

UNIT 7 | HEALTHY LIFESTYLE

A. VOCABULARY (TỪ VỰNG)

Lesson 7a

No	Words		Transcription	Meaning
1	craze	(n)	/kreɪz/	mốt, trào lưu
2	personal trainer	(n)	/'pɜːsə'nəl 'treɪnə/	huấn luyện viên cá nhân
3	Pilates	(n)	/pɪ'lɑːtiːz/	bộ môn Pilates (chuỗi các bài tập thể dục kết hợp với các thiết bị tập luyện nhằm làm săn chắc cơ bắp, tăng cường sức khỏe)
4	progress	(n)	/'prəʊɡres/	sự tiến bộ, tiến triển
5	track	(v)	/træk/	theo dõi, dò theo
6	keep track of sth	(v)		theo dõi tiến độ
7	treadmill	(n)	/'tredmɪl/	máy chạy bộ
8	weights	(n)	/weɪts/	tạ
9	wellness	(n)	/'welnəs/	sức khỏe toàn diện
10	apply	(v)	/ə'plaɪ/	bôi (kem)
11	avoid	(v)	/ə'vɔɪd/	tránh xa
12	consume	(v)	/kən'sjuːm/	ăn, tiêu thụ
13	exercise	(v)	/'eksəsaɪz/	tập thể dục
14	floss	(v)	/flɒs/	vệ sinh răng (bằng chỉ nha khoa)
15	limit	(v)	/'lɪmɪt/	hạn chế
16	maintain	(v)	/meɪn'teɪn/	duy trì (cân nặng)
17	remove	(n)	/rɪ'muːv/	loại bỏ
18	serving	(n)	/'sɜːvɪŋ/	phần (ăn)

Lesson 7c

No	Words		Transcription	Meaning
19	take off	(phr v)	/teɪk ɒf/	(máy bay) cất cánh
20	take up	(phr v)	/teɪk ʌp/	bắt đầu một sở thích, thói quen mới

Lesson 7d

No	Words		Transcription	Meaning
21	control	(v)	/kən'trəʊl/	kiểm soát
22	cut down on/cut out	(phr v)	/kʌt daʊn ɒn/ /kʌt aʊt/	giảm bớt
23	portion	(n)	/'pɔːʃən/	phần (thức ăn)
24	give up (on sth)	(phr v)	/ɡɪv ʌp/	từ bỏ, không ăn (món gì đó)
25	diet	(n)	/'daɪət/	chế độ ăn
26	junk food	(n)	/dʒʌŋk fuːd/	thức ăn kém bổ dưỡng
27	salt	(n)	/sɒlt/	muối
28	stay positive	(phr)	/steɪ 'pɒzətɪv/	sống tích cực

* WORD FORMATION

weights	(n)	/weɪts/	tạ
→ weight	(n)	/weɪt/	trọng lượng
→ weightless	(adj)	/'weɪtləs/	không trọng lực
→ weigh	(v)	/weɪ/	cân, nặng
apply	(v)	/ə'plaɪ/	bôi (kem)
→ application	(n)	/,æplɪ'keɪʃn/	(hành động) bôi kem
avoid	(v)	/ə'vɔɪd/	tránh xa
→ avoidable	(adj)	/ə'vɔɪdəbl/	có thể tránh được
→ avoidance	(n)	/ə'vɔɪdəns/	sự tránh né
consume	(v)	/kən'sju:m/	ăn, tiêu thụ
→ consumer	(n)	/kən'sju:mə/	người tiêu dùng
→ consumption	(n)	/kən'sʌmpʃn/	việc ăn, việc tiêu thụ
exercise	(v)	/'eksəsaɪz/	tập thể dục
→ exercise	(n)	/'eksəsaɪz/	bài thể dục, việc tập thể dục
limit	(v)	/'lɪmɪt/	hạn chế
→ limitation	(n)	/,lɪmɪ'teɪʃn/	việc hạn chế, sự giới hạn
→ limit	(n)	/'lɪmɪt/	giới hạn
→ limited	(adj)	/'lɪmɪtɪd/	có giới hạn, bị hạn chế
maintain	(v)	/meɪn'teɪn/	duy trì (cân nặng)
→ maintenance	(n)	/'meɪntənəns/	việc duy trì, sự bảo trì
remove	(n)	/rɪ'mu:v/	loại bỏ
→ removal	(n)	/rɪ'mu:vl/	việc loại bỏ, sự loại trừ
serving	(n)	/'sɜ:vɪŋ/	phần (ăn)
→ serve (sth to sb)	(v)	/sɜ:v/	dọn ra, phục vụ (món ăn gì cho ai)
→ servant	(n)	/'sɜ:vənt/	người hầu, người phụ vụ
control	(v)	/kən'trəʊl/	kiểm soát
→ control	(n)	/kən'trəʊl/	sự kiểm soát
salt	(n)	/sɒlt/	muối
→ salty	(adj)	/'sɒlti/	mặn, nhiều muối
fit	(v)	/fɪt/	thích hợp, vừa hơn, xứng đáng
→ fit	(adj)	/fɪt/	Vừa hợp, thích hợp, ăn khớp
→ unfit	(adj)		Không vừa, không thích hợp
→ fitness	(n)	/'fɪtnəs/	Sự phù hợp, sự vừa vặn; sự xứng đáng
health	(n)	/helθ/	Sức khỏe, sự lành mạnh, thể chất
→ healthy	(adj)	/'helθi/	Khoẻ mạnh, có lợi cho sức khoẻ, lành mạnh
→ unhealthy	(adj)	/ʌn'helθi/	Ổm yếu, không có sức khoẻ, không lành mạnh, có hại cho sức khoẻ
→ healthily	(adv)	/'helθəli/	Mạnh khoẻ, lành mạnh
regular	(adj)	/'regjələ/	Đều đặn, thường xuyên
→ irregular	(adj)	/'ɪregjələ/	Không theo quy luật (ngôn ngữ học) không theo quy tắc, bất quy tắc
→ regularly	(adv)	/'regjələrli/	Đều đặn, thường xuyên Cách đều nhau Theo quy tắc, có quy cũ

