

Unit

1

A LONG AND HEALTHY LIFE

I Pronunciation

Read the conversations. Circle the common pronunciation of the underlined auxiliary verbs. Then practise reading them.

Mark: (1) <u>Do</u> you exercise regularly, Nam?	A. /du:/	B. /də/
Nam: Yes, I (2) <u>do</u> .	A. /du:/	B. /də/
Mai: (3) <u>Does</u> she have a balanced diet?	A. /dʌz/	B. /dəz/
Phong: Yes, she (4) <u>does</u> .	A. /dʌz/	B. /dəz/
Mark: (5) <u>Can</u> I take antibiotics?	A. /kən/	B. /kæən/
Doctor: Yes, you (6) <u>can</u> .	A. /kən/	B. /kæən/
Mai: (7) <u>Has</u> she seen a doctor recently?	A. /həz/	B. /hæz/
Mark: Yes, she (8) <u>has</u> .	A. /həz/	B. /hæz/

II Vocabulary

1 Complete the sentences using the words in the box. You can use each word **ONCE** only.

bacteria

disease

energy

fitness

muscles

tuberculosis

viruses

strength

- _____ used to kill a lot of people in the past. Now this disease can be cured.
- My sister likes to do a lot of things and is always full of _____.
- He started a special exercise routine to improve his _____ after the operation.
- Seasonal vaccines are used to protect against different flu _____.
- My leg _____ hurt for a week after the run.
- She has a lung _____ and was taken to hospital for treatment.
- There are many helpful _____ living in our body.
- Swimming is a great way to improve your overall health and _____.

2 Choose the best answer to complete each sentence.

1. Antibiotics/Vaccines are used to treat infections caused by bacteria.
2. Having a balanced/regular diet is very important for a long and healthy life.
3. If you think you may have food poison/poisoning, contact your doctor immediately.
4. Eating a variety of food will provide different nutrients/treatments for your body.
5. Doing star jumps/star kicks is a good way to build leg muscles/energy.
6. Researchers continue to develop new treatments/ingredients for cancer.
7. Regular/Balanced exercise is more important for health than diet.
8. Bacteria are living organisations/organisms.

3 Choose the best answers to complete the sentences.

1. You should cut _____ the amount of unhealthy fat you take in daily.
A. on B. away C. down on D. on down
2. Have you been _____ by the doctor yet?
A. fixed B. examined C. investigated D. repaired
3. Life _____ for smokers is shorter than for people who don't smoke.
A. strength B. expectation C. expectancy D. routine
4. I like working _____ in the gym.
A. up B. on C. over D. out
5. Many young people suffer _____ mental health problems.
A. from B. of C. with D. by
6. Scientists are trying to prevent the _____ of the disease.
A. movement B. flow C. running D. spread
7. Chest pain is a sign that your heart is not working _____.
A. physically B. regularly C. properly D. healthily
8. Check the _____ of all food products to understand what you are eating.
A. energy B. parts C. menus D. ingredients

III Grammar

1 Choose the best answers to complete the sentences.

1. Many of the diseases that can be cured today _____ likely to cause death in the past.
A. are B. were C. have been D. will be
2. My father _____ late at work this month. He feels exhausted.
A. is staying B. stayed C. has stayed D. will stay

3. My father _____ late at work last month. He felt exhausted.
A. stay B. stayed C. has stayed D. will stay
4. The doctors have discussed his treatment _____ hours, but haven't made a final decision.
A. for B. in C. since D. ago
5. Life expectancy _____ greatly over the past 200 years.
A. will increase B. increases C. increased D. has increased
6. I have received treatment for my health problem _____.
A. just B. ago C. since D. recently
7. I haven't heard from him _____. Is he getting better?
A. just B. ever C. last month D. so far
8. How long _____ a headache? I think you should see a doctor.
A. have you had B. did you have C. will you have D. do you have

2 Complete the sentences using the correct forms of the verbs in brackets.

1. _____ scientists (discover) _____ a new cancer drug yet?
2. They (not find) _____ a cure for cancer yet.
3. After he (take) _____ antibiotics for five days, his sore throat (get) _____ better. Now it doesn't hurt when he speaks or eats.
4. Nam (build) _____ muscles since he (start) _____ working out at the gym. He looks really fit now.
5. I (buy) _____ all the ingredients. Can you help me cook the dish now?
6. The virus (spread) _____ very quickly in the last few weeks, and we need to control it now.

3 There is a mistake in each item (1-8) below. Find the mistake and correct it.

1. Last weekend, my parents have picked wild mushrooms in the forest.
2. Tom worked very hard since he moved to the city.
3. You've worked without a break in 12 hours, Tom. You need to rest.
4. Regular exercise had helped her sleep better. She doesn't feel tired in class now.
5. My grandpa is always full of energy and never suffered from heart problems.
6. Quynh was taken to hospital after a car accident. Did you visit her yet?
7. Is she in hospital? I haven't known that. I'll see her tomorrow.
8. You look worried. Did you just break Dad's treadmill?

IV Reading

1 Read the text. Match the headings (A–G) below with the paragraphs (1–5). There are **TWO** extra headings.

- | | |
|------------------------------|----------------------------------|
| A. Healthy diet | B. Education and life expectancy |
| C. Life expectancy by gender | D. Life expectancy by country |
| E. Impact of lifestyle | F. Medical advances |
| G. Socio-economic conditions | |

How to live a longer and healthier life

1. _____

The average life expectancy in Viet Nam is 71 years for men and 76.4 years for women. Many people believe that women live longer because they have healthier habits than men. Women tend to drink less, smoke less, eat better, and take better care of their bodies.

