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Date: .../.../ 2023

Class: S8

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LESSON 4 – HEALTH

VOCABULARY AND IELTS PRACTICE

A. VOCABULARY

***Lưu ý:** Các từ vựng mở rộng thầy cô cho ghi trong vở (nếu có) và các từ vựng mở rộng trong phiếu để có chủ thích nghĩa: con về nhà chép mỗi từ 1 dòng để ghi nhớ nhé.

No.	New words	Meanings	No.	New words	Meanings
1.	fall ill (v)	đổ bệnh, ốm	9.	get well (v)	khỏe lại
2.	recuperate (v)	hồi phục, hồi sức	10.	cure (v)	chữa bệnh
3.	examine (v)	khám bệnh	11.	cure (n)	phương thuốc chữa bệnh
4.	operate (v)	phẫu thuật	12.	under the weather (idiom)	cảm thấy không khỏe, sức khỏe yếu
5.	take exercise (v)	tập thể dục	13.	touch-and-go (a)	không chắc chắn
6.	groggy (a)	chuyển choáng	14.	come down with something (phr.v)	bắt đầu hoặc có triệu chứng của bệnh
7.	treat (v)	điều trị	15.	be (as) fit as a fiddle (idiom)	rất khỏe mạnh
8.	treat (n)	sự tiếp đãi, cách đối xử	16.	be in good shape (idiom)	(thể chất) khỏe mạnh

***Note:** *n – noun: danh từ; v – verb: động từ; phr.v – phrasal verb: cụm động từ; a – adjective: tính từ; idiom: thành ngữ*

*** Con học thuộc nghĩa của từ, chép mỗi từ 1 dòng vào vở ghi và chính phát âm theo từ điển.**

B. HOMEWORK

I. Complete the text below with one of the words or expressions from the box.

fall ill	recuperate	take exercise	treat	get well	cure	examine	operate
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Most people believe it's very important to (0). take exercise in order to keep fit, but even the fittest person can sometimes (1). _____, no matter how hard they look after their health. If you do become ill, of course, you want to (2). _____ as soon as possible. With most *minor* (nhỏ) illnesses, such as a cold or flu, it's usually possible to (3). _____ yourself by taking lots of rest and drinking plenty of liquid. However, if you suffer from something more serious, you will have to go to your doctor. He will (4). _____ you and, if possible, (5). _____ you with medicine which you can pick up from your local *chemist*

(được sī). If you have an unusual illness, your doctor may *refer* (giới thiệu) you to a *specialist* (chuyên gia) or a hospital, who may decide to (6). _____ on you if your illness is serious. You will then have to (7). _____, and this can take a long time.

II. Choose the correct answer for each of the following questions.

0. He _____ and passed away soon after.
A. took exercise B. fell ill C. operated
1. He was admitted to the hospital and his foot was _____ on.
A. operated B. recuperated C. cured
2. Researchers are working to find a _____ for the disease.
A. treat B. cure C. examine
3. She is still _____ after an operation.
A. recuperating B. touch-and-go C. treating
4. The doctor _____ her carefully but could find nothing wrong.
A. examined B. treated C. operated
5. The doctor says that it's _____ whether Mary will be okay.
A. groggy B. as fit as a fiddle C. touch-and-go

III. Below are the idioms and expressions to talk about feeling well / feeling sick. How would you feel in the following situations? Circle the appropriate icon.

0. I've been feeling **under the weather** this week. 😊 ☹️
1. Your condition is **touch-and-go**. 😊 ☹️
2. I feel like I'm **coming down with** a cold. 😊 ☹️
3. Although she is 70, she's **as fit as a fiddle**. 😊 ☹️
4. The sleeping pills left her feeling very **groggy**. 😊 ☹️
5. He's **in good shape** for someone who had surgery six months ago. 😊 ☹️

IV. Make sentences with the given words/ phrases. Change the forms when necessary.

<i>treat</i> (n)	cure (n)	recuperate	under the weather
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0. He took them to the theatre as a treat.

1. _____.
2. _____.
3. _____.
4. _____.

02 You are going to read about some advantages of living in an extended family (i.e. not just parents and children living together). Which of the following advantages do you think are the most important?