B. GRAMMAR

1. Cụm phân từ (Participial phrases) / Mệnh đề nguyên thể (to-infinitive clauses)

Cụm phân từ (participial phrases) là các nhóm từ bao gồm một phân từ (dạng **-ing, -ed** hoặc **động từ cột 3**) và các từ khác. Chúng được sử dụng như tính từ bổ nghĩa cho danh từ.

Cụm phân từ có thể được dùng để thay thế cho mệnh đề quan hệ.

MỆNH ĐỀ QUAN HỆ	CỤM PHÂN TỪ
HIỆN TẠI ĐƠN/ QUÁ KHỨ ĐƠN/ TƯƠNG LAI ĐƠN	
<i>The personal trainer who works at the fitness centre can give you advice on your diet.</i>	<i>The personal trainer working at the fitness centre can give you advice on your diet.</i>
<i>The class which is/ was/ will be taught outside is a mix of yoga and meditation.</i>	<i>The class taught outside is a mix of yoga and meditation.</i>
HIỆN TẠI TIẾP DIỄN/ QUÁ KHỨ TIẾP DIỄN	
<i>The man who is standing over there is working for Google.</i>	<i>The man standing over there is working for Google.</i>
<i>The treadmill which is being repaired is my dad's.</i>	<i>The treadmill being repaired is my dad's.</i>
HIỆN TẠI HOÀN THÀNH	
<i>The girl who has just sung on stage is my cousin.</i>	<i>The girl having sung on stage is my cousin.</i>
<i>The treadmill which has been repaired is my dad's.</i>	<i>The treadmill having been repaired is my dad's.</i>

Một mệnh đề nguyên thể có **to** có thể được dùng để thay thế một mệnh đề quan hệ theo sau **the first, the second, the last, the only, the best, the most popular, v.v...**

*Hannah was the first person **who/that got the news**.*

→ *Hannah was the first person **to get the news**.*

2. Danh động từ hoàn thành (Perfect gerunds) / Phân từ hoàn thành (Perfect participles)

• Danh động từ hoàn thành (Perfect gerunds)

Công thức: **having + phân từ quá khứ**

Chúng ta dùng **danh động từ hoàn thành** như tân ngữ sau một số **động từ** hoặc **động từ với giới từ** để chỉ hành động đã hoàn thành trong quá khứ. Những hành động này đã xảy ra trước hành động do động từ chính diễn đạt.

*The children admitted not **having brushed** their teeth yesterday.*

Danh động từ hoàn thành được sử dụng:

- ✓ sau một số động từ như **deny, admit, mention, recall, regret, remember, forget**

*She **denied having drunk** some sugar fizzy drinks at night.*

- ✓ sau một số động từ với giới từ như **apologise ... for, accuse ... of, admire ... for, blame ... for, congratulate ... on, praise ... for, thank ... for**

*Mary thanked Leo **for having helped** her at the gym.*

• Phân từ hoàn thành (Perfect participles)

Công thức: **having + phân từ quá khứ**

Chúng ta dùng phân từ hoàn thành để diễn tả một hành động đã hoàn thành và xảy ra trước một hành động khác trong quá khứ.

Having finished all the homework, I went to the dance fitness class.

(I finished all the homework and then I went to the dance fitness class.)

