UNIT 2: HEALTH

A. VOCABULARY

Lesson 1

No	Words	Meaning
1		uống
2		ăn
3		thức ăn nhanh
4		trái cây
5		nhận được
6		khoẻ mạnh, có lợi cho sức khoẻ
7		thức ăn nhanh có hại cho sức khỏe
8		cách sống, cách sinh hoạt
9		giấc ngủ
10		nước xô-đa
11		ốm yếu, có hại cho sức khoẻ
12		rau củ

Lesson 2

No	Words	Meaning
10		có cảm giác, cảm thấy
11		cơn sốt
12		nghỉ ngơi
13		sở hữu, có
14		giữ, duy trì
15		trễ
16		lười
17		thuốc
18		đau họng
19		thức khuya
20		ăn uống
21		vitamin

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22		ấm
23		yếu

Lesson 3

No	Words	Meaning
24		quán ăn, căn tin
25		hiệu quả

B. GRAMMAR

I. Indefinite quantifiers

1. Cách dùng:

a little:

some:

any:

many:

much:

lots of/ a lot of:

II. Should and shouldn't

1. Cách dùng:

C. PRACTICE

Lesson 1

I. Look at the words in the box and write the suitable word for each picture.

get some sleep eat fruit and vegetables eat fast food drink soda healthy unhealthy





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1.	2.	3.
		
4.	5.	6.

II. Fill in the blanks with words in the box to complete the sentences.

fruit	soda	sleep	fast food	unhealthy	healthy	vegetables

1. My mom usually gives me an apple or oranges for snacking. She wants me to eat more_____.

2. It's a good idea to eat_____ like carrots and onions, with meat and fish.

3. My brother is unhealthy because he eats too much_____.

4. _____ drinks such as cola has a lot of sugar.

5. I try to get at least eight hours of_____ every night.

6. You should do more exercise to stay_____.

7. Hannah's eating habits is_____. She has sweets and soda drinks with every meal.

III. Choose the suitable word to complete the sentences.

1. I don't eat ***any/ some*** fast food.

2. We should drink ***any/ some*** fruit juice now.

3. She doesn't do ***any/ some*** exercise today.

4. My brother can play ***any/ some*** sports such as: soccer, volleyball, badminton, table tennis…

5. She does ***many/ a little*** exercise in the morning.

6. How ***much/ any*** fruit do you eat every day?

7. We should drink ***lots of/ much*** water every day.

8. My daughter doesn't watch ***much/ many*** TV every day.

9. Tommy doesn't eat ***any/ a little*** salad every day.

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10. How **much/** many beer does your father drink every week?

Lesson 2

I. Look at the words/ phrases in the box and write the suitable word for each picture.

feel weak	have a sore throat	get some rest	take vitamins	
have a fever	take medicine	stay up late	keep warm	have a stomachache

		
1.	**2.**	**3.**
		
4.	**5.**	**6.**
		
7.	**8.**	**9.**

II. Fill in the blanks using the words in the box from exercise I.

1. I have no energy and can't do any work. I feel_____.

2. I feel very hot and sick. I think I have a_____.

3. The doctor told me to_____ _____ after eating, three times a day.

4. If you eat a healthy diet, you don't need to_____ _____.

5. You should wear a thick jacket and scarf to_____ _____ in winter.

6. I have a cough and a_____ _____. It hurts when I drink.

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7. Many teens_____ _____ _____ to do homework or watch TV. That's bad for their health because they won't get enough sleep.

