

BẢNG TỔNG HỢP KIẾN THỨC INTER TUẦN 14.05-20.05



MỤC LỤC

14.05.2018 - BAD HABITS THAT AFFECT YOUR DIGESTION	03
15.05.2018 - HOW TO DEAL WITH DIFFICULT TEAM MEMBERS	04
16.05.2018 - TIPS FOR GETTING A GOOD NIGHT'S SLEEP	05
17.05.2018 - BASIC INGREDIENTS FOR COOKING ASIAN FOOD	06
18.05.2018 - THE IMPORTANCE OF CLIMATE PREDICTION	07
19.05.2018 - HOW TO CONNECT WITH YOUR CHILDREN	08
20.05.2018 - THE HEALTH BENEFITS OF GARLIC	09

14.05.2018 - BAD HABITS THAT AFFECT YOUR DIGESTION

VOCABULARY

Words	Meanings
1. Disorder (n) /dɪsˈɔːrdər/	An illness that causes a part of the body to stop functioning correctly
2. Excessive (adj) /ɪkˈsesɪv/	Greater than what seems reasonable or appropriate
3. Intake (n) /ɪˈnteɪk/	The amount of food, drink, etc. that you take into your body
4. Consume (v) /kənˈsuːm/	To eat or drink something
5. Suffer (v) /ˈsʌfər/	To be badly affected by a disease, pain, sadness, a lack of something, etc.
6. Abuse (n) /əˈbjuːs/	To make bad use of something, or to use so much of something that it harms your health

WEAR YOUR WORD

- **Force of habit:** to behave in a stupid way in order to make people laugh if you do something from or out of force of habit, you do it automatically and in a particular way because you have always done it that way in the past
- **A clean bill of health:** a report that says somebody is healthy or that something is in good condition

STRUCTURE

S + affect + not only + something + but also + something.

THỰC HÀNH VỚI HỌC LIỆU QUỐC TẾ (Chỉ áp dụng với một số học viên)

[Dietary Habits That Affect Your Digestion](#)

15.05.2018 - HOW TO DEAL WITH DIFFICULT TEAM MEMBERS

VOCABULARY

Words	Meanings
1. Disruptive (adj) /dɪsˈrʌptɪv/	Causing problems, noise, etc. so that something cannot continue normally Library staff are trained to deal with disruptive children.
2. Reassess (v) /ˌriːəˈses/	To think again about something to decide if you need to change your opinion of it
3. Productive (adj) /prəˈdʌktɪv/	Doing or achieving a lot
4. Initiative (n) /ɪˈnɪʃətɪv/	A new plan for dealing with a particular problem or for achieving a particular purpose
5. Supportive (adj) /səˈpɔːrtɪv/	Giving help, encouragement or sympathy to somebody
6. Delegate (v) /ˈdelɪgeɪt/	To give part of your work, power or authority to somebody in a lower position than you

WEAR YOUR WORD

- **Take one for the team:** to give up something that is important to you or to do something that is unpleasant in order to benefit your friends or colleagues
- **A safe pair of hands:** a person that you can trust to do a job well

STRUCTURE

S + be + N + who + V + O.

THỰC HÀNH VỚI HỌC LIỆU QUỐC TẾ (Chỉ áp dụng với một số học viên)

[How to Deal With Difficult Colleagues](#)

16.05.2018 - TIPS FOR GETTING A GOOD NIGHT'S SLEEP

VOCABULARY

Words	Meanings
1. Insomnia (n) /ɪnˈsɔːmniə/	the condition of being unable to sleep
2. Fatigue (n) /fəˈtiːɡ/	a feeling of being extremely tired, usually because of hard work or exercise
3. Routine (n) /ruːˈtiːn/	the normal order and way in which you regularly do things
4. Bedtime (n) /ˈbedtaɪm/	the time when somebody usually goes to bed
5. Optimize (v) /ˈɑːptɪmaɪz/	to make something as good as it can be; to use something in the best possible way
6. Mattress (n) /ˈmætrəs/	the soft part of a bed, that you lie on

WEAR YOUR WORD

- **Not get/have a wink of sleep (idiom):** to not be able to sleep
- **Sleep in phrasal verb):** to sleep until after the time you usually get up in the morning

STRUCTURE

It is (not) necessary for somebody to do something.

