

UNIT 11

A. A CHECK UP / P.107

New words:

- check –up (n) : cuộc kiểm tra
- a medical check-up: 1 cuộc kiểm tra sức khỏe
- fill in (v): điền vào
- medical record (n): phiếu khám sức khỏe
- take one's temperature (v): đo nhiệt độ
- $37^{\circ}\text{C} = 37 \text{ degree centigrate}$
- normal (adj.): bình thường
- height (n) → high (adj.): chiều cao - cao
- measure (v): đo lường
- get on the scales (v): đứng lên cân
- weigh (v) → weight (n): cân nặng – trọng lượng
- heavy (adj.): nặng
- tell –told –told: kể, bảo
- male (n): nam
- female (n): nữ
- Forename (n): tên lót và tên chính
- Surname (n): Họ (tên)

Structure 1:

Would you open your mouth, please?

Would you stand here, please?

Would you get on the scales?

→ **Would you + bare (inf.)please?**

Structure 2: câu hỏi với What:

* **What's** Hoa's **height**?

She is **one meter 45 centimeters tall.**

*What's her **weight**?

She is **40 kilos.**

Câu hỏi với How

* **How tall** is Hoa?

She is **one meter 45 centimeters tall.**

* **How heavy** is she?

She is **40 kilos.**

Some adjectives and nouns.

Adjectives

Nouns

-tall → height: cao – chiều cao

-high → height

-heavy → weight: nặng – trọng lượng

-long → length: dài – chiều dài

-wide → width: rộng – chiều rộng

-old → age: tuổi – độ tuổi

-thick → thickness: dày – bề dày

-deep → độ sâu

Exercise: Transformation using what/ how

Ex: 1/ She is **45 kilos.**

-What is her **weight**?

-How tall is she?

2/ This street is 10 kilometers.

-What is the length of this street?

-How long is this street?

3/ He is one meter 50centimeters tall.

-What

-How.....

4/ Lan is thirteen years old.

-What

-How.....

5/ That lake is 5meters deep.

-What

-How.....

6/ This room is 8 meters wide.

-What.....

-How.....

B: WHAT WAS WRONG WITH YOU?

New words:

- a bad cold: bệnh cảm lạnh (nặng)

- a headache: bị nhức đầu

- sick (a.) – sickness (n) : bệnh – chứng bệnh

-stay inside (v): ở bên trong (lớp, nhà)

- a sick note: đơn xin phép nghỉ bệnh

- note from the doctor: giấy khám bác sĩ

- have a **virus** (v): bị nhiễm khuẩn

* What was wrong with you? = What was the matter with you?: đã có chuyện gì xảy ra với bạn

-a stomachache: bị đau dạ dày

-flu (n): bệnh cúm

-Common cold (n): bệnh cảm thông thường

-disease (n): bệnh tật

-catch – caught – caught : nhiễm bệnh

-symptom (n): triệu chứng

- a runny nose: sổ mũi

-a slight fever: sốt nhẹ

-coughing (n): ho

-sneezing (n): hắt hơi

-unpleasant (n):khó chịu

-nobody (pron.): không ai, không người nào

-cure (v), (n): chữa trị, cách chữa trị

-relieve (v): làm giảm

-whatever (adv.): dù gì đi nữa

-last for (v): kéo dài

-disappear (v): biến mất

-prevent something from something/somebody (v): ngăn ngừa điều gì từ việc gì/ từ ai

WORD FORM

-treat (v) – treatment (n): điều trị - cách điều trị

-slow (a.) – slowly (adv.): chậm – 1 cách chậm chạp

-taste (v) – tasty (a.): nếm nếm – ngon miệng

-emotion (n) – emotional (a.): cảm xúc – xúc động

-appear (v) – disappear (v): xuất hiện – biến mất

- appearance (n): ngoại hình, diện mạo

-safe (a.) – safely (adv.): an toàn – 1 cách an toàn

-stomach (n) – stomachache (n): dạ dày – đau dạ dày

-good (a.) – well (adv.)

-appoint (v) – appointment (n): bổ nhiệm – cuộc hẹn

-smoke (v) – smoking (n): hút thuốc – việc hút thuốc

-medicine (n) – medical (a.): thuốc , y học – thuộc về y học

-worry (v) – worried (a.) : lo lắng

- worries (n) sự lo lắng

-jog (v) – jogging (n) : tập đi bộ

-long (n) – longest (a.)