2. _____

Life expectancy is influenced by other factors. People living in poor areas, for instance, often have no access to medical care or healthy food, and have less time to rest or exercise. This may reduce their life expectancy.

3. _____

According to research, people who go to university live two to three years longer than people who do not. Higher education levels often result in better socio-economic conditions, so life expectancy can also be improved.

4. _____

Developments in medicine and medical technology have had a huge effect on life expectancy. As a result of them, people live longer and healthier lives, and have better treatment options.

5. _____

The way we live can affect life expectancy. Healthy habits, such as having a balanced diet, taking regular exercise, avoiding drinking alcohol and smoking, can help us live longer.

2 Read the text and choose the best answers.

Viruses

Viruses cause many human (1) _____, ranging from the common cold and the flu to more serious ones such as AIDS and Covid-19. On their (2) _____, viruses are not alive. They become active when they infect or enter our bodies. They can do that easily because they are very (3) _____. Then, they start to act like living things and make

(4) _____ of themselves. People have natural defenses against viruses. For example, a fever can make some viruses inactive. The body's immune system also fights viruses.

Vaccines cannot treat diseases caused by viruses, but they can help (5) _____ the spread of disease. Vaccines contain viruses which are weakened or (6) _____, and help the body's immune system make substances called antibodies, which fight disease. If the same virus enters our body later on, the immune system will (7) _____ it and will know how to fight it off.

Giving people vaccines can (8) _____ a lot of lives. For example, two million people died of smallpox in 1967. (9) _____, vaccines helped to stop this disease and made it disappear. Most recently, vaccines have played an important role in (10) _____ deaths and severe illness caused by Covid-19 all over the world.

- | | | | |
|------------------|--------------|--------------|-------------|
| 1. A. germs | B. organisms | C. diseases | D. microbes |
| 2. A. side | B. own | C. bodies | D. soil |
| 3. A. big | B. slow | C. dangerous | D. small |
| 4. A. copies | B. bodies | C. cells | D. bacteria |
| 5. A. prevent | B. increase | C. treat | D. improve |
| 6. A. strong | B. dead | C. dangerous | D. powerful |
| 7. A. recognise | B. forget | C. avoid | D. stop |
| 8. A. kill | B. save | C. cost | D. produce |
| 9. A. Besides | B. However | C. Therefore | D. Next |
| 10. A. improving | B. changing | C. reducing | D. causing |

V Speaking

1 Complete the conversations by circling the best answers. Then practise reading them.

Conversation 1

Nurse: (1) Allow/Let me open the door for you.

Patient: (2) Thank/Thanks for your help. It's really difficult to get around after the operation.

Conversation 2

Trainer: Can I help you (3) to/with the treadmill?

Customer: Thanks, but I think I'm (4) fine/happy.

Conversation 3

Tom: Dad, can I give you (5) a help/a hand painting the windows?

Dad: Oh, thanks. (6) This is/That's very kind of you.

Conversation 4

Shop assistant: ... I kept two copies of the book you were looking for.

Customer: Thanks. That's very (7) kind/useful of you.

Shop assistant: Is there anything (8) else/too I can do for you?

Customer: Yes, please. Could you wrap them up for me?

- 2** Put the steps in order using the pictures below to help you. Then give full instructions on how to use a face mask properly.

HOW TO USE A FACE MASK PROPERLY



- A.** Fit the metal edge of the mask on the bridge of your nose and place the loops over the ears. Pinch the edge to shape it on the side of your nose.
- B.** Make sure it covers your mouth, nose, and chin. Avoid touching it while in use.
- C.** Put the used mask in the rubbish bin. Wash your hands again.
- D.** Remove the mask touching only the ear loops.
- E.** Avoid using soiled or dirty masks.
- F.** Wash your hands before putting on the mask.

VI Writing

- 1** Rewrite the sentences without changing their meanings.

- 1.** She has had the flu for six days.
→ She became sick with _____.
- 2.** He quit smoking in 2010.
→ _____ since 2010.
- 3.** I have done this exercise routine every day for 10 years.
→ _____ 10 years ago.
- 4.** I'd like to know when the treatment will start.
→ I wonder _____.
- 5.** Let's go to the market to buy some fresh vegetables.
→ How about _____?
- 6.** I suggest we go to the cinema this weekend.
→ Why don't _____?
- 7.** When you jog on the spot, remember to raise your knees high.
→ Don't forget _____.
- 8.** When did you start the treatment?
→ How long _____?

2 Use the words and phrases below, and add some words where necessary to make meaningful sentences. Change the verb forms if necessary.

1. Alexander Fleming / discover penicillin / 1928, / which / lead / introduction of antibiotics.

2. My / grandfather / do / regular exercise / since / he / young.

3. Many of the diseases / that / deadly / in the past / can / now / cured.

4. you / buy / all / ingredients / for / the cake / yet?

5. Her son / suffer / heart disease / since / he / born.

6. He / not do / much exercise / recently / because / he / too busy.

7. We / only / do / part / the exercise routine / so far.

8. Eat / balanced diet / key / long / healthy / life.

3 A new fitness club has just opened near your school. Write a short message (30–45 words) to your friend.

In your message, you should:

- tell him/her about the club.
- suggest that he/she should join the club with you.
- ask if he/she prefers to go with you in the morning or afternoon.