

UNIT 3: SUSTAINABLE HEALTH

VOCABULARY

- antibiotics /ˌæn.ti.baɪ'ɒt.ɪk/ (n): thuốc kháng sinh

Example: My doctor's put me on a course of antibiotics and I have to stay off work for a week.

(Bác sĩ kê cho tôi một đợt kháng sinh và tôi phải nghỉ làm trong một tuần.)

- bandage /'bændɪdʒ/ (n): băng vải (để băng bó vết thương)

Example: If blood keeps coming through the bandage, do not remove it; simply put another bandage on top. (Neu máu tiếp tục chảy qua băng, đừng tháo băng ra; chỉ cần đặt một miếng băng khác lên trên.)

- bio-printing /'baɪəʊprɪntɪŋ/ (n): công nghệ in sinh học

Example: Bioprinting can be used to print tissues and organs to help research new drugs and treatments. (Công nghệ in sinh học có thể được sử dụng để in các mô và bộ phận nhằm giúp nghiên cứu các loại thuốc và phương pháp điều trị mới.)

- bottom /'bɒtəm/ /'bɑ:təm/ (n): mông

- brain /breɪn/ (n): bộ não

- calf /kɑ:f/ /kæf/ (n) - calves (pl.): bắp chân

- cheek /tʃi:k/ (n): má (trên mặt)

- chin /tʃɪn/ (n): cằm

- cosmonaut /'kɒzməʊnɔ:t/ (n): nhà du hành vũ trụ

- concept /'kɒnsept/ (n): quan điểm

- contempt /kən'tempt/ (n): sự khinh thường

- crouch /kraʊtʃ/ (v): ngồi xổm

- dehydrated /,di:haɪ'dreɪtɪd/ (adj): bị mất nước (trong cơ thể)

- digest /daɪ'dʒest/ /dɪ'dʒest/ (v): tiêu hóa (thức ăn)

- dressing /'dresɪŋ/ (n): băng, gạc (đắp lên vết thương)

- elbow /'elbəʊ/ (n): khuỷu tay

- eyebrow /'aɪbraʊ/ (n): lông mày

- eyelid /'aɪlɪd/ (n): mi mắt

- fragile /'frædʒaɪl/ /'frædʒl/ (adj): yếu ớt; mỏng manh

- forehead /'fɒrɪd/ (n): cái trán

- genetics /dʒə'netɪks/ (n): di truyền học

Example: Studies include analysis of the genetics of growth using laboratory animals and of quantitative production traits in livestock. (Các nghiên cứu bao gồm phân tích di truyền của sự tăng trưởng bằng cách sử dụng động vật thí nghiệm và các đặc điểm sản xuất định lượng ở vật nuôi.)

- heart /hɑ:t/ (n): tim

- heel /hi:l/ (n): gót chân

- hip /hɪp/ (n): hông

- intestine /ɪn'testɪn/ (n): ruột
- jaw /dʒɔː/ (n): quai hàm, xương hàm
- kidney /'kɪdni/ (n): (quả) thận
- knee /niː/ (n): đầu gối
- lung /lʌŋ/ (n): phổi
- measure /'meɪʒə(r)/ (n): biện pháp

Example: Medicare was a measure intended to guarantee health care for everyone over the age of 65. (Chương trình chăm sóc y tế là một biện pháp nhằm đảm bảo chăm sóc sức khỏe cho mọi người trên 65 tuổi.)

- medalist /'medəlɪst/ (n): người đoạt huy chương
- melatonin /ˌmelə'tætʃnɪn/ (n): một loại hormone trong não giúp điều hòa giấc ngủ
- muscle /'mʌsl/ (n): cơ bắp
- nail /neɪl/ (n): móng (tay, chân)
- neck /nek/ (n): cổ
- nosebleed /'nəʊzbliːd/ (n): sự chảy máu cam

Example: Nosebleeds often occur in young children, most of the cases are due to a lack of nutrients, especially vitamin c. (Chảy máu cam thường xảy ra ở trẻ nhỏ, phần lớn các trường hợp là do cơ thể thiếu chất dinh dưỡng, đặc biệt là vitamin C.)

- nostril /'nɒstrəl/ /'nɑːstrəl/ (n): lỗ mũi
- organ /'ɔːgən/ (n): cơ quan, bộ phận (trong cơ thể con người)
- painkiller /'peɪnkɪlə(r)/ (n): thuốc giảm đau
- practicality /ˌpræktɪ'kæləti/ (n): tính thực dụng

Example: It sounds like a good idea, but you should consider the practicalities before you put it into action. (Nghe có vẻ là một ý tưởng hay, nhưng bạn nên cân nhắc tính thực dụng trước khi thực hiện.)

- practitioner /præk'tɪʃ(ə)nə(r)/ (n): người luyện tập một bộ môn; bác sĩ = medical practitioner

Example:

+ *My uncle used to be one of golf's most experienced practitioners.*

(Chú tôi đã từng là một trong những tay chơi banh cù lão luyện nhất.)

+ *She was a medical practitioner before she entered politics.*

(Cô ấy là một bác sĩ y khoa trước khi cô ấy tham gia chính trị.)

- radiation /ˌreɪdɪ'eɪʃn/ (n): bức xạ; tia phóng xạ

Example: It is feared that people living near the power station may have been exposed to radiation.

(Người ta lo sợ rằng những người sống gần nhà máy điện có thể bị phơi nhiễm tia phóng xạ.)

- rattan /rə'tæn/ (n): cây mây; rattan ball (n): trái cầu bằng mây
- remedy /'remədi/ (n): phương thuốc điều trị

Example: Love is a great remedy for unhappiness.

(Tình yêu là phương thuốc điều trị tuyệt vời cho nỗi bất hạnh.)

