

UNIT 2. HEALTHY LIVING

I. VOCABULARY

Word	Type	Pronunciation	Meaning
acne	(n)	/ˈækni/	mụn trứng cá
Ex: Acne is very common among teenagers. (<i>Mụn trứng cá rất phổ biến ở thanh thiếu niên.</i>)			
affect	(v)	/əˈfekt/	ảnh hưởng, tác động
Ex: How will these changes affect us? (<i>Những thay đổi này sẽ ảnh hưởng đến chúng ta như thế nào?</i>)			
avoid	(v)	/əˈvɔɪd/	tránh
Ex: We must find a way to avoid similar problems in future. (<i>Chúng ta phải tìm cách tránh những vấn đề tương tự trong tương lai.</i>)			
chapped	(adj)	/tʃæpt/	bị nứt nẻ (trên da)
Ex: The girl's hands were chapped by the cold. (<i>Đôi tay của cô gái bị nứt nẻ vì lạnh.</i>)			
dim	(adj)	/dɪm/	lờ mờ, không đủ sáng
Ex: This light is too dim to read by. (<i>Đèn này quá mờ để có thể đọc được.</i>)			
disease	(n)	/dɪˈziːz/	bệnh tật
Ex: The government has issued a number of health measures to prevent the spread of the disease . (<i>Chính phủ đã ban hành một số biện pháp y tế để ngăn chặn sự lây lan của dịch bệnh.</i>)			
eyedrops	(n)	/aɪˈdrɒps/	thuốc nhỏ mắt
Ex: These eyedrops are very effective in treating conjunctivitis. (<i>Những loại thuốc nhỏ mắt này rất hiệu quả trong việc điều trị viêm kết mạc.</i>)			
fat	(n)	/fæt/	mỡ
Ex: This ham has too much fat on it. (<i>Món thịt nguội này có quá nhiều mỡ.</i>)			
fit	(adj)	/fɪt/	vừa vặn, cân đối
Ex: She tries to keep fit by jogging every day. (<i>Cô ấy cố gắng giữ dáng bằng cách chạy bộ mỗi ngày.</i>)			
health	(n)	/helθ/	sức khỏe

Ex: We are both in excellent health . (Cả hai chúng tôi đều có sức khỏe tuyệt vời.)			
healthy	(adj)	/'helθi/	khỏe mạnh, lành mạnh
Ex: Stay healthy by eating well and exercising regularly. (Giữ sức khỏe bằng cách ăn uống đầy đủ và tập thể dục thường xuyên.)			
indoor	(adj)	/'ɪndɔ:(r)/	trong nhà
Ex: There is an indoor swimming pool on the first floor. (Có bể bơi trong nhà ở tầng 1.)			
lip balm	(n)	/lɪp bɑ:m/	son dưỡng môi (chống nẻ)
Ex: She uses lip balm every day. (Cô ấy sử dụng son dưỡng môi hàng ngày.)			
pimple	(n)	/'pɪmpəl/	mụn
Ex: She has a pimple on her chin. (Cô ấy có một cái mụn ở cằm.)			
pop	(v)	/pɒp/	nặn (mụn)
Ex: You should avoid popping the pimple. (Bạn nên tránh nặn mụn.)			
protein	(n)	/'prəʊti:n/	chất đạm
Ex: Gluten is a protein found in wheat and other grains. (Gluten là một loại chất đạm được tìm thấy trong lúa mì và các loại ngũ cốc khác.)			
skin condition	(n)	/skɪn kən'dɪʃən/	trình trạng da
Ex: He has a rare skin condition . (Anh ấy có tình trạng rất hiếm gặp.)			
soybean	(n)	/'sɔɪbi:n/	đậu nành, đậu tương
Ex: Turkey are fed mainly corn and soybean meal. (Gà tây được nuôi chủ yếu bằng bữa ăn có ngô và đậu tương.)			
sunburn	(n)	/'sʌnbɜ:n/	sự cháy nắng
Ex: He was taken to hospital suffering from severe sunburn . (Anh ấy được đưa đến bệnh viện vì bị cháy nắng nghiêm trọng.)			
tofu	(n)	/'təʊfu:/	đậu phụ
Ex: Tofu is a bland food made from soy beans. (Đậu phụ là một món ăn chay được làm từ hạt đậu nành.)			

virus	(n)	/'vaɪrəs/	vi rút
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Ex: An infected person can pass the **virus** to others. (*Người bị nhiễm bệnh có thể truyền vi rút cho người khác.*)

vitamin	(n)	/'vɪtəmin/	vi ta min
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Ex: She tried changing her diet and taking **vitamins**. (*Cô ấy đã thử thay đổi chế độ ăn và uống vitamin.*)

