

Task 1 VOCABULARY

1.chế độ ăn cân bằng	
2, 1 chế độ ăn tốt cho sức khỏe	
3.đồ ăn nhanh	
4.ánh sáng mờ	
5.rau củ có màu	
6.1 người kiên trì	
7.những khoáng chất cần thiết	
8.những vitamin tốt	
9.hoạt động trong nhà	
10. sở thích yêu thích	
11.đồ ăn tốt cho sức khỏe	

Task 2:.. Fill in each blank with one suitable word from the box to complete the passage.

medicine feel weak get some rest vitamins fever

Mom: What's the matter with you, Misa?

Misa: I don't know. But I (21) _____ and tired.

Mom: Let me see. You have a (22) _____.

Misa: What should I do? Should I take (23) _____?

Mom: No, you shouldn't. First, stay in bed, lie down and (24) _____. Then, I will help you reduce your body temperature.

Misa: And may I drink orange juice, Mom?

Mom: Sure. (25) _____ from fruit and vegetables are good for you.

Misa: Thank you, Mom.

TASK 3 :

1. There are many ways to _____ money for charity.

- A. buy
- B. collect
- C. raise
- D. recycle

2. My teacher is teaching us about _____ as a way to keep fit.

- A. jogging
- B. chatting
- C. littering
- D. donating

3. We're going to _____ a clean-up activity at the beach this weekend.

- A. take part
- B. make
- C. join
- D. donate

4. Today we learned a lesson about _____ at school. Our teacher emphasizes that eating healthily was a good way to avoid diseases.

- A. parties
- B. lives
- C. restaurants
- D. a balanced diet

5. To take care of skin with acne, don't _____.

- A. eat much healthy food
- B. pop spots
- C. go to bed early
- D. drink enough water

6. Sean: Do you like dancing? - Emma: _____

- A. Yes, I prefer outdoor activities.
- B. Oh, I'd love to. Thanks
- C. Yes, a lot. Dancing is great!
- D. I'm going to join a dance club.

7. Alex: _____ - Trang: No, not really. I prefer indoor activities.

- A. Do you like playing football?
- B. Are you good at playing basketball?
- C. Are you interested in swimming?

D. Do you enjoy reading books?

8. Ross: A lot of people are infected with this flu virus. How can I avoid it? - Mike:

A. You should cover your mouth and nose with your hands.

B. You should eat a lot of chocolate every day. It's good for your health.

C. You should eat a lot of meat and cheese.

D. You should wear a mask when going out.

9. Huong: You should wash your hands before eating. - Lan: _____

A. Sorry, I don't mind.

B. Not at all.

C. Better next time.

D. Oh, that's right. I'll do it.

10. Ben: 100 students will help clean up the streets this weekend. - Lan: _____

A. I don't like hard work.

B. That's fantastic!

C. I don't think it's a good idea.

D. Sorry. I didn't enjoy it.

WRITING

1. My Dad enjoys watching football on TV

- My Dad's

2. We don't love playing games

- We aren't interested

3. I don't like soda . My brother doesn't like soda too

- I and

4. favourite / are / my / making models / and / Painting/ hobbies.

=> _____

5. as a teacher / a / My Mom / works / a primary school / in Hanoi / in

=> _____

6. Eating / regular exercise / for a long life. / doing / healthily / and / are important

=> _____

7. vitamins / contain / lots of / Fruit and / vegetables / and minerals. / essential

=> _____

