BẢNG TỔNG HỢP KIẾN THỨC INTER

TUẦN 04.06-10.06

MỤC LỤC

04.06.2018 - TIPS FOR A HEALTHY HEART 03

05.06.2018 - THE DEPLETION OF THE OZONE LAYER 04

06.06.2018 - ADVANTAGES AND DISADVANTAGES OF EXTREME SPORTS 05

07.06.2018 - THE IMPORTANCE OF A GOOD ATTITUDE AT WORK 06

08.06.2018 - HABITS OF SUCCESSFUL PEOPLE 07

09.06.2018 - NATURAL DISASTER RELIEF 08

10.06.2018 - LONG-DISTANCE RELATIONSHIPS 09

04.06.2018 - TIPS FOR A HEALTHY HEART	
VOCABULARY	
Words	**Meanings**
1. Intake (n) /ˈɪnteɪk/:	the amount of food, drink, etc. that you take into your body
2. Portion (n) /ˈpɔːrʃn/:	an amount of food that is large enough for one person
3. Stroke (n) /stroʊk/:	a sudden serious illness when a blood vessel (= tube) in the brain bursts or is blocked, which can cause death or the loss of the ability to move or to speak clearly
4. Diagnosis (n) /ˌdaɪəgˈnoʊsɪs/:	the act of discovering or identifying the exact cause of an illness or a problem
5. Devastating (adj) /ˈdevəsteɪtɪŋ/:	causing a lot of damage and destruction
6. Pump (v) /pʌmp/:	to flow in a particular direction as if it is being forced by a pump
WEAR YOUR WORD	
• **Take a heavy toll (on sb/sth):** to have a bad effect on sb/sth; to cause a lot of damage, deaths, suffering, etc. • **By heart:** using only your memory.	
STRUCTURE	
It's time + for + O + to + V-infinitive.	
RECOMMENDATION	
• Health & hygiene- present tense verbs (#0022) • Body and health in simple past tense (#0074)	
THỰC HÀNH VỚI HỌC LIỆU QUỐC TẾ (Chỉ áp dụng với một số học viên)	
Tips for a Heathy Heart	

05.06.2018 - THE DEPLETION OF THE OZONE LAYER	
VOCABULARY	
Words	**Meanings**
1. Susceptible (adj) /səˈseptəbl/:	very likely to be influenced, harmed or affected by somebody/something
2.Cardiovascular (adj) /ˌkɑːrdioʊˈvæskjələr/:	connected with the heart and the blood vessels (= the tubes that carry blood around the body)
3. Wheeze (v) /wiːz/:	to breathe noisily and with difficulty
4. Radiation (n) /ˌreɪdiˈeɪʃn/:	powerful and very dangerous rays that are sent out from radioactive substances
5. Deplete (v) /dɪˈpliːt/:	to reduce something by a large amount so that there is not enough left
6. Impairment (n) /ɪmˈpermənt/:	the state of having a physical or mental condition which means that part of your body or brain does not work correctly; a particular condition of this sort
WEAR YOUR WORD	
• **Drive sth down:** to make something such as prices fall quickly. • **(Build) castles in the air:** (to have) plans or dreams that are not likely to happen or come true.	
STRUCTURE	
S + warn + somebody + about/against + somebody/something.	
RECOMMENDATION	
• 41-weather and geography- quiz (#0048) • 135-pronunciation: /ng/ vs. /n/ (#0290)	
THỰC HÀNH VỚI HỌC LIỆU QUỐC TẾ (Chỉ áp dụng với một số học viên)	
The Depletion of the Ozone Layer	