Lưu ý:

Chỉ dùng cấu trúc này khi chủ ngữ của mệnh đề chính cũng là chủ ngữ của phân từ hoàn thành.

Phân từ hoàn thành được đặt đầu câu.

C. EXERCISE (BÀI TẬP)

① PHONETICS

I. Choose the words whose underlined part is pronounced differently from that of the others in each group.

- | | | | |
|-----------------|-------------|-----------------|------------|
| 1. A. craze | B. take | C. data | D. track |
| 2. A. portion | B. Pilates | C. meditate | D. trainer |
| 3. A. wellness | B. weights | C. exercise | D. shelter |
| 4. A. progress | B. floss | C. solar | D. control |
| 5. A. junk | B. cut | C. humanitarian | D. funding |
| 6. A. treadmill | B. disease | C. threaten | D. measure |
| 7. A. consume | B. model | C. economy | D. profit |
| 8. A. diet | B. racism | C. meditate | D. malaria |
| 9. A. stress | B. resident | C. gender | D. serving |
| 10. A. food | B. moon | C. blood | D. tooth |

II. Choose the word whose main stressed syllable is placed differently from that of the other in each group.

- | | | | |
|--------------------|---------------|------------------|---------------|
| 11. A. Pilates | B. poverty | C. positive | D. exercise |
| 12. A. remove | B. maintain | C. treadmill | D. consume |
| 13. A. manage | B. control | C. limit | D. diet |
| 14. A. serving | B. trainer | C. wellness | D. apply |
| 15. A. application | B. technology | C. encouragement | D. convenient |

② WORD FORMATION

Complete the sentences with the correct form of the words.

- Her body slowly felt _____ and she landed softly on her hands and knees. (**weight**)
- I attached a photo to my _____ form. (**apply**)
- A person's health improves with the _____ of stress. (**avoid**)
- Annual _____ of wine has risen from five to eleven litres per head. (**consume**)
- There are only a _____ number of tickets available. (**limit**)
- The caretaker is responsible for the _____ of the school buildings. (**maintain**)
- The kidney plays a vital part in the _____ of waste products from the blood. (**remove**)
- This recipe makes enough for four _____. (**serve**)
- The main drawback to these products is that they tend to be too _____. (**salt**)
- The building was declared _____ for human habitation. (**fit**)
- The consequences of an _____ lifestyle include a higher risk of diabetes, heart diseases, stroke, and cancer. (**health**)
- The working life of most vehicles can be increased if they are serviced _____. (**regular**)
- All the talk had been about the _____ of nuclear weapons. (**limit**)
- _____ did not spend as much last quarter as analysts predicted. (**consume**)
- Children need lots of _____ from their parents. (**encourage**)

③ FURTHER PRACTICE

UNIT OPENER

I. Vocabulary

1. Write the suitable word/phrase for each picture.

		
1. _____	2. _____	3. _____
		
4. _____	5. _____	6. _____

II. Pronunciation

1. Put the words into the correct column. Then practise saying them with a partner.

lunch	party	large	ask	market	cut
punch	example	run	hut	car	fun
touch	much	blood	mud	son	staff
art	such	rather	father	cousin	half
heart	charge	duck	march	uncle	enough
army	class	apart	ugly	last	none
couple	jump	flood	jungle	part	march
cousin	hardly	luck	last	market	hard

/ɑ:/	/ʌ/
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2. Say these sentences out loud.

/ʌ/

- Robert is my **brother**.
- She is his **cousin**.
- Do you have an **umbrella**?
- Bees make **honey**.
- She took the pie out of the **oven**.
- That is a beautiful **color**.

/ɑ/

- If you don't eat, you will **starve**.
- We shouldn't **harm** animals.
- I will **start** running tomorrow.
- I met Annie's **father**.
- Look at the beautiful **stars**.

LESSON 7A. READING

I. VOCABULARY

1. Fill in each gap with the correct word in the following table.

a	personal trainer	e	Pilates
b	fitness applications	f	mat
c	progress	g	treadmill
d	wellness	h	weights

 1.	 2.	 3.	 4.
 5.	 6.	 7.	 8.

2. Read and complete the sentences 1-8 with the words from a-h

a. consume	1. ____	1. It's wise to _____ your make-up before going to bed.
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b. floss	2. ____	2. Try to ____ fatty foods like cakes and biscuits.
c. maintain	3. ____	3. Try to ____ as often as possible
d. limit	4. ____	4. ____ a sunscreen before you go out into the sunlight.
e. apply	5. ____	5. _____ processed foods high in fat, starches or sugars helps control calorie intake.
f. exercise	6. ____	6. Keeping active and eating a healthy balanced diet can also help you to ____ a healthy weight.
g. avoid	7. ____	7. Brush your teeth after each meal and ____ daily
h. remove	8. ____	8. Don't ____ too much caffeine.