THỰC HÀNH VỚI HỌC LIỆU QUỐC TẾ (Chỉ áp dụng với một số học viên)

[Ten Tips on How to Get a Good Night's Sleep](#)

17.05.2018 - BASIC INGREDIENTS FOR COOKING ASIAN FOOD

VOCABULARY

Words	Meanings
1. Cuisine (n) /kwɪˈziːn/	a style of cooking
2. Recipe (n) /ˈresəpi/	a set of instructions that tells you how to cook something and the ingredients (=items of food) you need for it
3. Spice (n) /spaɪs/	one of the various types of powder or seed that come from plants and are used in cooking. Spices have a strong taste and smell
4. Edible (adj) /ˈedəbl/	fit or suitable to be eaten; not poisonous
5. Spicy (adj) /ˈspaɪsi/	(of food) having a strong taste because spices have been used to flavour it
6. Gourmet (n) /ˈgʊrmeɪ/	a person who knows a lot about good food and wines and who enjoys choosing, eating and drinking them

WEAR YOUR WORD

- **Food for thought:** an idea that makes you think seriously and carefully
- **Have a sweet tooth:** (informal) to like food that contains a lot of sugar

STRUCTURE

S + look forward to + something/V-ing.

THỰC HÀNH VỚI HỌC LIỆU QUỐC TẾ (Chỉ áp dụng với một số học viên)

[Asian Style Hot Sauce Recipe](#)

18.05.2018 - THE IMPORTANCE OF CLIMATE PREDICTION

VOCABULARY

Words	Meanings
1. Long-term (adj) /ˌlɒŋ ˈtɜːrm/	that will last or have an effect over a long period of time
2. Drastic (adj) /ˈdræstɪk/	extreme in a way that has a sudden, serious or violent effect on something
3. Atmosphere (n) /ˈætməsfiər/	the mixture of gases that surrounds the earth
4. Crisis (n) /ˈkraɪsɪːz/	a time of great danger, difficulty or confusion when problems must be solved or important decisions must be made
5. Irreversible (adj) /ɪrɪˈvɜːrsəbl/	that cannot be changed back to what it was before
6. Emission (n) /ɪˈmɪʃn/	gas, etc. that is sent out into the air

WEAR YOUR WORD

- **A cloud on the horizon:** something that threatens to cause problems or unhappiness in the future
- **The heavens opened:** it began to rain heavily

STRUCTURE

It is predicted that + S + will + V + O.

THỰC HÀNH VỚI HỌC LIỆU QUỐC TẾ (Chỉ áp dụng với một số học viên)

[A New NOAA Tool Is Helping to Predict U.S. Droughts, Global Famine](#)

19.05.2018 - HOW TO CONNECT WITH YOUR CHILDREN

VOCABULARY

Words	Meanings
1. Involve (v) /ɪnˈvɒːlv/	if a situation, an event or an activity involves something, that thing is an important or necessary part or result of it
2. Interaction (n) /ɪntərˈæktʃn/	the act of communicating with somebody, especially while you work, play or spend time with them
3. Considerate (adj) /kənˈsɪdərət/	always thinking of other people's wishes and feelings; careful not to hurt or upset others
4. Goodwill (n) /ˌɡʊdˈwɪl/	friendly or helpful feelings towards other people or countries
5. Thoughtfully (adv) /ˈθɔːtfəli/	in a way that shows that you think about and care for other people
6. Parental (adj) /pəˈrentl/	connected with a parent or parents

WEAR YOUR WORD

- **Bring sb up:** To look after a child until he or she becomes an adult
- **Get along:** To have a harmonious or friendly relationship

STRUCTURE

When + Clause, S + tend + to + V.

THỰC HÀNH VỚI HỌC LIỆU QUỐC TẾ (Chỉ áp dụng với một số học viên)

[How to Connect With Your Children](#)

20.05.2018 - THE HEALTH BENEFITS OF GARLIC

VOCABULARY

Words	Meanings
1. Purifier (n) / ¹ pʊrɪfaɪər/	a device that removes substances that are dirty, harmful or not wanted
2. Antibiotic (adj) / ¹ æntɪbaɪˈɑːtɪk/	containing or using a substance, for example penicillin, that can destroy or prevent the growth of bacteria and cure infections
3. Relieve (v) /rɪˈliːv/	to remove or reduce an unpleasant feeling or pain
4. Immunity (n) /ɪˈmjuːnəti/	the body's ability to avoid or not be affected by infection and disease
5. Remedy (n) / ¹ remədi/	a treatment or medicine to cure a disease or reduce pain that is not very serious
6. Splinter (n) / ¹ splɪntər/	a small, thin sharp piece of wood, metal, glass, etc. that has broken off a larger piece

WEAR YOUR WORD

- **Use something up (phrasal verb):** To use all of something so that there is none left
- **For somebody's benefit (idiom):** Especially in order to help or be useful to somebody

STRUCTURE

S + find + somebody/something + adjective + to + V.

THỰC HÀNH VỚI HỌC LIỆU QUỐC TẾ (Chỉ áp dụng với một số học viên)

[The Health Benefits of Garlic](#)