- revolutionize /ˌrevəˈluːʃənaɪz/ (v): thay đổi hoàn toàn; cách mạng hóa

Example: This important discovery has revolutionized our understanding of the universe.

(Khám phá quan trọng này đã cách mạng hóa sự hiểu biết của chúng ta về vũ trụ.)

- rib /rɪb/ (n): xương sườn
- salamander /ˈsæləməndə(r)/ (n): con kỳ nhông
- scalp /skælp/ (n): da đầu
- self-defense (or: self-defence) /ˌself dɪˈfens/ (n): sự tự vệ

Example: The woman claims she was acting in self-defence when she shot him.

(Người phụ nữ cho rằng bà ấy đã hành động tự vệ khi bắn anh ta.)

- shin /ʃɪn/ (n): cẳng chân (phần trước của chân)
- shoulder /ˈʃəʊldə(r)/ (n): vai
- silhouette /ˌsɪluːet/ (n): bóng/dáng người hoặc vật gì in trên nền sáng

Example: Through the fog, the silhouette of buildings appeared along the shore. (Xuyên qua màn sương, bóng những tòa nhà hiện ra dọc theo bờ biển.)

- skull /skɒl/ (n): sọ; đầu lâu
- sepak takraw (n): môn cầu mây
- spine /spain/ (n): cột sống
- sports gear / spɔːts ˈgiə(r)/ (n): thiết bị thể thao

Example: They sell sports gear, such as golfers' gloves, waterproof suits for sailors, cyclists' padded shorts and so on. (Họ bán dụng cụ thể thao, chẳng hạn như- găng tay chơi gôn, bộ quần áo chống thấm nước cho thủy thủ, quần đùi có đệm cho người đi xe đạp, v...v...)

- sprain/sprein/ (v): làm bong gân, làm trật khớp
- stiff /stɪf/ (adj): xơ cứng

Example: If you are stiff or part of your body is stiff your muscles hurt when they are moved.

(Nếu bạn bị cứng hoặc một phần cơ thể bị cứng, các cơ của bạn bị đau khi cử động.)

- stomach /ˈstʌmək/ (n): dạ dày
- sustainable /səˈsteɪnəbl/ (adj): bền vững

Example: Adopting a balanced and healthy lifestyle is essential for maintaining sustainable health in the long run. (Áp dụng một lối sống cân bằng và lành mạnh là rất quan trọng để duy trì sức khỏe bền vững trong thời gian dài.)

- swollen /ˈswɒlən/ (adj): sưng phồng

Example: She removed the bandage to reveal an enormous wound, which was infected and swollen.

(Cô tháo băng để lộ ra một vết thương khổng lồ, bị nhiễm trùng và sưng tấy.)

- tackle /ˈtækl/ (v): xử lý; giải quyết
- thigh /θaɪ/ (n): đùi (phần trên cùng của chân)
- throat /θrəʊt/ (n): họng, cuống họng
- thumb /θʌm/ (n): ngón tay cái

- tissue /'tɪʃuː/'tɪsjuː/ (n): mô

Example: Vitamin C helps maintain healthy connective tissue.

(Vitamin C giúp duy trì các mô liên kết khỏe mạnh.)

- toe /təʊ/ (n): ngón chân

- trap /træp/ (v): bẫy; (n): cạm bẫy

- twist /twɪst/ (v): làm sai, trật khớp

- twist /twɪst/ (n): sự trẹo gân, sự trật khớp

- waist /weɪst/ (n): eo

- wrist /rɪst/ (n): cổ tay

Example: John fell down some stairs and broke his wrist. (John bị ngã cầu thang và gãy cổ tay.)

A. Phrases to remember:

- an organ donor: người hiến tạng

- at ground level: ở mặt đất

- at your most alert: lúc bạn tỉnh táo nhất

- at rest: nghỉ ngơi, yên nghỉ (= not moving)

- atmospheric pressure: áp suất không khí

- bang your head: đập đầu vào

- become dehydrated: bị mất nước

- blood vessels: mạch máu

- body clock: đồng hồ sinh học

- break a bone: gãy xương

- set/ break a world record: lập/ phá kỷ lục thế giới

- bruise yourself badly: tự làm cho mình thâm tím

- burn yourself: tự làm cho mình bỏng

- come up with: nghĩ ra = think of

- cope (well) with: đối phó (tốt) với

- commit a foul: phạm lỗi, phạm luật (trong thể thao)

- cut yourself badly: tự làm cho mình đứt tay

- high altitude: độ cao

- have a bad nosebleed: bị chảy máu cam nặng

- have a greater chance of success: có cơ hội thành công hơn

- have no limit on lifespan: không có giới hạn về tuổi thọ

- have a physical effect on your body: có ảnh hưởng thể chất đối với cơ thể của bạn

- human organs: nội tạng người

- human tissue and bone: mô và xương người

- in deep sleep: đang ngủ say

- in response to s.th: đáp lại, phản hồi
- pass out: bất tỉnh
- play an important part/role in ... đóng một vai trò quan trọng trong...
- three-dimensional objects: các vật thể 3 chiều
- solar system: hệ mặt trời
- spend more money on research: chi nhiều tiền hơn cho nghiên cứu
- stay awake: tỉnh táo
- sustainable health: sức khỏe bền vững
- twist your ankle: trẹo mắt cá chân của bạn

B. Word Skills:

1. Một số danh từ được tạo thành bằng cách thêm hậu tố **-ness** hoặc **-ment** vào tính từ.

Adjective	Noun	Meaning
careless	carelessness	sự cẩu thả
careful	carefulness	sự cẩn thận
dark	darkness	bóng tối, sự tối tăm
happy	happiness	sự hạnh phúc
hard	hardness	sự cứng rắn
sad	sadness	nỗi buồn
content	contentment	sự hài lòng

