6.How important is it to VN?

E. LISTENING

XII Listen to the interview with Dr. Baker about how to get a good sleep at night. Then decide if the statements below are true (T) or (F).



1. If you can sleep well with a TV on, no need to turn it off. .....
2. In the evening, you should do harder exercises first. .....
3. If your brain is full of ideas, you will sleep better. .....
4. Playing games before bedtime will be good for your sleep. .....
5. Some music may help you sleep well. .....

XIII Listen again then fill in the gaps with the missing words.

-It is not good to think too much before (1) …….

-Playing video games also make your brain too (2) ……. and (3) …….

-Turn off your (4) …….when you go to bed. If possible, leave it in another room.

-Don't play music too (5) …….Turn the sound down low.

F. WRITING

XIV Reorder the following words to make meaningful sentences.

1. I/ pop/ much/ like/ don't/music/ but/ music/ I/ like/ classical/ it/ as/ as.

   .....

2. she/ the/ way/ different/ do/ way/from/ enjoys/ the/ art/ is/ I.

   .....

3. as/ what/ same/ I/ do / everyday/ the/ is/ today.

   .....

4. doesn't/ getting/as/ take/ there/long/ by/bus/ car/ me/ as/ by.

   .....

5. passionate/ If/ surely/ you/ are/ about/good/ you/ cook/ will/cooking/ become/a.

   .....

XV Rewrite the following sentences based on the given words below.

1. This bridge is about 800m long. That one is about 800m long, too.

→ This bridge is.....

2. There are some differences between her first song and the second one in terms of concepts.

→ Her first song is .....

3. How much does it cost you to buy that souvenir in dollars?

→ How many .....

4. The government reconstructed some historical buildings in Hanoi last month.

LIVEWORKSHEETS