

UNIT 3 : HEALTHY LIVING FOR TEENS.

WORD	PRONUNCIATION	MEANING
accomplish (v)	/ə'kʌmplɪʃ/	hoàn thành, đạt được (mục đích ...)
additional (adj)	/ə'dɪʃənəl/	thêm, thêm vào
anxiety (n)	/æŋ'zaɪəti/	nỗi lo, mối băn khoăn, sự lo lắng
appropriately (adv)	/ə'prəʊpɪətli/	phù hợp, thích đáng
assignment (n)	/ə'saɪnmənt/	nhiệm vụ, bài tập dành cho học sinh / sinh viên
counsellor (n)	/'kaʊnsələ/	cố vấn, người tư vấn
deadline (n)	/'dedlaɪn/	thời hạn cuối cùng, hạn cuối
delay (v)	/dɪ'leɪ/	(làm) chậm trễ, trì hoãn
distraction (n)	/dɪ'strækʃn/	điều làm sao lãng
due date (n)	/'dju: deɪt/	hạn chót (ngày đến hạn để hoàn thành một việc gì đó)
fattening (adj)	/'fætnɪŋ/	gây béo phì
mental (adj)	/'mentl/	(thuộc) tinh thần, (thuộc) trí tuệ, (thuộc) trí óc
minimise (v)	/'mɪnɪmaɪz/	giảm đến mức tối thiểu
mood (n)	/mu:d/	tâm trạng
optimistic (adj)	/,ɒptɪ'mɪstɪk/	lạc quan
physical (adj)	/'fɪzɪkl/	(thuộc) cơ thể, (thuộc) thân thể
priority (n)	/'praɪ'ɒrəti/	sự ưu tiên, trường hợp ưu tiên
stressed out (adj)	/strest aʊt/	căng thẳng
well-balanced (adj)	/,wel 'bælənst/	cân bằng, đúng mực

CONDITIONAL SENTENCE I: Modal verbs in conditional sentences.

A. CẤU TRÚC

a. Dạng Khẳng Định

If + S1 + Vs,es+ O....., S2+ will/can.. + V-inf + O....

Ex: If you eat all that food, you will be ill

b. Dạng Phủ Định

If + S1+ *don't/ doesn't*+ V-infi+ O..., S2+ *will/can...* + *not* + V-inf + O...

Ex: If you don't know her address, I can tell you.

c. Dạng Câu Hỏi

If + S1+ Vs,es+ O, (wh) + *will/can...* +S2+ V-infi + O...?

Ex: If you have a long holiday, where will you go?

d. Dạng Mệnh Lệnh Thúc.

If + S1+ Vs,es+ O..., V+ O...
If + S1+ Vs,es+ O...,don't V...

Ex: If you meet your parents, send them my regards.

B. Cách viết lại câu dùng câu điều kiện loại 1

1.

V+O +and+ S+ *will/ can* + V + O
=> If + you + V + O, S + *will/ can* + V + O

Ex: Pay attention to the lesson and you will understand it.

→ If you pay attention to the lesson , you will understand it

2.

V+O +or/ otherwise + S+ *will/ can* + V + O...

Ex: Stay away from me or I will shout.

→If you don't stay away from me, I will shout.

3.

Unless +S1 + Vs,es + O, S2 + *will/can/may* + V + O...