2. Hầu hết các trạng từ được tạo thành bằng cách thêm **-ly** vào tính từ.

Adjective	Adverb	Meaning
angry	angrily	giận dữ
anxious	anxiously	lo lắng
cross	crossly	bực bội
envious	enviously	ghen tị
general	generally	chung chung
happy	happily	hạnh phúc
hopeful	hopefully	hy vọng
positive	positively	tích cực
sad	sadly	buồn
surprising	surprisingly	ngạc nhiên

3. Những tính từ phổ biến tận cùng là: -ed, -ing, -ous, -ful, -less, -y, -al.

<i>Adjective</i>	<i>Meaning</i>
annoyed	bực bội
ashamed	xấu hổ
depressed	chán nản, thất vọng
interesting	thú vị
amazing	làm kinh ngạc, làm sửng sốt
depressing	làm chán nản, làm thất vọng
anxious	lo lắng
envious	ghen tị
suspicious	ngghi ngờ
hopeful	hy vọng
wonderful	tuyệt vời
awful	khủng khiếp
hopeless	vô vọng
homeless	vô gia cư
useless	vô ích
dirty	dơ, bẩn
happy	hạnh phúc
cloudy	có mây
political	thuộc về chính trị
influential	có ảnh hưởng
formal	hình thức, chính thức

4. Chúng ta có thể đổi nghĩa của nhiều tính từ và trạng từ bằng cách thêm **tiền tố**. (see **Part C-Introduction Unit**)

WORD FORM

STT	Noun	Verb	Adjective	Adverb
1	anxiety: sự lo lắng = concern		anxious: lo lắng	anxiously: lo lắng
2	anger: sự tức giận	anger: làm tức giận,	angry: tức giận	angrily: tức giận

		chọc tức		
3	revolution: cuộc cách mạng	revolutionize: cách mạng hoá	revolutionary: cách mạng	
4	treatment: sự đối xử, sự điều trị mistreatment: sự ngược đãi	treat: đối xử, điều trị mistreat: ngược đãi = ill-treat, maltreat	untreated: không điều trị (bệnh) treatable: có thể điều trị	
5	science: khoa học scientist: nhà khoa học		scientific: có khoa học ≠ unscientific	scientifically: một cách khoa học
6	success: sự thành công	succeed (in): thành công	successful (in/at/): thành công ≠ unsuccessful	successfully: thành công ≠ unsuccessfully
7	limit: mức giới hạn limitation: sự giới hạn, sự hạn chế	limit: giới hạn	limited: giới hạn ≠ unlimited	
8	shame: sự xấu hổ	shame: xấu hổ	ashamed (of): xấu hổ ≠ unashamed	shamefully: đáng xấu hổ ≠ shamelessly
9	danger: sự nguy hiểm	endanger: gây nguy hiểm	endangered: bị nguy hiểm dangerous: nguy hiểm	dangerously: 1 cách nguy hiểm
10	envy: sự ghen tị	envy: ghen tị	envious (of): ghen tị	enviously: ghen tị

VOCABULARY PRACTICE:

Exercise 1. Fill in the blank in the following sentences with one word from the box.

atmospheric	genetics	spraining	waist	response
self-defense	tissue	solar	three-dimensional	swollen

- In _____ to complaints, the company reviewed its safety procedures.
- He could struggle to play a major part in the tournament after badly _____ his right ankle.
- These concepts lead to further complexity in understanding the _____ of complex diseases, such as the primary psychiatric conditions.
- The nerves are protected by thin sheaths of fatty _____.
- Last month the accident left Margaret paralyzed from the _____ down.
- I went across to the dripping tap and held my _____ hand under the cold running water.
- The police claimed they had acted in _____.

8. It involves administering pure oxygen to the patient at greater than _____ pressure.
9. A _____ object is solid rather than flat, because it can be measured in three different directions, usually the height, length, and width.
10. The _____ system is the Sun and all the planets that go round it.

Exercise 2. Choose the word that has the CLOSEST meaning to the underlined word in each of the following sentences.

1. There is considerable anxiety among staff about job losses.
 A. concern B. fright C. courtesy D. thigh
2. I hope they didn't mistreat him, lock him in the cupboard or anything.
 A. ill-treated B. capture C. maltreat D. twist
3. My students have worked hard, and I am proud of them.
 A. pride myself in B. am curious about
 C. am ashamed of D. take pride in
4. She set a new world record for the high jump.
 A. established B. create C. found D. break
5. Parents have an important effect on children's development.
 A. emotion B. influence C. fondness D. affection

Exercise 3. Choose the word that has the OPPOSITE meaning to the underlined word in each of the following sentences.

1. With infinite patience, she explained the complex procedure to us.
 A. stable B. continuous C. unlimited D. limited
2. He has behaved shamefully towards his wife.
 A. shamelessly B. shyly C. terribly D. terrifically
3. He drove so fast that I really felt my life was in danger.
 A. no danger B. security C. in safe D. out of danger
4. Success didn't come overnight - she struggled for years before making any money.
 A. Achievement B. Accomplishment
 C. Failure D. Accompaniment
5. Blood pressure is normal when the patient is at rest.
 A. atmospheric B. moving C. peaceful D. healthy

Exercise 4: Pronunciation

A. Choose the word whose underlined part is pronounced differently from that of the others:

1. A. coped B. passed C. influenced D. wristed
2. A. stomach B. teachh C. change D. children
3. A. bone B. nostril C. solar D. nosebleed

- | | | | |
|-------------------------------|-----------------------|----------------------|------------------------|
| 4. A. sh <u>a</u> meful | B. aw <u>a</u> ke | C. sca <u>a</u> lp | D. da <u>a</u> ngerous |
| 5. A. su <u>s</u> tainability | B. hu <u>u</u> midity | C. altit <u>u</u> de | D. comm <u>u</u> ne |

B. Which of the word in each group is stressed on the different syllable from the others?

- | | | | |
|-----------------|----------------|----------------|--------------|
| 1. A. amazement | B. stomachache | C. description | D. intestine |
| 2. A. anxiety | B. memory | C. digestion | D. computer |
| 3. A. produce | B. product | C. shoulder | D. kidney |
| 4. A. collapse | B. survive | C. pronounce | D. manage |
| 5. A. measure | B. gadget | C. moustache | D. mention |

Exercise 5. Complete each sentence with the correct form of the word given in the parentheses.

