

BẢNG TỔNG HỢP KIẾN THỨC INTER TUẦN 14.05-20.05



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14.05.2018 - BAD HABITS THAT AFFECT YOUR DIGESTION

VOCABULARY

| Words | Meanings |
|--------------------------------------|--|
| 1. Disorder (n) /dɪs'ɔ:rðər/ | An illness that causes a part of the body to stop functioning correctly |
| 2. Excessive (adj) /ɪk'sesɪv/ | Greater than what seems reasonable or appropriate |
| 3. Intake (n) /'ɪnteɪk/ | The amount of food, drink, etc. that you take into your body |
| 4. Consume (v) /kən'su:m/ | To eat or drink something |
| 5. Suffer (v) /'sʌfər/ | To be badly affected by a disease, pain, sadness, a lack of something, etc. |
| 6. Abuse (n) /ə'bju:s/ | 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) <i>/dɪs'raptɪv/</i> | Causing problems, noise, etc. so that something cannot continue normally Library staff are trained to deal with disruptive children. |
| 2. Reassess (v) /ri:ə'ses/ | To think again about something to decide if you need to change your opinion of it |
| 3. Productive (adj) <i>/prə'dʌktɪv/</i> | Doing or achieving a lot |
| 4. Initiative (n) /ɪ'nɪʃətɪv/ | A new plan for dealing with a particular problem or for achieving a particular purpose |
| 5. Supportive (adj) <i>/sə'pɔ:rtɪv/</i> | Giving help, encouragement or sympathy to somebody |
| 6. Delegate (v) /'delɪɡeɪt/ | 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) /ɪn'sa:mniə/ | the condition of being unable to sleep |
| 2. Fatigue (n) /fə'ti:g/ | a feeling of being extremely tired, usually because of hard work or exercise |
| 3. Routine (n) /ru:tɪ:n/ | the normal order and way in which you regularly do things |
| 4. Bedtime (n) /'bedtaɪm/ | the time when somebody usually goes to bed |
| 5. Optimize (v) /'ɑ:ptɪmaɪz/ | to make something as good as it can be; to use something in the best possible way |
| 6. Mattress (n) /'mætrəs/ | 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) /'kwiːzɪ:n/ | a style of cooking |
| 2. Recipe (n) /'riːsəpi:/ | 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) /'edəbl/ | fit or suitable to be eaten; not poisonous |
| 5. Spicy (adj) /'spaɪsi/ | (of food) having a strong taste because spices have been used to flavour it |
| 6. Gourmet (n) /'gʊrmet/ | 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) /'lɔːtɜːm/ /lɔːtɜːrm/ | that will last or have an effect over a long period of time |
| 2. Drastic (adj) /'dræstɪk/ | extreme in a way that has a sudden, serious or violent effect on something |
| 3. Atmosphere (n) /ætməsfɪər/ | the mixture of gases that surrounds the earth |
| 4. Crisis (n) /'kraɪsɪz/ | a time of great danger, difficulty or confusion when problems must be solved or important decisions must be made |
| 5. Irreversible (adj) /ɪrɪ'revɜːrəbl/ | that cannot be changed back to what it was before |
| 6. Emission (n) /i'miʃn/ | 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) /ɪn'vaɪlv/ | 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) /ɪntər'ækʃn/ | the act of communicating with somebody, especially while you work, play or spend time with them |
| 3. Considerate (adj) /kən'sɪdərət/ | always thinking of other people's wishes and feelings; careful not to hurt or upset others |
| 4. Goodwill (n) /gʊd'wɪl/ | friendly or helpful feelings towards other people or countries |
| 5. Thoughtfully (adv) /θo:tflēli/ | in a way that shows that you think about and care for other people |
| 6. Parental (adj) /pə'rentl/ | 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) /'pjʊrifaiər/ | a device that removes substances that are dirty, harmful or not wanted |
| 2. Antibiotic (adj) /æntibai'ɒ:tɪk/ | containing or using a substance, for example penicillin, that can destroy or prevent the growth of bacteria and cure infections |
| 3. Relieve (v) /rɪ'lɪ:v/ | to remove or reduce an unpleasant feeling or pain |
| 4. Immunity (n) /ɪ'mju:nəti/ | the body's ability to avoid or not be affected by infection and disease |
| 5. Remedy (n) /'remədi/ | a treatment or medicine to cure a disease or reduce pain that is not very serious |
| 6. Splinter (n) /'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](#)