

**practise (v)** /'præktɪs/ /'præktɪs/ to do something many times so that you will do it well: *thực hành*  
**private school (n)** /ˌpraɪvət 'sku:l/ /ˌpraɪvət 'sku:l/ a school that receives no money from the government and where the education of the students is paid for by their parents: *trường tư thục*  
**project (n)** /'prɒdʒekt/ /'prɒ:dʒekt/ a big plan to do something: *dự án*  
**secondary school (n)** /'sekəndrɪ sku:l/ /'sekəndərɪ sku:l/ a school for young people between the ages of 11 and 14: *trường trung học cơ sở*  
**strict (adj)** /strikt/ /strikt/ If you are strict, you make people do what you want and do not allow them to behave badly: *ng nghiêm khắc*  
**textbook (n)** /'tekstbʊk/ /'tekstbʊk/ a book that teaches you about something: *sách giáo khoa*  
**traditional (adj)** /trə'dɪʃənəl/ /trə'dɪʃənəl/ being part of the beliefs, customs or way of life of a particular group of people, that have not changed for a long time: *truyền thống*

## UNIT 5

**active (adj)** /'æktɪv/ /'æktɪv/ If you are active, you are always busy and able to do a lot of things: *năng động, tích cực*  
**blog (n)** /blɒg/ /blɒg/ a personal record that somebody puts on their website saying what they do every day and what they think about things: *nhật kí trên mạng*  
**cent (n)** /sent/ /sent/ a small coin that people use in many countries around the world. There are 100 cents in a dollar or a euro: *đồng xu Mỹ hoặc Châu Âu*  
**chop (v)** /tʃɒp/ /tʃɒp/ to cut something into pieces with a knife, etc: *chẻ ra*  
**couch potato (n)** /'kaʊtʃ pə'tetəʊ/ /'kaʊtʃ pə'tetəʊ/ a person who spends a lot of time sitting and watching TV: *người nghiện truyền hình*  
**dollar (n)** /'dɒlə(r)/ /'dɑ:lər/ a unit of money that people use in the US, Canada, Australia and some other countries. There are 100 cents in a dollar: *đồng đô la*  
**enormous (adj)** /ɪ'nɔ:məs/ /ɪ'nɔ:rməs/ very big: *khổng lồ, đồ sộ*  
**euro (n)** /'jʊərəʊ/ /'jʊroʊ/ a unit of money that is used in many countries of the European Union: *đồng euro*  
**finally (adv)** /'faɪnəli/ /'faɪnəli/ after a long time: *cuối cùng, rốt cuộc*  
**fit (adj)** /fɪt/ /fɪt/ to be the right shape and size for somebody/ something: *gọn gàng (cơ thể)*  
**fizzy drink (n)** /'fɪzi 'drɪŋk/ /'fɪzi 'drɪŋk/ a drink which has bubbles of gas in it: *đồ uống sủi bọt có ga*  
**habit (n)** /'hæbɪt/ /'hæbɪt/ something that you do very often: *thói quen*  
**health (n)** /helθ/ /helθ/ the condition of your body: *sức khỏe*  
**healthy (adj)** /'helθi/ /'helθi/ well; not often ill: *khỏe mạnh*  
**ingredient (n)** /ɪn'ɡri:diənt/ /ɪn'ɡri:diənt/ one of the things that you put in when you make something to eat: *nguyên liệu*  
**lamb (n)** /læm/ /læm/ meat from a lamb: *thịt cừu non*  
**lasagne (n)** /lə'zænjə/ /lə'zɑ:njə/ an Italian dish made from layers of lasagne, finely chopped meat and/or vegetables and white sauce: *món mì Ý lasagne*  
**lifestyle (n)** /'laɪfstɑɪl/ /'laɪfstɑɪl/ the way that you live: *lối sống*  
**main course (n)** /ˌmeɪn 'kɔ:s/ /ˌmeɪn 'kɔ:rs/ the main dish of the meal: *món chính (trong một bữa ăn)*  
**mind (v)** /maɪnd/ /maɪnd/ to feel unhappy or angry about something: *bận tâm*  
**mineral water (n)** /'mɪnərəl wɔ:tə(r)/ /'mɪnərəl wɔ:tər/ water with minerals in it, that comes from the ground: *nước khoáng*

