

# NỘI DUNG HƯỚNG DẪN HỌC SINH HỌC UNIT 10 - KHỐI 7

## UNIT 10: HEALTH AND HYGIENE / (P.99)

### A. PERSONAL HYGIENE

(những chữ cái in đậm là dấu nhấn)

#### \* **New words:**

- hygiene (n) : vệ sinh
- harvest time (n) : mùa thu hoạch
- helpful (a) : có ích
- Probably (adv) = perhaps: có thể
- Write – wrote – written
- receive something from someone (v): nhận cái gì từ ai
- Iron (v)
- stay up late (v)
- take morning exercise (v): tập thể dục buổi sáng

#### \*REFLEXIVE PRONOUNS.

Myself

Yourself

Herself

Himself

Itself

Ourselves

Themselves

Ex: **You** take care of **yourself**.

**I** practice playing the piano **myself**.

#### \***Past simple**

#### **Regular**

-brush – brushed

-change – changed

-comb – combed

-iron – ironed

-show – showed

-wash – washed

#### **Irregular**

Do – did

Drink – drank

Get- got

Put – put

Tell – told

## **B. A BAD TOOTHACHE**

### **\* New words:**

- a **toothache** (n) : bị đau răng
  - **dentist** (n) : nha sĩ
  - **appointment** (n): cuộc hẹn
  - appoint** (v)
  - scared of something (a) : sợ điều gì
  - scare (v)
  - sound of the drill (n): tiếng của máy khoan
  - fill (v) : trám (răng)
  - **cavity** (n) : lỗ sâu răng
  - so loud (a.) quá ồn
  - stop + V-ing (v): dừng việc gì
- Ex: The tooth **stopped hurting** afterwards.

The match **stops playing**.

-**afterwards** (adv.): sau này , sau đó

-**surgery**(n): phòng phẫu thuật

-smile at someone (v): mỉm cười với ai

Ex: Lan smiles at Minh.

-**Check** (v): kiểm tra

- **serious** (a.) nghiêm trọng

-**notice** (v): chú ý

-**explain** (v): giải thích

-**bad/good** for something (a.): tồi tệ/ giỏi về việc gì

-**worry** about something/someone: lo lắng về việc gì/ về ai

-**worried** (a.)

-**kind** (a): tốt bụng, tử tế

-Kindly (adv.)

\*What is the matter with you? = What is wrong with you?: có chuyện gì xảy ra với bạn.

\*Don't forget + to Verb = Remember + to Verb

Ex: **Don't forget to turn off** the light before going out.

**Remember to turn off** the light before going out.

### **Exercise.**

Học sinh làm đề cương unit 10: Phần II, III, IV, V, VI, VII, VIII(B), còn phần A học sinh làm được câu nào thì làm trước.

### TỪ VỰNG PHẦN V/ CLOZE TEXT

A/

-false teeth: răng giả

-middle-aged: tuổi trung niên

-decay: sâu răng

-barbers and blacksmiths : các nha sĩ

-chew: nhai

-wooden toothpick: tăm

B/

-wider variety of foods: nhiều loại thức ăn hơn

-eventually :cuối cùng

-permanent teeth : răng vĩnh viễn

-Adult: người lớn

VI/

B

-dessert: chế độ ăn

-a box of guava juice: hộp nước ổi

## UNIT 10: HEALTHY AND HYGIENE

### I. LISTEN: Listen to the CD (textbooks) and decide whether the statements are True or False:

#### A. Listen to the CD (textbooks) and decide whether the statements are True or False:

1. Minh was hungry
2. He has an appointment at half past ten
3. He likes the sound of the drill
4. The dentist was kind

#### B. Listen to the CD (textbooks) and decide whether the statements are True or False:

1. Minh is sitting in Dr. Lan's surgery
2. He is unhappy
3. He has one small cavity
4. Brushing teeth everyday is very important