- 1 Older people are fun to live with.
- 2 Older people are patient and experienced.
- 3 You can save money by living together.
- 4 Grandparents are not as busy as parents.
- 5 Children get plenty of love and attention.

Read the text quickly and check which are mentioned. Ignore the highlighted words.

TIP 02

Don't worry if you don't know a word in the text. You can often guess the meaning by reading the other words in the sentence. And you may not need to know the meaning to answer the questions.

C The people they live with have a great influence on the way children grow up. Those who live with their extended family have many advantages. They usually get lots of love and attention. Grandparents often have more time to read to children and play with them. As they are often retired, they are not always busy and stressed as many parents are. They have learnt to be patient and they have already handled most of the problems children and young people face.

D It is good for children to grow up to understand the needs of older people: they may become more caring and less selfish if they spend time helping their grandparents. Children learn about the past from grandparents' stories. Sometimes they feel closer to their grandparents than to their parents.

E Young adults often feel that living alone will be exciting, but they forget that it can also be lonely. By remaining with the family during this stage of their lives, they can avoid this. They can also save money for their education and future.

BLOOD IS THICKER THAN WATER

A Blood is thicker than water. This means that family is more important than anyone else. Many young people, though, spend more time with their friends than with their family. They value their friends' opinions more and enjoy their company. When it's time to visit grandma or go to a cousin's wedding, teenagers often prefer to be left at home. But are they missing out?

B In Asia, the Middle East, South America and Sub-Saharan Africa over 40% of children live in families with other adults such as aunts, uncles and grandparents in addition to their parents. In South Africa, it is almost 70%. On the other hand, in Europe, Australia and North America, less than 25% of children live in extended families. Is the lack of close contact with relatives putting some children at a disadvantage?

F Young people whose grandparents live far away can gain some of these advantages by keeping in close contact by phone, email, letters and visits. It is nice to know there is someone you can go to if you have a problem. As the Italian proverb says, 'Se non sta andando bene chiamare la nonna.' – 'If things aren't going well, call your grandmother.'

G Friends are important to young people, but friends come and go. Your family is always on your side. Grandparents won't be there forever. Appreciate them while you can.



VOCABULARY

03 Match the highlighted words from the text with their meanings. Start with words you already know. Use the context (the sentence it is in and other words around it) to work out the meaning of the other words.

- | | |
|-----------------------|---|
| 1 value | a worried; not able to relax |
| 2 (have an) influence | b dealt with, had experience of |
| 3 stressed | c get (something positive) |
| 4 handled | d be grateful for |
| 5 selfish | e a well-known phrase giving advice |
| 6 gain | f caring only about yourself and not other people |
| 7 proverb | g (have an) effect (on) |
| 8 appreciate | h believe something is important |

SHORT-ANSWER QUESTIONS

FINDING INFORMATION

04 To practise finding information quickly, have a race with your partner to find the following phrases in the text. They are not in order.

- | | |
|-------------------------|-------------------|
| • grandparents' stories | • extended family |
| • cousin's wedding | • come and go |
| • young adults | • Italian proverb |

How did you do this? Can you explain to another student how to find information quickly?

IDENTIFYING THE KEY WORDS IN A QUESTION

05 Identify the key words in these questions.

- 1 What percentage of children live in extended families in Asia, the Middle East, South America and Sub-Saharan Africa?
- 2 Why are grandparents often less busy and stressed than parents?
- 3 What do young adults often think living alone will be like?

SCANNING A TEXT

06 Answer the questions in exercise 5. Follow the advice in the box.

07 Read this exam task and the answers to the questions. What is wrong with the answers? Match the answers 1–4 with the advice a–d below.

*Answer these questions. Choose **NO MORE THAN TWO WORDS AND/OR A NUMBER** from the passage for each answer.*

Question 1 What percentage of children in South Africa live with their extended family?

Answer 1: 20%

Question 2 What helps children in extended families learn about the past?

Answer 2: grandparents stories

Question 3 What negative word can describe how it sometimes feels to live alone?

Answer 3: Living alone can be lonely.

Question 4 According to the Italian proverb, who should you phone when you have a problem?