II. Reading comprehension

A. Read the passage and choose the correct answer for each question.

We live in a world of tired, sleep deprived people. In his book *Counting Sheep*, Paul Martin - a behavioral biologist - describes a society which is just too busy to sleep and which does not give sleeping the importance it deserves.

Modern society has invented reasons not to sleep. We are now a 24/7 society where shops and services must be available all hours. We spend longer hours at work than we used to, and more time getting to work. Mobile phones and email allow us to stay in touch round the clock and late-night TV and the Internet tempt us away from our beds. When we need more time for work or pleasure, the easy solution is to sleep less. The average adult sleeps only 6.2 hours a night during the week, whereas research shows that most people need eight or even eight and a half hours' sleep to feel at their best. Nowadays, many people have got used to sleeping less than they need and they live in an almost permanent state of "sleep debt".

Until the invention of the electric light in 1879 our daily cycle of sleep used to depend on the hours of daylight. People would get up with the sun and go to bed at nightfall. But nowadays our hours of sleep are mainly determined by our working hours (or our social life) and most people are woken up artificially by an alarm clock. During the day caffeine, the world's most popular drug, helps to keep us awake. 75% of the world's population habitually consume caffeine, **which** up to a point masks the symptoms of sleep deprivation. What does a chronic lack of sleep do to us? As well as making us irritable and unhappy as humans, it also reduces our motivation and ability to work. This has serious implications for society in general. Doctors, for example, are often chronically sleep deprived, especially when they are on "night call", and may get less than three hours' sleep. Lack of sleep can seriously impair their mood, judgment, and ability to take decisions. Tired engineers, in the early hours of the morning, made a series of mistakes with **catastrophic** results. On our roads and motorways lack of sleep kills thousands of people every year. Tests show that a tired driver can be

just as dangerous as a drunken driver. However, driving when drunk is against the law but driving when exhausted isn't. As Paul Martin says, it is very ironic that we admire people who function on very little sleep instead of criticizing them for being irresponsible. Our world would be a much safer, happier place if everyone, whatever their job, slept eight hours a night.

Question 1: According to the passage, which of the following statements is TRUE about Paul Martin?

- A. He shows his concern for sleep deprivation in modern society.
- B. He describes the modern world as a place without insomnia.
- C. He is a scientist who is chronically deprived of sleep.
- D. He gives an interesting account of a sleepless society.

Question 2: The writer mentions the Internet in the passage as ____.

- A. an easy solution to sleep deprivation
- B. a temptation that prevents us from sleeping
- C. a factor that is not related to sleep deprivation
- D. an ineffective means of communication

Question 3: According to the third paragraph, which of the following statements is NOT TRUE?

- A. The electric light was invented in the 19th century.
- B. The sun obviously determined our daily routines.
- C. The electric light has changed our daily cycle of sleep.
- D. Our social life has no influence on our hours of sleep.

Question 4: The word “**which**” in the third paragraph refers to ____.

- A. the world's population
- B. caffeine consumption
- C. reaching a point
- D. masking the symptoms

Question 5: Which of the following is TRUE, according to the last paragraph?

- A. Sleep deprivation has negative effects on both individuals and society.
- B. Doctors “on night call” do not need more than three hours of sleep a day.
- C. Thousands of people are killed every day by drunken drivers.
- D. Our motivation decreases with the bigger number of hours we sleep.

Question 6: The word “**catastrophic**” in the last paragraph probably means ____.

- A. likely to become worthless
- B. becoming more noticeable
- C. bound to bring satisfaction
- D. causing serious damage or loss

Question 7: Which of the following would the writer of the passage approve of?

- A. Both drunken drivers and sleep-deprived people should be criticized.
- B. There is no point in criticizing irresponsible people in our society.
- C. We certainly can function well even when we hardly sleep.
- D. Our world would be a much safer place without drinkers.

Question 8: Which of the following could best serve as the title of the passage?

- A. A Well-known Biologist
- B. Sleep Deprivation: Causes and Effects
- C. Accident Prevention: Urgent!
- D. A Society of Sleepless People

B. Read the passage and choose the correct answer for each question.

It's extremely important for kids of middle childhood to continue, or to start to lead a healthy lifestyle, including eating nutritious meals as well as getting plenty of exercise and adequate sleep every day. These positive health habits will help children grow strong, stay healthy, and decrease the likelihood that they will become obese.

