

Name:

Class: S6....

Ngày giao bài: Thứ, ngày/....

Ngày nộp bài: Thứ, ngày/....



Vocabulary & Grammar:.....

Listening:.....

Mini Test:

Healthy lifestyle - Vocabulary & Speaking Practice

❖ **Lưu ý:** 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.

A. VOCABULARY

❖ Foods

No.	Word	Meaning	No.	Word	Meaning
1	balanced diet (n.phr)	chế độ ăn cân bằng	4	nutritious (adj) → nutrition (n)	bổ dưỡng/đồ ăn bổ, sự dinh dưỡng
2	organic food (n.phr)	thực phẩm hữu cơ	5	processed food (n.phr)	thực phẩm chế biến sẵn
3	addition (n)	sự thêm vào			

❖ Activities

No.	Word	Meaning	No.	Word	Meaning
1	intense workout (n.phr)	bài tập thể lực mạnh	4	to limit sugar intake (v.phr)	hạn chế lượng đường nạp vào
2	stay hydrated (v.phr)	giữ đủ nước cho cơ thể	5	accumulate (v) → accumulation (n)	tích tụ/sự tích tụ
3	have a regular check-up (v.phr)	đi khám sức khỏe định kỳ			

❖ Health issues

No.	Word	Meaning	No.	Word	Meaning
1	health-conscious (adj)	có ý thức về sức khỏe	3	obesity (n)	béo phì
2	diabetes (n)	bệnh tiểu đường	4	food poisoning (comp.n)	ngộ độc thực phẩm

❖ Extra vocabulary

No.	Word	Meaning	No.	Word	Meaning
1	burn calories (v.phr)	đốt cháy calo	4	spot (n)	địa điểm
2	chemical-free (adj)	không chứa hóa chất nhân tạo	5	farmhouse (comp.n)	nha ở vùng nông thôn
3	ready-made (adj)	làm sẵn (dùng ngay không cần chế biến)	6	saucepans (comp.n)	nồi có tay cầm (nấu nước sốt, canh)

❖ **Note :** n = noun: danh từ, v.phr = verb phrase: cụm động từ, adj = adjective: tính từ, v = verb: động từ, comp.n = compound noun: danh từ ghép, n.phr = noun phrase: cụm danh từ.

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

B. HOMEWORK

Exercise 1: Fill in the blanks with the given words/phrases in the box.

intense workout to limit sugar intake accumulation have a regular check-up accumulate stay hydrated

Living a healthy life means making good choices every day. For example, it's important (0) to limit sugar intake if you want to avoid health problems like diabetes. Many doctors also recommend that people (1) _____ to make sure everything in their body is working well.

Doing a(n) (2) _____ is great for your heart and helps burn calories faster. However, if you sweat a lot, don't forget to (3) _____ by drinking enough water. This will help your body stay cool and prevent headaches.

Finally, poor habits can lead to the (4) _____ of fat, which may cause serious health issues over time. Fat can (5) _____ around your belly or inside your body without you noticing, so it's important to stay active and eat well every day!

Exercise 2: Choose the word/phrase that is CLOSEST in meaning to the underlined word in each of the following sentences.

0. A balanced diet includes fruits, vegetables, protein, and healthy fats.

A. fast food B. healthy eating C. heavy meal

1. She always buys organic food from the local market.

A. chemical-free food B. unhealthy food C. frozen food

2. Eggs and fish are very nutritious for children.

A. delicious B. cheap C. healthy

3. He eats too much processed food like instant noodles and canned meat.

A. raw food B. ready-made food C. spicy food

4. She is a very health-conscious person and exercises every day.

A. careful with her money B. worried about school C. careful about her health

5. The chicken wasn't cooked well and caused food poisoning.

A. illness caused by bad food B. a sore throat C. a broken arm

Exercise 3: Write the sentences with the given prompts.

0. I / live / here / for / 3 years, / but / nobody / know / me

→ I have lived here for 3 years, but nobody knows me.

1. She / work / in this team / since / January, / and everyone / like / her

→ _____.

2. We / not finish / the report / yet

→ _____.

3. My brother / move / to Hanoi / since / June

→ _____.

4. I / meeting / the manager / at 2 p.m. tonight

→ _____.

5. They / not finish / the project / yet, / and / nobody / check / it

→ _____.

CAMBRIDGE LISTENING PRACTICE

Con làm bài nghe theo link sau:

<https://soundcloud.com/ms-chi-english/ket-4-test-3-part-2>



PART 2

QUESTIONS 6–10

Listen to Jack and Mark talking about a new sports centre.

Which sport can they do each day at the centre?

For questions 6–10, write a letter A–H next to each day.

You will hear the conversation twice.

Example:

0 Monday

D

Days

Sports

6 Tuesday

A badminton

7 Wednesday

B basketball

8 Thursday

C football

9 Friday

D golf

10 Saturday

E hockey

F swimming

G tennis

H volleyball

Con làm bài nghe theo link sau:
https://soundcloud.com/ms-chi-english/objective-pet_test-1_part-3

Listening Part 3

Questions 14 – 19

You will hear a telephone message that Sue has left for her friend Polly.
For each question, fill in the missing information in the numbered space.

Next weekend – camping with Sue!

Campsite near (14) in Wales.

Transport (15) and then (16)

Remember to bring (17) and (18) for drinks.

Meet Sue outside the mall at (19) on Friday.