**Unit 5: Extreme Diets**

**A. VOCABULARY:**

**Exercise 1:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Pronunciation** | **Word** | **Part of speech** | **Meaning** |
| /əˈlaʊ/ | **allow** | (v) | Cho phép |
| /biːf/ | **beef** | (n) | Thịt bò |
| /bɔɪld/ | **boiled** | (adj) | (Món) luộc |
| /ˈkæb.ɪdʒ/ | **cabbage** | (n) | Bắp cải |
| /kɒd/ | **cod** | (n) | Cá tuyết |
| /kɔːn/ | **corn** | (n) | Ngô/ bắp |
| /fɪt/ | **fit** | (adj) | Khỏe mạnh, sung sức |
| /fəˈbɪd/ | **forbid** | (v) | Cấm |
| /fraɪd/ | **fried** | (adj) | Chiên, rán |
| /ˈfrəʊ.zən/ | **frozen** | (adj) | Đông lạnh |
| /ɡəʊ bæk/ | **go back** | (v) | Quay về, trở về (một nơi) |
| /ɡəʊ fɔːr/ | **go for** | (v) | Chọn, |
| /ɡəʊ ɒn/ | **go on** | (v) | Tiếp tục |
| /ɡəʊ ʌp/ | **go up** | (v) | Tăng (lên) |
| /ˈhel.θi/ | **healthy** | (adj) | Khỏe mạnh, lành mạnh, tốt/có lợi cho sức khỏe |
| /ˈlet.ɪs/ or  /ˈlet̬·əs/ | **lettuce** | (n) | Rau diếp |
| /piːtʃ/ | **peach** | (n) | Quả đào |
| /pəˈmɪt/ | **permit** | (v) | Cho phép |
| /ˈpaɪnˌæp.əl/ | **pineapple** | (n) | Quả dứa |
| /rɔː/ | **raw** | (adj) | Sống, chưa chế biến |
| /rɪˈkwaɪər/ | **require** | (v) | Yêu cầu/ đòi hỏi |
| /rɪˈspɒn.sə.bəl/ | **responsible** | (adj) | Chịu trách nhiệm/ có trách nhiệm |
| /ˈspɪn.ɪtʃ/ | **spinach** | (n) | Rau chân vịt/ cải bó xôi |
| /ˈstrɔː.bər.i/ | **strawberry** | (n) | Dâu tây |
| /ˈtʃuː.nə/ | **tuna** | (n) | Cá ngừ |
| /ˈtɜː.ki/ | **turkey** | (n) | Gà tây |
| /ˈjɒɡ.ət/ | **yogurt** | (n) | Sữa chua |

**Exercise 2:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. strawberry | 4. corn | 7. turkey | 10. cheese | 13. tuna |
| 2. salmon | 5. brocolli | 8. grapes | 11. peach | 14. pasta |
| 3. spinach | 6. pineapple | 9. cod | 12. lettuce | 15. beef |

**Exercise 3:**

**3.1.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Vegetable** | **Fruit** | **Meat** | **Fish** | **Dairy** |
| broccoli  spinach  cabbage  lettuce | strawberry peach  pineapple  grapes | beef  pork  turkey  chicken | salmon  tuna  cod | butter  milk  cheese  yogurt |

**3.2. Students’ own answer**

**Exercise 4:**

1. h 2. c 3. a 4. g

5. d 6. b 7. e 8. f

**Exercise 5:**

1. frozen 2. boiled 3. fried 4. raw 5. steamed 6. grilled

**Exercise 6: Possible answer**

fruit yoghurt sweets mineral water

fish salad eggs meat chips butter cheese burgers chocolate

fried sausages cake frozen vegetables

boiled vegetables pasta/rice milk

cola pizza biscuits orange juice

**Exercise 7:**

2. frozen 3. healthy 4. fit 5. boiled/fried 6. unhealthy

**Exercise 8:**

**8.1.** 1. d 2. f 3. a 4. b 5. c 6. e

**8.2.** 1. on 2. down 3. for 4. back 5. up 6. away

**Exercise 9:**

1. A 2. C 3. A 4. C

5. C 6. C 7. B 8. A

**B. GRAMMAR:**

Exercise 10:

|  |  |
| --- | --- |
| 1. We are going to decorate the living room next week.  2. I'm meeting Jim at the airport  3. I’ll live in a big house when I’m older.  4. I don't think he'll come tonight.  5. I'll answer the phone. It is ringing.  6. He is going to take a nice, long vacation this year.  7. We are staying with friends when we get to Boston. | C. Intention/ Plan  A. Future arrangement  B. Prediction  B. Prediction  B. Decision at the time of speaking  C. Intention/ Plan  A. Future arrangement |

