UNIT 2 – LESSON 1

PART 1: VOCABULARY

I. Vocabulary

Word	Pronunciation	Meaning	*Example*
allergy (n)	/ˈæl.ə.dʒi/	dị ứng	*I have an allergy to animal hair.*
calorie (n)	/ˈkæl.ər.i/	calo	*No sugar for me, thanks – I'm counting my calories.*
compound (n)	/ˈkɒm.paʊnd/	ghép, phức	*Compound sentences is a bit difficult for me.*
concentrate (v)	/ˈkɒn.sən.treɪt/	tập trung	*Never concentrate the heat in one place for too long.*
conjunction (n)	/kənˈdʒʌŋk.ʃən/	liên từ	*And and but are examples of conjunctions in English.*
coordinate (v)	/kəʊˈɔː.dɪ.neɪt/	kết hợp	*We try to coordinate our activities with those of other groups.*
cough (n.v)	/kɒf/	ho	*I couldn't stop coughing.*
depression (n)	/dɪˈpreʃ.ən/	chán nản	*She suffered from severe depression after losing her job.*
diet (n)	/ˈdaɪ.ət/	ăn kiêng	*I'd love a desert, but I'm on a diet.*
essential (a)	/ɪˈsen.ʃəl/	thiết yếu	*This book is essential reading for all nature lovers.*
expert (n)	/ˈek.spɜːt/	chuyên gia	*Don't ask me – I'm no expert!*
independent (a)	/ˌɪn.dɪˈpen.dənt/	độc lập	*She went to a lawyer for some independent advice.*

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itchy (a)	/ˈɪtʃ·i/	ngứa	*I feel itchy all over.*
junk food (n)	/ˈdʒʌŋk ˌfuːd/	quà vặt	*Junk food is quick and easy to prepare.*
myth (n)	/mɪθ/	việc hoang đường	*It's a complete myth that he has royal blood.*
obesity (n)	/oʊˈbi·sɪ·ţi/	béo phì	*Obesity can increase the rish of heart disease.*
pay attention	/peɪ əˈten.ʃən/	chú ý	*She paid no attention to his appearance.*
put on weight	/pʊt.ɒn.weɪt/	tăng cân	*Eating much before going to sleep may put on weight.*
sickness (n)	/ˈsɪk.nəs/	sự ốm yếu	*She's been off work because of sickness.*
spot (n)	/spɒt/	mụn, nhọt	*The baby's whole body was covered on small red spots.*
stay in shape	/steɪ.ɪn.ʃeɪp/	giữ dáng	*A suitable diet can help you stay in shape.*
sunburn (n)	/ˈsʌn.bɜːn/	sự cháy nắng	*He was taken to hospital suffering from severe sunburn.*
sunburnt (a)	/ˈsʌn.bɜːnt/	cháy nắng	*Severe sunburnt skin needs treatment.*
triathlon (n)	/traɪˈæθ.lɒn/	ba môn phối hợp	*Triathlon require good health to participate.*
vegetarian (n)	/ˌvedʒ.ɪˈteə.ri.ən/	người ăn chay	*You're a vegetarian and you eat fish?*
weight (n)	/weɪt/	cân nặng	*Bananas are sold by weight.*

I. Word formation

Words	Related words	Transcription	*Meaning*
allergy (n)	allergic (a)	/əˈlɜː.dʒɪk/	*thuộc dị ứng*
concentrate (v)	concentration (n)	/ˌkɒn.sənˈtreɪ.ʃən/	*sự tập trung*

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coordinate (v)	coordination (n)	/kəʊˌɔː.dɪˈneɪ.ʃən/	*sự phối hợp*
	coordinator (n)	/koʊˈɔr·dənˌeɪ·ţər/	*người điều phối*
depress (v)	depression (n)	/dɪˈpreʃ.ən/	*sự chán nản*
	depressive (a)	/dɪˈpres.ɪv/	*gây chán nản*
essence (a)	essential (a)	/ɪˈsen.ʃəl/	*thiết yếu*
depend (v)	dependent (a)	/dɪˈpen.dənt/	*phụ thuộc*
	dependence (n)	/dɪˈpen.dəns/	*sự phụ thuộc*
	independent (a)	/ˌɪn.dɪˈpen.dənt/	*độc lập*
	independence (n)	/ˌɪn.dɪˈpen.dəns/	*sự độc lập*
itch (v.n)	itchy (a)	/ˈɪtʃ·i/	*ngứa*
attend (v)	attention (n)	/əˈten.ʃən/	*sự chú ý*
	attentive (a)	/əˈten.tɪv/	*chú ý*
	attentively (adv)	/əˈten.tɪv.li/	*một cách chăm chú*
	unattended (a)	/ˌʌn.əˈten.dɪd/	*không chú ý*
sick (a)	sickness (n)	/ˈsɪk.nəs/	*sự ốm đau*
	sicken (v)	/ˈsɪk.ən/	*làm ốm yếu*