PRACTICE**I.Choose the best answer to finish the following sentences.**

- 1.If Mr Buong works harder on English,he _____good job in the future, but he is too lazy.
A. can't have B. must have C. will have D.mustn't have
- 2.If our teacher gives you lots of homework,you _____ stay up late to do at night.
A.will B.can C.must D.mustn't
- 3.If you want to choose your good job in the future, I think you need a/an _____.
A. counsellor B. celebrator C.engineer D.architect
- 4.If you want to attend the course , you _____pass the coming written exam.
A.should B.will C.can D.must
- 5.He is sick. I think he _____see his doctor if he wants to get over soon.
A.can B.will C.should D.willnot
- 6.If Lan _____on a diet, she will lose her weight easily.
A.go B.went C.will go D.goes
- 7.She _____a university student as her her wishes if she _____really hard now.
A.will become /works B.becomes / will work C.will become/will work D.will become / work
- 8.If he has time, he _____help us with our homework.
A.might B.can C.must D.should
- 9 _____you go to school on time,you will not understand the lesson.
A.If B.If not C.Unless D.All are correct
- 10.Although he was sick, he still tried to _____all his homework before going to school.
A.get B.accomplish C.delay D.manage
- 11.If you speak English fluently,you _____ work for a foreign company.
A.will B.must C.shouldn't D.can
- 12.If Jane hurries up, she _____late for the class everyday.
A.will be B.can't be C.won't be D.mustn't be
- 13.If Mr Buong pays attention to his teacher carefully,he _____better at English.
A.become B.will become C.becoming D.became
- 14.Lan Anh will tell you about the movie if she _____it .
A.watch B.will watch C.watches D.watched
- 15.If he has enough money,he _____his girlfriend around the world.
A.would take B.will take C.takes D.taking
- 16.If you _____hard everyday,I think you will become successful in the future.
A.work B.works C.will work D.will work
- 17.She _____a good job some day if she _____really hard from now.
A.will have / works B.has / will work C.will have / work D.has / works
- 18.Pham Nhat Minh will become a millionaire _____he works too lazily.
A.if B.if not C.unless D.because
- 19.You _____go on a vacation if you save enough money.
A. can B.must C.will D.may
- 20.He will become an F.P.T university student if he _____what the teacher speaks in English.
A.understands B.understanding C.will understand D.would understand
- 21.If she has good qualifications,she _____ have an ideal job in the future.
A.should B.will C.might D.may
- 22.You _____ talk to Kimbum & Nickun if you have a little English.
A. can B.must C.will D.mustn't
- 23 _____have enough apples, she'll make an apple pie this afternoon.
A.Should she B. If she C. Will she D. Unless she
- 24.If you don't know how to spell a word, you _____ look it up in the dictionary. D. ought
A. must B. will C. should D.ought
- 25.If the sun _____, we _____for a walk.

- A. shines / will go B. shine / will go C. shine / must go D. shines/ should go
- 26.I will never talk to you again _____ you apologize me for your being rude.
A. if B. unless C. or D. whether
- 27._____ you work harder, you will be sacked.
A. When B. If C. However D. Unless
- 28.If you take the ice out of the fridge, it _____.
A. must melt B. may melt C. can melt D. should melt
- 29.Let's knock on their door to see _____ home.
A. if they're B. unless they're C. whether they were D. if they were
- 30.Unless we _____ more snow, we can't go skiing.
A. will have B. have C. have had D. had
- 31.You'll fail the exam _____ you start revising day by day.
A. if B. until C. when D. unless
- 32.It may rain this afternoon. I hope it doesn't because I don't want the match to be cancelled.
A. If it rains, the match is cancelled. C.if it rained, the match would be cancelled.
B. If it rains, the match will be cancelled. D.If it rains, the match won't be cancelled
- 33._____ there are some more ideas, we can end the meeting now.
A. If B. As if C. Unless D. In case
- 34.If he _____ with us now, he _____ the beauty of nature of the National Park.
A. is / can enjoy B. was/will enjoy C. is / must enjoy D.were/could enjoy
- 35.I cannot buy a new computer _____ I don't save enough money.
A. if B. though C. unless D. as if
- 36.Most people you meet will be polite to you _____.
A. if you are polite to them. C. unless you are polite to them
B. if you will be polite to them D. if you were polite to them
- 37.If you do so, it _____ the matter worse.
A. makes only B. must only make C. will only make D. had only made
- 38.You _____ English fluently unless you practice it every day.
A. will speak B. will not speak C. can speak D. did not speak
- 39.Hurry up _____ you will miss the bus and be late for school.
A. if B. unless C. or D. as
- 40.You will get a good seat if you _____ there first tomorrow.
A. come B. came C.have come D. will come
- 41.Sam must do the tests again _____.
A.if he passes all the tests C.unless he passes all the tests
B.unless he does not pass all the tests. D.because he passes all the tests.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40

One of the four underlined parts marked A, B, C, D in each sentence is not correct in standard English. Identify them.