Exercise 11:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. will/’ll buy | 3. will/’ll grow | 5. will/’ll end | 7. will/’ll help | 9. will/’ll be/go |
| 2. will/’ll fly | 4. will/’ll meet | 6. will/’ll make | 8. will not/ won’t pass | 10. will/’ll be/go |

Exercise 12:

|  |  |  |
| --- | --- | --- |
| 1. am going to move  2. is going to change  3. are going to buy | 4. are not going to tidy  5. are going to like  6. are going to find | 7. aren’t going to travel  8. are going to work  9. am going to tell |

Exercise 13.

13.1

1. a 2. b 3. b 4. c 5. c

13.2

a. I’m meeting my friend after school.

b. My grandma is coming to dinner tonight.

c. I’m going to the dentist tomorrow morning.

13.3 1. c 2. d 3. a 4. g

5. b 6. h 7. e 8. f

Exercise 14:

1. I hope Ben *will recover* from his illness sooner or later.

2. I've already decided. I *am not going to lend* him any money.

3. I can see your luggage is quite heavy. I *will carry* it for you.

4. *Are you doing* anything tonight? We could go to the cinema.

5. The weather forecast says it *will warm up* soon.

6. Sorry, I can't go out with you tonight. Jim and I *are meeting* at the cafe.

7. I hear that you *are going to open* a new shop. Do you need an architect?

8. We've already booked the tickets. We *are leaving* by the 10.15 train.

9. Please, put the vase back on the table or you *will break* it.

10. Dad can't take you to school. He *is having* an appointment at the dentist's at 8.30.

B. Modal verbs

Exercise 15:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. should | 3. shouldn’t | 5. should | 7. mustn’t | 9. must |
| 2. should | 4. Can | 6. can | 8. can | 10. can’t |

Exercise 16

16:1.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. mustn’t | 3. Could | 5. needn’t | 7. mustn’t | 9. needn’t |
| 2. needn’t | 4. mustn’t | 6. could | 8. mustn’t | 10. could |

16.2.

|  |  |  |
| --- | --- | --- |
| 1. don’t have to  2. don’t have to  3. mustn’t  4. mustn’t | 5. don’t have to  6. mustn’t  7. mustn’t  8. mustn’t | 9. doesn’t have to  10. mustn’t  11. mustn’t  12. doesn’t have to  13. mustn’t |

**Exercise 17:**

1. You **musn’t** move the computers.

2. Anyone who takes part in a swimming competition **may** use these lockers.

3. People who work here **must** leave by 5 p.m.

4. Swimmers from visiting teams **needn’t** pay to use lockers.

5. Chris **should** phone Sam.

**Exercise 18:**

1. should 2. must 3. musn’t 4. needn’t 5. should 6. may 7. shouln’t

**C. LISTENING**

**Exercise 19:**

|  |  |  |
| --- | --- | --- |
|  | **Woman’s order** | **Man’s order** |
| **Appetizers** |  |  |
| Broccoli soup |  |  |
| Tomato soup |  |  |
| Salad |  |  |
|  |  |  |
| **Main dishes** |  |  |
| Chicken |  |  |
| Steak |  |  |
| Fish |  |  |
|  |  |  |
| **Vegetables** |  |  |
| Peas |  |  |
| Spinach |  |  |
| Carrots |  |  |
| Potatoes |  |  |

