

UNIT 10: STAYING HEALTHY

Giữ gìn khỏe mạnh

I. VOCABULARY

- juice /dʒu:s/ (n): nước cốt, ép
- noodle /'nu:dl/ (n): mì
- drink /drɪŋk/ (n): thức uống
- food /fu:d/ (n): thức ăn, lương thực
- bowl /boul/ (n): cái tô
- glass /glɑ:s/ (n): cốc, cái cốc
- fruit /fru:t/ (n): trái cây
- apple /'æpl/ (n): táo
- banana /bə'nɑ:nə/ (n): chuối
- orange /'ɔrɪndʒ/ (n): cam
- bread /bred/ (n): bánh mì
- water /'wɔ:tə/ (n): nước
- milk /milk/ (n): sữa
- menu /'menju:/ (n): thực đơn
- meat /mi:t/ (n): thịt
- beef /bi:f/ (n): thịt bò
- pork /pɔ:k/ (n): thịt lợn
- chicken /'tʃɪkɪn/ (n): gà, thịt gà
- fish /fɪʃ/ (n): cá

- rice /raɪs/ (n): cơm, gạo
- carrot /'kærət/ (n): cà - rốt
- tomato /tə'mɑ:tou/ (n): cà chua
- lettuce /'letɪs/ (n): rau diếp
- potato /pə'teɪtəu/ (n): khoai tây
- bean /bi:n/ (n): đậu (hạt nhỏ)
- pea /pi:/ (n): đậu (hạt to)
- cabbage /'kæbɪdʒ/ (n): cải bắp
- onion /'ʌnjən/ (n): củ hành
- cold drink /kəʊld drɪŋk/ (n): thức uống lạnh
- lemonade /,lemə'neɪd/ (n): nước chanh
- tea /ti:/ (n): trà
- iced tea /aɪst ti:/ (n): trà đá
- coffee /'kɒfi/ (n): cà phê
- white coffee /waɪt 'kɒfi/ (n): cà phê sữa
- black coffee /blæk 'kɒfi/ (n): cà phê đen
- iced coffee /aɪst 'kɒfi/ (n): cà phê đá
- apple juice /'æpl dʒu:s/ (n): nước táo
- orange juice /'ɒrɪndʒ dʒu:s/ (n): nước ép cam
- sense /sens/ (n): giác quan
- matter /'mætə/ (n): vấn đề

- wind /wind/ (n): gió
- smell /smel/ (v/n): ngửi(v), mùi (n)
- taste /teist/ (v/n): nếm (v), vị (n)
- would like /wud laik/ (v): muốn
- feel /fi:l/ (v): cảm thấy
- hungry /'hʌŋgri/ (adj): đói
- thirsty /'θə:sti/ (adj): khát
- full /ful/ (adj): no, đầy
- hot /hɒt/ (adj): nóng
- cold /kould/ (adj): lạnh, rét
- cool /ku:l/ (adj): mát mẻ
- tired /'taiəd/ (adj): mệt

II. WORD FORM

1. health (n) sức khỏe
⇒ healthy (adj): khỏe mạnh
2. heavy (adj) nặng
⇒ heavily (adv): nặng
3. lift (v): nâng lên
⇒ weight lifter (n): vận động viên cử tạ
4. gym (n): môn thể dục
⇒ gymnast (n): vận động viên thể dục dụng cụ
5. strong (adj): mạnh
⇒ strength (n): sức mạnh
6. tire (v): gây mệt mỏi
⇒ tired (adj): mệt mỏi
7. lemon (n): chanh

lemonade (n): nước chanh

8. ice (n): đá

iced (adj) ướp lạnh, có đá

9. favor (n) sự yêu mến

favorite (adj): được yêu thích

10. cook (v) nấu ăn

cooking oil (n): dầu ăn

III. GRAMMAR

1. MODEL SENTENCES

What is the matter with him/ her/ me/ them?

= *What is wrong with him/ her/ me/ them?*

-> *I/ she/ he/ they + is/ am/ are + ADJ*

Ex: What is the matter with her? -> She is cold.

2. *What do/does + S + want?*

= *What would + S + like?*

-> *S + want/wants + Noun/ To VI*

=> *S + would like + N/ to VI*

Ex: 1. What does he want?

2. What do you want?

⇒ He wants a hot drink. => I want to go to bed.

2. MODEL SENTENCES

***Is there + any + N (uncountable)?**

=> **Yes. There is + some + N/ No. There isn't + any + N**

Ex: Is there any fruit?

=> Yes. There is some fruit. / No. There isn't any fruit.

***Are there + any + Ns?**

=> **Yes. There are some + Ns/ No. There aren't + any + Ns.**

Ex: Are there any noodles?

=> Yes. There **are** some **noodles**. / No. There **aren't** any **noodles**.

Some/ any: đều dùng trước danh từ đếm được/ danh từ không đếm được.

Some: dùng trong câu khẳng định. **Any:** dùng trong câu phủ định và câu nghi vấn.