Childhood obesity rates have increased dramatically in recent years. According to the Centers for Disease Control, in 2004, 18.8% of school-aged children were obese, versus 4% of children 30 years before in 1974. Children's **skyrocketing** rate of obesity is worrisome because it greatly increases children's risk for remaining obese in adulthood, which in turn raises their risk for heart disease, stroke, cancer, diabetes, and premature death as adults. Obese children may also develop associated health problems during the middle childhood stage, such as high blood pressure, high cholesterol levels, and respiratory problems. Obesity can also set the stage for problems with self-esteem, depression, anxiety and social ostracism, and/or being victimized by bullies.

Healthy diet and adequate exercise are important in preventing Type II diabetes in childhood as well as obesity. Diabetes is a metabolic disease in which the body cannot properly metabolize the sugars from food. Because the body cannot metabolize sugars, the sugars accumulate in the bloodstream instead and ultimately stress children's kidneys, heart, circulatory system, and eyes. Insulin, which is created in the pancreas, is the chemical that breaks down blood sugar. In Type II diabetes, the body does not produce enough insulin to deal with all the sugars coming into the body. This medical diagnosis used to be called "adult-onset diabetes" because the disorder primarily affected adults with poor eating and activity habits. Today, however, this illness is now diagnosed in America's children far more than in adults. It is now referred to as "Type II diabetes", to reflect this shift in prevalence.

In contrast to the many youths in America who overeat and don't get enough exercise, other children become obsessed with over-controlling their food intake and with exercising too much. With the constant barrage of perfect, photoshopped bodies in the media today, many children are feeling pressure at younger and younger ages to imitate those images. Children as young as 6 are reporting that they are trying to lose weight by dieting. Overemphasis on extreme thinness can put children at risk for poor self-esteem, unhealthy exercise patterns, and eating disorders such as anorexia and **bulimia**.

Children who embrace healthy eating and exercise habits during middle childhood will have a much easier time maintaining a healthy lifestyle through adolescence and adulthood than individuals who try to make the shift later in life. Teaching children to habitually eat moderate portion sizes and to choose healthy foods in preference to junk foods becomes increasingly important as children begin to spend more time away from home and gain more independence over their food and activity choices. Even though parents have less control over their children's eating habits during middle childhood than when children were younger, it remains vital that parents continue to reinforce children's healthy habits whenever possible.

(Source: <https://www.mentalhelp.net>)

Question 1: Which of the following best serves as the title for the passage?

A. Obese and its effects on children

- B. Importance of healthy lifestyles
- C. Cholesterol levels of kids of middle childhood
- D. Medical diagnosis of Type II diabetes

Question 2: What does it mean by the word “**skyrocketing**” in paragraph 2?

- A. Increasing very fast
- B. Decreasing very fast
- C. Keeping an average level for a long time
- D. Increasing gradually

Question 3: What is author’s main idea in paragraph 2?

- A. Statistics on the rate of obesity provided by the Centers for Disease Control
- B. Children and diseases created by obesity
- C. The rate of obesity has increased dramatically, and its negative impacts on humans’ health
- D. Diseases related to obesity adults have to face

Question 4: According to paragraph 3, Type II diabetes starts when ____.

- A. the sugars accumulate in the bloodstream
- B. there is some stress on children’s kidneys, heart, circulatory system, and eyes
- C. there is not enough insulin in the body to deal with sugar
- D. children and adults have poor eating and activity habits

Question 5: What does the word “**It**” in paragraph 3 refer to?

- A. Medical diagnosis
- B. The disorder
- C. Poor eating habit
- D. Adult-onset diabetes

Question 6: According to paragraph 4, what gives many youths in America pressure to try to lose weight by dieting?

- A. Effect from the many youths in America who overeat and don’t get enough exercise
- B. Obsession with food intake and exercising
- C. Effort to be as thin as possible
- D. The constant barrage of perfect, photoshopped bodies in the media today

Question 7: The word “**bulimia**” in paragraph 4 probably means ____.

- A. an emotional disorder in which a person repeatedly eats too much and then forces him- or herself to vomit
- B. a medical condition that causes you to react badly or feel ill/sick when you eat or touch a particular substance
- C. an emotional disorder in which there is an abnormal fear of being fat, causing the person to stop eating, leading to dangerous weight loss
- D. an illness in which waste matter is emptied from the bowels much more frequently than normal, and in liquid form

Question 8: Which of the following best describes authors’ attitude towards healthy lifestyle and obesity?

- A. sarcastic
- B. neutral
- C. negative
- D. positive

LESSON 7B. GRAMMAR

Exercise 1: Choose the best option (A, B, C or D) to complete each of the following questions.