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




- |                   |             |              |               |
|-------------------|-------------|--------------|---------------|
| 1. A. appointment | B. cavity   | C. dentist   | D. harvest    |
| 2. A. helpful     | B. hygiene  | C. iron      | D. canteen    |
| 3. A. painful     | B. forget   | C. sensible  | D. serious    |
| 4. A. surgery     | B. tidy     | C. healthy   | D. remember   |
| 5. A. hungry      | B. thirsty  | C. tired     | D. favorite   |
| 6. A. healthy     | B. orange   | C. tomato    | D. coffee     |
| 7. A. afternoon   | B. dinner   | C. onion     | D. vegetables |
| 8. A. banana      | B. matter   | C. apple     | D. lettuce    |
| 9. A. carrot      | B. hungry   | C. breakfast | D. potato     |
| 10. A. healthy    | B. engineer | C. worker    | D. personal   |



### III. MULTIPLE CHOICE:

1. He \_\_\_\_\_ very happy yesterday.  
a. is                      b. were                      c. was                      d. are
2. Sorry! I'm busy today. I have an \_\_\_\_\_ with my doctor at 8 o'clock.  
a. occasion              b. opportunity              c. activity                      d. appointment
3. You should wash your hand \_\_\_\_\_ meals.  
a. after                      b. in                              c. before                      d. at
4. I'm glad \_\_\_\_\_ you're feeling better.  
a. hear                      b. to hear                      c. hearing                      d. hears
5. \_\_\_\_\_ does Minh feel nervous? Because he is seeing the dentist.  
a. How                      b. Why                              c. What                              d. When
6. You look tired. What's the \_\_\_\_\_ with you?  
a. matter                      b. happen                              c. wrong                              d. right

7. Minh is absent from class today \_\_\_\_\_ he is ill.  
 a. but                    b. because                    c. when                    d. so
8. Thanks a lot. - \_\_\_\_\_  
 a. I'd love to    b. That's right !    c. That's OK.    d. Good luck !
9. I \_\_\_\_\_ to see you tomorrow.  
 a. enjoy                    b. hope                    c. know                    d. think
10. Few people like \_\_\_\_\_ on the farm.  
 a. work                    b. to work                    c. working                    d. b&c
11. \_\_\_\_\_ are her parents busy now ?  
 a. why                    b. who                    c. what                    d. when
12. Every day, I get up early to \_\_\_\_\_ morning exercises.  
 a. do                    b. take                    c. make                    d. a&b
13. Her parents are pleased \_\_\_\_\_ she is taking morning exercise now.  
 a. so                    b. because                    c. because of    d. why
14. We ought not to eat too much candy because it's bad \_\_\_\_\_ us.  
 a. with                    b. of                    c. at                    d. for
15. Her mother wanted her \_\_\_\_\_ up early.  
 a. get                    b. to get                    c. getting                    d. to getting
16. I think you don't have to worry \_\_\_\_\_ that.  
 a. of                    b. to                    c. for                    d. about
17. The dentist smiled \_\_\_\_\_ him kindly.  
 a. with                    b. at                    c. to                    d. on
18. I have toothache so I'm going to the \_\_\_\_\_.  
 a. nurse                    b. doctor                    c. dentist                    d. teacher
19. I am always nervous before the test.  
 a. worried                    b. pleased                    c. serious                    d. glad
20. "What happened to you ?" – " \_\_\_\_\_".  
 a. I feel tired    b. I'm free now    c. Not at all                    d. I'd love to

**IV. CAUTION SIGNS – WARNINGS:**

<p>1. What does the sign say?</p> 	<p>A. You can smoke here          B. You can't smoke here          C. Smoking is bad          D. Smoking is good</p>
<p>2. What does this sign mean?</p> 	<p>A. No fast food.          B. No food.          C. No drink.          D. No food or drink.</p>
<p>3. What does the sign say?</p> 	<p>A. No watering</p>

	<p>B. No throwing trash C. No urinating here D. No joking</p>
<p>4. What does the sign say?</p> 	<p>A. Protect your hand B. Protect your water C. Wash your pipe D. Wash your hand</p>
<p>5. What does the sign say?</p> 	<p>A. Fan B. Nuclear hazard C. Eyes D. Safe</p>

#### V. CLOZE TEXT:

A/ Many people nowadays have to wear false teeth when they are middle – aged. Doctors and dentists now know that sugar is the chief cause of (1)\_\_\_\_\_ decay. Long ago doctors did not like to treat people’s teeth. Barbers and blacksmiths looked (2) \_\_\_\_\_ people’s teeth and pull them (3) \_\_\_\_\_ when they decayed. Some people thought toothache was a punishment from the Gods.