*** Some common diseases (Tên một vài căn bệnh phổ biến)**

Word	Type	Pronunciation	Meaning
allergy	n	/'ælədʒi/	dị ứng
backache	n	/'bækɛɪk/	bệnh đau lưng
bruise	n	/bru:z/	vết thâm tím
cold	adj, n	/kɔ:ld/	bị lạnh, cảm lạnh
cough	v	/kɒf/	ho
cut	v, n	/kʌt/	cắt, vết đứt
dizziness	n	/'dɪzɪnəs/	chóng mắt
fever	n	/'fi:və(r)/	sốt
flu	n	/flu:/	cúm
headache	n	/'hedɛɪk/	đau đầu
obesity	n	/əʊ'bi:səti/	bệnh béo phì
sore throat	n	/sɔ: θrəʊt/	đau họng
medicine	n	/'medsn/	thuốc
bleed	v	/bli:d/	chảy máu
spot	n	/spɒt/	vết, đốm
sunburn	n	/'sʌnbɜ:n/	cháy nắng
sick	adj	/sɪk/	ốm, bệnh
sickness	n	/'sɪknəs/	sự ốm, sự đau yếu

ill	adj	/ɪl/	ốm
illness	n	/'ɪlnəs/	sự ốm
toothache	n	/'tu:θeɪk/	đau răng
temperature	n	/'tempɾətʃə(r)/	sốt
earache	n	/'ɪəreɪk/	đau tai
tired	adj	/'taɪəd/	mệt mỏi

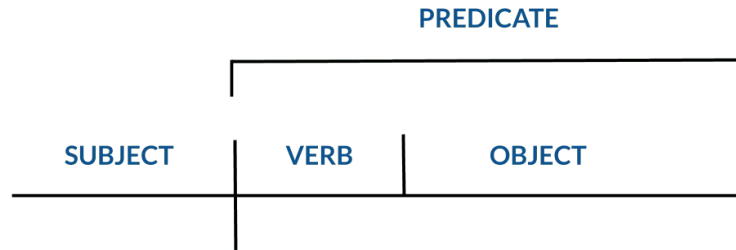
II. WORD FORM

Word	Meaning	Related words		
affect (v)	sự ảnh hưởng	affected (adj)		affectation (n)
		affectedly (adv)		
avoid (v)	tránh	avoidable (adj)		avoidance (n)
fat (n)	mỡ, chất béo	fat (adj)		fatty (adj)
		fatten (v)		fattening (adj)
fit (adj)	vừa vặn, cân đối	fit (n)	fit (v)	fitness (n)
health (n)	sức khỏe	healthy (adj)		
indoor (adj)	trong nhà	indoors (adv)		

III. GRAMMAR

1. Simple sentence (Câu đơn)

* Câu đơn là câu chỉ chứa một mệnh đề, hay cụ thể hơn là một mệnh đề độc lập, có **chủ ngữ (subject)** và **vị ngữ (predicate)**.



✳ Chúng ta có thể gặp các kiểu câu đơn sau:

- Câu đơn gồm một chủ ngữ và một động từ (S + V).

Ex.

✳ The price **rises**. (*Giá tăng*)

S V

✳ Jessie **is crying**. (*Jessie đang khóc.*)

S V

- Một số câu đơn có thêm tân ngữ (S + V + O).

Ex.

✳ Jessie ate **dinner**. (*Jessie ăn tối.*)

S V O

✳ She buys **some books**. (*Cô ấy mua vài cuốn sách.*)

S V O

- Một số câu đơn có thêm trạng ngữ (S + V + O + A hoặc S + V + A).

Ex.

✳ Jessie ate a very large dinner **at Sushi restaurant**.

S V O A

(Jessie ăn một bữa tối thịnh soạn ở nhà hàng Sushi.)

✳ She lives **in a house on the top of the mountain**.

S V A

(Cô ấy sống trong một căn nhà trên đỉnh núi.)

IV. PRONUNCIATION

SOUND /f/ AND /v/

1. Cách phát âm âm /f/ và /v/

- Cách phát âm âm /f/

/f/ là một phụ âm vô thanh. Để phát âm âm này, hãy để răng chạm vào môi dưới của bạn. Sau đó thổi hơi ra qua răng và môi. Dây thanh không rung.



- Cách phát âm âm /v/

/v/ là một phụ âm hữu thanh. Để phát âm âm này, hãy để răng chạm vào môi dưới của bạn. Sau đó thổi hơi ra qua răng và môi, đẩy luồng hơi ra, rung nhẹ dây thanh quản.