**nut (n)** /nʌt/ /nʌt/ small hard fruit with very hard shell that grows on trees: *quả hạch (các loại quả có vỏ cứng)*  
**olive (n)** /'ɒlɪv/ /'ɑ:lɪv/ a small green or black fruit, that people eat or make into oil: *quả ô-liu*  
**pence (n)** /pens/ /pens/ plural of penny, a small British coin. There are 100 pence in a pound: *đồng xu Anh*  
**pepper (n)** /'pepə(r)/ /'pepər/ a red, green or yellow vegetable that is almost empty inside: *quả ớt chuông*  
**pound (n)** /paʊnd/ /paʊnd/ a unit of money that people use in Britain: *đồng bảng Anh*  
**serve (v)** /sɜ:v/ /sɜ:rv/ to give food or drink to somebody: *phục vụ*  
**starter (n)** /'stɑ:tə(r)/ /'stɑ:rtər/ a small amount of food that you eat as the first part of a meal: *món khai vị*  
**sumo wrestler (n)** /'su:məʊ reslə(r)/ /'su:mou reslər/ somebody who does a Japanese style of wrestling, in which the people taking part are extremely large: *đô vật su-mô (Nhật bản)*  
**tasty (adj)** /'teɪsti/ /'teɪsti/ good to eat: *ngon, vừa ăn*  
**train (v)** /treɪn/ /treɪn/ to teach a person or an animal to do something: *huấn luyện*  
**tuna (n)** /'tju:nə/ /'tu:nə/ a large fish that lives in the sea and that you can eat: *cá ngừ*  
**typical (adj)** /'tɪpɪkl/ /'tɪpɪkl/ Something that is typical is a good example of its kind: *điển hình*  
**unfit (adj)** /ʌn'fɪt/ /ʌn'fɪt/ not good enough or not right for something: *không phù hợp*  
**vegetarian (n)** /ˌvedʒə'teəriən/ /ˌvedʒə'teəriən/ a person who does not eat meat or fish: *người ăn chay*  
**vending machine (n)** /'vendɪŋ məʃi:n/ /'vendɪŋ məʃi:n/ a machine from which you can buy drinks, cigarettes, etc by putting coins in it: *máy bán hàng tự động*  
**vitamin (n)** /'vɪtəmin/ /'vaɪtəmin/ one of the things in food that you need to be healthy: *vi-ta-min*

## UNIT 6

**athlete (n)** /'æθli:t/ /'æθli:t/ a person who is good at sports like running or jumping, especially one who takes part in sports competitions: *vận động viên điền kinh*  
**athletics (n)** /æθ'letɪks/ /æθ'letɪks/ sports like running, jumping and throwing: *môn điền kinh*  
**battle (n)** /'bætl/ a fight between armies in a war: *trận đánh, chiến trận*  
**break a record (verb phrase)** /ˌbreɪk ə 'rekɔ:d/ /ˌbreɪk ə 'rekɔ:d/ to achieve the highest score or biggest achievement for doing something: *phá kỉ lục*  
**brilliant (adj)** /'brɪliənt/ /'brɪliənt/ extremely clever or impressive: *kiệt xuất, tuyệt vời*  
**bronze medal (n)** /brɒnz 'medl/ /brɑ:nz 'medl/ a disk-shaped prize made of or covered with bronze that is given to a person or team that is third in a competition: *huy chương đồng*  
**career (n)** /kə'riə(r)/ /kə'rɪr/ a job that you learn to do and then do for many years: *sự nghiệp*  
**champion (n)** /'tʃæmpɪən/ /'tʃæmpɪən/ a person who is the best at a sport or game: *nhà vô địch*  
**compete (v)** /kəm'pi:t/ /kəm'pi:t/ to try to win a race or a competition: *thi đấu*  
**competitor (n)** /kəm'petɪtə(r)/ /kəm'petɪtər/ a person who is trying to win a competition: *đấu thủ*  
**event (n)** /ɪ'vent/ /ɪ'vent/ one of the races or competitions in a sports programme: *môn thi đấu*  
**gold medal (adj)** /gəʊld 'medl/ /gəʊld 'medl/ a disk-shaped prize made of or covered with gold that is given to a person or team that wins a competition: *huy chương vàng*