.
- Try to \_\_\_\_\_ all technological devices when working in order to increase your concentration.
- Thanks to advanced equipment, doctors are now able to \_\_\_\_\_ his sight after several failures.



## What Is Stress?

Most people would say they know what stress is. But for scientists who study stress, it has been surprisingly hard to define. This is because there are so many ways of looking at stress.

Some researchers have studied how our bodies react to stress. You know how your heart beats faster, you perspire more heavily, and your words do not come out right when you are placed in a stressful situation. But knowing how we feel when we experience stress does not explain it; nor does it tell us what causes it.

Other scientists have looked at stressors: events or situations that produce stress. A deadline, a poor test performance, or bothersome noises all may be thought of as stressors. Even pleasant events can be stressors. Planning a party or starting a new job can be just as stressful as being called to the principal's office.

Stress, then, can be caused by both negative and positive events, or stressors. Of course, whether an event is thought of as positive or negative is, in some ways, a matter of personal choice.

In sum, it is the way people interpret an event that makes it stressful or not stressful. This process of interpretation is called appraisal. Depending on how people appraise, or judge, circumstances, they may or may not consider them stressful.

What, specifically, causes people to appraise a situation as stressful? The answer depends on how much of a threat or challenge it appears to be. Circumstances that bring a threat or challenge to a person's sense of well-being produce stress. Those that do not threaten or challenge us are not stressful.

Looking at stress this way gives us a general definition of the concept of stress: Stress is a response to circumstances that seem threatening or challenging.

The circumstances that cause stress vary from one person to another. It all depends on how we appraise circumstances. In addition, the things that cause us stress today may not cause us stress at another time. And the opposite is true: things that once caused no stress may now be stressful.

### Exercise 1 Word Use

Decide which of the following choices is closest in meaning to the underlined word in the sentence and write down the corresponding letter.

1. Planning a party or starting a new job can be just as stressful as being called to the principal's office.  
A. teacher                      B. headmaster                      C. assistant
2. A deadline, a poor test performance, or bothersome noises all may be thought of as stressors.  
A. annoying                      B. surprising                      C. continuous
3. Depending on how people appraise, or judge, circumstances, they may or may not consider them stressful.  
A. feel about                      B. judge                      C. adapt to
4. The circumstances that cause stress vary from one person to another.  
A. differ                      B. move                      C. start

### Exercise 2 Summary Completion

Complete the summary below by choosing NO MORE THAN THREE WORDS from the passage *What Is Stress?* for each answer.

It is hard for the scientists to define the word 5. \_\_\_\_\_ because there are many ways of looking at it. Your body reacts to stress with a fast-beating heart, heavy perspiration and so on when you are in 6. \_\_\_\_\_. 7. \_\_\_\_\_ refer to events or situations that produce stress and they may even include 8. \_\_\_\_\_ such as 9. \_\_\_\_\_ and starting a new job. In general, stress can be caused by both negative and positive events.

### Exercise 3 True/False/Not Given Questions

Read the passage *What Is Stress?* and look at the following statements. Write

TRUE	if the statement is true;
FALSE	if the statement is false;
NOT GIVEN	if the information is not given in the passage.

10. Knowing our feelings about stress can explain what causes the stress.
11. Bothersome noises are more likely to cause stress than a poor test performance.
12. Negative events cause more stress than positive ones do.
13. Sometimes whether an event is negative or not is based on a personal decision.
14. Whether an event is considered stressful may be determined by the way people interpret it.
15. Sometimes those circumstances that are not threatening to us are also stressful.
16. An event or situation may not always be a stressor.

## BASIC IELTS LISTENING – UNIT 2 – PART 6

Con hãy mở link nghe bằng máy tính nhé: <https://tinyurl.com/3kdxszmr>

Listen to the conversation and fill in the missing information in the right places.

Message to Ms. Proctor:
Date July 8 at 10:30
From .....
Message:
The meeting is on ..... at ....., Room .....
Please call him .....
Telephone number: .....

Con hãy mở link nghe bằng máy tính nhé: <https://tinyurl.com/3hkdc4s>

Listen to the conversation and fill in the missing information in the right places.

Message to .....
Date July 15 at 3:30
From .....
Message:
There is a ..... at Bob's house on .....
Bob's address: .....
Please call back .....
Telephone No.: .....

Con hãy mở link nghe bằng máy tính nhé: <https://tinyurl.com/2e938rn4>

**Exercise 5** Telephone messages (3)  47.MP3

Listen to the conversation and fill in the missing information in the right places.

Message to Professor .....
From .....
Message:
The meeting on ..... is .....
Please call him .....
Telephone No.: .....