

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

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

Class: S9

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**GLOBAL ENGLISH 9: UNIT 4 + UNIT 5**

**GRAMMAR REVISION**

**A. HOMEWORK**

**\*Lưu ý:** Các từ vựng mở rộng thầy cô cho ghi trong vở (nếu có) và các từ vựng mở rộng trong phiếu để có chủ thích nghĩa: con về nhà chép mỗi từ 1 dòng để ghi nhớ nhé.

**I. Underline the correct form of the verbs.**

Dear Paul

1 I've just received / I've just been receiving your message to us all about the seminar on Friday. 2 I've worked / I've been working on my presentation for the last week, and 3 have now finished / now finished it, so I am happy to be one of the first to present it. However, 4 I've made / I made an appointment to see the university careers advisor immediately after the seminar, so I will need to leave on time.

I'd like some advice about my presentation. At last week's lecture 5 you've said / you said that we should use visual aids as much as possible. 6 I haven't found / I didn't find anything to use. Is it essential? 7 I've done / I did lots of presentations before, and I feel OK about this one. In my last presentation 8 I used / I have been using the overhead projector, and I want to do this again – does this count as a visual aid?

One last question: 9 I've been / I went to Professor Russell's lecture yesterday, and 10 have been learning / learnt quite a lot that is relevant to this course. Is it okay to refer to another course in my presentation? 11 I've been wondering / I wondered about this – maybe it is better to stick to the materials and references 12 you've given / you've been giving us. I hope you can let me know.

Thanks for your help.

Sunita

**II. Write the present perfect or the present perfect continuous of the verb in the list. Use each verb only once. Include any words in brackets.**

grow	hear	travel	understand	get	paint	<b>meet</b>
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0. Alan just introduced me to his sister. Now I **have met** everyone in his family.

1. Bill and Mike \_\_\_\_\_ (never) along with each other. I \_\_\_\_\_ (never) why they agreed to be roommates in the first place.

2. My uncle \_\_\_\_\_ the outside of his house for three weeks and he's still not finished.

3. As far as I can remember, I \_\_\_\_\_ (never) George say "I'm sorry" before.

4. My niece (cháu gái) \_\_\_\_\_ nearly 6 inches (15 cm) since I last saw her two years ago.

5. The Smiths are presently in Tunisia. They \_\_\_\_\_ throughout North Africa since the middle of May.

**III. Fill in the gaps by putting the verbs in the present perfect continuous.**

0. I **have been driving** (drive) for hours. I'm so tired.

1. I \_\_\_\_\_ (clean) the house because my parents are coming tomorrow.
2. You \_\_\_\_\_ (build) that wall all day. Are you nearly finished?
3. Joe \_\_\_\_\_ (fish) all afternoon, but he hasn't caught anything yet.
4. How long \_\_\_\_\_ you \_\_\_\_\_ (train) to the marathon, Jon?
5. Josh \_\_\_\_\_ (paint) a lovely landscape this afternoon.

**IV. Mr. Collins is a teacher. Look at the pictures and say what he will be doing at different times tomorrow. Use expressions from the box.**



cook supper	correct papers	drive to work	have a shower	have breakfast ✓
have coffee	teach French	teach maths	train the football team	watch TV

- At 8.00 he will be having breakfast.
- 1 .....
  - 2 .....
  - 3 .....
  - 4 .....
  - 5 .....

**V. Match the beginnings of the sentences to the correct endings.**

0. <del>Will you be playing soccer</del>	a. coming to work today. She looked terrible yesterday.
1. I can give you a lift. I'll be	b. I'll be living in a nice house in the country.
2. Enzo's studying French. He hopes	c. I think people will be living on the moon.
3. I guess Liz won't be	<del>d. with us this weekend?</del>
4. In the year 2500,	e. driving past the library anyway.
5. In 10 years' time, I hope	f. he will be working as a translator in a few years.

0-d	1-	2-	3-	4-	5-
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## THE UNSTOPPABLE RISE OF **BURGERS AND FRIES**

**A** It is astonishing to contemplate how popular junk food has become, given that the first fast food restaurant in the US only opened its doors a mere century ago. Since then, high-calorie processed meals have taken over the world, with multinational restaurant chains aggressively chasing levels of growth that show no signs of slowing down. Much of this expansion is currently taking place in less developed parts of the world, where potential for customer loyalty is seen as easier to develop, but it is not just in these areas where such growth is visible. Indeed, a recent study from the University of Cambridge found that the number of takeaways in the United Kingdom rose by 45 per cent between 1997 and 2015. This explosion in the takeaway trade is not an inevitable outcome of what we call 'progress'. On the contrary, it comes in the face of an increasing body of evidence that we are heading for dietary disaster.

