



## Unit 2: Health



Homework Checking

Vocabulary

Grammar

Practice

# Homework Checking

# Vocabulary

1. allergy	/ 'ælədʒi /	(n)	: dị ứng
2. calorie	/ 'kæləri /	(n)	: calo
3. compound	/ 'kɒmpaʊnd /	(n)	: ghép, phức
4. concentrate	/ 'kɒnsəntreɪt /	(v)	: tập trung
5. conjunction	/ kən'dʒʌŋkʃən /	(n)	: liên từ
6. coordinate	/ kəʊ'ɔ:dɪneɪt /	(v)	: kết hợp
7. cough	/ kɒf /	(n)	: ho
8. depression	/ dɪ'preʃən /	(n)	: chán nản, buồn rầu
9. diet	/ 'daɪət /	(n)	: ăn kiêng
10. essential	/ ɪ'senʃəl /	(adj)	: cần thiết
11. expert	/ 'ekspɜ:t /	(n)	: chuyên gia
12. independent	/ 'ɪndɪ'pendənt /	(adj)	: độc lập, không phụ thuộc
13. itchy	/ 'ɪtʃi /	(adj)	: ngứa, gây ngứa
14. junk food	/ dʒʌŋk fu:d /	(n)	: đồ ăn nhanh, quà vặt
15. myth	/ mɪθ /	(n)	: việc hoang đường

# Grammar

**1. Imperatives with *more* and *less*.** (Mệnh lệnh thức với “*more*” và “*less*”). Chúng ta sử dụng dạng mệnh lệnh cho các yêu cầu trực tiếp, đòi hỏi hoặc gợi ý.

*Eg:*

- Do **more** exercise
- Eat **more** fruit/vegetables
- Sleep **more**
- Eat **less** junk food
- Watch **less** TV
- Spend **less** time playing computer games.



## Linking devices

And: và

But : nhưng

Or: hoặc

So: nên

Because: bởi vì

However : tuy nhiên

Therefore : vì vậy



# Practice

## I. Match the common health problem with its definition.

- |              |                                                                                                        |
|--------------|--------------------------------------------------------------------------------------------------------|
| 1. flu       | a. a common illness that affects the nose and/or throat, making you cough, sneeze, etc.                |
| 2. allergy   | b. an abnormally high body temperature                                                                 |
| 3. cold      | c. a medical condition that makes you become ill or get a rash when you eat, smell, or touch something |
| 4. sunburn   | d. the pain in the middle or inner ear                                                                 |
| 5. obesity   | e. the condition of having painful red skin that is caused by staying in the sun for too long          |
| 6. earache   | f. the pain in a tooth or teeth                                                                        |
| 7. toothache | g. the condition of being fat or overweight                                                            |
| 8. fever     | h. a very bad cold caused by a virus that causes fever, pains and weakness                             |

**II. Fill in the blanks with the health problems in part I.**

1. She feels very weak, has a high fever and her muscles hurt. She has \_\_\_\_\_.
2. He eats lots of junk food and be overweight. \_\_\_\_\_ is his problem.
3. She went outside all day long without wearing a hat. Now her skin turns red and hurts. She has got \_\_\_\_\_.
4. I think I'm getting a \_\_\_\_\_. I've got a sore throat and a runny nose.
5. Mark had lobster for dinner, and now his skin becomes covered with red marks. Hesays he has a shellfish .
6. If you've got \_\_\_\_\_, 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 sister feels pain in her ear. She has \_\_\_\_\_.



**III. Complete the sentences with the correct form of the verb *have* or *feel*. Add *a* or *an* where necessary.**

1. I \_\_\_\_\_ flu. I \_\_\_\_\_ tired and weak.
2. Jane \_\_\_\_\_ sick, so she stays at home today.
3. Maybe she \_\_\_\_\_ fever. Her face is red and she tells me that she \_\_\_\_\_ very hot.
4. I \_\_\_\_\_ terrible headache yesterday, but I \_\_\_\_\_ better now.
5. What's wrong with Sarah? Does she \_\_\_\_\_ toothache?
6. 'Have you ever \_\_\_\_\_ allergy to seafood?' 'Yes, I \_\_\_\_\_ ill when I ate some lobsters two months ago.'
7. My friend \_\_\_\_\_ sunburn after a day at the beach. Her skin becomes red and sore.
8. I \_\_\_\_\_ itchy and I \_\_\_\_\_ runny nose. Do I \_\_\_\_\_ cold?