PART 2: PRACTICE

Exercise 1: Do the tasks below.

Fill the words to complete the sentences.

a cough	allergy	flu

1. When you have _____, you make a lot of loud sounds.

2. Phil has been sneezing and coughing since yesterday. Perhaps he's got _____

3. Richard ate a lot of sea food yesterday. Soon after the meal, he felt itchy all over his body. He might have a seafood _____

Choose the correct words.

1. Eating a lot of junk food is unhealthy because it can cause weight gain and *obesity / obese.*

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2. Emma has been on the beach for a day and she looks really red now. I think she has *sunburn / sunburnt.*

3. Lucy suffered from *depression / depressed* when she lost her job last year.

Exercise 2: Choose the best answer.

1. I've fallen off my bicycle and now my legs really _____.

A. pain B. sore C. hurt

2. Having a healthy _____ plays an important part if you want to stayin shape.

A. lifestyle B. illness C. problem

3. After singing continously for three hours at her concert last night, the singer now has a _____.

A. sore throat B. stomachache C. sunburn

4. According to many diet _____, if you are becoming fat, eat less junk foof and do more regular exercise.

A. lifestyles B. experts C. problems

5. Linda tries to stay _____ shape by jogging for 30 minutes every morning.

A. at B. in C. on

6. Lucy had _____ when she was 8 years old because she ate too many sweets. She had to go to the dentist every week then.

A. earache B. stomachache C. toothache

7. Christian keeps asking me out for dinner and he won't _____ no for an anwser.

A. take B. tell C. give

8. After working long hours in front of your computer, you should spend five minutes _____ your eyes and relaxing to avoid headache and sore eyes.

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A. resting B. sneezing C. hurting

9. Joe: Let's go to the popconcert tonight!

Lia: No, count me _____. I have _____ so I can't stand any loud noise.

A. in – earache B. out – toothache C. out – earache

10. Charlie has the habit of eating fast food all the time and now he's putting _____ a lot of weight.

A. up B. in C. on

Exercise 3: Give the correct form of the word in brackets.

1. Eating a lot of junk food may cause your _____ (OBESE)

2. Red spots, itchy skin and swollen eyes after eating fish are possible symptoms of a fish _____ (ALLERGIC)

3. Michael has been _____ (DEPRESSION) for three months since his father's death.

4. Excessive smoking or eating too much sugar can lead to various _____ (HEALTHY) problem.

Exercise 3: Give the correct form of the word in brackets to complete the following sentences.

1. I like cats but unfortunately I'm _____ to them. (ALLERGY)

2. This book requires a great deal of _____. (CONCENTRATE)

3. The campaign needs an effective _____. (COORDINATE)

4. I was overwhelmed by feelings of _____. (DEPRESS)

5. Water is _____ for living things. (ESSENSE)

6. Drug _____ led to her early death. (DEPEND)

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7. This cream will reduce the _____. (ITCH)

8. The children listened _____ to the story. (ATTEND)

9. Never leave young children _____. (ATTEND)

10. She's been off work because of _____. (SICK)

Exercise 4: Match the problem in column A with the appropriate advice in column B.

A	B
1. I have spots.	a. Wear s sun hat.
2. I get sunburnt.	b. Wear warm clothes and drink hot water.
3. I have toothache.	c. Eat less junk food.
4. I feel sad.	d. Go outside and play with friends.
5. I'm putting on weight.	e. Stay at home and take a rest.
6. My eyes are getting weaker.	f. Stop eating too many sweets.
7. I feel tired.	g. Spend less time on computer.
8. I have a cold.	h. Don't shout, sing or chew gum.
9. I have a temperature.	i. Cool down your room.
10. I have a sore throat.	j. Wash your face regularly.

LIVEWORKSHEETS