1. ____ their work, they went home.
 a. Finishing b. Having finished c. Had finished d. Finished

2. The girl____ behind you is naughty.
a. stands b. stood c. is standing d. standing
3. ____ their farm work, the farmers returned home.
a. Finishing b. Finish c. Having finished d. Being finished
4. ____by the visitor, the clavichord could not be used.
a. Broken b. Break c. Breaking d. Broke
5. After____ dinner, I watched television.
a. eat b. eating c. eaten d. ate
6. ____ you to the job, he felt calm.
a. Appointed b. Appoint c. Having appointed d. To appoint
7. The rabbit____ by the man was very frightened.
a. is hunted b. is hunting c. hunted d. hunting
8. My mother decided to dispose of the television____ yesterday.
a. break b. breaking c. broke d. broken
9. This is the house__ by his father five years ago.
a. were bought b. was bought c. which bought d. which was bought
10. Our solar system is in a galaxy__ the Milky Way.
a. calling b. called c. which is calling d. which called
11. The company hopes that the personnel____ will be of varied backgrounds and possess outstanding research skills.
a. choose b. choice c. chose d. chosen
12. Engineers at Red Motors have just created the corporation's first car ____ by solar energy.
a. power b. powered c. powering d. powerful
13. To be eligible to receive compensation for injuries____ in the workplace, employees should have followed all the safety procedures.
a. sustain b. sustained c. sustaining d. sustains
14. The event received coverage in a newspaper__ in the area
a. which widely distributed b. widely distributed
c. distributing d. that distributed
15. The money____ in the last financial year can be reinvested on the stock exchange.
a. saved b. saving c. which saved d. which saving
16. Most of the suggestions____ at the meeting was not very practical.
a. making b. made c. were made d. which made
17. Be sure to follow the instructions____ at the top of the page.
a. given b. giving c. are given d. are giving
18. People____ are expected to be formally dressed for the occasion.
a. who are invite b. invited c. to be invite d. inviting
19. Donald investments, previously____DI Financial, is hoping to increase its client base by 60% this year.
a. naming b. was named c. named d. name
20. People____ in career opportunities are invited immediately to submit their resumes and cover letter to us.
a. are interested b. interesting c. interest d. being interested

Exercise 2: Rewrite the sentences using participial phrases or to-infinitive clauses.

1. Do you know the woman who is coming towards us?
-

2. I come from a city that is located in the southern part of the country.

3. The children who attend that school receive a good education.

4. The fence which surrounds our house is made of wood.

5. Be sure to follow the instructions that are given at the top of the page.

6. They live in the house that was built in 1890.

7. The papers that are on the table belong to Patrica.

8. The man who is talking to the policeman is my uncle.

9. The number of students who have been counted is quite high.

10. George is the man who was chosen to represent the committee at the convention.

11. John is the youngest person who takes part in the race.

12. Here are some accounts that you must check.

13. The last student that was interviewed was Tom.

14. He was the last man who left the room.

15. Tom is the only person who passed the exam.

16. The man who is standing there is a clown.

17. Benzene, which was discovered by Faraday, became the starting point in the manufacture of many dyes, perfumes and explosives.

18. The student didn't know how to do exercise which were given by the teacher yesterday.

19. The diagrams which were made by young Faraday were sent to Sir Humphry Davy at the end of 1812.

20. All the astronauts who are orbiting the earth in space capsules are weightless.

Exercise 3: Find and correct the mistakes in the following sentences.

1. I forgot have made breakfast for you.
2. Had won many sports competitions at school helped me pursue a career as a professional athlete.

3. She regretted not having apply for a university of higher rank.
4. He was proud of had won the third prize in the academic English Olympiad.
5. After finish the college entrance exams, I had a trip to Korea for pleasure.
6. Live in Vietnam for 20 years, she left for Japan to seek new opportunities.
7. Having stayed up late does more harm than good to your health.
8. Being struggled through hardships made her more resilience and adaptive.
9. The monitor caught him cheated in the exam, so he was dispelled from school.
10. I do not recall having informed by the teacher.
11. I am happy about treated like a child.
12. They pretended having eaten already when I arrived.
13. You should avoid to eat ice cream in cold weather, or you will catch a cold.
14. She was disappointed by not having told the truth.
15. He mentioned injured in a car collision when he was a child.

Exercise 4: Rewrite these sentences using perfect participle clauses.

1. After we listened to some instructions for the course, we asked some questions.
2. He failed the university entrance exams, then he decided to train to become a tour guide.
3. He had not studied hard enough, so he failed the exams.
4. After I answered the job interview questions, I was asked to prepare a short presentation.
5. Although I was injured, I kept running forward.
6. He jumped out of window, then he broke his leg.
7. After he wrote his song, he sent it to the producer.
8. When she saw the dog coming toward her, she quickly run away.
9. I was reminded to come in time, so I left home early.
10. As she was a doctor, she knew how to treat her patients well.
11. She spent her childhood in Hanoi city, so she was attached to this place.
12. While we were waiting for the bus, we saw a kid who got lost.
13. Although he was an outstanding novelist, he also had successful biographies.
14. She spotted a spider in the bathroom, then she screamed her head off.
15. She felt sick after she ate raw fish.

