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 Class: S7
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Vocabulary:
 Reading:
 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 chú 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	food intake (n.phr)	lượng thức ăn nạp vào	9	obesity (n)	béo phì
2	food allergy (n.phr)	dị ứng thực phẩm	10	diabetes (n)	bệnh tiểu đường
3	food consumption (n.phr)	tiêu thụ thực phẩm	11	heart disease (n.phr)	bệnh tim
4	food culture (n.phr)	văn hóa ẩm thực	12	homemade food (n.phr)	thức ăn tự làm
5	organic food (n.phr)	thực phẩm hữu cơ	13	cut down on (phr.v)	cắt giảm
6	nutritious food (n.phr)	thực phẩm bổ dưỡng	14	fine dining (n.phr)	ăn uống sang trọng
7	balanced diet (n.phr)	chế độ ăn uống cân bằng	15	mouth-watering meal (n.phr)	bữa ăn ngon miệng
8	overweight (adj)	thừa cân			

***Note:** *n* = noun: danh từ; *phr.v* = phrasal verb: cụm 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. Circle the correct answer

0. We compared our product with the leading _____.

- (A) brands B. comp C. butler

1. She loves making _____ food because she knows exactly what goes into her meals.

- A. allergy B. heart C. homemade

2. The report showed an increase in food _____ over the past *decade* (thập kỷ).

- A. consumption B. disease C. obesity

3. Eating _____ food is essential for overall health and well-being.

- A. culture B. diabetes C. nutritious

4. They enjoy fine _____ at expensive restaurants for special occasions.

- A. nutritious B. dining C. intake

5. The chef prepared a _____ meal that everyone enjoyed.

- A. mouth-watering B. overweight C. heart

II. Find out the words or phrases based on the clues below

0. an object or a piece of equipment that has been designed to do a particular job	→	D E V I C E
1. (of people) too heavy, in a way that may be unhealthy	→	_ V _ _ W _ I _ _ T
2. a medical condition that causes you to react badly or feel ill when you eat a particular substance	→	F _ O _ _ _ L _ R _ Y
3. a range of (một loạt) conditions that affect the heart	→	_ E _ R _ D _ _ _ A S _
4. a diet consisting of the proper quantities and <i>proportions</i> (tỷ lệ) of foods needed to maintain health or growth	→	B _ _ A _ C _ _ _ E _
5. the quality or fact of being very fat, in a way that is not healthy	→	O _ _ S _ T _

III. Make sentences with these words/ phrases. Change the forms if necessary

informal	cut down on	diabetes	organic food	food intake	obesity
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0. _____ *The atmosphere at work is fairly informal* _____.
1. _____.
2. _____.
3. _____.
4. _____.
5. _____.

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 2

For questions **9–16**, read the text below and think of the word which best fits each gap. Use only **one** word in each gap. There is an example at the beginning (0).

Write your answers **IN CAPITAL LETTERS** on the separate answer sheet.

Example: 0 B E E N

Daniela: Skateboard champion

I've always (0) an outdoors kind of girl, and (9) a kid, I'd get up to all sorts of stuff with my friends – climbing trees and messing about in the woods. As we got older, my friends started doing other things (10) shopping and listening to music, but I still loved being outside and needed a new challenge.

(11) was my brother who first got me (12) skateboarding. I'd seen him practising on his board hour after hour, and to (13) honest, I used to think it was uncool. But when he showed me some amazing tricks he could do one day, I had to give it a go.

I've got a competitive streak, so I watched loads of skateboarding clips online and got out on my board whenever I could – even (14) it was dark – in order to compete (15) my brother. It obviously paid (16) because I beat him in a competition last month!

Con hãy làm bài nghe theo link sau:
<https://youtu.be/WOnDZB0Tp1U>

Practice Test 2 • Listening

Part 4

 14 For each question, choose the correct answer.

You will hear someone talking about the Westbay Music Festival.

20 The first Westbay Festival

- A involved 12 bands.
- B took place in 1980.
- C lasted for one full day.

21 The festival

- A will attract a bigger crowd this year.
- B goes on for a whole weekend.
- C is aimed at adults and children.

22 The Big Smile Stage includes appearances by

- A local comedians only.
- B famous TV stars.
- C a top American entertainer.

23 What can you do inside the Big Blue Tent?

- A read the latest music biographies
- B watch thrillers on Saturday and Sunday nights
- C watch films about rock music

24 The presenter especially likes the fact that you can buy

- A unusual CDs.
- B outdoor clothes.
- C presents for other people.

25 What is special about the food at the festival?

- A The Mexican food is very hot.
- B There is more choice than at other events.
- C Everything is vegetarian.

I. Complete the sentences, using the correct forms of the words in brackets

1. If I _____ (do) well in the exam, my parents will buy me an MP3 player.
2. If my sister borrows my clothes again, I _____ (scream)!
3. We'll leave at six o'clock if the weather _____ (be) bad.
4. They _____ (not mind) if we're a bit late this afternoon.
5. If Rania doesn't come to the party, _____ (Greg / be) upset?

II. Match to make meaningful sentences

1. The scientist began to gain widespread	a. as a trendsetter in the industry.
2. The fashion designer is known	b. champion for his skill and dedication.
3. The director made her debut with	c. a film that won several awards.
4. The band managed to gain fame	d. recognition after publishing her research.
5. Many young athletes idolize the	e. quickly with their songs.

1-	2-	3-	4-	5-
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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. Mời bố mẹ quét mã ở đây để thực hiện khảo sát ạ!

