

1 Match the words with their Vietnamese meanings

Vocabulary		Meaning
 1. sunburn	• •	a. tránh
 2. cycling	• •	b. hoạt động ngoài trời
 3. lip balm	• •	c. cháy nắng
 4. chapped lips	• •	d. tình trạng da
 5. dim light	• •	e. đạp xe
 6. skin condition	• •	f. khỏe mạnh
 7. fit	• •	g. ảnh hưởng
 8. avoid	• •	h. son dưỡng môi
 9. affect	• •	i. môi nứt nẻ
 10. outdoor activities	• •	j. ánh sáng mờ



2 Fill in the blanks with the correct words

Word bank: exercise, healthy, sunburn, suncream, vegetables, soft drinks, chapped, acne

-  You should wear a hat and use when you go out in the sun.
-  affects about 80% of young people between 12 and 30.
-  Eating more fruit and is good for your health.
-  are not good for your teeth and health.
-  My lips are because of the cold weather.
-  We need to every day to keep fit.
-  If you spend too much time in the sun, you might get
-  A diet includes lots of fresh food and water.

3 Complete the collocations

- vegetables (coloured/colored/white)
- drinks (hard/soft/strong)
- food (quick/fast/speed)
- condition (skin/face/body)
- outdoor (action/exercise/activities)
- red (dots/spots/points)



4 Circle the word with a different sound

1 A. food B. vitamin C. fit D. fruit



2 A. active B. affect C. vegetable D. avoid



3 A. breakfast B. fresh C. have D. fat



4 A. very B. favourite C. live D. level



7 Tick (✓) the simple sentences

★ A simple sentence has one subject and one verb.

1 I like vegetables, but my brother doesn't.

☐

2 We should eat healthy food.

☐

3 She goes jogging every morning.

☐

4 He is tired, so he goes to bed early.

☐

5 My family often goes cycling on weekends.

☐

6 Wash your hands before meals.

☐


8 Rearrange the words to make simple sentences

1 a lot of / My family / vegetables / eats / .



2 every day / should / You / exercise / .



3 affects / Acne / many teenagers / .



4 drink / I / never / soft drinks / .



5 keeps / Cycling / us / fit / .



10 KHOANH TRÒN TỪ CÓ ÂM KHÁC

1 A. food B. foot C. tooth D. good

2 A. vitamin B. active C. avoid D. calalorie

3 A. fit B. fish C. five D. finger

4 A. fever B. very C. every D. exercise