- **Phân biệt âm /f/ và âm /v/:** đặt một mảnh giấy trước miệng khi phát âm. Khi phát âm âm /f/, tờ giấy sẽ di chuyển còn khi phát âm âm /v/ thì không. Cũng có thể đặt tay lên cổ họng để cảm nhận độ rung của dây thanh. Âm /f/ không làm rung dây thanh còn âm /v/ thì có.

2. Dấu hiệu nhận biết

* Âm /f/

a. "f" thường được phát âm là /f/

Words	Type	Pronunciation	Meaning
<u>f</u> an	n	/fæn/	cái quạt
<u>f</u> at	adj	/fæt/	béo
co <u>ff</u> ee	n	/'kɒfi/	cà phê
<u>f</u> in	n	/fin/	vây cá

b. "ph" và "gh" được phát âm là /f/

Words	Type	Pronunciation	Meaning
<u>ph</u> onetic	adj	/fə'netɪk/	thuộc ngữ âm học
<u>ph</u> oto	n	/'fəʊtəʊ/	bức ảnh
<u>ph</u> rase	n	/freɪz/	cụm từ
la <u>gh</u>	v	/lɑ:f/	cười lớn

<u>cough</u>	v	/kɒf/	hồ
orphan	n	/'ɔ:fn/	trẻ mồ côi
rough	adj	/rʌf/	xù xì, gồ ghề

* Âm /v/

Words	Type	Pronunciation	Meaning
favour	n	/'feɪvə(r)	thiện ý, sự quý mến
oven	n	/'ʌvn/	lò (để nướng bánh)
view	v	/vju:/	nhìn, quan sát
heavy	adj	/'hevi/	nặng
move	v	/mu:v/	chuyển động
veal	n	/vi:l/	thịt bê
vine	n	/vam/	cây nho
veil	n	/veil/	mạng che mặt
leave	v	/li:v/	rời khỏi
halve	v	/hɑ:v/	chia đôi
vest	n	/vest/	áo gi lê

V. PRACTICE

Exercise 1. Put the words in the correct column depending on the pronunciation.

veil	rough	fat	phrase	heavy
leave	oven	coffee	laugh	move
halve	view	fin	cough	veal
orphan	fan	photo	vine	vest

/f/	/v/

Exercise 2. Choose the word whose underlined part is pronounced differently from the others.

1. A. of B. coffee C. leaf D. fault
2. A. cough B. laugh C. enough D. through
3. A. knee B. knife C. king D. knitting
4. A. daughter B. weigh C. rough D. thought
5. A. allergy B. calorie C. coordinate D. triathlon
6. A. essential B. attention C. vegetarian D. Depression
7. A. sick B. swimming C. itchy D. riding
8. A. really B. healthy C. regularly D. identify
9. A. eat B. head C. dead D. bread
10. A. kind B. ride C. knife D. kid

Exercise 3: Look at the photos and write the correct words under each photo. The first letter is a hint for you.

			
1. f _____	2. c _____	3. o _____	4. f _____
			
5. a _____	6. s _____	7. e _____	8. t _____

Exercise 4: Fill in the blanks with the health problems in exercise 3.

1. She's very hot and shivery, so I think she must have _____.
2. She eats lots of junk food and be overweight. _____ is her problem.
3. He went outside all day long without wearing a hat. Now his skin turns red and hurts. He has got _____.
4. I think I'm getting a _____. I've got a sore throat and a runny nose.
5. Tony had lobster for dinner, and now his skin becomes covered with red marks. He says he has a shellfish _____.
6. If you've got _____, you should go and see a dentist.
7. His body is too hot and soaked in sweat, but he feels very cold. I think he has a _____.
8. My brother feels pain in his ear. He has _____.

Exercise 5. Put the words into the correct column.

flu	exercising	fever	sore throat
playing			
sports	sneezing	gardening	watching TV
cough	cycling	allergy	runny nose
walking	red skin	swimming	doing aerobics
headache	stomachache	sleeping	relaxing

Illnesses and symptoms	Activities

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Exercise 6. Complete the sentence with the words in the box.

health	dry	flu	provide	getting
physical	exercise	stay	weight	swimming

- Do you want to know how you can _____ healthy?
- They go _____ outside even when it's cold.
- In order to have good _____, you should eat lightly and laugh cheerfully.
- My father does morning _____ every day.
- He eats a lot of burgers and chips so he's putting on _____.
- You should eat a lot of fruits and vegetables because they _____ vitamin A, which is good for the eyes.
- If you want to be fit, stay outdoors more and do more _____ activities.
- To prevent _____, you should eat a lot of garlic and keep your body warm.
- He plays computer games and watches TV a lot so his eyes are often _____.
- Eat less junk high-fat food to keep you from _____ fat.