- 42.If Lucia is here now, she must find out the truth about her uncle's accident.
A B C D
- 43.If a student takes a course on Computer Science, it will takes him four years to do the course.
A B C D
- 44.Unless it does not rain, Peter would pay us a visit.
A B C D
- 45.Unless you work harder, you will be sack because of your laziness.

A B C D

Choose the best answer (A,B,C or D) which has the same meaning as the first one.

46. Hurry up or you will be late for school.

- A.If you don't hurry up,you will be late for school.
 B.Unless you don't hurry up,you will be late for school.
 C.Unless you hurry up,you will be late for school.
 D.both A & C

47. Ms Nga won't travel around the world if she isn't rich.

- A.Unless Ms Nga isn't rich, she Ms Nga won't travel around the world.
 B.Unless Ms Nga is rich, she Ms Nga won't travel around the world.
 C.Unless Ms Nga is rich, she Ms Nga will travel around the world.
 D.Unless Ms Nga isn't rich, she Ms Nga will travel around the world.

48. Pass the exams or your mum will feel disappointed.

- A.If not you pass the exams,your mum will feel disappointed.
 B.Unless you pass the exams,your mum will feel disappointed.
 C.If you pass the exams,your mum will feel disappointed.
 D.All are correct.

1	2	3	4	5	6	7
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Read the passage and write A, B, C or D to indicate the correct word that best fits each of the numbered blanks.

In my opinion, we all need to learn how to make our life become more successful, especially the teenagers. Good communication is the key (69) _____ being successful and satisfied in many situations: work, personal, social. At work, communication skills are most (70) _____ shown in your ability to use and understand language, whether spoken or on paper. You need a good command of language to get your ideas, opinions and feelings across clearly. Listening carefully is (71) _____ important communication skill, as is the ability and confidence to (72) _____ questions when you need to understand something or get information from someone. Competence in a language except your mother (73) _____ also count as communication skill.

- 69:** A. with B. of C. to D. for
70: A. common B. uncommon C. uncommonly D. commonly
71: A. the B. an C. a D. any
72: A. ask B. do C. answer D. find
73: A. country B. nature C. figure D. tongue

1	2	3	4	5
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Read the passage and mark A, B, C or D to indicate the correct answer to each of the following questions.

Music plays an important role in the modern life. It is a huge part of a teenager's life, and most of us can't imagine life without it. Hip-hop, rock, rap, country, jazz, heavy metal, and others attract many young fans. But teens do more than listen. Some three million American teens study music in school, through private lessons, or simply on their own and thousands participate in "garage bands", practicing and creating songs in the garages of their own or their friends' homes.

High school can be a very stressful time. That's why music is so important to many teens. It helps us cope with the daily stresses of school and helps us avoid pressure from our parents. It helps us to **express** our emotions and comforts us when we feel no one understands us.

The beauty of music is that there are so many kinds and so many ways to connect to it. A girl I know' fell in love with music when she was twelve. She was going through a lot with her family, and her dad helped her through it by showing her the power of music before he died. She says music helps her get away from her problems and keeps her feeling okay when everything in her life is hard.

Everyone has his or her own personal connection to music. Personally speaking, I find that music fills me with something wonderful that I can't even begin to explain. What's your connection?

74: What is the main topic of the passage?