- Genetics is the _____ study of the ways in which different characteristics are passed from each generation of living things to the next. (science)
- They look _____ at the success of their European counterparts. (envy)
- We all want to make the peace process _____. (success)
- An outbreak of flu was _____ to people who travelled in the winter months. (limit)
- She is angry about the neglect and _____ of these animals. (treat)
- The 20th century brought about _____ changes in our lifestyles. (revolutionize)
- State officials responded _____ to the report, saying it is based on inaccurate information. (anger)
- He thinks there's great _____ in being out of work and unable to provide for his family. (ashamed)
- Social workers who look after abused or _____ children often have stressful days at work. (danger)
- They are _____ awaiting the birth of their first child. (anxiety)

GRAMMAR

Revision:

- Present perfect and past simple
- Speculating and predicting
- The first conditional
- Future continuous and future perfect

1. Present perfect and past simple

(On cách dùng kết hợp thì hiện tại hoàn thành và thì quá khứ đơn)

Trong nhiều trường hợp, chúng ta có thể dùng thì hiện tại hoàn thành kết hợp với thì quá khứ đơn trong cùng một câu chuyện.

1.1. Chúng ta dùng thì hiện tại hoàn thành để mở đầu khi cho biết một thông tin và không nói chính xác thời gian. Sau đó chúng ta dùng thì quá khứ đơn để cho thêm những chi tiết khác. Ví dụ:

- I've **twisted** my ankle. I **slipped** in the bathroom yesterday.
 - Andy **has lost** his bike. He **left** it unlocked outside the convenience store this morning.
- 1.2. Chúng ta dùng thì hiện tại hoàn thành để hỏi người khác đã từng làm việc gì chưa. Khi trả lời, chúng ta dùng thì quá khứ đơn để tiếp tục nói về việc ấy. Ví dụ:
- "**Have** you ever **broken** a bone?" - "Yes, I **have**. I **broke** my arm playing football two years ago."
 - "**Have** you ever **travelled** by airplane?" - "Yes, I **have**. The first time I **travelled** by airplane was three years ago."
 - "**Have** you ever **been** to Malaysia?" - "Yes. I **went** there with my family in 2015."

2. Speculating and predicting

(Cách nói suy đoán và tiên đoán)

2.1. Khi diễn tả sự suy đoán hoặc tiên đoán cho tương lai, chúng ta có thể dùng "will/ won't + bare infinitive". Ví dụ:

- We don't know when the pandemic **will strike** again.
- Papers doubt what **will happen** to the people of those countries next year.

2.2. Chúng ta có thể dùng một số trạng từ kết hợp với "will/ won't" để tăng hoặc giảm mức độ chắc chắn của sự suy đoán. Những trạng từ thường được dùng trong trường hợp này gồm có: definitely (chắc chắn), probably (có lẽ), certainly (chắc chắn), surely (chắc chắn). Ví dụ:

- It is thought that inflation **will definitely** continue to fall.
- Press says that the trial **will probably** last for many months.
- Her latest injury means that her tennis career **will surely** come to an end.
- He's been training hard for the race. I believe **he'll certainly** take the gold.

2.3. Chúng ta cũng có thể dùng các động từ khiếm khuyết như "may/ might/ could/ would + bare infinitive" để suy đoán tương lai. Khi dùng các trợ động từ này, sự suy đoán không chắc chắn lắm.

Ví dụ:

- Economists predict that another 10,000 jobs **could be** lost by the end of the year.
- Scientists predict that a comet **might collide** with one of the planets.
- The papers are predicting that the Prime Minister **may call** an election in the spring.
- People doubt that the new measure **would be** any better than the old ones.

3. The first conditional

(Câu điều kiện loại 1)

3.1. FORM: If-clause + Main clause

If-clause: Present simple	Main clause: will/ can/ may + bare infinitive
If everyone tries their best,	our group will win the contest.
If the judges ask questions about our presentation,	each of us can answer them in turn.

If we win the contest,	we may hold a small party for all of our friends.
------------------------	---

CHÚ Ý: Chúng ta có thể thay đổi vị trí của “If-clause” và “Main clause”. Ví dụ:

- Our group will win the contest if everyone tries their best.
- We may hold a small party for all of our friends if we win the contest.

3.2. USE: Chúng ta dùng câu điều kiện loại 1 để nói về những tình huống trong hiện tại hoặc tương lai, và chúng ta nghĩ các tình huống đó có khả năng xảy ra. Ví dụ:

- If Anna invites me to her birthday party, I will come.
- Biscuits will stay crisp if you keep them in an airtight container.
- We'll have the party in the garden if the weather's good.
- You'll feel cold if you don't wear a coat.

3.3. Chúng ta cũng có thể kết hợp “If-clause” với “Main clause” là câu “mệnh lệnh” hoặc “yêu cầu”.

Ví dụ:

- Don't lend Tom any money, if he asks you!
- If you don't feel well, just stay at home!
- If anyone calls, tell them I'm not at home.