Exercise. Làm đề cương

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

- | | | | |
|-------------------|----------------|--------------|--------------|
| 1. A. provide | B. prevent | C. contain | D. suffer |
| 2. A. unpleasant | B. headache | C. orange | D. fever |
| 3. A. holiday | B. pollution | C. popular | D. common |
| 4. A. remember | B. temperature | C. exercise | D. measure |
| 5. A. virus | B. absent | C. disappear | D. toothache |
| 6. A. advice | B. reason | C. island | D. rubbish |
| 7. A. overweight | B. important | C. physical | D. popular |
| 8. A. restaurant | B. vitamin | C. holiday | D. vacation |
| 9. A. stomachache | B. harmful | C. healthy | D. inside |
| 10. A. toothache | B. village | C. disease | D. breakfast |
-

III. Choose the word / phrase (A, B, C or D) that best fits the space in each sentence.

- Lan, I think you should wash all vegetables and fruit before eating.
A. quickly B. skillfully C. carelessly D. carefully
- Alice eats a lot she hardly does exercise.
A. so B. but C. because D. and
- To make sure that flu cannot spread easily, tryclean more.
A. to keep B. keeps C. keeping D. is keeping
- Playing computer games much is not good your eyes.
A. at B. for C. of D. to
- If you go out without wearing a hat, you will get
A. spots B. sunburn C. an allergy D. toothache
- It's important..... remember that dinner does not have to be the largest meal.
A. to B. by C. on D. from
- The common cold is not a dangerous disease, but it's very if you have it.
A. pleasant B. healthy C. unpleasant D. comfortable
- He finds..... bad. His weight is increasing.

- A. eats fruits B. eating fruits C. eat junk food D. eating junk food
9. How much does he drink every day?
- A. TV B. vegetables C. water D. oranges
10. How is Hoa? 48 kilograms.
- A. heavy B. tall C. long D. depth
11. You should sleep..... 7 to 8 hours a day.
- A. at B. about C. with D. during
12. I think fruit juice is than soda. You should drink more fruit juice.
- A. good B. best C. better D. well
13. is a health problem. People become fatter and put on weight quickly.
- A. sunburn B. headache C. sore throat D. obesity
14. Don't take a lot of medicines, they just the symptoms of the cold.
- A. prevent B. cure C. last D. relieve.
15. Martha keeps coughing, she needs to meet the doctor.
- A. so B. but C. or D. and
16. I really feel **tired** when I have a high temperature.....
- A. unhappy B. unbalanced C. uncommon D. unhealthy
17. I think you should stop icing water. The doctor said that you had a sore throat.
- A. drinking B. drink C. eating D. to drink
18. Louise, you should drink..... water, your skin looks bad.
- A. less B. more C. most D. least
19. you do, the cold will last for a few days.
- A. Whatever B. Wherever C. Whenever D. Whichever
20. If you want to keep fit, you should keep doing..... like jogging, cycling or swimming every day.
- A. exercise B. homework C. test D. examination

IV. CAUTION SIGNS – WARNINGS - What does the sign mean ?

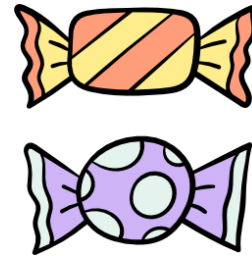
1/What does this sign mean?

- A. Only weak people have to exercise.
- B. Everyone should do exercise to keep fit.
- C. No one should do exercises.
- D. Strong people have to do exercises.



2/What does this sign mean?

- A. Children should eat candy.
- B. We shouldn't eat too many candies.
- C. We mustn't eat candy.
- D. Adults can eat candy.



3/What does this sign mean?

- A. You should play games.
- B. You mustn't play games.
- C. Children need to play games.
- D. We shouldn't spend too much time playing games.



4/ What does this sign mean?

- A. You only have to go to the hospital when you're ill.
- B. You should go to the hospital to have a medical check-up twice a year.
- C. You can stay at home instead of going to the hospital.
- D. You don't have to go to the hospital.



5/What does this sign mean?

- A. You should take enough sleep.
- B. You mustn't take a sleep.
- C. Only babies must sleep.
- D. We can stay up late if we don't want to sleep.



6/What does this sign mean?



- A. He should eat more fast food.
- B. He should do exercises.
- C. He should play games.
- D. He doesn't do anything.

7/What does this sign mean?

- A. You should stay away from these food.
- B. You can't eat these food when you're on a diet.
- C. Vegetables are only good for pregnant.
- D. You should have vegetables every day.



