

# Phiếu học tập môn Tiếng Anh lớp 11

## - Bài 1: Eat, Drink and Be Healthy

Full name: .....  
Class: .....

**Vocabulary:** bland, lean, raw, ripe, bitter, detox, stale, rotten, sour, cooked, sweet, hot, spicy, mild, unripe, fatty

**Exercise 1: Drag and drop the vocabulary words below into the appropriate groups.**

Hương vị (Taste)	Trạng thái (State)

### Words

bland - lean - raw - ripe - bitter - detox - stale - rotten - sour - cooked - sweet - hot - spicy  
- mild - unripe - fatty

**Exercise 2: Fill in the blanks with the appropriate words.**

1. This chicken is very \_\_\_\_\_. It doesn't have much flavor.
2. I prefer \_\_\_\_\_ meat because it has less fat.
3. Be careful! These peppers are very \_\_\_\_\_.
4. This fruit isn't \_\_\_\_\_ yet. It's still quite hard.
5. The milk smells \_\_\_\_\_. I think it has gone bad.
6. After the holidays, many people try to \_\_\_\_\_ their bodies from toxins.
7. This bread is \_\_\_\_\_. We need to buy a new loaf.
8. Don't eat that apple! It's \_\_\_\_\_.
9. Lemons have a \_\_\_\_\_ taste.
10. I like my vegetables \_\_\_\_\_.
11. This cake is so \_\_\_\_\_. It's delicious!
12. The soup is still very \_\_\_\_\_. Let it cool down a bit.
13. I don't like food that is too \_\_\_\_\_. Just a little chili is okay.
14. This curry is quite \_\_\_\_\_. It's perfect for people who don't like strong spices.

15. This banana is \_\_\_\_\_. It's ready to eat.

16. You should avoid eating too much \_\_\_\_\_ food.

### Exercise 3: Choose the best answer.

1. The opposite of "sweet" is \_\_\_\_\_.  
a) sour b) spicy c) bland d) ripe
2. Food that is not cooked is \_\_\_\_\_.  
a) rotten b) raw c) stale d) lean
3. If food has a strong, burning taste, it is \_\_\_\_\_.  
a) mild b) hot c) unripe d) cooked
4. When your body gets rid of harmful substances, it is called \_\_\_\_\_.  
a) fatty b) detox c) bitter d) sweet
5. Meat with a lot of fat is \_\_\_\_\_.  
a) lean b) bland c) fatty d) sour

### Exercise 4: Match the words in column A with their appropriate meanings in column B.

Cột A (Word)	Cột B (Meaning)
1. Bitter	a) Not cooked
2. Cooked	b) Having a sharp, sometimes unpleasant taste, like a lemon
3. Raw	c) Having a strong, often unpleasant taste, not sweet
4. Sour	d) Prepared by heating
5. Ripe	e) Fully grown and ready to be eaten