



UNIT 1: MY TIME

PART III. SKILL

LISTENING

Exercise 1. Listen to Mr. Baker talking about five tips to get a good night's sleep. Choose the correct answer, A, B or C.

- Who is the guest in the studio?
A. A teacher B. A doctor C. A nurse
- Why can't some people sleep well with the TV on?
A. Because the noise and lights make them awake
B. Because the TV shows are interesting
C. Because the films are exciting
- What does Mr. Baker say about doing homework?
A. Do the easiest homework earlier in the evening, then do the hardest homework later
B. Do not do any homework before bedtime
C. Do the hardest homework earlier in the evening, then do the easier homework later
- How long can we play video games before bedtime?
A. Less than an hour B. An hour C. More than one hour
- What does Mr. Baker say about cellphone?
A. Leave your phone in another room
B. Turn off your cell phone when you go to bed
C. Both A and B are correct.

Exercise 2. Listen again and complete the table with the words in the box.

great to be here welcome turn off down low earlier in the evening

- _____ to the show, Doctor Baker.
- Thank you. It's _____. Let's start with tip one.
- Do your hardest homework _____.
- _____ your mobile when you go to bed.
- Play music if you like. But turn the sound _____. That is very useful advice for our young listeners.

SPEAKING

Exercise 2. Complete the dialogue with the sentences below. There is one extra that you do not need.

- A. How about going to the city centre and watch the new film.
- B. Let's call some of my friends to play badminton or some games.
- C. We can cycle into the city centre – it's good for our health.
- D. And after watching the film, why don't we go for a drink?
- E. Shall we do something after that?
- F. But I don't want to stay at home all day on a Sunday.
- G. That's sounds like a good idea.

Nick Hello, Mai. What are you doing tomorrow? It's Sunday.

Mai I'm doing my homework in the morning, and I'm doing things around the house.

Nick I'm too. (1) _____. It's boring.

Mai What do you want to do?

Nick (2) _____ at the park.

Mai (3) _____. I think Phong and Lan will be interested in our suggestion. We can enjoy fresh air and get active.

Nick (4) _____ Have a drink or go to the cinema?

Mai (5) _____ It's been on the posters for a few days.

Nick It's a new science fiction film. I think it's very fantastic.

Mai We ask Phong and Lan's opinion. If they say 'yes', we'll do that. (6) _____

Nick Great. We'll have time to chat and relax before coming back home. OK. I'll phone them now.

READING

Exercise 1. Read the article and decide if the sentences are true (T) or false (F).

Does the time really fly?

It was Lunar New Year and I'd returned home for the traditional dinner. We had all finished eating when my sister said, "Has it really been a year since we last sat down for a family meal? Where has the time gone?" We often say that 'time flies'. It's a saying that means time passes very quickly. Curiously, as we get older, time seems to pass faster and faster. Why does this happen?

Some people think that we had fewer new or important events in our lives as we get older. Years seem longer when we were young because many things are happening. Also, time isn't so important as we get older. Children often count the days until a special event. When we get older, we have too many things to think about.

Luckily, time doesn't actually pass faster as we get older. A day still has 24 hours, and an hour still has 60 minutes. Maybe we need to find a way to slow down our lives and not try to be busy all the time.

- 1. The writer's sister feels surprised. _____
- 2. The saying 'Time flies' means that time passes faster as we grow older. _____
- 3. Time is more important when we're young. _____
- 4. According to the writer, times really flies. _____
- 5. The writer thinks we should do more things in our lives to make time pass more slowly. _____

Exercise 5. Choose the option that best completes each blank in the passage.

Typho: The only (1) _____ in our family is – no phones at the table. My dad (2) _____ phones when we're eating together at home, or if we're in a restaurant (3) _____ town. My mum's always got her work phone, but she goes outside if someone (4) _____.

Serzh 98: We've got two family rules – but it's one rule for me and a (5) _____ one for my sister! I'm not allowed a computer in my room, but my parents (6) _____ my sister have a PC because 'she's older and she studies more'. But she doesn't study!

