

## UNIT 30: BODY AND LIFESTYLE

### TOPIC VOCABULARY IN CONTRAST

WORDS	ENGLISH MEANING	EXAMPLE	VIETNAMESE MEANING
1. affect (v) /ə'fekt/	to produce a change in somebody/ something	How will these changes affect us?	- ảnh hưởng, tác động
2. balance (v, n) /'bæləns/	a situation in which different things exist in equal, correct or good amounts	Tourists often disturb the delicate balance of nature on the island.	- cân bằng, sự cân bằng
3. benefit (v, n) /'benɪfɪt/	an advantage that something gives you; a helpful and useful effect that something has	Freedom of information brings great benefits.	- lợi ích, có ích
4. breathe (v) /bri:ð/	to take air into your lungs and send it out again through your nose or mouth	He breathed deeply before speaking again.	- thở
5. chew (v) /tʃu:/	to bite food into small pieces in your mouth with your teeth to make it easier to swallow	After the operation you may find it difficult to chew and swallow.	- nhai
6. chop (v) /tʃɒp/	to cut something into pieces with a sharp tool such as a knife	He was chopping logs for firewood.	- chặt, đốn, bổ, chẻ
7. contain (v) /kən'tein/	if something contains something else, it has that thing inside it or as part of it	This drink doesn't contain any alcohol.	- chứa đựng
8. cough (v, n) /kɒf/	to force out air suddenly and noisily through your throat, for example when you have a cold	I couldn't stop coughing.	- ho, tiếng ho
9. cure (v, n) /kjʊr/	to make a person or an animal healthy again after an illness	Will you be able to cure him, Doctor?	- chữa trị, cách chữa trị
10. exercise (v, n) /'eksəsaɪz/	physical or mental activity that you do to stay healthy or become stronger	I don't get much exercise sitting in the office all day.	- thể dục, tập thể dục
11. flu (n) /flu:/	a serious disease caused by a virus, that causes a high temperature, severe pains and weakness	The whole family has the flu.	- cảm cúm
12. operation (n) /,ɒpə'reɪʃn/	the process of cutting open a part of a person's body in order to remove or repair a damaged part	Will I need to have an operation?	- phẫu thuật
13. healthy (adj) /'helθi/	having good health and not likely to become ill	Stay healthy by eating well and exercising regularly.	- khỏe mạnh
14. ignore (v) /ɪg'nɔ:r/	to pay no attention to something	I made a suggestion but they chose to ignore it.	- phớt lờ
15. infection (n) /ɪn'fekʃn/	the act or process of causing or getting a disease	The drugs slow down the progression of HIV infection.	- sự lây nhiễm
16. ingredient (n) /ɪn'gri:diənt/	one of the things from which something is made, especially one of the foods that are used together to make a particular dish	Mix all the ingredients in a bowl.	- nguyên liệu, thành phần
17. injury (n) /'ɪndʒəri/	harm done to a person's or an animal's body, for example in an accident	One of the girls suffered serious injuries.	- chấn thương
18. limit (v, n) /'lɪmɪt/	the greatest or smallest amount of something that is allowed	They imposed a strict spending limit.	- giới hạn
19. meal (n) /mi:l/	an occasion when people eat food, especially breakfast, lunch or dinner	Lunch is his main meal of the day.	- bữa ăn
20. pill (n) /pɪl/	a small flat round piece of medicine that you swallow whole, without biting it	The doctor prescribed her some pills to help her sleep.	- viên thuốc
21. recover (v) /rɪ'kʌvər/	to get well again after being ill, hurt, etc.	He has fully recovered from the shoulder surgery.	- phục hồi
22. salty (adj) /'sɔ:lti/	containing or tasting of salt	It tasted slightly salty.	- mặn
23. slice (v, n) /slaɪs/	to cut something into slices	Slice up the mushrooms and fry them.	- cắt mỏng, thái
24. sour (adj) /'saʊə(r)/	having a taste like that of a lemon or of fruit that is not ready to eat	The sauce tasted very sour.	- chua
25. spicy (adj) /'spai:si/	having a strong taste because spices have been added to it	I don't like spicy food.	- cay
26. stir (v) /stɜ:r/	to move a liquid or substance around, using a spoon or something similar, in order to mix it completely	She stirred her tea.	- khuấy

27. taste (v, n) /teɪst/	the particular quality that different foods and drinks have that allows you to recognize them when you put them in your mouth	I don't like the taste of olives.	- nếm, vị
28. treatment (n) /'tri:tment/	something that is done to cure an illness or injury, or to make somebody look and feel good	The drug is used in the treatment of depression.	- sự chữa trị
29. suffer (v) /'sʌfər/	to be badly affected by a disease, pain, sad feelings, a lack of something, etc.	I hate to see animals suffering.	- chịu đựng
30. vitamin (n) /'vɪtəmin/,/'vaɪtəmin/	a natural substance found in food that is an essential part of what humans and animals need to help them grow and stay healthy.	There are many different vitamins.	- vitamin, sinh tố