**B** Yet, despite nutrition experts' best efforts to educate people about the dangers of a diet filled with processed food, it appears that the world doesn't want to listen. Medical specialists point out that, although eating too much unhealthy food is likely to be as dangerous in the long-term as smoking, regular consumption of high-calorie food has somehow become more socially acceptable than ever. While local authorities in some towns and cities have taken measures to combat the rise in this trend by limiting the number of fast food outlets permitted to be open simultaneously, critics argue that people have every right to make their own decisions about what they eat and how they choose to live. However, the way in which we have come to binge on takeaways isn't only a personal issue of weight gain, or of buying larger clothes. The consequences of mass overconsumption should strike fear into the hearts of everyone.

**C** Research suggests that there is an evolutionary reason as to why people compulsively overeat – it is simply part of our innate behaviour. When humans evolved, we did not have the abundant supply of food that we enjoy today, and so eating was more about survival than pleasure. We became more likely to opt for high-calorie foods, with high fat content, that could sustain us through cold winters when the supply of nourishment became sparse. This explains why a 600-calorie burger seems so attractive: it awakens our primal side, makes us feel well fed, inspires contentment. Processed food stimulates the reward response in our brains, so we feel compelled to overeat, and not necessarily in a healthy way. Junk food acts as a trigger for chemicals such as the 'feel-good' dopamine to flood through the brain and induce a sensation of happiness. Meanwhile, high amounts of sugar and sodium (one of the chemicals in salt and other ingredients of fast food) cause a huge surge in blood sugar, pushing it to unnatural levels.

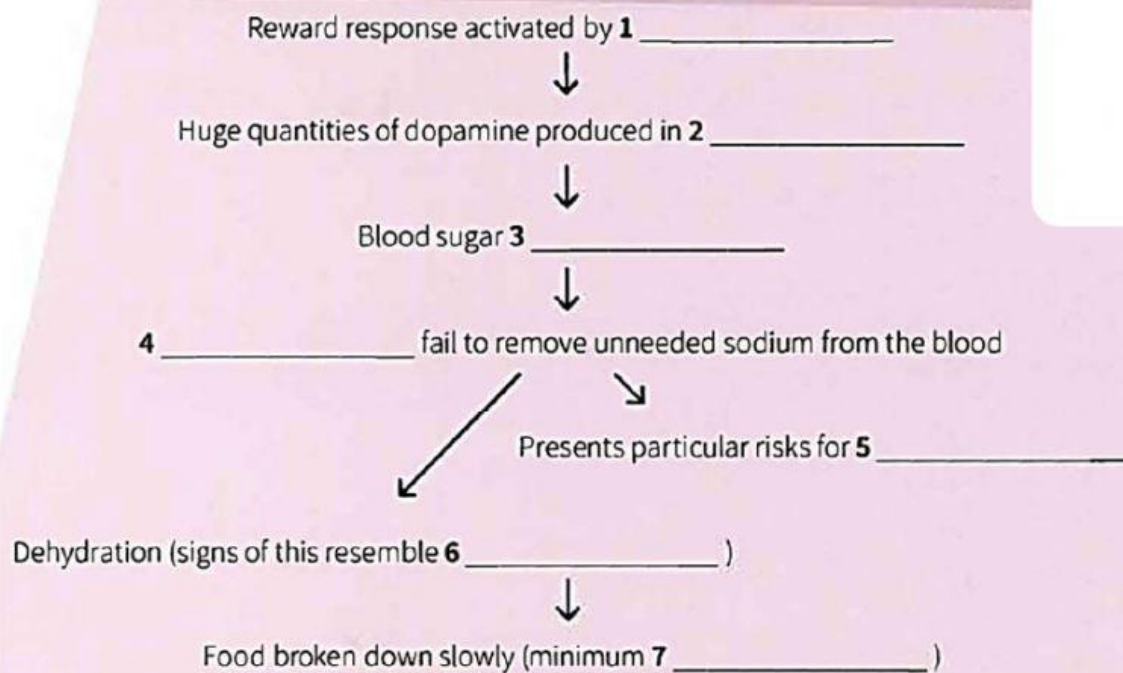
**D** This occurs within the first few moments of eating a high-calorie meal. From there, routinely processing such high levels of sodium is impossible, and the body's organs are pushed beyond their natural working capacity in trying to do so. The kidneys cannot remove all the excess salt from the blood, and thus an overdose of sodium causes the heart to pump faster while transporting blood through the veins. There are multiple dangers of high blood pressure, especially for the elderly and in the long-term. Sodium taken on in such quantities can lead to dehydration, a condition whose symptoms are extremely similar to hunger, and this leads to a painful truth: as soon you have finished your junk food meal, you immediately start to crave another. Thereafter, the body starts to digest the food. Usually, this takes between four and 12 hours, but with fast food, where the fat content is so much higher, the same process lasts at least three days.

**E** A number of studies have shown how young people can become even more addicted to junk food than adults. When a child eats a burger, the same neurological processes occur as in their parents: their brain's reward system is awoken, dopamine is released, a spontaneous feeling of excitement results, their blood sugar rockets, and so on. An adult can apply their maturity to understand that this thrill is *not entirely* without drawbacks, and that they need to control their urge to eat more. However, a child cannot necessarily see any negative consequences to this urge and the potential effects of their lack of self-control, so they find it far more difficult to exercise restraint and moderate their food consumption.

