

MS. CHI ENGLISH

Name: _____

Class: S9

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

Tel: 038 255 2594

GLOBAL ENGLISH 9 – UNIT 1: VIEWS AND VOICES

VOCABULARY REVISION

A. HOMEWORK

I. Guess the correct words using the definitions given

0. a period of ten years

-> decade

1. the language that is accepted by a country's government, is taught in schools, used in the courts of law, etc

-> _____

2. a strong desire for success, achievement, power, or wealth

-> _____

3. a language that has developed from a mixture of two languages, used by people who do not speak each other's languages

-> _____

4. an amount of something, often expressed as a number out of 100

-> _____

5. the second stage in formal education. which includes grades 6-9

-> _____

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.

1. My grandma is very (independence) _____. She usually does all her own shopping and cooking.

2. Managing (creative) _____ has always been a complex issue.

3. By showing his great social (flexible) _____ and carrying out a variety of tasks, he received a lot of compliments (lời khen ngợi) from the manager.

4. We were (terrify) _____ that the bridge would collapse.

5. The whole conference was totally disorganized (lộn xộn) as nobody knew what they were (supposition) _____ to be doing.

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

stereotype	According	don't mind	revision	contact	likely
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0. I don't mind eating here.

1. Due to the generation gap, young people tend to have little _____ with elderly people.

2. Children who live in the countryside are more _____ to be poor than those living in large cities.

3. _____ to Sarah, they are not getting on very well at the moment because of some disagreements about money.

4. Surprisingly, he does not fit the national _____ of a Frenchman.

5. Although she did no _____, she still got a very high mark.

IV. Circle A, B, or C to choose the underlined word or phrase in each sentence that needs correcting and correct them

0. Some people keep fuzzy spiders as <u>pets</u> , while <u>others</u> are truly <u>terrific</u> of them. A B <u>(C)</u>	-> <u>terrified</u>
1. People who <u>have</u> a criminal record are more <u>likely</u> to be <u>isolate</u> after being released. A B C	-> _____
2. Risk <u>assess</u> should be <u>performed</u> by a <u>competent</u> (có trình độ) <u>person</u> who can determine the most suitable measure to eliminate the risk in any potential situation. A B C	-> _____
3. It would be more <u>sensitive</u> to do the <u>research</u> now before we start <u>on</u> the project. A B C	-> _____
4. The following example can <u>illustration</u> how this machine <u>operates</u> in <u>practice</u> . A B C	-> _____
5. The couple behind us had <u>distracting</u> everyone by talking <u>continuously</u> <u>during</u> the movie. A B C	-> _____

V. Circle the correct answer

0. I am trying to _____ my holiday.
A. save for (B). save up for C. save up
1. An important _____ of Van Gogh's paintings is their bright colours.
A. view B. feature C. paint
2. In order to achieve success easily, he needs to _____ more on his career.
A. serve B. maintain C. focus
3. The _____ of workers find it quite hard to live on the amount of money they earn.
A. majority B. amount C. level
4. Shelly was one of those kids who was always getting _____ off at school.
A. played B. paid C. told
5. We took him to hospital and he had various tests, including a brain _____.
A. scan B. examination C. check

Our Diet Matters

Section I

The average person swallows about half a ton of food a year – not counting drink – and though the body is remarkably efficient at extracting just what it needs from this huge mixture, it can only cope up to a point.

If you go on eating too much of some things and not enough others, you'll eventually get out of condition and your health will suffer.

So think before you start eating. It may look good. It may taste good. Fine! But how much good is it really doing you?

Section II

What you eat and the way it affects your body depend very much on the kind of person you are. For one thing, the genes you inherit from your parents can determine how your body-chemistry (metabolism) copes with particular foods. The tendency to put on weight rather easily, for example, often runs in families – which means that they have to take particular care.

And your parents may shape your future in another way. Your upbringing shapes some basic attitudes to food – like whether you have a sweet tooth, nibble between meals, take big mouthfuls or eat chips with everything.

And there is your lifestyle. How much you spend on food (time as well as money), how much exercise you get – these can alter the balance between food and fitness.

And finally, both your age and your sex may affect this balance. For example, you are more likely to put on weight as you get older, especially if you are a woman.

So, everybody's different and the important thing is to know yourself.

Section III

If you are eating a fairly varied diet, it is just about impossible to go short of proteins, vitamins or minerals. It is likely, too, that you have more than enough fats and carbohydrates.

Take proteins for instance. On average, we eat about twice as much protein as we need.

Vitamin pills are not likely to help either. A varied diet with plenty of fresh fruit, vegetables and cereals along with some fish, eggs, meat and dairy products will contain more than enough vitamins. Unless you have some special medical reason, it is a waste of time and money to take vitamin pills.

As for minerals, there is no shortage in the average diet and it is useless to have more than you need.