8/What does this sign mean?

- A. Salad is necessary for everyone.
- B. Only overweight people need this kind of food.
- C. People have to eat salad.
- D. Salad is not good for health.



9/What does this sign mean?

- A. You should drink 2 liters of water everyday.
- B. You should avoid drinking much water.
- C. You only need to drink water after meals.
- D. Coke helps you become healthier.



10/What does this sign mean?

- A. You should wash your hands before and after meals.
- B. You can't make your hands brighter and whiter.
- C. You ought to hold your hands together.
- D. You mustn't stop washing up.



V. READING COMPREHENSION: Read the following passage and then decide whether the statements that follow are True or False

Exercise 1:

Vitamins are very important for the body. There are more than thirteen kinds of vitamins. **They** help the body take up energy from foods, help the body grow, and help muscles work correctly.

Vitamin A is necessary for our eyes. People who don't have enough vitamin A often have night blindness, they can't see well when it is dark. Foods such as liver, eggs, milk and cheese have a lot vitamin A.

1. Vitamins aren't necessary for our bodies.
2. We should eat foods which contain vitamins.
3. We ought to have vitamin A so as not to have night blindness.
4. Muscles and body can work without vitamin.

Read the passage again and choose the best answer (A, B, C or D)

5. The word “ **they**” in line 2 is the closest meaning to _____.
 A. bodies B. eyes C. muscles D. vitamins
6. What is this passage about?
 A. The importance of vitamins B. How do our bodies work
 C. Some diseases we may have D. What food should we eat

Exercise 2 :

Three days ago was Nguyen's birthday. On that day, his mother cooked a lot of food for his birthday party. He invited some of his friends to his house. Nguyen had a happy day with his friends. They enjoyed delicious food and played games together. At the party, children all really liked ice cream best because it was made from fresh milk and chocolate. Nguyen said that ice cream was his **taste** after dinners. It always made him pleased on hot days. Unluckily, he felt a great pain from one of his teeth late in the evening. Hurriedly, his parents took him to their family dentist's surgery to check his teeth. After minutes, the dentist found two cavities in his teeth. He explained that his two teeth should be taken out to help the other healthy ones. And his dentist advised he should stop eating much ice cream because the sweet and coldness of ice cream will affect his teeth in the long- lasting time.

True/False

1. Nguyen's parents cooked some delicious food for their family on his birthday.
2. Nguyen's favorite food was ice cream.
3. After the meal, he had a problem with his teeth.
4. Nguyen's dentist had a filling put in his two teeth.

*** Read the passage again and choose the best answer.**

5. The word “**taste**” in line 5 is nearest in meaning to
 A. smell B. habit C. favor D. moderation
 5 _____
6. The best title of this passage is
 A. An unlucky birthday B. A happy birthday
 C. The family dentist D. The teeth 6 _____

VI. CLOZE TEST: Read the passage, choose the correct word A, B, C or D

Exercise 1:

Do you know that there are germs (vi trùng) everywhere? They are in the air we breathe, in the food we (1) ----- and even on the clothes we wear. These germs make us (2)-----.

That is why we must be clean. We should wash our (3) ----- before each meal. We should keep our clothes and personal things clean. We should brush our teeth and bathe (4) ----- . (5)----- fingernails should be short and clean (6) ----- they collect dirt and we handle food with our hands.

We should not give harmful germs any chance of making us ill.

- | | | | | |
|----|------------|--------------|--------------|----------------|
| 1. | A. eat | B. has | C. drink | D. take |
| 2. | A. illness | B. illnesses | C. ill | D. strong |
| 3. | A. face | B. hands | C. hair | D. teeth |
| 4. | A. regular | B. irregular | C. regularly | D. irregularly |
| 5. | A. My | B. Our | C. Their | D. Her |
| 6. | A. because | B. but | C. so | D. although |

Exercise 2

HEALTHY LIVING TIPS

It's very important for everyone to (1) ----- a healthy lifestyle. If you want to be (2) -----, here are four useful tips for you. Firstly, you should eat more fresh fruit, vegetables and yogurt instead (3) ----- candy and fast food. Eating fruit and yogurt every day is good for your skin and (4) ----- . Secondly, you should watch less TV and do more exercises. Doing exercises helps you become fitter and stronger. Thirdly, you should sleep for eight hours a night, and never eat too much (5) ----- bedtime. Finally you should drink two liters of water every day because your body needs water to work (6) -----.