Exercise 7. Match the health problems with the correct advice.

1. I have spots on my face.	a. You should go to your dentist.
2. I get sunburnt.	b. Eat less junk food and do more exercise.
3. I've got flu.	c. You shouldn't drink cold drinks.
4. I'm putting on weight.	d. Apply an aloe vera lotion and drink lots of water.
5. I have a toothache. My tooth hurts.	e. Spend less time in front of screens.
6. I have a sore throat.	f. Stay at home and have a rest.
7. My eyes are sore and tired.	g. Wash your face regularly.

Your answer:

Exercise 8. Fill in each blank with the correct conjunction: and, or, but, so.

- Get up early _____ do more exercise.
- Eat less junk food _____ eat more fruit and vegetables.

3. The weather is very cold today _____ I should put on a coat.
4. Watch less television _____ you can protect your eyes.
5. If you spend less time on computer games _____ television programmes, you will have more time for outdoor activities.
6. I have a lot of homework to do this evening _____ I don't have time to watch the football match.
7. Take up a new hobby _____ you'll have some new friends.
8. He has toothache _____ he still eats a lot of sweets and cakes.
9. She's very hard-working _____ not very imaginative.
10. I was lost _____ I bought a street map.

Exercise 9. Put the verbs in brackets in the correct tense and form.

1. Nam looks brown. He was on holiday last week. He (get) _____ sunburn.
2. Getting plenty of rest is very good. It (help) _____ you to avoid depression.
3. The Japanese (eat) _____ a lot of fish so they are very intelligent.
4. If you wash your hands more, you (have) _____ less chance of catching flu.
5. Eating carrots regularly (help) _____ you see better.
6. It is very hot outside. Please (wear) _____ a sun hat when you go out.
7. Do more exercise and you (feel) _____ healthier.
8. I don't want (be) _____ tired tomorrow so I go to bed early.
9. Nowadays, I don't feel well. I often (feel) _____ sick and weak.
10. People who (smile) _____ more are happier and they live longer.

Exercise 10. Fill in the blanks with "and, so, but, or".

1. We stayed at home _____ watched a film.
2. I want to buy a new car, _____ I don't have enough money.
3. She had a terrible headache last night, _____ she couldn't go out.
4. I eat cakes, _____ I never eat biscuits; I don't like them.
5. Would you like cakes _____ biscuits with your coffee?
6. My job is very interesting, _____ it doesn't pay very well.
7. We can go by bus, _____ we can walk.
8. My classmate studies very hard, _____ she always gets good marks.
9. You had better hurry up, _____ you'll be late for work.
10. The Japanese eat healthily, _____ they have high life expectancy.

Exercise 11. Put the verbs in brackets in the correct form.

1. It (be) _____ 10.00. We (learn) _____ our lesson.
2. What you (do) _____ now?
3. your mother (walk) _____ to work every day?
4. They (not play) _____ soccer in the morning.
5. Hai (work) _____ in the garden at the moment?
6. My brother (do) _____ his homework in his room now. He does it every day.
7. James and his brother (play) _____ soccer at the moment. They (play) _____ it every afternoon.
8. Where the old man (live) _____ now?
9. Mr. Smith often (teach) _____ class 4A, but this morning he (teach) _____ class 4B.
10. It's 7.30 now. She (study) _____ Science in the classroom.
11. On Friday, I (have) _____ English.
12. At the moment, I (eat) _____ an orange and my sister (play) _____ tennis.
13. Now, he (look) _____ at his cat. It (eat) _____ a mouse in the garden.
14. Phong, An, Ha, and Lan (be) _____ close friends.
15. _____ (your mother/walk) to market?

Exercise 12. Choose the best option to complete the sentence.

1. We should play sports or do exercise in order to stay in _____.
A. look B. shape C. fit D. health
2. Don't eat that type of fish: you may have a/an _____.
A. sick B. sore C. energy D. allergy
3. Do you believe that eating _____ carrots helps you see at night?
A. much more B. less C. most D. the most
4. We should try to keep everything around US clean and then flu will find it _____ to spread.
A. difficult B. difficulty C. difficultly D. difficulties
5. Be careful with _____ you eat and drink.
A. what B. that C. who D. this
6. Eating a lot of junk food may lead to your _____.
A. obesity B. fitness C. pain D. stomachache
7. We should follow the advice from doctors and health _____ in order to keep fit.
A. people B. workers C. managers D. experts
8. Have a healthy _____ and you can enjoy your life.