**F** It is common to read or to hear criticism of the junk food industry that does so much to promote the overconsumption of its products. But it does not appear that any of this criticism is changing widespread dietary habits in any substantial way. What is more, the humble burger has been elevated to such a point that many people no longer see it as simple, *on-the-go* food. It has arguably become a stylish and aspirational part of one's daily diet. Consider, for example, how some television companies recently made several series of programmes encouraging unnecessary overeating, in which the host devours dish after dish of unhealthy, fatty meals until they are full – and then far, far beyond. While such glamorisation exists, it is difficult to see how our collective march towards a global obesity crisis can ever be halted.

- 09** For each question, choose NO MORE THAN TWO WORDS from the text to complete the flow-chart in exercise 8.

## The effects of fast food on the body



- 12** Look again at paragraph A of *The unstoppable rise of burgers and fries*. Find and underline paraphrases for:

- |  |  |
|--|--|
| 1 pursuing   | 3 huge success of the fast food industry |
| 2 a large part of the growth in the fast food industry | 4 growing proof                          |

- 13** Complete the sentences. Choose NO MORE THAN TWO WORDS from the text for each answer.

- Global food corporations are fiercely pursuing ways in which to increase their \_\_\_\_\_.
- The fast food industry is particularly building its presence in areas that are \_\_\_\_\_.
- Despite more and more proof of its negative effects, the huge success of the fast food industry is leading us into \_\_\_\_\_.

- 14** Find and underline paraphrases for these phrases.

- the public seems unconvinced (paragraph B)
- developed initiatives to change fast food consumption habits (paragraph B)
- an instinctive characteristic people share (paragraph C)
- transforming the way most of the public view and consume food (paragraph F)
- glamorous (paragraph F)

**15** Complete the sentences. Choose **NO MORE THAN TWO WORDS** from the text for each answer.

- 1 Much of the public seems unconvinced that if they eat an excess of \_\_\_\_\_, they will become ill.
- 2 Many urban councils have developed initiatives to change fast food consumption habits by issuing restrictions on how many \_\_\_\_\_ can sell fast food.
- 3 A number of scientists believe that an instinctive characteristic people share causes them to \_\_\_\_\_.
- 4 One problem is that a fast food diet has become glamorous and \_\_\_\_\_.

**MINDSET FOR IELTS 2 - UNIT 8 – LISTENING**

Các con mở link nghe bằng máy tính nhé: <https://tinyurl.com/4srbup82>

**04** A lecturer, Dr Reynolds, and two students, Sangita and Lawrence, are discussing the festival programme. Listen and choose the correct alternative in these notes.

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<b>Discussion on events</b>		
<b>Event</b>	<b>Sangita</b>	<b>Lawrence</b>
<b>Music</b>	Artist in reserve <b>1 Student band / Well-known local band</b>	Unlikely for the main act to be unable to play in future <b>2 Book local band for the last night / Book local band every night</b>
<b>Crafts</b>	Have clothes separate from other crafts	Make more of the fashion section <b>3 Show clothes, glass and pottery / Show only clothes</b>
<b>Theatre and poetry</b>	Performances in students' own languages	<b>4 Have students' plays and poems / Have only famous plays and poems</b>
<b>Photography</b>	<b>5 Have only digital photographs displayed / Have digital and non-digital photographs displayed</b>	Only have photographs displayed digitally

Các con mở link nghe bằng máy tính nhé: <https://tinyurl.com/kv7p3f8y>

**06** ▶ Dr Reynolds is telling Dr Saunders about the students' suggestions. Listen and complete the table with **NO MORE THAN TWO WORDS AND/OR A NUMBER**.

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Suggestions from the discussion on the festival		
	Suggestion and reason accepted	Suggestion and reason rejected
<b>Music</b>	Local bands and student bands: encouraging people to take part	Using replacement bands: too complicated
<b>Crafts</b>	Fashion show: good idea as it can involve many international students	Stop pottery and glass exhibition: need to encourage all <b>1</b> _____ of art, not just the popular ones
<b>Theatre and poetry</b>	Plays and poems by students: it would help to raise <b>2</b> _____ Works in different languages: help international students feel more at home and valued	-
<b>Photography</b>	-	Digital and non-digital exhibition: not next year because of the <b>3</b> _____
<b>Accommodation</b>	-	Using the holiday park: unlikely to be ready in time, but a good possibility for future festivals
<b>Catering</b>	Encourage students to take part in cooking: helps their <b>4</b> _____	-
<b>Professional help/ volunteers</b>	Find better organisers: have a better selection system	Using former students instead of professional organisers: not really possible – too much trouble to find and employ them
<b>Security</b>	Encourage students to be more careful: it will increase <b>5</b> _____ among students	-
<b>Finance</b>	Encourage businesses to sponsor events and advertise: would encourage more interest in the university and improve relationships with business	Encourage students to have more events to raise money: would take their attention away from their <b>6</b> _____