Answer 4: your gran

- a Don't write more than the number of words you are given.
You mustn't write full sentences.
- b Make sure that you use the correct information when you answer a question.
- c Don't change words in the text. Remember, the instructions tell you to **choose words from the text**.
- d Be careful with spelling. You can lose marks if your spelling is wrong.

08 Now correct the answers in exercise 7.

GRAMMAR FOCUS: TENSES

09 Answer these questions.

- 1 What tense are most of the verbs in the text?
- 2 Choose the correct reason for the choice of tense.
 - a The verbs describe events which are happening now.
 - b The verbs describe things that are generally true.
 - c The verbs give the writer's opinion.

Handwriting practice lines consisting of multiple sets of three horizontal lines (top, middle, and bottom lines) for letter formation.



GRAMMAR FOCUS: ADVERBS OF FREQUENCY

10 Identify the frequency adverbs in these sentences from the text.

- 1 Your family is always on your side.
- 2 Teenagers often prefer to be left at home.
- 3 As they are often retired, they are not always busy ...
- 4 They usually get lots of love and attention.
- 5 Sometimes they feel closer to their grandparents than to their parents.

11 Study the position of the frequency adverbs in the sentences in exercise 10. With a partner, work out some rules on the position of frequency adverbs.

EXAM SKILLS

12 Read the passage and answer the questions below.

SOCIAL MEDIA AND THE MEANING OF FRIENDSHIP

There have been a lot of scientific studies into what makes a friendship. It seems today that ideas of what friendship is are also changing. A study in 1993 at the University of Oxford showed that people could only maintain 150 relationships. However, with the explosion of social media since then, many people now have over 300 people who they think of as friends. Some people think that these friends are not real friends, but others believe that social media has helped us to expand and keep our friendships because we have more time and opportunities.

Another change from the past is that people don't stay in the place where they were born. They go to different cities and countries for education and jobs. People are in general more geographically mobile nowadays. This means that we have more chances to meet and make friends with people from different cultures and different backgrounds. People still often make friends at college who remain friends for life, but

making new friends at work is more difficult. People now have less security at work and this also means that they find it harder to build new relationships.

As people get older, they sometimes also have less free time. They become busier with their jobs and families and have less time to spend with friends. Friendships can be very different when we are at different ages. Young children often choose their friends because of convenience, for example, they go to the same school, they live near each other or their parents are friends. As we get older, friendships are more connected with having similar interests and opinions.

One thing is definitely true though, it doesn't matter how old we are or how many friends we have on social media, friendship is good for our health. People who spend time with friends have fewer mental health problems and are generally happier and in a better physical state of health than people who spend their free time alone.



Answer the questions below. Choose **NO MORE THAN THREE WORDS** from the passage for each answer.

- 1 What has enabled people to have more friends than in the past, according to some people?
- 2 What phrase does the writer use to describe people who don't stay in the same place?
- 3 What work-related problem do people have that makes them less likely to form friendships?
- 4 What frequently influences the friendships of young children?
- 5 What are people with friends less likely to suffer from?

I. Write the missing English letters that match the given Vietnamese meanings.

No.	Vietnamese	English
1.	người quản lý (n)	m _____
2.	ứng viên, thí sinh (n)	c _____
3.	lương (n)	s _____
4.	sự thăng chức (n)	p _____
5.	nhân viên (n)	e _____
6.	vị trí còn trống (n)	v _____
7.	lương hưu (n)	p _____
8.	năng lực; chuyên môn; bằng cấp (n)	q _____
9.	sự tăng (lương) (n)	i _____
10.	về hưu, nghỉ hưu (v)	r _____

II. Choose the correct answer for each of the following questions.

- Many teachers qualify for an annual _____.
A. pension B. vacancy C. increment
- He _____ as chairman after eight years.
A. resigned B. promoted C. attended
- You can consider either changing jobs or trying for _____.
A. increment B. promotion C. attending an interview
- Responsibility and reliability are necessary _____.
A. candidates B. qualifications C. employees
- At the age when most people _____, he is ready to face a new career.
A. retire B. resign C. apply for a job

***Lưu ý:** Với những từ con không nhớ và viết sai, con viết từ đó vào vở 2 dòng.