3.4. Chúng ta dùng thì hiện tại đơn trong mệnh đề “If-clause” và mệnh đề chính “Main clause” khi nói về một điều luôn luôn đúng hoặc một thói quen rất lâu đời. Ví dụ:

- If metal gets hot it expands.
- Plastic melts if it gets too hot.
- If I go to bed late, I feel dreadful in the morning.
- If you drive without insurance, you're breaking the law.

3.5. Chúng ta có thể rút gọn mệnh đề “If-clause” bằng cách dùng một tính từ hoặc một quá khứ phân từ, với điều kiện ý nghĩa cho phép. Ví dụ:

- If **disturbed**, the bird may abandon the nest, leaving the chicks to die.
- (= If it is disturbed,...)
- If **taken** in small doses, the drug has no harmful effects.
- (= If it is taken in small doses,...)
- We are ready to fight for our rights **if necessary**.
- I'd like to be back here by 10.30 **if possible**.

4. Future continuous and future perfect

(Thì tương lai tiếp diễn và thì tương lai hoàn thành)

4.1. Future Continuous: Thì tương lai tiếp diễn FORM: “will be + verb-ing”

Affirmative	I will be travelling then. I'll be travelling then.
Negative	I won't be working then.

	I will not be working then.
Question	Will you be playing games then?

USE:

4.1.1. Chúng ta dùng thì tương lai tiếp diễn để nói về một hành động hoặc sự việc đang xảy ra tại một thời điểm trong tương lai. Hành động hoặc sự việc ấy xảy ra và kéo dài liên tục trong một khoảng thời gian trong tương lai. Ví dụ:

- This time next month, we'll **be lying** on the beach in Nha Trang.
- Anna **won't be working** on Saturday. We can come to see her then.
- Take your umbrella. It **will be raining** when you return.
- "What **will you be doing** at 9 p.m. tonight?" "I'll **be watching** a football match on TV."

4.1.2. Khi kết hợp với trạng từ "still" (= vẫn còn), thì tương lai tiếp diễn nói đến một hành động hoặc sự việc đang xảy ra bây giờ và vẫn còn tiếp tục diễn tiến trong tương lai. Ví dụ:

- I hope I'll **still be working** here in twenty years.
- Claire is cleaning the kitchen now. In an hour she'll **still be cleaning** it.
- Unfortunately, sea levels **will still be rising** in 50 years.

4.1.3. Thì tương lai tiếp diễn cũng thường được dùng để hỏi thăm thông tin một cách lịch sự. Ví dụ:

- "**Will you be bringing** your girlfriend to the party this weekend?" - "Certainly. I will."
- "**Will I be sleeping** in this room?" - "No. You'll be sleeping in the room next to mine."

4.2. Future Perfect: Thì tương lai hoàn thành

FORM: "will have + past participle"

Affirmative	I will have finished the report. I'll have finished the report.
Negative	I won't have eaten dinner. I will not have eaten dinner.
Question	Will you have written it?

USE:

4.2.1. Chúng ta dùng thì tương lai hoàn thành để nói về một hành động hoặc một sự việc sẽ hoàn thành trước một thời điểm trong tương lai. Ví dụ:

- Her husband and children are coming home at 7 p.m. Mrs. Brown will have finished cooking dinner by then.
- On December 5th Mr. and Mrs. Brown will have been married for 20 years.

4.2.2. Chúng ta thường dùng các cụm từ thời gian với "by" (by the time, by January, by 2030, ...) hoặc với "in" (in a day's time, in three months' time, in four years' time,...) kết hợp với thì tương lai hoàn thành. Ví dụ:

- **By the time** he gets home, the children will have gone to bed.
- I won't have written all the projects **by the end of this month**.

- **In two years' time**, I'll have finished secondary education.
- I'll have ironed the clothes **in an hour** and then I can go to the supermarket with you.
- Will you have eaten breakfast **by the time** I pick you up?

GRAMMAR EXERCISES

Exercise 1: Put the verb in parentheses in the correct tense: the present perfect or the past simple.

Example: Jack ...has broken... (break) his wrist. He ...fell... (fall) off his bicycle.

- _____ (you/ type) the report yet? - Yes _____ (do) it this morning.
- _____ (you/ ever/ have) flu? - Yes. I _____ (catch) flu when I travelled in the North last winter.
- _____ (you/ ever/ meet) a celebrity? - Yes. I once _____ (meet) Tom Cruise at the company party.
- _____ (you/ ever/ be) to China? - Yes. I _____ (go) to Beijing and then Shanghai on a package tour two years ago.
- _____ (you/ ever/ ride) on an elephant? - Yes. I have. I _____ (ride) on one when I visited Buon Don last summer.
- _____ (you/ ever/ eat) raw fish? - Yes. I _____ (eat) raw fish once while I was on holiday in Phan Thiet.
- _____ (you/ ever/ see) a comet in the sky? - Yes. I _____ (see) one when I lived in the country village.
- _____ (you/ wash) the dishes? - Yes. I _____ (wash) them two hours ago.
- _____ (you/ ever/ read) any book by Mark Twain? - Yes. I _____ (read) "The Adventures of Tom Sawyer" as I studied at university.
- _____ (you/ ever/ fly) in a balloon? - Yes. I first _____ (fly) in a balloon when I was on holiday in Phu Quoc.

Exercise 2: Complete each sentence with one of the verb phrases in the box. Use each phrase once only.

might be	might never be	will definitely lose	will certainly win
would recognize	may experience	will certainly have	will probably grow
will probably go	will surely succeed		

- When all is considered, the laurels _____ to the director of the film.
- You should hang onto that painting - it _____ valuable one day.
- I worry about the destructive effect that violent films _____ on children.
- It's a boring film. I think you _____ interest half way through it!
- The cause of the accident _____ discovered.
- More and more people believe she _____ the election.
- Ted spends all his spare time playing with his computer but he _____ out of it.
- People who suffer a stroke _____ a loss of speech.
- The campaign _____ in raising public awareness of the issue.