**Exercise 20:**

**20.1.** 1. E 2. C 3. F 4. A 5. D 6. B

**20.2.** 1. F 2. T 3. F 4. T 5. T

**20.3.** 1. A 2. B 3. A 4. A 5. A 6. B

**20.4.** 1. c 2. d 3. b 4. a

**Exercise 21:**

2. D 3. H 4. E 5. C 6. B

**Exercise 22:**

1. eat properly 2. improving situation 3. right amount 4. dairy food

**D. SPEAKING**

**Exercise 23: Students’ own answer**

**Exercise 24: Students’ own answer**

**E. READING**

**Exercise 25:**

1. C 2. B 3. C 4. C 5. B 6. A 7. A 8. C 9. C 10. B 11. C 12. C

**Exercise 26:**

1. coast 2. healthy 3. people 4. fresh

5. problem 6. windy 7. busy 8. back

**Exercise 27:**

1. A 2. B 3. D 4. C 5. A

6. C 7. B 8. D 9. B 10. A

**Exercise 28:**

1. D 2. B 3. C 4. C 5. C

**F. WRITING**

**Exercise 29:**

1. b 2. a 3. c

**Exercise 30: Students’s own answer**

**LISTENING TAPESCRIPT UNIT 5**

**Exercise 19:**

**A:** Good evening! Are you ready to order?

**B:** Yes, I’ll have a salad. Then I’ll have the fish. What vegetables do you have?

**A:** Tonight I have spinach, peas, or potatoes.

**B:** I’ll have spinach. No, wait a minute. I’ll have the peas. And to drink, I’d like some tea.

**A:** Okey. And you, sir?

**C:** I think I’ll start with a bowl of broccoli soup.

**A:** What would you like for your main dish?

**C:** A steak, please, medium – rare. And I’d like potatoes with it.

**A:** Anything to drink?

**C:** I’d like water, please?

**A:** Okey. I’ll be right back with your soup and salad.

**Exercise 20:**

**SN:**  Hello, I’m the school nurse. I believe you wanted to see me.

**A:** Yes, I’m a bit worried about my son’s weight. I think he’s perhaps a bit too fat.

**SN:** OK. Let’s think about that: what is he like with his eating habits?

**A:** Oh, he likes his food.

**SN:** He does. Does he eat lots of fruit and vegetables?

**A:** Well, you know, he likes bananas.

**SN:** Do you know how many fruits and vegetables a child should have every day?

**A:** No, not really.

**SN:** We like to suggest five portions.

**A:** OK. I see, is there anything else apart from.....

**SN:** Is he very active?

**A:** Eh, well I don’t know really – he runs around at playtime I suppose.

**SN:** How does he get to school in the morning?

**A:** Oh, we go in the car.

**SN:** Is there any possibility you could walk or he could ride his bicycle?

**A:** I think riding a bike’s a bit dangerous, don’t you? And we’re always a bit short of time in the morning.

**SN:** OK. That can be difficult, how about after school; does he do any activities after school?

**A:** No, he usually watches TV.

**SN:** Is there any way you could take him to the park once or twice a week or maybe to the swimming pool?

**A:** Yeah, we could go down the park I suppose. We could do that, we could try anyway.

**SN:** OK, so if you just try to increase the amount of fruit and vegetables that he eats, eh, maybe a few less snacks. Does he eat a lot of snacks?...

**Exercise 20:**

**W:** Did you have a good day at the zoo?

**M:** Yes, but a new man started working today and he gave the animals all the wrong food. The monkeys were very happy. He gave them sweets for their lunch.

**W:** Oh no!

**M:** We’ve got some new camels at the zoo, too. The new man decided to give them chocolate biscuits to eat. That wasn’t a very good idea but they loved them.

**W:** Did they eat them all?

**M:** Yes! The insects at the zoo eat leaves.

**W:** I know they do. They love those.

**M:** But the man gave them fruit today…some old bananas. He cut them into pieces and put them in their cages. They didn’t eat much.

**W:** What else did he do wrong?

**M:** Well, the bears eats lot of food, but one of them had stomach ache today. I think it’s because they ate pizza for their lunch…cheese and tomato ones. It was better later on…

**W:** That was good.

**M:** The dolphins were all very happy. I bought some ice cream this morning because it was so hot and put it in the fridge. I went to get it later and…

**W:** What happened?

**M:** It was missing. The new man gave it all to them. And the lions look happy, too. Guess what? He gave them jam sandwiches.

**W:** But do they like that kind of food?

**M:** Not usually. They like to eat meat, of course. He doesn’t know anything about animals. He can’t do the job. He’s going to work in the café tomorrow.

**W:** Well, it’s better for him to work there.

**Exercise 22:**

Good afternoon. Many people in western world eat the wrong food and they eat far too much of it. So the topic of my lecture today is healthy eating. I’ll divide my talk into three parts. Firstly, I’m going to define what I mean by healthy eating. After that, I’ll go on to talk about why people don’t eat properly, and then I’ll finish my lecture with some ideas for improving the situation.

So what do I mean by “healthy eating”? Some people might think it means eating a lot of meat. Of course, vegetarians wouldn’t agree with this. They think eating meat is very unhealthy. Other think that eating a lot of cabbage is good for you, or a lot of salad. Naturally, cabbage, salad or meat can all be parts of healthy eating. But, for me, healthy eating means two things: one is … eating a balanced diet and the other is …. eating the right amount of food. In my opinion, a balanced diet means eating a variety of foods, including meat, vegetable, cereal and dairy foods. Obviously, the amount of food we should eat is more difficult to decide. It depends a lot on how active we are.