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Class: S6  
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Vocabulary: .....  
Listening: .....  
Mini Test: .....

## HEALTHY LIFESTYLE: VOCABULARY & DEBATE

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.

### A. VOCABULARY

No.	New words	Meanings	No.	New words	Meanings
1	<b>balanced diet</b> (n.phr)	chế độ ăn uống cân bằng	9	<b>addition</b> (n)	sự thêm vào
2	<b>organic food</b> (n.phr)	thực phẩm hữu cơ	10	<b>nutritious</b> (adj)	bổ dưỡng
3	<b>intense workout</b> (n.phr)	tập luyện cường độ cao	11	<b>nutrition</b> (n)	dinh dưỡng
4	<b>stay hydrated</b>	giữ đủ nước cho cơ thể	12	<b>food allergy</b> (n.phr)	dị ứng thực phẩm
5	<b>health-conscious</b> (adj)	có ý thức về sức khỏe	13	<b>fibre</b> (n)	chất xơ
6	<b>have a regular check-up</b>	kiểm tra sức khỏe thường xuyên	14	<b>accumulate</b> (v)	tích trữ
7	<b>to limit sugar intake</b>	hạn chế hấp thụ đường	15	<b>accumulation</b> (n)	sự tích trữ
8	<b>obesity</b> (n)	béo phì	16	<b>processed food</b> (n.phr)	thức ăn đã qua chế biến

\*Note: n = noun: danh từ; v = verb: động từ; adj = adjective: tính từ;  
n.phr = noun phrase: cụm danh từ

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

### B. HOMEWORK

#### I. Match to make meaningful sentences.

<b>0. It is awesome to see</b>	<b>a. these magnificent creatures in flight.</b>
1. He avoids sugary (có đường) drinks	b. school to promote (thúc đẩy) healthy lifestyles.
2. Nick visits his dentist twice a year	c. and snacks to limit his sugar intake.
3. They teach children about nutrition in	d. food allergy before ordering.
4. Ann enjoys adding avocado slices as	e. a nutritious addition to her sandwiches.
5. I inform the waiter about my	f. for regular check-ups and cleanings.

0- a	1-	2-	3-	4-	5-
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## II. Circle the correct answer.

0. We compared our product with the leading \_\_\_\_\_.  
A. brands      B. comp      C. butler

1. John shops at the local farmer's market for fresh \_\_\_\_\_ food.  
A. organic      B. intense      C. processed

2. She wants to avoid \_\_\_\_\_ by eating healthy food and exercising.  
A. intake      B. diet      C. obesity

3. My mother prefers to buy fresh produce daily rather than \_\_\_\_\_ it in the fridge.  
A. limiting      B. staying      C. accumulating

4. We avoid \_\_\_\_\_ food because it's not good for us.  
A. nutritious      B. processed      C. addition

5. Mary drinks plenty of water to stay hydrated during an intense \_\_\_\_\_.  
A. workout      B. allergy      C. health

## III. Fill in the blanks with the given words in the box (some words may not be used). Change the form of the words if necessary.

<b>nutrition</b>	<b>waste</b>	<b>hydrated</b>	<b>balanced</b>	<b>allergy</b>	<b>check-ups</b>	<b>intense</b>	<b>intake</b>
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0. I think study guide is a \_\_\_ **waste** \_\_\_ of money.

1. Jenny sweats (đồ mồ hôi) a lot during a(n) \_\_\_\_\_ workout.

2. They prepare homemade meals to limit their sugar \_\_\_\_\_.

3. She can't eat peanuts because she has a food \_\_\_\_\_.

4. My brother and I remind each other to stay \_\_\_\_\_, especially during hot weather.

5. You will feel more energetic and focused when you stick to a(n) \_\_\_\_\_ diet.

## IV. Read the descriptions of some words, then write the complete words (the first letter is already there).

0. the quality of being brave      **B R A V E R Y**

1. a thing that is added to something else      A \_\_\_\_\_

2. the quality or fact of being very fat, in a way that is not healthy      O \_\_\_\_\_

3. (of food) very good for you; containing many of the *substances* (*chất*) which help the body to grow      N \_\_\_\_\_

4. (of food) produced without using *artificial chemicals* (*hóa chất nhân tạo*)      O \_\_\_\_\_

5. the part of food that helps to keep a person healthy by keeping the *bowels* (*ruột*) working and moving other food quickly through the body      F \_\_\_\_\_

**Lưu ý:**

1. Khi làm bài tập có từ mới, các con phải tra từ điển. Sau khi tra từ điển, các con chép mỗi từ mới **1 dòng** để ghi nhớ.
2. Các con gạch chân các từ khoá chính trong bài đọc.

**Part 4**

Con hãy làm bài nghe theo link sau:  
<https://youtu.be/G1TAHMCBb8I>

**Questions 20–25**

For each question, choose the correct answer.

You will hear an interview with a woman called Sally Wainwright, who recently started singing classes.

**20** Sally explained that

- A** people kept telling her to try something different.
- B** she didn't enjoy art classes.
- C** she had never been to a singing class.

**21** Sally wanted to sing because

- A** her husband wanted her to.
- B** her mother told her she would love it.
- C** she didn't want to feel embarrassed about singing.

**22** What does Sally say she likes about the group?

- A** The people are very kind.
- B** You don't need to show you can sing well to join.
- C** You only sing on your own if you want to.

**23** What does Sally say about the first session?

- A** She had problems with her car.
- B** She felt better after talking with the organiser.
- C** She was asked to stand at the back.

**24** Since she has been singing with the group

- A** Sally now sings with her children.
- B** Sally has achieved all her goals.
- C** Sally is more confident about singing on her own.

**25** What does Sally say about singing?

- A** It can make you physically stronger.
- B** She is sure it is good for her health.
- C** She ends a session feeling cheerful.

**I. Fill in the blanks with the words given. Change the forms if necessary.**

soundtrack	orchestra	dawn	itinerary	engineer
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1. Alan plays the violin in the school \_\_\_\_\_.
2. Nam is studying to become a(n) \_\_\_\_\_ at the university.
3. They followed the \_\_\_\_\_ closely to make sure they didn't miss any attractions.
4. She enjoys listening to the \_\_\_\_\_ of her favourite movies while studying.
5. He enjoys going for a run at \_\_\_\_\_ when the streets are quiet.

**II. Circle the correct answer.**

1. I was \_\_\_\_\_ with my brother for breaking my favourite toy.
 

A. scared	B. successful	C. angry
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2. She is keen \_\_\_\_\_ joining the school soccer team.
 

A. of	B. in	C. on
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3. Eating vegetables is good \_\_\_\_\_ your health.
 

A. for	B. at	C. about
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4. The coach is \_\_\_\_\_ of his team for winning the championship.
 

A. bad	B. proud	C. interested
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5. He was disappointed \_\_\_\_\_ himself for not passing the exam.
 

A. off	B. in	C. for
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**Lưu ý:** Với những từ con không nhớ và viết sai, con chép từ đó vào vở 1 dòng.

Mọi ý kiến đóng góp của phụ huynh sẽ là động lực để StarLink nâng cao chất lượng đào tạo. Mọi bối mẹ  
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