8. You look tired. You should_____ _____ _____.

9. My little daughter ate some strange seafood at the restaurant yesterday. So she _____ _____ _____now.

III. Use should/ shouldn't to complete the sentences.

1. She has a toothache. She ***should/ shouldn't*** eat so much candy.

2. I have a headache. I ***should/ shouldn't*** take some medicine.

3. Mary wants to lose weight. She ***should/ shouldn't*** eat junk food more.

4. What **should** I do to lose weight? - You ***should/ shouldn't*** eat more fruit and vegetables.

5. You look very tired. You ***should/ shouldn't*** get some rest.

6. Linda has a stomachache. - She ***should/ shouldn't*** drink so much soda.

7. I feel tired. You ***should/ shouldn't*** take a rest and sleep enough.

8. I have a sore eye. You ***should/ shouldn't*** play a lot of video games.

9. I am putting on weight. You ***should/ shouldn't*** do more exercise.

10. This food contains a lot of fat and sugar. You ***should/ shouldn't*** eat too much.

Lesson 3

TEST FOR UNIT 2

I. Choose the words whose underlined part is pronounced differently from that of the others in each group.

1. A. f<u>a</u>st	**B.** st<u>a</u>y	**C.** t<u>a</u>ke	**D.** l<u>a</u>zy
2. A. <u>i</u>ce cream	**B.** med<u>i</u>cine	**C.** v<u>i</u>tamin	**D.** l<u>i</u>fe
3. A. <u>h</u>and	**B.** <u>h</u>urt	**C.** <u>h</u>our	**D.** <u>h</u>ealth
4. A. <u>s</u>leep	**B.** <u>s</u>oda	**C.** <u>s</u>ick	**D.** <u>s</u>ugar
5. A. h<u>ea</u>dache	**B.** m<u>ea</u>t	**C.** <u>ea</u>t	**D.** w<u>ea</u>k
6. A. en<u>ou</u>gh	**B.** sh<u>ou</u>ld	**C.** tr<u>ou</u>ble	**D.** am<u>ou</u>nt
7. A. new<u>s</u>	**B.** thing<u>s</u>	**C.** student<u>s</u>	**D.** brain<u>s</u>
8. A. vegetable<u>s</u>	**B.** smoothie<u>s</u>	**C.** lifestyle<u>s</u>	**D.** lunche<u>s</u>
9. A. rest<u>ed</u>	**B.** ask<u>ed</u>	**C.** help<u>ed</u>	**D.** place<u>d</u>
10. A. sound<u>ed</u>	**B.** present<u>ed</u>	**C.** visit<u>ed</u>	**D.** check<u>ed</u>

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II. Choose the word whose main stressed syllable is placed differently from that of the other in each group.

11. A. healthy	**B.** lifestyle	**C.** soda	**D.** advice
12. A. candy	**B.** doctor	**C.** address	**D.** dentist
13. A. midnight	**B.** problem	**C.** structure	**D.** repeat
14. A. solution	**B.** chocolate	**C.** principal	**D.** exercise
15. A. understand	**B.** interview	**C.** introduce	**D.** underline

III. Choose the best answer to complete each sentence.

16. How much exercise_____ your brother do every week?

A. do **B.** does **C.** did **D.** is

17. Let's go to the_____. I would like to eat seafood.

A. restaurant **B.** cafeteria **C.** sports centre **D.** school

18. I have a lot of energy and I can do a lot of work. I feel_____.

A. weak **B.** unhealthy **C.** strong **D.** tired

19. She feels hot and sick. I think she has_____.

A. a fever **B.** a headache **C.** earache **D.**sore eye

20. We don't enjoy_____ fast food. It isn't good for our health.

A. eat **B.** ate **C.** eaten **D.** eating

21. How much soda_____ you drink every week?

A. do **B.** did **C.** does **D.** are

22. My mother doesn't eat_____ junk food.

A. some **B.** any **C.** a little **D.** many

23. Fast food is a (an)_____ food for children who are putting on weight.

A. healthy **B.** unhealthy **C.** good **D.** better

24. My sister should_____ medicine because she has a fever now.

A. taking **B.** having **C.** have **D.** take

25. If you_____ vitamins every day, your skin will be very fair.

A. take **B.** took **C.** taking **D.** taken

IV. Supply the correct forms of the given words to complete the sentences.

26. Having a_____ lifestyle is very important. (**health**)

27. Unhealthy habits will make you tired and_____. (**weight**)

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28. Having enough sleep will help you focus and remember things more_____.(**easy**)

