

Unit 2

HEALTH



A. PHONETICS

I Find the word which has a different sound in the part underlined.

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|-----------------|--------------|--------------|-------------|
| 1. A. surf | B. roof | C. of | D. father |
| 3. A. machine | B. chemical | C. Christmas | D. backache |
| 4. A. chin | B. architect | C. mechanic | D. headache |
| 5. A. headache | B. meat | C. eat | D. weak |
| 6. A. enough | B. should | C. trouble | D. amount |
| 7. A. fast | B. stay | C. take | D. lazy |
| 8. A. ice cream | B. medicine | C. vitamin | D. life |
| 9. A. hand | B. hurt | C. hour | D. health |
| 10. A. sleep | B. soda | C. sick | D. sugar |

B. VOCABULARY AND GRAMMAR



II Find one word which does not belong to each group.

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|-------------------|-----------------|------------|--------------|
| 1. A. temperature | B. toothache | C. earache | D. earrings |
| 2. A. lemonade | B. orange juice | C. vitamin | D. milkshake |
| 3. A. eating | B. walking | C. jogging | D. running |
| 4. A. vegetable | B. allergy | C. fruit | D. junk food |
| 5. A. itchy | B. weak | C. weight | D. healthy |

- | | | | |
|------------------|-----------------|----------------|--------------|
| 6. A. good | B. tired | C. comfortable | D. relaxed |
| 7. A. swimming | B. watching | C. reading | D. listening |
| 8. A. volleyball | B. running nose | C. baseball | D. swimming |
| 9. A. flu | B. cold | C. fever | D. necklace |
| 10. A. fit | B. toothache | C. healthy | D. strong |

III Look at the pictures and complete the sentences using the words below.

*a running nose
cycles to school*

*junk food
does morning exercise*



1. You shouldn't eat too much because it will make you fat.



2. My father everyday to keep fit.



3. In cold weather, children easily have



4. He everyday because it is good for his health.

IV Match the illness with the suitable symptom.

- | | | |
|----------------|---------|---|
| 1. toothache | 1. | a. you have a high temperature |
| 2. fever | 2. | b. a pain in your tooth when you have a cavity in your tooth |
| 3. sore throat | 3. | c. you make a loud sound which sometimes affects people around you. |
| 4. stomachache | 4. | d. a pain in your stomach. |
| 5. cough | 5. | e. a pain in your throat |

V Find the mistakes in the following sentences.

1. You should eat more sweets because you may have a toothache.
A B C D
2. Drink more water, but you will not be so thirsty.
A B C D
3. He has a toothache, and he still eats a lot of sweet things.
A B C D
4. My brother loves play chess when he has free time.
A B C D
5. I find woodcarving interest because it's creative.
A B C D

VI Choose the best answer A, B, C or D.

1. Eating too much will be harmful for your health.
A. vegetables B. junk food C. healthy food D. fresh food
2. Do you think that playing outside all day will make you get?
A. a sore throat B. a toothache C. sun burn D. a cold
3. You should be careful with you eat and drink.
A. what B. who C. why D. when
4. If you eat that strange food, you may get a/an
A. backache B. allergy C. fever D. temperature
5. If you follow a balanced diet, you will have a healthy
A. life B. style C. house D. line
6. Eating drinking healthy things will keep you fit.
A. or B. although C. but D. and
7. He will take part in an event. In this event, he will run, jump..... swim.
A. and B. but C. though D. or

8. Don't drink too much milk,..... you will gain your weight.
A. so B. or C. and D. but
9. The doctor advised him to play more sports and computer games.
A. more B. little C. less D. least
10. Your eyes will feel dry if you watch TV read comic books a lot.
A. and B. but C. though D. so
11. To healthy, you need between 1,600 and 2,500 calories.
A. let B. stay C. make D. do
12. I ate too much seafood, so I had a/an yesterday.
A. earache B. backache C. stomachache D. headache
13. We shouldn't spend much time TV and games.
A. watching/play B. to watch/ to play
C. watching/ playing D. to watch/ playing
14. You should eat a lot of fruits and vegetables because they..... vitamin A, which is good for the eyes.
A. run B. take C. provide D. get
15. They go.....outside even when it's cold.
A. swims B. swimming C. swimming D. swam
16. Rob eats a lot of fast food and he..... on a lot of weight.
A. spends B. brings C. takes D. puts
17. John a headache and the doctor has given him some medicine.
A. has B. is C. gets D. takes
18. How much exercise..... your brother do every week?
A. do B. does C. did D. is
19. We don't enjoy..... fast food. It isn't good for our health.
A. eat B. ate C. eaten D. eating

20. How much soda..... you drink every week?
- A. do B. did C. does D. are
21. My mother doesn't eat..... junk food.
- A. some B. any C. a little D. many
22. Fast food is a (an) food for children who are putting on weight.
- A. healthy B. unhealthy C. good D. better
23. My sister should..... medicine because she has a fever now.
- A. taking B. having C. have D. take

C. READING



VII Read the following passage and decide whether each of the statements 1 -5 is TRUE or FALSE.

Nothing is as precious as good health. Following are some guidelines to being fit and healthy:

- Eat a healthful diet. You should eat a variety of food. You should not eat too much sugar or fat.

A diet without sugar or fat is not good, either. Eat a lot of vegetables. Avoid junk food and soft drinks. Remember to drink a lot of water.

- Exercise regularly. You can play a sport three or four times a week. You can even give up your bikes and cars and walk.
- Maintain a daily routine. This routine should balance between life and work. Being under great stress can destroy your health very quickly.

Good health is what everyone wishes for. It is neither difficult nor easy to stay fit.

You need to be determined to do good things for your health.

	True	False
1. A healthful diet is important to your health.		
2. You should never eat sugar or fat.		
3. Walking is also a form of exercise.		
4. Feeling stressed is bad for your health.		
5. The passage gives reasons why we have to be healthy.		

VIII. Choose the option (A, B, or C) that best completes each numbered blank in the passage.

Sleep is of great importance to our life. It provides our body time for relaxation. (6).....a good sleep at night, we wake up to be energetic and (7).....for a day of work or school. For a teenager, sleep means the time for the body to (8).....Experts advise sleeping 8 to 10 hours a night and (9).....a one-hour nap in the middle of the day. Continual lack of sleep causes bad health problems and (10)..... a child's growth.

- | | | | |
|-----|-------------|-------------|-------------|
| 6. | A. Before | B. During | C. After |
| 7. | A. keen | B. willing | C. ready |
| 8. | A. grow | B. improve | C. lengthen |
| 9. | A. taking | B. sleeping | C. making |
| 10. | A. improves | B. delays | C. affects |

F. WRITING



Rewrite the following sentences without changing the meaning.

1. My mother loves doing morning exercise. (fond)

→My mother is _____.

2. Let's go to the cafeteria this afternoon! (How about + V-ing...?)

→ *How* _____.

3. Eating fruit and vegetables is healthy. (**It is + adj + to V...: Nó thế nào để làm gì.**)

→ *It is* _____.

4. I would to drink some orange juice now.

→ *I want* _____.

5. Don't forget to sleep at least eight hours a day. It's good for you! (**Don't forget**

+ to V... = remember + to V...)

→ *Remember* _____.

Put the words in the correct order to make correct sentences.

1. You/ junk food./ so/ much/ eat/ shouldn't

2. How much/ do/ eat/ every week?/ fast food/ you

3. I/ am/ keeping my/ health/ doing/by/ exercise every day.