Section IV

Just about everything you eat contains energy – measured as calories; the higher the number of calories, the more energy. But don't make the mistake of thinking that eating extra energy-rich foods will make you more energetic. The amount of energy in your daily diet should exactly balance the energy your body-machine burns up. If you eat more than you use, the extra energy is stored as body fat. And this is the big problem.

Section V

Over hundreds of thousands of years, man's food came mainly from plants.

He ate cereals (like wheat), pulses (like beans and peas), vegetables, fruit and nuts. So our ancestors were used to eating the sort of food that contains a lot of fibre.

In comparison with our ancestors, the sort of food we eat today contains very little fibre. Our main foods are meat, eggs and dairy products, which contain no fibre at all.

Lack of fibre seems to be connected with various disorders of the digestive system. Some experts also believe that lack of fibre may even lead to heart disease.

If you are worried about your weight, eating more fibre may actually help you to slim! Food with plenty of fibre like potatoes or bread can be satisfying without giving you too many calories.

Exercise 1 Word Use

Find in Section II and Section V words which are closest in meaning to the following definitions.

Section II

- _____ 1. to receive from one's parents or grandparents
- _____ 2. training and caring for a child
- _____ 3. to eat (something) with small bites
- _____ 4. to (cause to) become different

Section V

- _____ 5. a person from whom someone is descended
- _____ 6. lack of order; confusion
- _____ 7. connected with digesting food
- _____ 8. attractively thin; not fat

Exercise 2 Matching the Headings

The reading passage *Our Diet Matters* has 5 sections numbered I-V. Choose the most suitable heading for each section from the list of headings below. Write the appropriate letters (A-G). There are more headings than you can use.

- A. Extra energy makes us fat.
- B. Eating more fibre is important.
- C. It is better to change the bad eating habits.
- D. A bad diet is harmful.
- E. People differ from each other.
- F. Enough proteins, vitamins and minerals are provided in a good diet.
- G. We do not need vitamin pills.

9. Section I

10. Section II

11. Section III

12. Section IV

13. Section V

Exercise 3 Multiple-Choice Questions

Refer to the reading passage *Our Diet Matters* and choose the correct answer by writing down the corresponding letters.

14. According to the passage, which THREE of the following factors could affect your body system?

- A. Genes
- B. Vitamin pills
- C. Physical exercises
- D. Excessive worries
- E. Attitudes to food

There are four choices for each question. Refer to the passage and choose the correct answer by writing down the corresponding letter.

15. Generally speaking, which one of the following four puts on weight comparatively easier?

- A. A male aged 35
- B. A female aged 35
- C. A male aged 45
- D. A female aged 45

16. Which of the following statements is NOT true?

- A. A person is likely to put on weight if his father is overweight.
- B. Eating habits could be shaped by one's parents.
- C. Generally speaking, we eat more proteins than our bodies need.
- D. The amount of energy in your diet should be higher than the energy your body-machine burns up.

17. Compared with that of our ancestors, our diet tends to lack

- A. vitamins.
- B. fibre.
- C. minerals.
- D. calories.

18. If your daily diet is a rather varied one, it is almost impossible that

- A. your body store extra body fat.
- B. your body need vitamin pills as supplement.
- C. your body take in more carbohydrate than it can use.
- D. your body need to take in more fibre.

19. Which word can best describe the main purpose of the passage?

- A. Informative
- B. Argumentative
- C. Descriptive
- D. Persuasive

BASIC IELTS LISTENING – UNIT 3

Con hãy mở link nghe bằng máy tính nhé: <https://tinyurl.com/bdd9zm8t>

Exercise 15  67. MP3

Questions 1-10

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

Sports	Where
Water sports, 1. and 2.	On the lakes, rivers and coastlines
3., 4. and 5.	In the landscape
Football, 6., 7.	8.
Squash, 9., 10.	Indoors

Questions 11-16

Indicate whether the following statements are true or false by writing T for true and F for false in the boxes below.

11. All colleges have their own impressive sports facilities.
12. The most popular outdoor sports are football and tennis.
13. Motor racing is one of the popular sports in Britain.
14. "To play the game" means "That's not fair".
15. "That's not cricket" means "to be fair".
16. The most popular sport in Britain is football.

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BASIC IELTS LISTENING – UNIT 4

Con hãy mở link nghe bằng máy tính nhé: <https://tinyurl.com/44az8sp8>



68.MP3

Listen to the conversation and write down the missing information in the notes below.

What you need:

1. You need a bag of
2.
3. and a pot with in the bottom.

What to do:

4. First, fill with potting soil. Don't use soil from your
5. Second, the soil well. Water should come out of the hole
6. Then, sprinkle about seeds on top of the soil.
7. Cover the seeds with potting soil. Water
8. Put the pot near a window. Do not let the soil
9. The chives will come up in about weeks.
10. You can start to cut the chives when they are about 8 centimetres or about tall.
Cut only about the plant at one time. This way the chives will
growing.
11. You can grow chives in a sunny place. Plant the seeds in
Chives are They will every year.