It’s very important to have (4) \_\_\_\_\_ teeth. Good teeth to help us to chew our food. They also help us to look nice. How can we keep our teeth healthy?

- Firstly, we should visit our dentists at least twice a year. He can examine our teeth to (5)\_\_\_\_\_ that they are good or bad or growing in the right way.
- Secondly, we should brush our teeth with fluoride toothpaste after meals and before bedtime. We can use wooden toothpicks to clean between our teeth after meals.
- Thirdly, we should eat food that is good (6)\_\_\_\_\_ our teeth and body: milk, cheese, fish, brown bread, potatoes, red rice, raw vegetables, and fresh fruit.

- |                 |           |            |            |
|-----------------|-----------|------------|------------|
| 1. A. tooth     | B. teeth  | C. gum     | D. mouth   |
| 2. A. for       | B. after  | C. at      | D. into    |
| 3. A. out       | B. of     | C. at      | D. in      |
| 4. A. beautiful | B. useful | C. helpful | D. healthy |
| 5. A. know      | B. notice | C. check   | D. realize |
| 6. A. for       | B. with   | C. to      | D. off     |

B/ People have two sets of teeth during their (1)\_\_\_\_\_. A full set of baby teeth contains 20 teeth. Babies usually get their first tooth (2)\_\_\_\_\_ they're 6 months old. As they get more teeth, they are able to chew a wider variety of foods. Baby teeth are important for (3)\_\_\_\_\_, and also hold space for the larger, permanent

teeth to come (4)\_\_\_\_\_ correctly. So, it is important to care for baby teeth even though they will eventually fall out. Around age 6, baby teeth usually start to fall out to make (5)\_\_\_\_\_ for the permanent teeth. Around age 12, a child has usually lost all her baby teeth. Adults have larger mouths and need more teeth for chewing. An (6)\_\_\_\_\_ person has 32 teeth in a full set.

- |             |            |            |           |
|-------------|------------|------------|-----------|
| 1. A. life  | B. lifes   | C. live    | D. lives  |
| 2. A. when  | B. until   | C. at      | D. from   |
| 3. A. chew  | B. to chew | C. chewing | D. chewed |
| 4. A. along | B. in      | C. to      | D. over   |
| 5. A. room  | B. place   | C. hole    | D. space  |
| 6. A. young | B. old     | C. elder   | D. adult  |

#### VI. READING COMPREHENSION:

**A/.** On Sundays, Linh and her sister go to the store to do some shopping. The store is small but has everything to offer them. Lan's sister doesn't have much time, so they need to buy quick. They buy some oranges for their grandmother, some dry noodles and some *beef*.

1. On the weekend , Linh and her brother go shopping.
2. They need to buy quick because they have a lot of time.
3. They buy some oranges for their grandma.
4. They also buy some meat.
5. Where is beef from?

A. a cow                      B. a buffalo                      C. a chicken                      D. a pig

6. Which Linh's family member isn't mentioned in the text?

A. Her brother                      B. Her sister                      C. Her grandmom                      D. Herself

**B/.** Nattie has breakfast at 6:30. He has a loaf of bread with pate in it. He takes a cup of hot tea, too. It's his favorite drink. At 11:30, after school, his mom prepares for him a *delicious* meal with fried chicken, beefsteak and rice. He likes beefsteak so much. Dinner is around 6 o'clock. He doesn't like salad for dinner but eats some noodles with tomato sauce. He drinks a box of guava juice as dessert.