A. lives B. lifestyle C. lifeline D. lively

9. The health _____ from that diet expert is that you should eat less junk food and count your calories if you are becoming fat.

A. tip B. tips C. advices D. ideas

10. The seafood I ate this morning makes me feel _____ all over.

A. running B. well C. itchy D. weak

11. You can avoid some diseases by _____ yourself clean.

A. keeping B. taking C. looking D. bringing

12. The Japanese eat a lot of fish instead of meat _____ they stay more healthy.

A. but B. because C. although D. so

13. Rob eats a lot of fast food and he _____ on a lot of weight.

A. takes B. puts C. spends D. brings

14. We need to spend less time _____ computer games.

A. play B. to play C. playing D. to playing

15. Do more exercise _____ eat more fruit and vegetables.

A. but B. or C. and D. so

Exercise 13. Read the conversation and answer the questions.

Thang: What time do you usually come home from school?

Tony: I usually come home at 11.30.

Thang: When do you often have lunch?

Tony: I often have lunch at 12 o'clock.

Thang: What do you usually have for lunch?

Tony: I often have fish and eggs.

Thang: What do you do after dinner?

Tony: I sometimes go to the cinema, but I usually stay at home, watch TV and do my homework.

Thang: Do you often watch TV?

Tony: Yes, I do. I like watching sports very much.

Thang: When do you go to bed?

Tony: I always go to bed at 9.30. I never stay up late.

1. What time does Tony usually come home from school?

2. When does he often have lunch?

3. What does he usually have for lunch?

_____.

4. What does he often do after dinner?

_____.

5. What TV programme does he like watching?

_____.

Exercise 14. Choose the correct word A, B, or C for each gap to complete the following passage.

We need calories or (1) _____ to do the things every day. For example, when we walk to school or (2) _____ a bike to school we spend a certain amount of (3) _____ and even when we sleep, we also use them. But how many calories should we (4) _____ a day to stay in shape? It's difficult (5) _____ us to calculate. If people want to keep (6) _____ they should remember that everyone should have between 1600 and 2500 calories a day.

We get calories (7) _____ the food we eat. If we get too much food and don't take part (8) _____ any activities, we can get fat quickly. So besides studying, we should do some (9) _____ play sports or do the housework, such as cleaning the floor, cooking, etc. otherwise, we don't eat enough, we will be (10) _____ and weak.

- | | | |
|-----------------|---------------|-------------|
| 1. A. food | B. energy | C. Drink |
| 2. A. ride | B. come | C. drive |
| 3. A. things | B. food | C. calories |
| 4. A. do | B. spend | C. have |
| 5. A. for | B. with | C.in |
| 6. A. health | B. fit | C. active |
| 7. A. in | B. of | C. from |
| 8. A. with | B. in | C. on |
| 9. A. exercises | B. activities | C. healthy |
| 10. A. good | B. tired | C. thirsty |

Exercise 15 a. Reorder the words to have correct sentences.

1. you/ some/ clean/ yourself/ avoid/ diseases/ by/ can/ keeping/.

_____.

2. Jim/ overweight/ so/ eats/ is/ fast food/ too much/ he/.

_____.

3. too much/ bad/ television/ watching/ for/ health/ your/ is/?

4. the flu/ should/ you/ a cold,/ if/ have/ or/ you/ home/ stay/.

5. Alex/ usually/ fishing,/ so/ loves/ goes/ in/ near/ he/ his house/ fishing/ the lake/.

Exercise 15 b. Write the second sentence so that it has the same meaning to the first one.

1. It's a good idea to do exercise regularly.

→ You

2. Judy stayed home from school yesterday because she had a high fever.

→ Judy had a high fever,

3. She eats fruits and veggies every day, but she keeps gaining weight.

→ Although

4. Tom's gained 5 kilos since he quit smoking.

→ Tom's put

5. Jenny doesn't eat much in order not to be overweight.

→ Jenny doesn't eat much because

Exercise 16. Combine the sentences using an appropriate coordination conjunction *and, or, but, so*.

1. To stay healthy, you eat more vegetable. You eat less high-fat food.

2. To prevent flu, we eat a lot of garlic. We keep our bodies especially feet warm.

3. It began to rain. I opened my umbrella.

4. You should eat less junk food. You will put on weight.

5. He worked hard. He could earn much money.

6. Study hard. You will fail the exam.

7. Dan didn't study for the exam. Lan did.

8. He is a vegetarian. He doesn't eat any meat.

9. Junk food tastes so good. It is bad for your health.

10. It began to get dark. I turned on the light.