3. MODEL SENTENCES:

Would you like some ...?

=> Yes. I would/ Yes, please.

No. I wouldn't/ No. Thank you.

Ex: Would you like some drink?

=>Yes. please./ No. Thanks.

IV. PRACTICE

UNIT 10 (QT)

I. LISTEN:

A/ Listen to the CD (textbooks) and decide whether the statement are True or False

1. Lan is hot and thirsty. _____
2. Nam is hungry. He would like some rice. _____
3. Ba is not tired. He would like to sit down. _____
4. Lan is thirsty. _____

B/ Listen to the CD (textbooks) and decide whether the statement are True or False

1. There is some meat and some rice for dinner. _____
2. There are some bananas and some oranges. _____
3. There isn't any water to drink. _____
4. They don't have milk. _____

II. PRONUNCIATION: Choose the word whose main stress pattern is not the same as that of the others

1. a. Lemonade b. coffee c. favorite d. onion
2. a. canteen b. dinner c. banana d. tomatoes
3. a. hungry b. healthy c. dinner d. banana


- | | | | | |
|-----|---------------|-------------|---------------|--------------|
| 4. | a. thirsty | b. orange | c. tomatoes | d. matter |
| 5. | a. summer | b. lemonade | c. onion | d. apple |
| 6. | a. favorite | b. coffee | c. orange | d. potatoes |
| 7. | a. lettuce | b. carrots | c. coffee | d. canteen |
| 8. | a. vegetables | b. banana | c. chocolates | d. onion |
| 9. | a. noodles | b. butter | c. delicious | d. dinner |
| 10. | a. delicious | b. tomatoes | c. potatoes | d. breakfast |





III. MULTIPLE CHOICE:

1. Ba is tired . He would likedown .
A. sit B. to sit C. sits D. sitting
2. Oranges , bananas , apples , grapes are.....
A. food B. drinks C. vegetables D. fruit
3. I'mI would like to eat some bread .
A. hungry B. thirsty C. full D. tired
4. Tomatoes, potatoes , lettuce , carrots , beans are
A. drinks B. fruit C. food D. vegetables
5. Tea , milk, soda, coffee, fruit juice is cold
A. food B. drink C. fruit D. vegetables
6. Hot milk is my.....drink .
A. bad B. fatty C. favorite D. nice
7. Would you likechicken ? –No, thanks .I'm full .
A. a B. an C. some D. any
8. Mary doesn't wantapples .
A. a B. an C. some D. any
9. Mary eats some bread withegg.
A. a B. an C. some D. any
10.does Mary feel ?
A. What B. How C. Who D. Where
11. is the matter with you ?

- A. What B. Where C. How D. Who
12. What is there? There are some bananas .
A. to drink B. to read C. to watch D. to eat
13. Thereany coffee in the cup .
A. isn't B. is C. are D. aren't
14.there any fruit ?
A. am B. is C. are D. does
15. Whatyour sister?
A. would / likes B. Would / like C. would / want D. do / want
16. Whatwefor dinner ?
A. do/ have B. do/ has C. does/ has D. does/ have
17. What 's the matterDung ?
A. in B. for C. to D. with
18. There are some noodlesthe bowl.
A. on B. in C. for D. of
19. There are four bowlsfried rice .
A. of B. in C. on D. with
20. WhatMr.and Mrs. Ba.....? – They want some noodles
A. would/ likes B. do / like C. do/ want D. does/ want

IV. CAUTION SIGNS – WARNINGS:

1) What does the sign say? 	<p>A. No left turn.</p> <p>B. No stopping.</p> <p>C. No U-turn.</p> <p>D. Detour ahead.</p>
2) What does the sign want us to do?	<p>A. All traffic turn left.</p> <p>B. No left turn.</p> <p>C. No U-turn.</p> <p>D. Truck route to the left.</p>

	
<p>3) What does the sign say?</p> 	<p>A. No fishing. B. No feeding. C. No touching. D. No swimming.</p>
<p>4) What does the sign say?</p> 	<p>A. School B. Hospital C. Ambulance D. Construction</p>
<p>5) What does the sign say?</p> 	<p>A. Nobody here B. Speak loudly C. Don't make noise D. No talkativeness</p>

V. CLOZE TEXT:

A/. Jack feels sick today. He (1)_____ a cold and a headache. He eats a little fruit. He eats lots of candy (2)_____ drinks soda every day. He sleeps only five hours a night. He usually stays (3)_____ late to play computer games. Sometimes, he watches too (4)_____ TV, too.

He should get some rest, have a wise diet, do more (5)_____ or play sports. He needs to drink two liters (6)_____ water a day because our body needs water to work well.

