Tên: ……..

Lớp: S5…

Ngày giao bài: Thứ…., ngày…./….

Ngày nộp bài: Thứ…., ngày…./….

Week: 5

Từ vựng & Ngữ pháp HW: …….

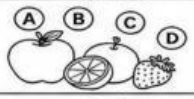
Đọc HW: …….

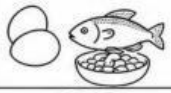
UNIT 2: FOOD AND HEALTH – VOCABULARY & SPEAKING PRACTICE

A. THEORY

I. VOCABULARY

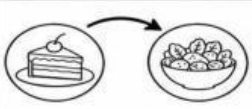
Con truy cập link hoặc quét mã QR để nghe và đọc lại các từ:
https://on.soundcloud.com/ZsOC0dSwtRE5LD34Qt

No.	Words	Meanings	Pictures
1	diet (n)	chế độ ăn uống	
2	grains (n)	các loại hạt ngũ cốc	
3	cereals (n)	ngũ cốc	
4	dairy products (phr)	các sản phẩm từ sữa	
5	fats and sugars (phr)	chất béo và đường	
6	wheat (n)	lúa mì	
7	oats (n)	yến mạch	
8	vitamins (n)	vitamin	
9	minerals (n)	khoáng chất	

No.	Words	Meanings	Pictures
10	fibre/ fiber (n)	chất xơ	
11	protein (n)	chất đạm	
12	bones (n)	xương	
13	calcium (n)	canxi	
14	muscles (n)	cơ bắp	
15	tummy hurts (phr)	đau bụng	
16	stomach ache (phr)	cơn đau dạ dày	
17	allergic reaction (phr)	phản ứng dị ứng	

II. EXTRA VOCABULARY

Con truy cập link hoặc quét mã QR để nghe và đọc lại các từ:
https://on.soundcloud.com/RnSlofT40TDfNHcw1P

No.	Words	Meanings	Pictures
1	platform (n)	sân ga	
2	instead of (phr)	thay vì	
3	experience (n)	trải nghiệm	

No.	Words	Meanings	Pictures
4	contact (v)	liên hệ	
5	flat (n)	căn hộ	
6	invitation (n)	lời mời	

***Note:** n = noun: danh từ, phr = phrase: cụm từ, v = verb: động từ.*

LIVEWORKSHEETS

B. CLASSWORK

SPEAKING PRACTICE



I Know It's Not Great... But I Still Eat It!



1 What food do you often eat at school or at home?

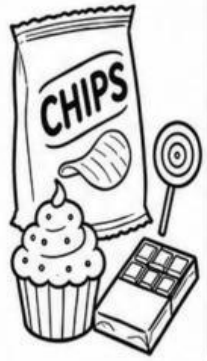
Structure	Vocab
• At school/home, I often eat ... • My usual diet includes ...	• diet • grains • cereals • wheat • oats

2 Which food is good for your bones and muscles?

Structure	Vocab
• ... is/are good for my ... • It gives me ...	• dairy products • protein • calcium • bones • muscles

3 What food is not very healthy, but you still like?

Structure	Vocab
• I know ... isn't very healthy. • But I still like ...	• fats and sugars • sweets • chips • sugary drinks



4 What may happen if you eat too much of it?

Structure	Vocab
• If I eat too much, my tummy may hurt. • I may get a/an ...	• stomach ache • allergic reaction

5 What will you eat more or less of next time?

Structure	Vocab
• Next time, I will eat more ... • I will eat less ...	• vitamins • minerals • fibre/ fiber • fruit and vegetables



Presentation toolkit

Opening:	Linking words:	Speaking tips:
• Good morning, everyone. • Today I'll talk about my diet.	• First • Also • But • Because • Next • Finally	• Look up and smile. • Speak slowly and clearly.

Sample talk



Good morning. Today I'll talk about food I like. First, at school I often eat cereal bars, and at home I have oats with milk. Also, dairy products have calcium and protein, so they help my bones and muscles. I know chips and sweets have lots of fats and sugars, but I still like them. If I eat too much, my tummy may hurt. may get a stomach ache because they are not healthy. Some food can also cause an allergic reaction. Next, I'll eat more fruit and vegetables for vitamins, minerals and fibre, and less junk food. Finally, I will try to choose a healthier

LIVEWORKSHEETS

C. HOMEWORK

VOCABULARY & GRAMMAR (17 questions)

I. Con học nghĩa, phát âm và chép từ ở mục A. THEORY (trang 1) một dòng vào vở.

II. Choose the correct answer.

0. I ate too much ice cream after dinner, and now my stomach hurts. I have a terrible _____.

A. cereals *B. vitamins* *C. stomach ache*

1. You should drink milk every day because it has a lot of _____, which makes your bones strong.

A. calcium B. fibre C. protein

2. Eating fresh fruits and vegetables gives your body important _____ to stay healthy.

A. vitamins B. fats and sugars C. cereals

3. After eating some oats, he got red spots on his skin. I think he had an _____.

A. allergic reaction B. stomach ache C. tummy hurts

4. Meat, fish, and eggs have a lot of _____, which helps build strong muscles.

A. fibre B. protein C. fats and sugars

5. A healthy _____ should include different kinds of food like wheat, dairy products, and fresh vegetables.

A. diet B. allergic reaction C. stomach ache

III. Complete the sentences with the words in the box. Use each word ONCE.

~~tummy hurts~~	oats	grains	fibre
fats and sugars	allergic reaction	wheat	cereals

0. If I drink too much lemonade, my tummy hurts.

1. Donuts have too many _____ to eat daily.
2. White bread is made from _____, but brown bread is healthier.
3. A warm bowl of _____ is good for your breakfast.
4. Rice, corn, and wheat are types of _____.
5. Fresh fruit is better for breakfast than sweet _____.
6. Fresh vegetables have a lot of _____ for your tummy.
7. He cannot eat peanuts because of a(n) _____.

IV. Rearrange the words to make complete sentences.

0. help / Both / exercise and milk / your / bones / stronger .

→ *Both exercise and milk help your bones stronger.*

1. need / We / a few / minerals / our body / healthy. / to keep

→ _____

2. Yogurt / has / sugar / other / less / dairy products. / than

→ _____

LIVEWORKSHEETS

3. All / help build / sports / strong muscles.

→ _____

4. should not / You / eat / as much / when / junk food / your tummy hurts.

→ _____

5. Dairy products / as much / do not / sugar / have / as / candies .

→ _____

READING PRACTICE (6 questions)

For each question, choose the correct answer.

1



Contact Louise if you want to

A improve the way the station looks.

B learn how to make a nice garden.

C travel to see some beautiful gardens.

2



A Mrs Jones wants Chloe to do a different subject for her project.

B Mrs Jones thinks Chloe's idea for the project is too difficult.

C Mrs Jones wants Chloe to do her project with someone else.

3



A Jana's not sure which bus to catch to town this afternoon.

B It's not possible for Jana to go to the gym today.

C Kate will not see Jana at the bus stop later today.

LIVEWORKSHEETS

4



A Ben wants to talk to people who have ideas for a new play.

B You can get further details about the play by talking to Ben.

C Ben is only interested in talking to people who have acted before.

5



What is Mr Matthews doing in this message?

A asking what time he can meet Ms Thomas

B letting Ms Thomas know where she'll find the keys

C telling Ms Thomas that she can book the holiday flat

6



Ria wants Kay's help with

A inviting guests to the party.

B getting music for the party.

C finding a hall for the party.

LIVEWORKSHEETS