A. The role of music in a teen's life

B. The way teens cope with stress

C. The rise music lovers in America.

D. The most popular forms of music

75: What does the word "express" in paragraph 2 probably mean?

A. show

B. control

C. hide

D. spread

76: The girl in paragraph 3 fell in love with music when she was _____.

A. 10

B. 12

C. 22

D. 20

77: Which of the following is NOT TRUE according to the passage?

A. Millions of teens in America study music.

B. Thousands of teens in America participate in "garage bands".

C. Music helps us deal with stresses and avoid pressure.

D. People all have the same connection to music.

1	2	3	4	
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Read the following passage and mark A, B, C, or D to indicate the correct answer to each of the questions.

Our life is nowadays is different from that in the past. The phrase "healthy lifestyle" is a definition of how you should live if you want to get the healthiest body you can- one that both looks good and feels good. You know the obvious behaviors that describe someone who is healthy and takes care of themselves. A healthy person doesn't smoke, eats healthy foods with plenty of fruits, vegetables and fiber and, of course, exercises regularly. A healthy person also knows how to manage stress, gets good quality sleep each night, doesn't drink too much, doesn't sit too much, does everything in moderation all the time. When you look at everything that could possibly make a healthy lifestyle, you can see just how hard all of those things are in our current world.

There is no such thing as a "bad" food, but there are some foods you should try not to have regular basis. Fast food refers to food that can be prepared and served quickly. It is popular as the food is inexpensive, convenient, and tastes good. Because fast food is high in sodium, trans-fat, and cholesterol, it isn't something you should eat often.

The good news is that you don't have to change everything at the same time. In fact, the trick to healthy living is making small changes-taking more steps each day, adding fruit to your cereal, having an extra glass of water, or saying no to that second helping of buttery mashed potatoes. One thing you can do right now to make your lifestyle healthier is to move more.

78. What is the main idea of the passage?

A. How to manage stress

C. Benefits of a healthy lifestyle

B. Some healthy foods to eat

D. Ways to live a healthy life

79. The word "it" in paragraph 2 refers to _____.

A. cholesterol

B. fast food

C. trans-fat

D. sodium

80. According to the passage, which of the following statements is NOT true?

A. A healthy person avoids eating fiber.

B. A healthy person should eat healthy foods.

C. A healthy person exercises regularly.

D. Fast food has a lot of sodium, trans-fat and cholesterol.

81. The word "trick" in paragraph 3 is CLOSEST in meaning to _____.

A. knowledge

B. stress

C. method

D. cheating

82. According to the passage, what can we do right now to have healthier lifestyle?

A. moving more

B. drinking more

C. sleeping more

D. sitting more

1	2	3	4	5
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Rewrite these sentences by using conditional sentence Type I

1. Vegetarians don't eat meat.

→

2. People who live in a cold country don't like hot weather.

→

3. Teachers have to work very hard.

→

4. People who do a lot of exercise stay fit and healthy.

→

5. Mechanics understand engines.

→

6. People who read newspapers know what's happening in the world.

→

7. Pay electricity bill today or your electricity will be cut off.

→

8. Stop smoking otherwise your cough may be worse.

→

9. Unless we use less fossil fuel, they will be run out soon.

→

10. Unless it stops raining today, we may be faced with a serious flood.

→

11. Do morning exercises regularly, your body will be fitter.

→

12. Unless we renewable energy, we will have nothing for the future generation.

→

13. The climate will change unless we reduce the use of non-renewable energy.

→

14. Lock all the doors and no one can break into your house.

→

15. Unless we continue hunting polar bears, they will become extinct in near future.

→

16. Turn off all the lights and you will not pay more money.

→

17. Unless she wears warm clothes, she will have a cold.

→

18. Be careful or you may have an accident.

→

19. Phone your parents or you will have a trouble.

→

20. Unless she whispers, everyone knows what she is saying.

→

21. Stay here and you will feel sick.

→

22. If she doesn't study harder, she will fail the final exam.

→