29. She should go to the doctor because she has a_____. (**ear**)

30. My_____ even falls asleep at her desk because she stayed up too late last night. (**class**)

V. Choose the word which best fits each gap.

My friend, John, has had a few problems with his health. He didn't feel well, (**31**)_____ he told his parents about that. His mum said, "You should eat more vegetables. You shouldn't eat (**32**)_____ every day." His dad said, "You should go to bed earlier. You (**33**)_____ stay up so late at night." He phoned me and told me about the problems. I said, "Don't play so many computer games. Go outside and play football."

He didn't go to school last week. He went to (**34**)_____ the doctor. The doctor said, "You should stay at home for a week. Don't go out and don't turn on your computer."

At school today, he looked sad. We asked him, "What's wrong? You should be happy. You weren't here last week."

John is (**35**)_____ his school work from last week. He's not happy at all.

31. A. because	**B.** or	**C.** and	**D.** but
32. A. ready food	**B.** fresh food	**C.** traditional food	**D.** junk food
33. A. should	**B.** shouldn't	**C.** must	**D.** mustn't
34. A. see	**B.** look	**C.** look at	**D.** find
35. A. taking	**B.** making	**C.** doing	**D.** playing

VI. Read the text and choose the correct answer.

KEEPING OUR TEETH HEALTHY

It's very important to have healthy teeth. Good teeth help us chew our food. They also help us look nice. How does a tooth go bad? The decay begins in a little crack in the enamel covering of the tooth. This happens after germs and bit of food have collected there. Then the decay slowly spreads inside to the tooth. Eventually, poison goes into the blood, and we may feel quite ill.

How can we keep our teeth healthy? First, we ought to visit the dentist twice a year. He can fill the small holes in our teeth before they destroy the teeth. He can examine our teeth to check that they are growing in the right way.

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Secondly, we should brush our teeth with a toothbrush and fluoride toothpaste at least twice a day once after the breakfast and once before we go to bed. We can also use wooden toothpicks to clean between our teeth after a meal.

Thirdly, we should eat food that is good for our teeth and our body: milk, cheese, fish, brown bread, potatoes, red rice, raw vegetables, and fresh fruits. Chocolates, sweets, biscuits and cakes are bad, especially when we eat them between meals. They are harmful because they stick to our teeth and cause decay.

36. Good teeth help us_____ our food.

A. be nice **B.** have good eyesight

C. chew **D.** be important

37. When food and germs collect food in a small crack, our teeth_____.

A. become hard **B.** send poison into the blood

C. begin to decay **D.** make us feel quite ill

38. A lot of people visit the dentist only when_____.

A. their teeth grow properly **B.** they have holes in their teeth

C. they have toothache **D.** they have brush their teeth

39. we ought to clean our teeth_____.

A. once a day **B.** at least twice a day

C. between meals **D.** before breakfast

40. We shouldn't eat too much_____.

A. red meat **B.** fresh fruit

C. fish **D.** chocolate

VII. Rewrite the following sentences without changing the meaning.

41. My mother loves doing morning exercise. (**fond**)

→ ***My mother is***_____

42. Let's go to the cafeteria this afternoon!

→ ***How***_____

43. Eating fruit and vegetables is healthy.

→ ***It is***_____

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44. I would to drink some orange juice now.

→ ***I want*** _____

45. Don't forget to sleep at least eight hours a day. It's enough for you!

→ ***Remember*** _____

VIII. Put the words in the correct order to make correct sentences.

46. I/ do/ every day./ think/ we/ morning exercise/ should

_____

47. You/ junk food./ so/ much/ eat/ shouldn't

_____

48. How much/ do/ eat/ every week?/ fast food/ you

_____

49. The dentist/ me/ to/ told/ brush / teeth/ my/ three times/ a day.

_____

50. I/ am/ to/ keep my/ health/ doing/ by/ trying/ exercise every day.

_____

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