

Your name: _____

UNIT 2: HEALTHY LIVING

New words (Từ mới)			
Words	Type	Pronunciation	Meaning
health	(n)	/helθ/	sức khỏe
healthy	(adj)	/'helθi/	khỏe mạnh, lành mạnh
health problems		/helθ 'prɒbləmz/	các vấn đề về sức khỏe
healthy activities		/'helθi æk'tɪvətɪz/	các hoạt động lành mạnh
boating	(n)	/'bəʊtɪŋ/	sự chèo thuyền
go boating		/gəʊ 'bəʊtɪŋ/	đi chèo thuyền
cycling	(n)	/'saɪklɪŋ/	sự chạy xe đạp
go cycling		/gəʊ 'saɪklɪŋ/	chạy xe đạp
exercise	(v)	/'eksəsaɪz/	tập luyện, rèn luyện
exercising	(n)	/'eksəsaɪzɪŋ/	sự tập luyện
fit	(adj)	/fɪt/	khỏe, cân đối
keep fit		/ki:p fɪt /	giữ dáng
active	(adj)	/'æktɪv/	chủ động, tích cực
activity	(n)	/æk'tɪvətɪ/	hoạt động
indoor	(adj)	/'ɪndɔ:(r)/	trong nhà
outdoor	(adj)	/'aʊtdɔ:(r)/	ngoài trời
outdoor activities		/'aʊtdɔ:(r) æk'tɪvətɪz/	các hoạt động ngoài trời
suncream	(n)	/'sʌn kri:m/	kem chống nắng
sunburn	(n)	/'sʌnbɜ:n	sự cháy nắng
lunch box	(n)	/'lʌntʃ' bɒks/	hộp cơm trưa
dim	(adj)	/dɪm/	mờ, tối mờ
dim light		/dɪm laɪt/	ánh sáng mờ
lip balm		/'lɪp bɑ:m/	son dưỡng môi
chapped	(adj)	/tʃæpt/	rạn, nứt nẻ
chapped lips		/tʃæpt lɪps/	đôi môi nứt nẻ
chapped skin		/tʃæpt skɪn/	da bị rạn, nứt nẻ
skin	(n)	/skɪn/	da
skin condition		/skɪn kən'dɪʃn/	tình trạng da
acne	(n)	/'ækni/	mụn trứng cá
spot	(n)	/spɒt/	đốm
red spots		/red spɒt/	đốm đỏ
tofu	(n)	/'təʊfu:/	đậu hũ
soybean	(n)	/'sɔɪbi:n/	đậu nành
protein	(n)	/'prəʊti:n/	chất đạm
vegetable	(n)	/'vedʒtəbl/	rau
soft drinks		/'sɒft 'drɪŋks/	nước ngọt
affect	(v)	/ə'fekt/	tác động
avoid	(v)	/ə'vɔɪd/	tránh
diet	(n)	/'daɪət/	sự ăn kiêng

- 6. We should **affect** / **avoid** sweetened food and soft drinks.
- 7. Tofu is a product from **soybeans** / **coloured vegetables**.
- 8. You shouldn't read in **dim** / **bright light**.
- 9. **Acne** / **Activity** is a skin condition.
- 10. **Doctors** / **Vegetarians** don't eat meat or fish.

Exercise 3. Are the underline words and phrases in the following sentence objects (O) or adverbs (Adv)?

- | | |
|--|-------|
| 1 I read <u>a book</u> . | _____ |
| 2 We <u>seldom</u> go out. | _____ |
| 3 Did they take <u>you</u> home? | _____ |
| 4 Please bring <u>me the book</u> . | _____ |
| 5 I caught <u>a terrific headache</u> . | _____ |
| 6 It was <u>really</u> hot last night. | _____ |
| 7 He <u>never</u> makes <u>big decisions</u> . | _____ |
| 8 Have you <u>already</u> read <u>the letter</u> ? | _____ |
| 9 She <u>ever</u> cooks <u>this kind of food</u> . | _____ |
| 10 He doesn't <u>normally</u> arrive until seven. | _____ |

Exercise 4. Choose the correct response. Then practice the short exchanges in pairs.

- | | |
|--|---|
| 1. A: I put on some weight. | B: a. You should eat less and do exercise.
b. You should have more calories. |
| 2. A: I eat carrots to see at night. | B: a. It's only a joke.
B: b. What vitamins do carrots have? |
| 3. A: I feel weak and sick, doctor. | B: a. I think seafood it allergic.
b. You should take a rest. |
| 4. A: Mum, I have some spots on my face. | B: a. Wash your face regularly.
b. Don't do exercise too much. |
| 5. A: I have a fever and a running nose. | B: a. You should do more exercise and have a healthy diet.
b. You have flu. Take some medicine and have a rest. |
| 6. A: My belly is round. | B: a. Don't eat late and have more exercise.
b. Don't go to bed early but read a book. |
| 7. A: My eyes become tired. | B: a. Don't play computer games too much.
b. Drink a lot of fresh water. |
| 8. A: My eyes can't concentrate on anything. | B: a. You should choose a good novel to read.
b. You shouldn't read in bad light. |
| 9. A: Why should we play sports to lose weight? | B: a. You use a lot of energy in sports.
b. Sports help you become fitter. |
| 10. A: I'd like to stay in shape. | B: a. Don't care about the calories you have.
b. You should have 2,000 calories a day. |