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 Class: S6
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Vocabulary:
 Listening:
 Mini Test:

HEALTHY LIFESTYLE: VOCABULARY & DEBATE

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

A. VOCABULARY

No.	New words	Meanings	No.	New words	Meanings
1	balanced diet (n.phr)	chế độ ăn uống cân bằng	9	addition (n)	sự thêm vào
2	organic food (n.phr)	thực phẩm hữu cơ	10	nutritious (adj)	bổ dưỡng
3	intense workout (n.phr)	tập luyện cường độ cao	11	nutrition (n)	dinh dưỡng
4	stay hydrated	giữ đủ nước cho cơ thể	12	food allergy (n.phr)	dị ứng thực phẩm
5	health-conscious (adj)	có ý thức về sức khỏe	13	fibre (n)	chất xơ
6	have a regular check-up	kiểm tra sức khỏe thường xuyên	14	accumulate (v)	tích trữ
7	to limit sugar intake	hạn chế hấp thụ đường	15	accumulation (n)	sự tích trữ
8	obesity (n)	béo phì	16	processed food (n.phr)	thức ăn đã qua chế biến

***Note:** *n = noun: danh từ; v = verb: động từ; adj = adjective: tính từ;*
n.phr = noun phrase: cụm danh từ

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

B. HOMEWORK

I. Match to make meaningful sentences.

0. It is awesome to see	a. these magnificent creatures in flight.
1. He avoids sugary (có đường) drinks	b. school to promote (thúc đẩy) healthy lifestyles.
2. Nick visits his dentist twice a year	c. and snacks to limit his sugar intake.
3. They teach children about nutrition in	d. food allergy before ordering.
4. Ann enjoys adding avocado slices as	e. a nutritious addition to her sandwiches.
5. I inform the waiter about my	f. for regular check-ups and cleanings.

0- a	1-	2-	3-	4-	5-
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II. Circle the correct answer.

0. We compared our product with the leading _____.
 (A) brands B. comp C. butler
1. John shops at the local farmer's market for fresh _____ food.
 A. organic B. intense C. processed
2. She wants to avoid _____ by eating healthy food and exercising.
 A. intake B. diet C. obesity
3. My mother prefers to buy fresh produce daily rather than _____ it in the fridge.
 A. limiting B. staying C. accumulating
4. We avoid _____ food because it's not good for us.
 A. nutritious B. processed C. addition
5. Mary drinks plenty of water to stay hydrated during an intense _____.
 A. workout B. allergy C. health

III. Fill in the blanks with the given words in the box (some words may not be used). Change the form of the words if necessary.

nutrition	waste	hydrated	balanced	allergy	check-ups	intense	intake
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0. I think study guide is a waste of money.
1. Jenny sweats (đổ mồ hôi) a lot during a(n) _____ workout.
2. They prepare homemade meals to limit their sugar _____.
3. She can't eat peanuts because she has a food _____.
4. My brother and I remind each other to stay _____, especially during hot weather.
5. You will feel more energetic and focused when you stick to a(n) _____ diet.

IV. Read the descriptions of some words, then write the complete words (the first letter is already there).

0. the quality of being brave B R A V E R Y
1. a thing that is added to something else A _____
2. the quality or fact of being very fat, in a way that is not healthy O _____
3. (of food) very good for you; containing many of the *substances* (chất) which help the body to grow N _____
4. (of food) produced without using *artificial chemicals* (hóa chất nhân tạo) O _____
5. the part of food that helps to keep a person healthy by keeping the *bowels* (ruột) working and moving other food quickly through the body F _____

Lưu ý:

1. Khi làm bài tập có từ mới, các con phải tra từ điển. Sau khi tra từ điển, các con chép mỗi từ mới **1 dòng** để ghi nhớ.
2. Các con gạch chân các từ khoá chính trong bài đọc.

Part 4

Con hãy làm bài nghe theo link sau:

<https://youtu.be/G1TAHMCBb8I>

Questions 20–25

For each question, choose the correct answer.

You will hear an interview with a woman called Sally Wainwright, who recently started singing classes.

- 20** Sally explained that
- A** people kept telling her to try something different.
 - B** she didn't enjoy art classes.
 - C** she had never been to a singing class.
- 21** Sally wanted to sing because
- A** her husband wanted her to.
 - B** her mother told her she would love it.
 - C** she didn't want to feel embarrassed about singing.
- 22** What does Sally say she likes about the group?
- A** The people are very kind.
 - B** You don't need to show you can sing well to join.
 - C** You only sing on your own if you want to.
- 23** What does Sally say about the first session?
- A** She had problems with her car.
 - B** She felt better after talking with the organiser.
 - C** She was asked to stand at the back.
- 24** Since she has been singing with the group
- A** Sally now sings with her children.
 - B** Sally has achieved all her goals.
 - C** Sally is more confident about singing on her own.
- 25** What does Sally say about singing?
- A** It can make you physically stronger.
 - B** She is sure it is good for her health.
 - C** She ends a session feeling cheerful.

I. Fill in the blanks with the words given. Change the forms if necessary.

soundtrack	orchestra	dawn	itinerary	engineer
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1. Alan plays the violin in the school _____.
2. Nam is studying to become a(n) _____ at the university.
3. They followed the _____ closely to make sure they didn't miss any attractions.
4. She enjoys listening to the _____ of her favourite movies while studying.
5. He enjoys going for a run at _____ when the streets are quiet.

II. Circle the correct answer.

1. I was _____ with my brother for breaking my favourite toy.
A. scared B. successful C. angry
2. She is keen _____ joining the school soccer team.
A. of B. in C. on
3. Eating vegetables is good _____ your health.
A. for B. at C. about
4. The coach is _____ of his team for winning the championship.
A. bad B. proud C. interested
5. He was disappointed _____ himself for not passing the exam.
A. off B. in C. for

Lưu ý: Với những từ con không nhớ và viết sai, con chép từ đó vào vở 1 dòng.

Mọi ý kiến đóng góp của phụ huynh sẽ là động lực để StarLink nâng cao chất lượng đào tạo. Mời bố mẹ quét mã ở đây để thực hiện khảo sát ạ!

