

Name: \_\_\_\_\_  
Class: S8

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GLOBAL ENGLISH 8: UNIT 4 – ADVERTISING  
GRAMMAR 2

A. GRAMMAR

I. Reflexive Pronouns (Đại từ phản thân)

- Đại từ phản thân được dùng làm tân ngữ (object) của động từ khi hành động của động từ do chủ ngữ thực hiện tác động lại ngay chính chủ ngữ. Nói cách khác, đại từ phản thân được dùng khi chủ ngữ và tân ngữ của động từ là cùng một đối tượng.

Đại từ làm chủ ngữ (Subject pronouns)	Đại từ phản thân (Reflexive pronouns)	Đại từ làm chủ ngữ (Subject pronouns)	Đại từ phản thân (Reflexive pronouns)
I	myself	it	itself
you	yourself	we	ourselves
he	himself	you	yourselves
she	herself	they	themselves

Ex: He doesn't have a piano teacher. He teaches **himself**.

I don't think I can do it by **myself**, I really could use some help.

II. Compound adjectives (Tính từ ghép)

- Tính từ ghép được hình thành khi hai hoặc nhiều từ được nối với nhau để bổ sung nghĩa cho cùng một danh từ. Giữa các từ tạo nên nó thường có gạch nối để tránh sự nhầm lẫn hoặc đa nghĩa.

\*Một số tính từ ghép thông dụng:

Compound adjective	Meaning	Compound adjective	Meaning
clear-sighted	sáng suốt	dark-eyed	đôi mắt tối màu
heart-breaking	tan nát cõi lòng	house-keeping	giữ nhà, trông nhà
lion-hearted	dung cảm, gan dạ	new-born	sơ sinh
short-haired	tóc ngắn	hard-working	chăm chỉ
good-looking	ưa nhìn	all-star	nổi tiếng

Ex: We are proud of our kids, who are dedicated and **hard-working**.

B. HOMEWORK

I. Choose the correct answer by circling A, B, or C.

0. Jerry is so \_\_\_\_\_ that the only way he can remember anything is to write himself a note.

- A. absent-minded                      B. loose-minded                      C. forgetful-minded

1. There are wide and \_\_\_\_\_ arguments on this issue.

- A. famous-world                      B. world-famous                      C. world-known

2. She's a generous and \_\_\_\_\_ boss.

- A. easily-going                      B. going easily                      C. easy-going



2. Cats can look after yourself, can't they? \_\_\_\_\_ → \_\_\_\_\_
3. I hope you all enjoy himself on holiday! \_\_\_\_\_ → \_\_\_\_\_
4. Dad didn't help me. I did it all themselves! \_\_\_\_\_ → \_\_\_\_\_
5. We painted the room yourselves, we didn't pay anyone to do it. \_\_\_\_\_ → \_\_\_\_\_

### C. PET + FCE PRACTICE

You are going to read an article in which four athletes talk about what they eat. For questions **43–52**, choose from the athletes (**A–D**). The athletes may be chosen more than once.

Mark your answers **on the separate answer sheet**.

#### Which athlete

- |  |    |                      |
|--|----|----------------------|
| enjoys cooking but finds the planning difficult?       | 43 | <input type="text"/> |
| has to carry food with him when training?              | 44 | <input type="text"/> |
| doesn't find it easy to eat before an event?           | 45 | <input type="text"/> |
| uses cooking as a way to relax?                        | 46 | <input type="text"/> |
| sometimes allows himself certain food as a reward?     | 47 | <input type="text"/> |
| has seen a change in the diet of sports people?        | 48 | <input type="text"/> |
| once made the wrong decision about the food he ate?    | 49 | <input type="text"/> |
| says that people are unaware of what he actually eats? | 50 | <input type="text"/> |
| says knowing what and when to eat is critical?         | 51 | <input type="text"/> |
| has had to change his diet with a change of sport?     | 52 | <input type="text"/> |

# Sports diets

Four athletes talk about what they eat.

**A** Mark

When I'm cycling on my own I stuff my pockets with bananas and protein bars. On the longest rides I'll eat something every half an hour. For heavier training it's physically impossible to get enough energy from food alone, so you do rely on energy drinks. One development in sports nutrition since I've been competing is the focus on the importance of protein. Cycling is much more weight-orientated than the swimming I used to do, which means I need to eat differently now. Protein feeds the muscles but keeps them as lean as possible. I've been an athlete for 20 years so healthy eating is normal for me, but that's not to say I don't get a tasty take-away meal from time to time. I've just learned to spot the meals that will provide what I need. It's simple things like steering clear of the creamy sauces and making sure I get lots of veg.