10. I only caught a fleeting glimpse of the driver of the getaway car, but I doubt I _____ if I saw her again.

Exercise 3: Put the verb in parentheses in the correct tense: the present simple or “will + bare infinitive”.

Example: Peter ...will travel...(travel) to Italy if he ...gets.... (get) a cheap flight.

1. If you _____ (get) home late, she _____ (be) angry.
2. If the weather _____ (not be) good, we _____ (not have) a picnic.
3. If you _____ (go) to bed too late, you _____ (be) tired tomorrow.
4. We _____ (be) late for the conference if we _____ (not hurry).
5. I _____ (go) alone if you _____ (not want) to go with me.
6. You _____ (not do) well on your test if you _____ (not study) hard enough.
7. If it _____ (rain) tomorrow I _____ (not have to) water the plants.
8. You _____ (not be able) to sleep if you _____ (watch) this scary movie.
9. If her boyfriend _____ (not come) to her party, she _____ (become) very upset.
10. You _____ (get) a certificate if you _____ (pass) this test.

Exercise 4: Complete each of the following sentences with the correct form of the verb in parentheses.

Example: I'm afraid I won't be ...joining...(join) you tonight. I have a meeting until late.

1. By July my parents will have _____ (be) together for thirty years.
2. In two weeks' time I'll be _____ (lie) on the beach in Bali. I can't wait!
3. Take some keys with you - I'll probably be _____ (take) a shower when you get back.
4. She'll be tired when she arrives. She won't have _____ (sleep) for a long time.
5. She'll be _____ (stay) with her parents for several months while her father is in recovery.
6. You can call me at home at 6 p.m. I will have _____ (arrive) home by then.
7. You'll be _____ (miss) the sunshine once you're back home.
8. We'll have _____ (learn) a bit of Spanish by the time you come to Madrid. We're starting classes next week.
9. I'll be _____ (eat) with Brian this evening, so I can tell him.
10. The train will leave the station at 8.00 a.m. It's 7:45 now. When you arrive, the train will have already _____ (leave).

Exercise 5: Complete each of the following sentences with ONE suitable word.

Example: This time next week they will ...be... flying to New York from London.

1. You can visit us during the first week of June. I _____ be working then.
2. By September next year, they will have _____ from work.
3. In their retirement, they'll be _____ in a small house in the mountains.
4. Let's call Rose. She'll _____ arrived by now.

5. Our table at the restaurant is at 6 p.m. Do you think we'll have _____ dinner by 9 p.m.?
6. Come and find me when the film finishes. I'll be _____ a coffee in the coffee house opposite.
7. He's got a new job in Japan. He'll be _____ in Tokyo from March.
8. I'm having driving lessons! Hopefully, I'll have _____ my test by the end of this year.
9. Will you be _____ for me at the airport when I arrive?
10. Jane can't come to the earlier film showing. She won't have _____ work at that time.

SPEAKING

1. Ann and Helen are looking at a photo.

Ann: "What does it look like?" - Helen: "_____"

- | | |
|-----------------------|--|
| A. I like this photo. | B. It looks like some kind of dance class. |
| C. It was great. | D. I don't think so. |

2. John: "_____ " - Tom: "My stomach hurts."

- | | |
|--------------------------------|----------------------------|
| A. What's the matter with you? | B. What are you doing now? |
| C. Do you want any medicine? | D. How do you do? |

3. Karen: "Have you ever broken a bone?" - Bet: "_____."

- | | |
|----------------|---------------|
| A. No, I'm not | B. No, I ever |
| C. twice | D. Yes, I am |

4. Harry: " Do you think the people are enjoying the class?" - Dick: "_____ "

- A. Yes, I think so. It's most likely in the evening.
- B. Yes, I think they probably are enjoying it.
- C. They are in the park, or maybe in the countryside.
- D. I'd say that they enjoyed a lot.

PRACTICE TEST 7

Choose the word whose underlined part is pronounced differently from that of the others:

- | | | | |
|-------------------------|-------------------|------------------------|-------------------------|
| 1. A. increas <u>es</u> | B. imag <u>es</u> | C. experienc <u>es</u> | D. stomachach <u>es</u> |
| 2. A. f <u>oo</u> d | B. bl <u>oo</u> d | C. st <u>oo</u> l | D. sp <u>oo</u> n |

Choose the word in each group stressed on the different syllable from the others:

- | | | | |
|-------------------|---------------|---------------|--------------|
| 3. A. eyebrow | B. bottom | C. response | D. elbow |
| 4. A. atmospheric | B. atmosphere | C. government | D. scientist |

Mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions

5. Sitting still at a computer terminal all day can give you a _____ neck.

- | | | | |
|---------|----------|-------------|----------|
| A. soft | B. stiff | C. gigantic | D. rough |
|---------|----------|-------------|----------|

6. When is the government going to _____ the problem of poverty in the inner cities?
A. trap B. twist C. sprain D. tackle
7. I took strong _____ so that I could fly home immediately and be assessed here.
A. painkillers B. meal C. level D. ground
8. My _____ ached terribly after the climb.
A. altitude B. pressure C. thighs D. donor
9. We also give them health-care services and business training so that their businesses have a greater _____.
A. sustainable health B. self-defense
C. chance of success D. lifespan
10. A player intending never to _____ might play so cautiously as to be ineffective.
A. commit a foul B. come up with
C. burn himself D. bang his head
11. She fell awkwardly when she was skiing and _____.
A. twisted her ankle B. stay awake
C. break a bone D. crouch
12. Some people find unemployment very difficult to _____.
A. think of B. cope with C. find out D. consider
13. I've stopped drinking coffee in the evenings, as it tends to keep me _____ at night.
A. sad B. annoying C. awake D. suspicious
14. I'm sure she _____ to the party because she is busy taking care of her mother.
A. will come B. won't come
C. will have come D. has come
15. This time tomorrow, I _____ for you at the school gate.
A. will have waited B. have waited
C. will be waiting D. waited
16. Two hours from now, she _____ this English lesson.
A. will have finished B. has finished
C. will finish D. finishes

Choose the word that is CLOSEST in meaning to the underlined one in the following sentence.

