**Name:** .....
**Class:** S9
**Tel:** 034 200 9294
**Ngày GV giao bài:** .....
**Ngày HS nộp bài:** .....

**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 |

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



LIVEWORKSHEETS

## 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 _____.



LIVEWORKSHEETS

**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 |

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 _____.



LIVEWORKSHEETS

## 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.

06

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.



LIVEWORKSHEETS