Exercise 5: Combine the sentences using either perfect gerund or perfect participle.

1. He apologized. He had forgotten to submit his homework by deadline.
2. He won a scholarship. He was so excited about that.
3. She had purposefully dumped rubbish on the street. She was strongly criticized for that.
4. Class 12A1 ranked first in terms of academic performance. They were praised for that.
5. He had not dedicated much in his previous job. He regretted it.
6. A group of boys raced on the street last night. The police suspected Mark and his friends of doing it.
7. He had dinner. Then he studied from tomorrow's exam.
8. She prepared her 20th birthday party. She went to get dressed for it.
9. He ate three pizzas. He was full.
10. He talked to his month about his failure. He calmed down a bit.
11. They had finished their medical education and training. They were fully qualified doctors.
12. They did not cheat in the exam. The whole class denied doing that.
13. They drank alcohol when they were underage. Young boys admitted it.
14. Someone plagiarized the essay. The teacher accused Mark of doing that.
15. I was asked that humiliating question. I was offended by that.
16. He ate dinner. He sat down to watch TV.
17. Petunia prepared a feast. She went to get dressed for it.
18. He ate three burgers. He felt stugged.

19. He spoke to Mrs. Parteger. He calmed down a bit.
20. They have finished their training. Now they are fully qualified doctors.

Exercise 6: Choose the best option (A, B, C or D) to complete each of the following questions.

1. _____ to many countries made it easy for me to a broader perspective on different cultures.
A. travel
B. travelling
C. having traveled
D. traveled
2. _____ diligently, she aced the exam.
A. study
B. studying
C. having studied
D. studied
3. _____ a delicious meal, he served it to his guests.
A. cook
B. cooking
C. having cooked
D. cooked
4. _____ the marathon gave her a sense of accomplishment.
A. finish
B. finishing
C. having finished
D. finished
5. She regretted _____ the decision
A. make
B. made
C. having made
D. having been made
6. The team celebrated their victory after _____ the championship, .
A. win
B. won
C. having won
D. having been won
7. She forgot _____ the door.
A. lock
B. locked
C. having locked
D. having been locked
8. _____ enough money, they decided to go on a vacation.
A. save
B. saving
C. having saved
D. saved
9. The author received critical acclaim for _____ a compelling story, t.
A. write
B. wrote
C. having written
D. having been written

10. _____ for months, he ran his first marathon.
 A. train
 B. training
 C. having trained
 D. trained
11. _____ is my favorite form of exercise.
 A. swim
 B. swimming
 C. having swum
 D. swam
12. I enjoy _____ books in my free time.
 A. read
 B. reading
 C. having read
 D. having been read
13. I remember _____ to the zoo when I was a child.
 A. take
 B. taking
 C. having taken
 D. having been taken
14. He denied _____ the event.
 A. attend
 B. attended
 C. having attended
 D. having been attended
15. I find _____ both relaxing and rewarding.
 A. cook
 B. cooking
 C. having cooked
 D. having been cooked
16. A man _____ found himself face to face with her on stage.
 A. was trashing his girlfriend
 B. he trashing his girlfriend
 C. trashing his girlfriend
 D. trashed his girlfriend
17. A man _____ met his brother for the first time on stage.
 A. separated from his brother at birth
 B. was separated from his brother at birth
 C. he separated from his brother at birth
 D. separating from his brother at birth
18. Today, the number of people _____ from AIDs is finally decreasing.
 A. died
 B. dying
 C. they die
 D. die
19. The nurse _____ from Japan can speaking English well.
 A. which come
 B. who come
 C. coming
 D. came
20. Daniel didn't like _____ the tree because it was very dangerous.
 A. climbed
 B. climbing
 C. climbs
 D. having climbed

LESSON 7C. LISTENING

Exercise 1: Listen and fill in the gap. Write only ONE word for each gap.

EXERCISE IS FUN



Exercise has become a huge part of our world! There are (1) _____ everywhere. but if you're not keen on them, there are hundreds of exercise videos to choose from. Exercise is good for you. It makes you feel better, look better and can help you live (2) _____.

But what happens if you are the kind of person who would do anything rather than spend five minutes on an exercise (3) _____, including cleaning the house, or watching a terrible TV Program! If you are that kind of person, you need a (4) _____!

First of all, decide when you are going to exercise. Choose three times a week, like me. Write EXERCISE in your (5) _____, on your calendar, on the wall if necessary! Then make sure you do it. Don't do anything else. I never make other (6) _____.

Next, vary what you do. I went to the same (7) _____ class for two years! No wonder I was bored! Now I use different (8) _____ at the gym. often change my (9) _____ route and I never do aerobics.