1. Nattie has a loaf of pate bread for lunch.
2. His favorite food is hot tea for breakfast.
3. He has lunch at school.

4. He has a box of soda after dinner.

5. What does *Delicious* mean?

- A. horrible                      B. awful                      C. beautiful                      D. yummy

6. What should the title for the text be?

- A. Daily meals for Nattie                      B. Nattie- a boy of a big appetite  
C. Eat healthy                      D. My favorite food

**VII. WORD FORMS:**

1. Don't forget to exercise \_\_\_\_\_ . ( regular )
2. He is always \_\_\_\_\_ to his mother. (helpful)
3. Minh looks \_\_\_\_\_ again. (worry)
4. My mother often washes our \_\_\_\_\_ on the weekend. (cloth)
5. We have an \_\_\_\_\_ at 6.00 p.m (appoint)
6. I hope you'll take care of \_\_\_\_\_. (you)
7. How is Hoa \_\_\_\_\_ now according to her Mom? (differ)
8. Wash your hands before \_\_\_\_\_ food. (touch)
9. I often wash my clothes and iron them \_\_\_\_\_ (care)
10. I am very \_\_\_\_\_ when I meet the dentist.( scare)
11. I feel \_\_\_\_\_ before the exams. (worry)
12. You should brush your teeth \_\_\_\_\_. (regular)
13. Clean teeth are \_\_\_\_\_ teeth ( health)
14. She was all \_\_\_\_\_ at the news of her win. (smile)
15. It's a pity! She is \_\_\_\_\_ ill.(serious)
16. Forget your \_\_\_\_\_ and enjoy yourself! (worry)
17. She treats everybody \_\_\_\_\_. (kind)
18. The dentist took out one of my cavity \_\_\_\_\_. (tooth)
19. How do most \_\_\_\_\_ feel when they come to see the dentist? (child)
20. There's nothing to \_\_\_\_\_ about. (worried)

**VIII. WRITE:**

**A/ TRANSFORMATION: Rewrite the following sentences without changing their meaning**

1. Suie has a pain in her head.

→ Suzie \_\_\_\_\_

2. What was the matter with you, Tom?

→ What \_\_\_\_\_ ?



3. Don't forget to tidy your bed before going out!

→ Remember \_\_\_\_\_ !

4. We shouldn't listen to her. She's a liar.

→ We ought \_\_\_\_\_

5. My students never go to school late.

→ They are \_\_\_\_\_

6. Cleaning your hands before having meals is important.

→ It's \_\_\_\_\_

7. Do you enjoy playing soccer after school?

→ Are you \_\_\_\_\_ ?

8. My father usually walks to work in 15 minutes.

→ It takes \_\_\_\_\_

9. I prefer walking along the beach to riding bicycle around the center zone.

→ I like \_\_\_\_\_

10. This building has 32 floors.

→ It's \_\_\_\_\_

**B/ REARRANGEMENT:Rearrange the following sentences**

11. Dentist/ had/Minh/a/went/yesterday/ because/ toothache/ to/ the/ bad/ he.

→Minh went \_\_\_\_\_

12. Appointment/ had/ an/ he/ 10:30/ at.

→ He \_\_\_\_\_

13. By/ to/ travelled/ the USA/ plane/ last/ they/ month.

→They \_\_\_\_\_

14. English/ they/ at/ practicing/ the moment/ are.

→ They \_\_\_\_\_

15. Filled/ cavity/ in/ dentist/ week/ his/ a/ tooth/ last/ the.

→ The \_\_\_\_\_

16. They/ scared/ children/ come/ the/ see/ feel/ when/ to/ most/ dentist.

→The \_\_\_\_\_

17. at/ his/ looked/ told/ the/ him/ to/ worry/ not/ teeth/ and/ dentist.

→ The \_\_\_\_\_

18. brushes/ three/ her/ times/ Nga/ a/ teeth/ day.

→Nga\_\_\_\_\_

19. had/ went/ she/ because/ to/ the/ a/ doctor/ backache/ she.

→ She \_\_\_\_\_

20. at/ met/ last/ the City's Theater/ we/ night.