- | | | | | |
|----|------------|-------------|-----------|--------------|
| 1. | A. make | B. have | C. has | D. take |
| 2. | A. health | B. healthy | C. strong | D. healthier |
| 3. | A. in | B. of | C. to | D. at |
| 4. | A. stomach | B. headache | C. teeth | D. feet |
| 5. | A. after | B. before | C. so | D. until |
| 6. | A. good | B. best | C. well | D. better |

VII. WORD FORMS: Use the correct form of the word in the blanks

- I eat -----, exercise regularly, and keep up my social life. (health)
- It is ----- to maintain our health. (import)
- It's such a ----- day! Will we visit our grandparents? (beauty)
- Ask your doctor for tips or ----- to help you stop smoking. (treat)
- Relax in your ----- chairs and enjoy our excellent tea and hot chocolate. (comfort)
- Be ----- with what you eat. (care)
- If you have -----, it is best to seek immediate advice from a dentist. (teeth)
- Time passes ----- when you're alone. (slow)
- Popcorn is a ----- and healthy snack. (taste)
- Instead of fighting stress with ----- eating, try relaxation exercises like deep breathing and yoga. (emotion)
- Don't worry! Your cold will last for a few days and then ----- . (appear)
- To avoid being hurt, you should use the knives ----- . (safe)
- He has a pain in his stomach. He is having a ----- . (stomach)
- Wash your hands ----- before having lunch, class! (good)
- I have an ----- with my doctor at 4 p.m. (appoint)
- My father stopped ----- five years ago (smoke)
- Mrs Oanh's daughter is having a ----- check-up. (medicine)
- Mai always feels ----- before examinations. (worry)
- What is the ----- of this river? (long)

20. She is -----so that she can lose weight.

(jog)

VIII. Rearrange sentences from the words given

1. from / Mr Lan / in dust / now wearing / is / protect / him / a face mask / breathing / to / him.

2. You / too many candies / good /because / eat / your teeth / had better not / they are / not / for.

3. left / for / school/ his house/ John / ten minutes ago.

4. to relive / took / the pain / some medicine / this morning / I.

5. computer games / not / too many / play / You / should.

6. keep / and / can / we / by / eating properly / our body / exercising regularly / healthy.

7. twice / medical / a year / We / should / check-up / take.

8. because / a bad cold / didn't / Lan / come / to / school / had / yesterday / she.

9. 43 kilos / How / are you , / heavy / Lan? / I am.

10. good / Doing / is / morning exercises / your health / for.

11. balanced meals / some / We / by / having / can / avoid / diseases.

12. isn't / your / a lot of / Using / good / in cooking / for / sugar / health.

13. eyes / too much / is / good / Watching / for / your / TV / not.

14. a / sleeping / day / You / helps / recover / hard-working / from.

15. should / sunburn / You / getting / a hat / avoid / wear / to.

16. a cold / symptom / Having / a / of / nose / a / running / is.

17. we / There / that / many types / are / of / participate in / exercises / may.

18. doctor / Hoa / her / is / health / about / The / some / asking / questions

19. harmful / Stop / health / it's / smoking / because / to.

20. in summer / and / You / drink / a lot of / eat / vegetables / a lot of / should / water.

VIII. Rewrite the following sentences without changing the meaning.

1. You should do exercise regularly

You ought

2. Eating too much chocolate isn't good for your teeth.

- Eating too much chocolate is.....
3. Brushing your teeth regularly is very important.
It's important
4. I like reading books more than playing games.
I prefer
5. Children shouldn't spend too much time on video games.
Children
6. I often walk from my house to school in 10 minutes.
It takes me.....
7. Remember to have a medical check-up.
Don't forget to
8. We will have a vacation that lasts for three months.
We will have.....
9. Would you like to join in our sport team?
Do you want to take.....?
10. Her parents gave a new car for her birthday.
She received
11. Lan was absent from class yesterday because her sickness.
Because Lan
12. My father stopped smoking cigarettes 2 months ago
My father gave
13. I want you to open your mouth, Hoa.
Would you
14. My friend prefers doing aerobics to swimming.
My friend likes
15. What about going for a walk?
Why don't
16. What is the cost of your violet dress, Nga?
How much
17. It's very useful to do morning exercises every day.
Doing.....
18. Don't stay up late at night.
Remember
19. Reading books is more interesting than watching cartoons.
Watching cartoons
20. What's the depth of the swimming pool?
How