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Vocabulary:
 Listening:
 Mini Test:

GLOBAL ENGLISH 9 – Unit 2: Well-being

Vocabulary 1 & IELTS speaking

***Lưu ý:** Các từ vựng mở rộng thầy cô cho ghi trong vở (nếu có) và các từ vựng mở rộng trong phiếu đề 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.	malnutrition (n)	sự suy dinh dưỡng	12.	immune system (n)	hệ miễn dịch
2.	poverty (n)	sự nghèo đói	13.	cell (n)	tế bào
3.	obesity (n)	béo phì	14.	fight off (phr.v)	đẩy lùi
4.	consume (v)	tiêu thụ	15.	infection (n)	sự lây nhiễm, nhiễm trùng
5.	vegetarian (a)	(đồ ăn) chay	16.	put stress on (v)	gây áp lực lên
6.	carbohydrate-based (a)	có thành phần carbohydrate	17.	wind down (phr.v)	thư giãn
7.	restore (v)	hồi phục	18.	banish (v)	loại bỏ
8.	keep sth in balance (phr.v)	duy trì cân bằng	19.	promote (v)	đẩy mạnh, thúc đẩy
9.	diabetes (n)	bệnh tiểu đường	20.	have a direct effect on (v)	có tác động trực tiếp lên
10.	heart disease (n)	bệnh tim	21.	anxiety (n)	lo âu
11.	moderate (a)	vừa phải, điều độ	22.	depression (n)	trầm cảm

* **Note:** n = noun: danh từ; a = adjective: tính từ; v = verb: động từ; phr.v = phrasal verb: cụm động từ.

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

B. VOCABULARY MỞ RỘNG

No.	New words	Meanings	No.	New words	Meanings
1	isolation (n)	cô lập	3	substance (n)	chất
2	meditation (n)	thiền	4	defeat (n)	sự thất bại, sự thua trận

* **Note:** n = noun: danh từ; a = adjective : tính từ; phr.v = phrasal verb: cụm động từ.

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

C. HOMEWORK

I. Match the words in column A with their definitions in column B.

A	B	Answer
0. recovery	a. the system in your body that produces substances to help it fight against infection and disease	0 - b
1. cell	b. (an) act or process of recovering	1 -
2. immune system	c. the smallest basic unit of a plant or animal	2 -
3. diabetes	d. an illness in which the body cannot control the level of sugar in the blood	3 -
4. obesity	e. the state of feeling very sad and without hope	4 -
5. depression	f. the fact of being extremely fat, in a way that is dangerous for health	5 -

II. Choose the best SYNONYM of the underlined word(s) in each of the following sentences.

0. Consuming a variety of nutrients is essential to fight off infections.

- A. absorb / combat B. eat / look into C. fill / fight for

1. Social support can help banish feelings of loneliness and isolation.

- A. distract B. eliminate C. prevent

2. Regular exercise can promote a healthy lifestyle and prevent various health issues.

- A. encourage B. communicate C. advertise

3. Two million people in the city live in great poverty.

- A. wealthy B. extremely poor C. extremely rich

4. There has been a moderate improvement in her health since she began the treatment.

- A. modest B. excessive C. extraordinary

5. Engaging in meditation can help you wind down after a stressful day.

- A. relax B. put stress on C. banish

III. Fill in the blank with one of the words from the box. Make changes where necessary.

moderate	in balance	diabetes	infection
put stress on	heart disease	carbohydrate-based	

0. Moderate exercises help people not only feel healthier but also more relaxed.

1. It is important to keep the different aspects of your life _____.

2. If you are ill, you should not exercise too much because your body is already working hard to fight the _____.

3. _____ your system will mean that your recovery is likely to be slower.

4. It is important to eat a good _____ breakfast to restore blood sugar levels after a night's sleep.

5. Eating a lot of unhealthy snacks can lead to serious health problems such as _____ or _____.

IV. Complete the sentences with the correct passive form of the verbs below.

0. Look! These trees _____ **is being cut down** _____ by the workers. (**cut down**)
1. The tables _____ by my brother everyday. (**clean**)
2. Now, a delicious meal _____ by my mom for the party. (**prepare**)
3. It's 7 o'clock, and the food _____ by my parents. (**cook**)
4. The flowers _____ by the gardener every morning. (**water**)
5. _____ your father's car _____ due to a car crash? (**repaire**)

V. Make sentences with the given words.

have a direct effect on	vegetarian	consume	diabetes	restore
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0. People who got diabetes need to carefully manage their blood sugar levels.

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

VI. Complete the second sentence so that it means the same as the first.

0. Why is it useful to have a car?
⇒ What are the advantages of **having a car** ?
1. I don't intend to apply for the job.
⇒ I have no intention of _____.
2. Helen has a good memory for names.
⇒ Helen is good at _____.
3. You probably won't win the lottery. You have little chance.
⇒ You have little chance of _____.
4. Did you get into trouble because you were late ?
⇒ Did you get into trouble for _____?
5. We got into the exhibition. We didn't have to queue.
⇒ We got into the exhibition without _____.

D. CAMBRIDGE PRACTICE

***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.

Các con mở link nghe sau bằng máy tính:

https://drive.google.com/file/d/1BvJ4vQDIKhl0o_Uo_OEGZPeImdoCfqT1/view?usp=sharing

EXAM SKILLS

08



Listen to the final conversation again and choose the correct letter, A, B or C.

- 1 At the moment, Caroline lives in
 - A Prendergast Road.
 - B Lanchester Road.
 - C Riverside Road.
- 2 Caroline wants to make a first offer of
 - A £300,000.
 - B £350,000.
 - C £340,000.
- 3 Caroline and her family
 - A have sold their house.
 - B are selling their house now.
 - C will sell their house in two months' time.
- 4 It may take longer to sell the house if
 - A the bank does not check the house quickly.
 - B there are plans to do some building near the house.
 - C her husband has problems at work.
- 5 If the sellers do not accept her first offer, Caroline will need to
 - A increase her offer.
 - B come to an agreement in a week.
 - C contact her bank and ask for more money.

TIP 08

Remember that you need to focus on the meaning of the distractors.

TIP 08

To arrive at the correct answer, listen for **synonyms** and **similar expressions**, or for the same ideas expressed in a different way to the recording.