**B** Stefan

Everyone says: 'As a runner you must be on a really strict diet. Do you only eat salad? Are you allowed chocolate?' But that's really not the case. I've got salad and vegetables in my shopping trolley but there's always some chocolate in there, too. I do most of the cooking at home. On the morning of a competition, I get so nervous I feel really sick. I have to force myself to have something so I'll have enough energy to perform well. Sometimes I get those days where I don't want to be so disciplined. You think: 'I've trained really hard, I deserve to have a pizza.' It's OK to have a little relapse every now and then but I can't do it every day or I'd be rolling round the track!

**C** City

For a gymnast, a kilo can make all the difference. But if you don't eat enough you'll be a bit shaky and weak. It's all about eating the right amount, at the right time – two hours before you do anything. Breakfast is fruit and if I'm a bit peckish, wholewheat toast and butter! I get to training for 12 pm, then break after three hours for lunch – more fruit, a cheese and tomato sandwich. I'm back in the gym from 5 pm to 8 pm, then I go to my Mum's for steak and vegetables or chicken and salad. I don't tend to mix carbs with meat late at night. I'm not the best cook, but I think it's fun to do. I know how to make chicken from my mum's recipe, it just takes me a bit longer to get organised.

**D** Tomas

It's definitely possible to eat delicious food and be a professional swimmer. I've always loved food so I'm not going to be obsessive because you can get what you need and still enjoy every bite. I'm not really one for endless protein shakes and energy drinks. Before a training session I'd rather have a banana. That's not to say I'm perfect. At the world championships I got my feeding strategy wrong – and I paid for it. For my sport it's what you eat two days before the competition that makes the difference. You have to 'carb load' – eat piles of rice or pasta – and I didn't. I was leading for a long way but I ended up 11<sup>th</sup>. My biggest indulgence is pastry. And I love baking. I train for 33 hours a week so in my time off I need to rest, and spending time in the kitchen is perfect. Swimming is my biggest passion but baking comes a close second.

Con hãy mở link nghe sau bằng máy tính nhé: <https://tinyurl.com/23mr558d> (từ 25p52s - 31p50s)

## Part 4

### Questions 20–25

For each question, choose the correct answer.



You will hear an interview with a young poet called Laura Dickson.

- 20** Laura first became interested in poetry
- A** by reading it at home.
  - B** by studying it at school.
  - C** by learning about it from her father.
- 21** What made Laura decide to become a professional poet?
- A** She met a famous poet.
  - B** She did a poetry course.
  - C** She won a poetry prize.
- 22** What is Laura's new book about?
- A** various types of buildings
  - B** personal relationships
  - C** climate change
- 23** What does Laura say about reading poetry written a long time ago?
- A** She admires how well it's written.
  - B** She finds it difficult to understand.
  - C** She prefers to read modern poems.
- 24** How does Laura feel about her new job teaching at a university?
- A** pleased with her ability to do it well
  - B** grateful to have helpful colleagues
  - C** surprised by the amount of work
- 25** In the future, Laura would like to
- A** organise a poetry festival.
  - B** take a break from writing poetry.
  - C** add music to some of her poetry.

**I. Choose the correct answer.**

1. The United Nations was \_\_\_\_\_ for failing to react sooner to the crisis.

- A. deserved                                      B. tempted                                      C. criticized

2. We'll be right back with you after a(n) \_\_\_\_\_ break.

- A. commercial                                      B. essential                                      C. celebrity

3. You'll have to get \_\_\_\_\_ from your parents if you want to come.

- A. campaign                                      B. permission                                      C. copyright

4. Mrs. Danby dumped the cat-food in the \_\_\_\_\_ and came close to me.

- A. trolley                                      B. hoarding                                      C. identity

5. There's no brand \_\_\_\_\_ in car tyres - consumers just buy on price.

- A. identity                                      B. loyalty                                      C. advertisement

**II. Complete the sentences with the appropriate passive form.**

1. The puppies \_\_\_\_\_ (**feed**) always at the same time.

2. My birthday cake \_\_\_\_\_ (**make**) yesterday.

3. Their organization \_\_\_\_\_ (**found**) last year.

4. Meetings \_\_\_\_\_ (**hold**) at weekends.

5. Some phones \_\_\_\_\_ (**produce**) in Europe.

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