## PHRASAL VERBS

WORDS	ENGLISH MEANING	EXAMPLE	VIETNAMESE MEANING
1. cut down on	- do less of sth (smoking, etc)	You should cut down on smoking.	- cắt giảm
2. fall down	- trip and fall	I fell down on the ground.	- té, vấp ngã
3. get over	- recover from (an illness, etc)	She got over her lung cancer.	- khỏi, vượt qua
4. go off	- no longer be fresh	All the butter went off.	- thiu, không còn tươi
5. lie down	- start lying (on a bed, etc)	The baby is lying down on the bed.	- nằm xuống
6. put on	- gain (weight)	She put on weight after a month.	- tăng cân
7. sit down	- start to sit	The students were told to sit down.	- ngồi xuống
8. stand up	- start to stand	The students were told to stand up.	- đứng dậy, đứng lên

## PREPOSITIONAL PHRASES

WORDS	EXAMPLE	VIETNAMESE MEANING
1. at night	She often works at night.	- vào ban đêm
2. at risk	Journalists in the zone are at serious risk of being kidnapped.	- có nguy cơ
3. in addition (to)	There is, in addition, one further point to make.	- ngoài ra
4. in comparison to/with	The second half of the game was dull by comparison with the first.	- so sánh với
5. in shape	The island was originally circular in shape.	- trong hình dạng
6. on a diet	I am on a strict diet.	- ăn kiêng

## WORD PATTERNS

WORDS	EXAMPLE	VIETNAMESE MEANING
1. addicted to	He is addicted to games.	- nghiện cái gì
2. allergic to	I am not allergic to seafood.	- dị ứng với
3. covered in/with	The steps were now completely covered with water.	- được phủ bởi/với
4. pleased with	She was very pleased with her exam results.	- hài lòng với
5. combine sth with	Hydrogen combines with oxygen to form water.	- kết hợp với
6. complain (to sb) about	I'm going to complain to the manager about this.	- phàn nàn
7. die from/of	Wild animals died of hunger.	- chết vì (bệnh, nguyên nhân gì đó)
8. fight against	We are fighting against the pandemic of Covid 19.	- chiến đấu chống lại
9. recover from	He's still recovering from his operation.	- phục hồi, bình, phục hồi
10. smell of	There was a smell of burning in the air.	- có mùi của
11. a cure for	Researchers are working to find a cure for the disease.	- phương pháp/cách chữa trị
12. a recipe for	I have a good recipe for fudge.	- cách nấu ăn

## WORD FORMS

1. bake	/beɪk/	(v) nướng
2. baker	/'beɪkər/	(n) thợ làm bánh mì
3. bakery	/'beɪkəri/	(n) lò bánh mì, cửa hàng bánh mì
4. bend	/bend/	(v) bẻ cong, làm cong
5. bent	/bent/	(v) động từ V2 của bend
6. cook	/kʊk/	(v) nấu ăn; (n) đầu bếp
7. cooker	/'kʊkər/	(n) nồi cơm điện
8. cookery	/'kʊkəri/	(n) nghệ thuật nấu ăn
9. intend	/ɪn'tend/	(v) định làm gì
10. intention	/ɪn'tenʃn/	(n) ý định

11. intentional	/ɪn'tenʃənl/	(adj) cố tình, cố ý, có chủ ý
12. jog	/dʒɒɡ/	(v) chạy bộ
13. jogging	/'dʒɒɡɪŋ/	(n) sự chạy bộ
14. jogger	/'dʒɒɡə(r)/	(n) người chạy bộ
15. medicine	/'medsn/	(n) thuốc
16. medical	/'medɪkl/	(adj) thuộc y khoa
17. pain	/peɪn/	(n) sự đau nhức
18. painful	/'peɪnfl/	(adj) đau đớn
19. painless	/'peɪnləs/	(adj) không đau đớn
20. reduce	/rɪ'dju:s/	(v) giảm
21. reduction	/rɪ'dʌkʃn/	(n) sự giảm
22. sense	/sens/	(n) giác quan, ý thức
23. sensible	/'sensəbl/	(adj) biết điều, hợp lí
24. sensitive	/'sensətɪv/	(adj) nhạy cảm, dễ bị tổn thương
25. weigh	/wei/	(v) cân
26. weight	/weit/	(n) cân nặng