TỪ VỰNG 3 ● Unit 2 – Health

1.	**sneeze**	v	hắt hơi
2.	**extend sth**	v	mở rộng (cái gì đó)
3.	**lifestyle**	n	lối sống
4.	**sweets**	n	đồ ngọt
5.	**commands**	n	mệnh lệnh
6.	**(your) orders** **order sb to do sth**	n v	yêu cầu; sự đặt hàng; trật tự (của bạn) ra lệnh ai đó làm cgđ
7.	**suggestions** **suggest (doing sth)**	n v	đề xuất, Đề nghị đề xuất (nên làm cgđ)
8.	**(health) experts**	n	chuyên gia (sức khỏe)
9.	**stay (healthy)**	v	giữ gìn (sức khỏe)
10.	**stay in shape**	v	giữ được vóc dáng





Điền vào chỗ trống với từ thích hợp để hoàn thành câu

1. We should keep doing regular exercise and have suitable diets to _____. If not, your body won't be as attractive as you have expected anymore.
2. Please follow our _____ if you want to be healthier and stronger.
3. Our dentist advises us to avoid eating a lot of _____ because they can destroy and decay our teeth.
4. He is a famous healthy _____ in our country. He has expertise knowledge and usually gives us good pieces of advice to keep healthy.
5. When she smells flower flavor, she _____ a lot because she has an allergy to flowers.
6. Some guests eating in our restaurant suggested _____ the no-smoking area.
7. You need to obey your healthy expert's _____ if you want to be stronger, more attractive and healthier.
8. Please click yes to confirm your _____.
9. To prevent diseases and have a good health, you should have a healthy and simple _____.
10. My doctor _____ that I should do more sports, go out more often and relax more to maintain good health.[2]

Điền vào từ thích hợp để hoàn đoạn văn

Hi, everyone. I'm John, a health expert. Last week, I received a lot of questions that asked me to give useful _____ (**11**) to maintain strong health and mind. To be strong and healthy, you _____ (**12**) do more exercise, avoid junk food, but consume vegetables and fresh food instead. Moreover, balancing[3] your work and relaxation suitably is another _____ (**13**) you must pay attention. Some people asked me help them to keep in good and attractive shape. It's so easy. Working out at the gym regularly, consult[4] your health _____ (**14**) and follow his/ her advice. …

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[2] **maintain (good health)** – duy trì sức khỏe
[3] **balance** (v) – cân bằng
[4] **consult** (v) – tư vấn

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LIVEWORKSHEETS

TỪ VỰNG 4 ● Unit 2 – Health

1. avoid (doing) sth	v	tránh (cái gì đó)
2. obesity **obese (people)**	n	sự béo phì
3. depression	n	sự căng thẳng, tuyệt vọng
4. concentrate (on sth) =focus on sth **concentration**	v n	tập trung sự tập trung
5. fresh (mood) **fresh (food)**	adj adj	(trạng thái) tươi tỉnh (thức ăn) tươi sống
6. spread – spread - spread	v	lan rộng
7. limit (your concentration)	v	hạn chế (sự tập trung của bạn)
8. an adult	n	người lớn
9. rest (sensibly) **= take a rest**	v	nghỉ ngơi (hợp lý)
10. recover (from a disease)	v	phục hồi (từ căn bệnh)






Điền vào chỗ trống với từ thích hợp để hoàn thành câu

1. Eating too much food high in fat and lack of doing exercise are main reasons that lead to _____. If you are a _____, try to reduce junk food and exercise more.
2. Taking a short rest at noon helps us to be more energetic[1] and _____.
3. When you are stressed, you will find it hard _____ on your work and cannot finish it effectively[2].
4. Although I have a lot of work to do every day, I always try my best to _____ suitably to have good balance[3] between health and work.
5. I cannot focus well on my work. Can you give my some pieces of advice to improve my _____? Thanks in advance!
6. Working under pressure[4] will cause _____ and stress, so take a rest and relax when you feel stressful or tired.
7. She didn't go to work yesterday because of her terrible headache. Today, she is _____ from it better.
8. Children usually do more exercise than _____, so they are more active.
9. Avoiding _____, eating too much junk food, and sleeplessness are effective ways to reduce stress and stay balanced.
10. You can _____ some diseases by keeping a clean and healthy lifestyle.
11. Having a healthy lifestyle can _____ the risks of getting some serious diseases like obesity, high-blood pressure or heart attack.
12. You can limit the _____ of flu by washing your hands regularly.

Điền vào chỗ trống với từ thích hợp

Trung, you should _____ (**13**) more exercise, you look quite fat. By the way, how about playing some sports with us in the park near my house on Sundays? Be more active to help stay _____ (**14**) and have more energy to study better. Having good health also helps us to _____ (**15**) on our work more effectively! Why don't you join us? Come on, if you don't have a bike to ride there, I will _____ you _____ (**16**). If you refuse[4], I will take no for my _____ (**17**). See you then.

1. energetic (adj) – đầy năng lượng ● **2. effective ways** (n) – cách hiệu quả ● 3. balance (v,n) – làm cân bằng ● **4. refuse** (v) – từ chối

LIVEWORKSHEETS