Make exercise fun and find an exercise you enjoy. Why not play a sport, or join a (10) _____ class? I recently started a modern dance class. It's great fun and I've met lots of new people, but as soon as I get bored. I'll find something else.

Exercise 2: Listen and fill in the blanks with the missing words.



Scientists agree that the key to staying healthy and keeping (1) _____ is to eat less and do physical exercise such as walking or (2) _____. However, people who exercise too intensively often reward themselves by spending the rest of the day in front of the TV set. At the same time, they have to eat more to give them (3) _____ for the next workout. To avoid gaining (4) _____, researchers suggest that going for a longer walk or riding a bike for a few hours may actually be better than high-energy exercise.

A low-fat (5) _____ may be good for your waistline, but research suggests it may have negative psychological effects. Medical experts have found out that (6) _____ who followed a strict twenty-five percent fat diet reported (7) _____ of depressions and bad mood.

Many of us already know that drinking (8) _____ raises your blood pressure but according to the latest studies, it too, can make you bad-tempered. Mice that were given regular doses of (9) _____ by researchers turned out to be more aggressive than others. On the other hand, chemicals found in tea can reduce the risk of (10) _____ attacks and have a positive effect on cholesterol levels and high blood pressure.

LESSON 7D SPEAKING

1. Match the verbs 1-10 with the phrases

1		maintain
2		eat
3		look after
4		go

- a balanced diet
- home-cooked meals
- your personal hygiene
- to the dentist for a yearly checkup
- unhealthy habits
- a good night's rest
- regular physical exercise
- on...(sugar, salt, red meat, junk food etc. etc.)
- your (alcohol, salt, calorie etc. etc.) intake
- your hair down

5		avoid
6		get
7		get
8		cut down
9		limit
10		let

2. Look at the pictures and answer the questions.



- 1) Where are these people in the pictures?
- 2) What are they doing?
- 3) Do you think it's useful for their health? Why?
- 4) What kind of exercise do you do? What else would you like to try?
- 5) Do you think that it is easier to stay healthy in a city or in the village? Why?

3. Look at the underlined words and choose the correct synonym for underlined words/phrases.

1. I love to work out early. It's nice and quiet.

- a) exercise
- b) work
- c) clean

2. Every morning I do yoga for an hour. Later I'm starving.

- a) relaxing
- b) become popular
- c) very hungry

3. How do you get to the gym? - I always cycle.

- a) go by bus
- b) ride a bike
- c) go on foot

4. After gym I eat a light breakfast at that cafe.

- a) fat
- b) cheap
- c) small

5. They have tasty food here! It is a good place to hang out with friends.

- a) spend time together
- b) spend money
- c) exercise

6. I don't like jogging. I prefer aerobics, roller skating and skateboarding.

- a) doing yoga
- b) running
- c) jumping

7. I always have a snack on my way home. I eat nuts, fruit or yogurt.

- a) eat too much
- b) eat between regular meals
- c) eat with pleasure

3. Work in pairs. Ask and answer the following questions.

- a) What should we do to stay healthy?
- b) Which is the perfect meal for you?
- c) Do you think that mental and social health can be as important as physical health?
- d) How often do you do exercise?

LESSON 7E WRITING

I. Rewrite the sentences using the given words.

1. to/ go/ to/ the/ gym/ to/ stay/ fit /It's./ important/

2. can/ cause/ a/ Stress/ lot/ health/ problems./of /

3. It/be /a/ good/ idea/ to / would/ choose/ a / that /you/ really /like/ doing./sport/

4. thing/ you /Another/could / is /to/do/ make /a /fitness/ programme/ of /when/ you /exercise./

5. sunscreen/ Apply/when /go /outside/you /to /protect /your /skin /the /sun's/ rays./from/

6. at /least /five / Consume /servings /of /and /vegetables/ per /day./fruit/

7. using /your /mobile /phones / Avoid /at /bedtime/hours /and /get /of /sleep./

8. 30 /Walk /minutes/ each/ day./

9. buy /food /Only/from /the / to/ avoid/ buying/ unhealthy/ / list / food./

10. Some/apps/ fitness / also /offer /diet/ advice /and/healthy /wellness/ tips./

II. WRITING

Imagine you are writing an email to a friend who is seeking advice on adopting a healthier lifestyle. Share your insights and tips on incorporating habits that promote physical and mental well-being. What practical suggestions and motivational advice would you offer to help your friend achieve a balanced and healthy lifestyle.



A large, rounded rectangular box with a blue border, containing horizontal lines for writing. The box is designed to hold a student's response to the writing prompt. It features approximately 20 horizontal lines, with some lines being slightly indented from the left margin to provide a structured space for writing.

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