**IV. Put the words into the correct column.**

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

Illnesses and symptoms	Activities

**VI. Complete the imperatives with *more* or *less*, using the verbs in the box.**

play

drink

eat

read

sleep

spend

watch

do

1. \_\_\_\_\_ video games or your eyes will be hurt.
2. \_\_\_\_\_ fruit, vegetables or nuts because they are healthy.
3. \_\_\_\_\_ if you want to be more active.
4. If you want to improve your knowledge, \_\_\_\_\_ books.
5. \_\_\_\_\_ TV because too much TV is really bad for your eyes.
6. If you're outside on a hot day, \_\_\_\_\_ water.
7. \_\_\_\_\_ exercise, and you will feel fitter and healthier.
8. \_\_\_\_\_ time on social media, so you can focus on your tasks.



**VII. Fill in the text with the words in the box. You can use one word more than once.**

much    many    more    little    less

It's important for people to eat as (1) \_\_\_\_\_ as they need to give them energy. If they eat too (2) \_\_\_\_\_ food or the wrong food they won't have enough energy. If they eat too (3) \_\_\_\_\_, they will need to make (4) \_\_\_\_\_ exercise; otherwise they will put on weight.

Fat is very high in calories, and has been linked with heart disease. (5) \_\_\_\_\_ experts believe that eating (6) \_\_\_\_\_ fat would help to reduce heart disease. Sugar isn't good for the energy balance. There's no doubt that too (7) \_\_\_\_\_ sugar makes you fat and it is not good for your teeth either.

On the other hand, fibre that is found in cereals, fruits and vegetables is an important part of a healthy balanced diet. One of the simplest ways of eating (8) \_\_\_\_\_ fibre is to eat (9) \_\_\_\_\_ bread. It's a good, cheap source of fibre and nutrients without too (10) \_\_\_\_\_ calories. Potatoes are good, too.

So to keep healthy, eat (11) \_\_\_\_\_ fatty food, sweets, chocolate, cakes, jam and eat (12) \_\_\_\_\_ bread, potatoes, pasta, fresh fruit and vegetables.

**VIII. 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 cake, \_\_\_\_\_ I never eat biscuits; I don't like them.
5. Would you like cake \_\_\_\_\_ 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.

**XI. Fill in each blank with a suitable preposition.**

1. Would you like to go out? - No, thanks. I'd rather stay \_\_\_\_\_ home.
2. If you're going to watch the football, you can count me \_\_\_\_\_. I don't like football.
3. I've put \_\_\_\_\_ 2kg in the last month.
4. The Japanese eat healthily, so they live \_\_\_\_\_ a long time.
5. Sitting too close \_\_\_\_\_ the TV hurts your eyes.
6. Be careful \_\_\_\_\_ what you eat and drink.
7. She runs six miles every day to help keep herself \_\_\_\_\_ shape.
8. Watching TV too much isn't good \_\_\_\_\_ your eyes.



**II. Write the second sentence so that it has the same meaning to the first one.**

1. Sue started to eat a low carb diet two years ago.

→ Sue has \_\_\_\_\_

2. Could you take me to the airport Friday morning?

→ Would you mind \_\_\_\_\_

3. How about going to the movies tonight?

→ Let's \_\_\_\_\_

4. July stayed home from school yesterday because she had a high fever.

→ July had a high fever, \_\_\_\_\_

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

→ Although \_\_\_\_\_

6. Mark's gained 5 kilos since he quit smoking.

→ Mark's put \_\_\_\_\_

7. Joana doesn't eat much in order not to be overweight.

→ Joana doesn't eat much because \_\_\_\_\_

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

→ You \_\_\_\_\_

Thank You