17. This theory also implies that the internal body clock takes up to five years to develop fully.
A. alarm clock B. biological clock
C. clock tower D. clock radio

Choose the word that is OPPOSITE in meaning to the underlined one in the following sentence.

18. He looked rather fragile after his operation.
A. strong B. weak
C. easily vulnerable D. easily broken

Mark the letter A, B, C, or D on your answer sheet to indicate the sentence that best completes each of the following exchanges.

19. - Harry: " _____ " - Lisa: "He might be sick, but I'm not sure.:"

- A. Who is Mike going for a picnic with?
- B. How long has Mike been working here?
- C. When will Mike finish the report?
- D. Why didn't Mike come to work today?

20. Roger: "I bruise myself badly." - Kevin: " _____ you go to the hospital?"

- A. Why don't
- B. How can
- C. How don't
- D. What do

Find the underlined part in each sentence that should be corrected.

21. Some worms have no limitation on lifespan as they continually re-grow their bodies as their age.

- A. Some
- B. limitation
- C. continually
- D. age

22. According to the weather forecast, it will rain all day tomorrow.

- A. According
- B. the
- C. forecast
- D. will rain

23. A group of scientists from Finland decided finding out which emotions affect which parts of the body.

- A. from
- B. finding out
- C. affect
- D. which

Choose the correct sentence (A, B, C or D) which has the same meaning as the given one.

24. Leave at once or I will call the police.

- A. Unless you don't leave at once, I will call the police.
- B. I would call the police if you didn't leave at once
- C. When you don't leave at once, I won't call the police.
- D. Unless you leave at once, I will call the police.

25. I found her angry reaction surprising.

- A. I am surprised at her angry reaction.
- B. Her angry reaction made me surprised.
- C. I am surprising to her angry reaction.
- D. She was angry with me.

Read the following passage mark the letter A, B, C, or D on your answer sheet to indicate the correct word for each of the numbered blanks.

A Disastrous Holiday

The day Gerald arrived at the Almara Beach Hotel, he fell down the stairs. The manager called an ambulance, but fortunately Gerald's leg was only badly (26) _____, and not broken. The doctor recommended swimming as further treatment but gave Gerald a prescription for some tablets (27) _____ his leg became painful. The next day Gerald sunbathed by the pool, and then took a deep breath and dived (28) _____ the water. There was not very much water in the pool, and he hurt one of his arms when he hit the bottom. This time he complained to the hotel manager (29) _____ sent a special meal to Gerald's room. Later that night, Gerald was suffering from a sunburnt back, the injuries

to his arm and leg, and also had a terrible stomachache. He had a high temperature and felt terrible. Luckily he had the tablets the doctor had given him to reduce the pain. As he reached for them, he fell out of bed and broke his (30) _____. He spent the rest of his holiday in bed.

- | | | | |
|--------------------|-------------|------------|-------------|
| 26. A. sick | B. hurt | C. bruised | D. infected |
| 27. A. in case | B. although | C. because | D. unless |
| 28. A. to | B. into | C. by | D. in |
| 29. A. who | B. whom | C. which | D. whose |
| 30. A. stomachache | B. forehead | C. belly | D. wrist |

Complete each sentence with the correct form of the word in brackets.

31. If unemployment continues to rise, social stability may be _____ (danger)
32. He has physical _____ which prevent him from lifting heavy objects. (limit)
33. He tried _____ to make them change their decision, so he was very disappointed. (success)
34. Students are understandably _____ about getting work after graduation. (anxiety)
35. He was _____ of the local boys who could see her every day. (envy)

Finish the second sentence so that it has a similar meaning to the first one.

36. Unless you rest yourself, you really will be ill.

→ If you _____.

37. Do you think Sally will be able to come to us for Christmas?

→ Is there any _____?

38. Tom probably won't go camping with us.

→ I don't think _____.

39. You will definitely pass your driving test.

→ I am certain _____.

40. It isn't necessary to finish the work today.

→ You don't _____.

PRACTICE TEST 8

Choose the word whose underlined part is pronounced differently from that of the others:

- | | | | |
|--------------------------|------------------------|----------------------|-------------------------|
| 1. A. mel <u>a</u> tonin | B. sa <u>l</u> amander | C. ba <u>n</u> dage | D. a <u>n</u> tibiotics |
| 2. A. pa <u>s</u> sing | B. dr <u>e</u> ssing | C. pr <u>e</u> ssure | D. ve <u>s</u> sels |

Choose the word each group is stressed on the different syllable from the others:

3. A. temperature B. painkiller C. exercise D. activity
4. A. occasion B. teenager C. opinion D. necessity

Mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions

5. Meat from animals that receive _____ could not be classified as organic.
A. vegetables B. fish C. pork D. antibiotics
6. Tests show that from 9 a.m. to 12 p.m. is the time when you are at your most
A. alert B. sad C. surprised D. bored
7. My ankle is rather weak, so I always put a _____ on it to support it when I play tennis.
A. dressing B. bandage C. intestine D. jaw
8. It can be difficult to sleep with the light on as light reduces the amount of _____ in your body.
A. fat B. excitement C. contempt D. melatonin
9. If you _____, blood starts flowing from your nose.
A. twist your waist B. have a nosebleed
C. have a toothache D. feel excited
10. The doctor advised me to drink lots of water to avoid _____.
A. becoming dehydrated B. breaking a bone
C. spraining D. twisting
11. Exercise _____ an important part in the retention of bone density in an aging person.
A. takes B. plays C. gets D. makes
12. Not all patients who die are suitable as _____.
A. blood vessels B. blood pressure
C. in deep sleep D. organ donors
13. I looked for my glasses, but _____ I couldn't find them.
A. sadden B. sadness C. sadly D. sad
14. My mother _____ a new laptop for me if I lose this one.
A. won't buy B. wouldn't buy C. would have bought D. will be buying
15. Don't phone me between 7.00 and 11.00. I _____ then.
A. will study B. will be studying C. am studying D. study
16. By the weekend, I _____ from university.
A. will graduate B. have graduated
C. graduated D. will have graduated

Choose the word that is CLOSEST in meaning to the underlined one in the following sentence.

17. I nearly passed out when I saw all the blood.
- A. faint B. stayed awake

C. conscious

D. became unconscious

Choose the word that is OPPOSITE in meaning to the underlined one in the following sentence.

18. Essential oils are harmless to skin, provided they are used correctly.

A. safe

B. secure

C. dangerous

D. imperative

Mark the letter A, B, C, or D on your answer sheet to indicate the sentence that best completes each of the following exchanges.

19. - Terry: "Do you think men care as much about their appearance as women?"

- Susan: " _____ "

A. No problem.

B. I really like it

C. Don't mention it.

D. I don't think they do, really.

20. Mary: "Have you ever had a bad nosebleed?"

- Jack: " _____ ."

A. Yes, I never

B. No, I ever

C. Never

D. Yes, you have

Find the underlined part in each sentence that should be corrected.

21. Hopefully, I will not live with my sister when I'm twenty-five.

A. Hopefully

B. will not live

C. with

D. twenty-five

22. Do you know the woman in her hands on her hips over there?

A. Do you

B. in her hands

C. on her hips

D. there

23. Scientists could find a cure for cancer if governments invest more money in medical research.

A. could find

B. for

C. if

D. medical

Choose the correct sentence (A, B, C or D) which has the same meaning as the given one.

24. We doubt we will go on a boat trip this weekend.

A. We will go on a boat trip this weekend with doubt.

B. There is no doubt that we might will go on a boat trip this weekend.

C. We probably won't go on a boat trip this weekend.

D. It can't be denied that we certainly will go on a boat trip this weekend.

25. You will definitely enjoy the party tonight.

A. Enjoying the party tonight is possible.

B. That you will enjoy the party tonight makes us happy.

C. It is necessary for you to enjoy the party tonight.

D. I am sure that you will enjoy the party tonight.

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions

There are many different ways to keep fit. One of the most important ways is by exercising. Exercising must be done on a regular basis. The amount of exercise done each time is dependent on the free time that a person has. Exercises can be done from twenty minutes to an hour. Sometimes, daily five-minute exercises are just as effective.

Exercising can take place both indoors and outdoors. Those who exercise indoors often do so in the comfort of air-conditioned gymnasiums. They train on equipment that has been specifically designed to tone the different parts of the body. Sometimes, games can also be played indoors. Badminton courts and even some swimming pools are found indoors.

There are many different types of outdoor exercises. These include tennis, cycling and even rock climbing. Most people enjoy outdoor activities because they like being in the sun or are attracted to its sense of peace and quiet. Yet there are others who like the feel of the wind blowing against them. Some of these activities are only suitable for people with a taste for adventure.

Exercising is crucial in a fitness **regime**. The type of exercise a person takes up depends on his lifestyle and personality. It is important that a person finds an exercise that is suitable for him.

26. How often should a person exercise?

- A. He can exercise when he has free time.
- B. He should exercise regularly
- C. It is important that a person finds an exercise that is suitable for him.
- D. The amount of exercise done each time is dependent on the free time that a person has.

27. Why do some people spend less time exercising?

- A. They do not have much free time to exercise.
- B. It's not good for their health.
- C. They like the feel of the wind blowing against them.
- D. They like being in the sun or are attracted to its sense of peace and quiet.

28. Which of the following is **NOT** mentioned as the place where people can exercise indoors?

- A. gymnasiums
- B. badminton courts
- C. swimming pools
- D. tennis courts

29. Which activity mentioned in the passage is suitable for more adventurous people?

- A. jumping
- B. rock climbing
- C. running
- D. jogging

30. The word "**regime**" in paragraph 4 is closest in meaning to _____.

- A. a set of rules
- B. a way of keeping fit
- C. the type of exercise
- D. the equipment

Complete each sentence with the correct form of the word in brackets.

31. The report found that most of the deaths were caused by easily _____ diseases. (treat)

32. The government reaction has been _____ slow. (shame)

33. They feel _____ that their complaints were ignored. (anger)
34. _____ have developed an injection that doesn't use a needle. (science)
35. Financial analysis and management have been _____ by technological improvements in personal computers and data processing equipment. (revolution)

Finish the second sentence so that it has a similar meaning to the first one.

36. You will cut yourself if you aren't careful with that knife.

→ Unless you _____.

37. It's possible that Tim will know the truth.

→ Tim might _____.

38. My whole body feels less active because of depression.

→ Depression makes _____.

39. Our twenty-fifth wedding anniversary is in September next year.

→ By September next year, we _____.

40. "It's not true! I have never been arrested." said William.

→ William denied _____.