- | | | | | |
|----------|------------|--------------|--------------|------------|
| 1. | A. has | B. have | C. having | D. to have |
| 2. | A. but | B. and | C. or | D. so |
| 3. | A. at | B. in | C. up | D. with |
| 4. | A. little | B. lot of | C. many | D. much |
| 5. | A. lessons | B. exercises | C. housework | D. |
| homework | | | | |
| 6. | A. on | B. and | C. of | D. with |

B/ Lien Hoa is my younger sister. She is six years (1)_____. This year is the first year she (2)_____ to school. She likes school because she has a lot of (3)_____ there. She is beautiful. She is short and thin. She has an oval face and round eyes. Her lips are full. She (4)_____ long black hair and a small nose. Her (5)_____ food is fish, meat and rice. Her favorite (6)_____ is orange juice.

- | | | | | |
|----|------------|-------------|--------------|------------|
| 1. | A. young | B. many | C. any | D. old |
| 2. | A. go | B. going | C. goes | D. to go |
| 3. | A. classes | B. friends | C. drinks | D. food |
| 4. | A. has | B. have | C. having | D. to have |
| 5. | A. tired | B. favorite | C. light | D. heavy |
| 6. | A. food | B. fish | C. vegetable | D. drink |

VI. READING COMPREHENSION:

A/ Hi! My name is Thuy. I am in grade 6. My brother, Tan, is in grade 8. We go to the same school. This school year we go to school in the morning, so we have our breakfast at school. **He** likes some noodles and hotdrink, and I want some bread and milk. After school we have lunch at home. We have rice, fried chicken or beefsteak and some apple juice for lunch. I like apple juice so much. When my father comes back home in the afternoon, we have a family dinner at around 6:30. I like salad for dinner but my sister likes some noodles with tomato sauce. After dinner, we eat some fruits as desert

Read the passage and decide the sentences true or false:

- Thuy and her brother are in the same grade.
- They don't have breakfast at home.
- Thuy's brother has lunch at school.
- Apple juice is Tan's favorite drink

Read the passage again then choose the best answer

- The word "**He**" in line 2 refers to:

A. Thuy B. Her friend C. Her brother D. Her father

6. The passage is about

A. Thuy's routine

B. Thuy's school

C. Thuy's meals

D. Thuy and her family

B/.Long is my cousin. He is 15 years old. He has healthy lifestyle. Every day, he takes exercises and eats fit food, his favorite food is fruit because it has a lot of vitamins. He goes to bed early and doesn't eat fast food. He usually has breakfast at home. His breakfast is big because his mother says that *it* is very important for our health. He often has eggs, some bread and fruit for breakfast, and then he has some milk or water. He doesn't drink soda or coffee. He also goes swimming twice a week and sometimes plays sports. He always feels strong, so he can study well.

Read the passage and decide the sentences true or false:

1. Long is the writer's brother
2. He doesn't like to eat fruit
3. Following to his mother, breakfast is essential the health
4. Swimming and sport make him strong, too.

Read the passage again then choose the best answer

5. The word "*it*" in line 4 refers to:

A. lifestyle

B. breakfast

C. vitamins

D. food

6. Long's healthy lifestyle is _____.

A. taking exercises

B. fit food

C. playing sports

D. all are correct

VII. WORD FORMS:

1. The bag is so _____ (heavily)
2. Her brothers are _____ (gym)
3. Toan is a weight _____ (lift)
4. He is _____ (strength)
5. We should eat fruits to stay _____ (health)
6. What is your _____ food? (favor)
7. I like _____ tea. (ice)
8. I want a bottle of _____ oil, please. (cook)
9. Ms Ha often drinks _____ for lunch. (lemon)
10. They work for many hours, so they are _____ now. (tire)

VIII. WRITE:

A/ REARRANGEMENT:

1. fruit / there / is / any / bananas / some / but / there / aren't.
2. tired / down / he / like / feels / and / would / sit / to / he.
3. like / children / eggs / the / bread / and / breakfast / for / their.
4. favorite / your / what / food / is / father's ?
5. likes / vegetables / but / doesn't / Nhan / he / like / beans.
6. not / I / hungry / wouldn't / am / so / like / sandwich / a / I .
7. does / sister / what / want / your ?
8. fish / rice / lunch / there / some / lunch / and / is / some / for.
9. potatoes / but / like / Nam / likes / carrots / doesn't / he.
10. the / there / any / kitchen / isn't / in / potatoes.

B/ MAKE QUESTIONS:

1. We would like to sit down.
2. No, thanks. I'm not hungry.
3. I am hungry.
4. Lan's father is hot.
5. Phong wants to have a big breakfast.
6. Yes, there are some noodles.
7. No, there isn't any orange juice to drink.
8. She likes fish.
9. The children's favorite drink is orange juice.

10. Yes, please.

C/ TRANSFORMATION:

1. Miss Huong's eyes are big, round and brown.
Miss Huong has

2. Thoa has long black hair.
Thoa's hair

3. He has a dark blue school bag.
His school bag

4. Mr. Quang is big and strong.
Mr. Quang is not

5. Kien likes fried chicken
Fried chicken is

6. I would like to drink iced tea
I want

7. What's the matter with her mother?
What
is

8. My favorite sport is basketball
I
like

9. The children are full

They are not

10. What's the matter with you ?

How do