- | | | | |
|-------------------|-------------|-------------|--------------|
| 1. A. screentime | B. research | C. home | D. rule |
| 2. A. likes | B. loves | C. bans | D. helps |
| 3. A. at | B. of | C. about | D. in |
| 4. A. calls | B. comes | C. wants | D. tells |
| 5. A. intelligent | B. same | C. creative | D. different |
| 6. A. give | B. allow | C. let | D. make |

Exercise 6. Choose the word or phrase that best fits the blank space in the following passage.

Hello, I am John and this is my daughter, Jane. She learns at a big school near (1) _____ apartment. She goes to school from Monday to Friday and (2) _____ to school on the weekend. At school, she studies many (3) _____. She is very interested in Math and Chemistry because they are her (4) _____ subjects. At recess when her classes finish, Jane often plays basketball (5) _____ plays it very well. She sometimes plays badminton, too. In her free time, she always listens to music and learns how to sing. She (6) _____ she will become a Pop singer in the future.

- | | | | |
|----------------|-----------------|---------------|---------------|
| 1. A. our | B. their | C. them | D. us |
| 2. A. don't go | B. doesn't goes | C. doesn't go | D. don't goes |
| 3. A. times | B. things | C. knowledge | D. classes |
| 4. A. favorite | B. bad | C. pastime | D. hobby |
| 5. A. so | B. but | C. or | D. and |
| 6. A. hoped | B. to hope | C. hope | D. hopes |

✚ WRITING

Exercise 1. Write sentences using the present simple.

1. school/ finish/ at five o'clock

→ _____

2. she/ watch/ too much TV

→ _____

3. he/ go/ swimming twice a week

→ _____

4. we/ not like/ horror films

→ _____

5. she/ go/ school/ by bus

→ _____

6. he/ not play/ football/ Sundays

→ _____

7. they/ not go/ cinemas/ their friends

→ _____

8. my sister/ watch TV/ in the evenings

→ _____

Exercise 3. Put the words in the correct order to make the questions.

1. like/ shopping/ do/ why/ you/?

→ _____

2. do/ who/ the/ with/ go/ cinema/ to/ you/?

→ _____

3. watch/ when/ TV/ you/ do/?

→ _____

4. listen to/ music/what/ you/ do/?

→ _____

5. your/ meet/ where/ you/ do/ friends/?

→ _____

6. books/what/ you/ read/ do/?

→ _____

Exercise 6. Rearrange the words in the right order to make a meaningful sentence.

1. carries / ID card/ wallet. / her /in/ always / her/ Vy

→ _____

2. sport / Nam / play / and / Which / Vinh / do /? /

→ _____

3. play / and / a / like /twice / basketball / we / week. /We

→ _____

4. is/ mall/ Street. / There / very/ a/ They/ Le Lai / good. / shopping/ it's/ new/on/ say

→ _____

5. volleyball/ on/ David/ and/ the/ usually/ comics/ plays/ weekends / read /. /

→ _____

PHẦN BÀI TẬP LÀM THÊM

Look at the signs. Choose the best answer (A, B, C or D) for each sign.



1.

- A. You must push someone in this place.
- B. Watch your steps.
- C. It's very dangerous if you push someone in this place.
- D. You cannot bring your dogs or cats into this place.



2.

- A. You cannot swim here.
- B. You can go swimming here.
- C. You cannot swim alone.
- D. You can go fishing here.



3.

- A. There are no tickets left.
- B. Tickets are sold outside.
- C. Please go out to buy your tickets.
- D. Ticket isn't sold outside.



4.

- A. We do not sell hats here.
- B. You must not wear a hat here.
- C. You should not wear black hats here.
- D. You have to wear a hat here.

SCHOOL REGULATION



5.

- A. Backpacks are sold at schools.
- B. Backpacks are not allowed in schools.
- C. Backpacks are not good for your health.
- D. You should bring your backpacks home.