06.06.2018 - ADVANTAGES AND DISADVANTAGES OF EXTREME SPORTS	
VOCABULARY	
Words	**Meanings**
1. Encounter (v) /ɪnˈkaʊntər/:	to experience something, especially something unpleasant or difficult, while you are trying to do something else
2. Potential (n) /pəˈtenʃl/:	the possibility of something happening or being developed or used
3. Traumatic (adj) /traʊˈmætɪk/:	extremely unpleasant and causing you to feel upset and/or anxious
4. Monotonous (adj) /məˈnɑːtənəs/:	never changing and therefore boring
5. Frustration (n) /frʌˈstreɪʃn/:	the feeling of being frustrated
6. Injury (n) /ˈɪndʒəri/:	harm done to a person's or an animal's body, for example in an accident
WEAR YOUR WORD	
• **Get into (phrasal verb):** (informal) to become interested in something. • **Not turn a hair (idiom):** to show no emotion when something surprising, shocking, etc. happens.	
STRUCTURE	
Sb + dare + sb + to do + something.	
RECOMMENDATION	
• 43-using present progressive in sports (#0105) • 113-check out the awesome, new sports car (#0432)	
THỰC HÀNH VỚI HỌC LIỆU QUỐC TẾ (Chỉ áp dụng với một số học viên)	
Talking About Trying Extreme Sports	

07.06.2018 - THE IMPORTANCE OF A GOOD ATTITUDE AT WORK	
VOCABULARY	
Words	**Meanings**
1.Reserved (adj) /rɪˈzɜːrvd/:	(of a person or their character) slow or unwilling to show feelings or express opinions
2. Colleague (n) /ˈkɑːliːg/:	a person that you work with, especially in a profession or a business
3. Enthusiastic (adj) /ɪnˌθuːziˈæstɪk/:	feeling or showing a lot of excitement and interest about somebody/something
4. Recognize (v) /ˈrekəgnaɪz/:	to know who somebody is or what something is when you see or hear them or it, because you have seen or heard them or it before
5. Distribute (v) /ˈdɪstrɪbjuːt/:	to give things to a large number of people; to share something between a number of people
6. Sluggish (adj) /ˈslʌgɪʃ/:	moving, reacting or working more slowly than normal and in a way that seems lazy
WEAR YOUR WORD	
• **Play along with something/somebody:** to do what someone asks you to do, for a limited period of time. • **Act up:** to behave badly.	
STRUCTURE	
Collaborate (with sb) + in sth/in doing sth	
RECOMMENDATION	
• 48-working lunch (#0354) • 133-business vocabulary (#0191)	
THỰC HÀNH VỚI HỌC LIỆU QUỐC TẾ (Chỉ áp dụng với một số học viên)	
The Importance of a Good Work Attitude	

08.06.2018 - HABITS OF SUCCESSFUL PEOPLE	
VOCABULARY	
Words	**Meanings**
1. Expand (v) /ɪkˈspænd/:	to become greater in size, number or importance; to make something greater in size, number or importance
2. Accomplish (v) /əˈkɑːmplɪʃ/:	to succeed in doing or completing something
3. Form (v) /fɔːrm/:	to begin to exist and gradually develop into a particular shape; to make something begin to exist in a particular shape
4. Inspiration (n) /ˌɪnspəˈreɪʃn/:	the process that takes place when somebody sees or hears something that causes them to have exciting new ideas or makes them want to create something, especially in art, music or literature
5. Realistically (adv) /ˌriːəˈlɪstɪkli/:	used to say what you think can actually be achieved in a particular situation
6. Optimistic (adj) /ˌɑːptɪˈmɪstɪk/:	expecting good things to happen or something to be successful; showing this feeling
WEAR YOUR WORD	
• **Go after something:** to try to get something. • **Work out:** to train the body by physical exercise, to develop in a successful way.	
STRUCTURE	
S + be + used/accustomed to + Noun/V-ing.	
RECOMMENDATION	
• 48-working lunch (#0354) • 133-business vocabulary (#0191)	
THỰC HÀNH VỚI HỌC LIỆU QUỐC TẾ (Chỉ áp dụng với một số học viên)	
Talking About What Makes Oprah Successfull	

09.06.2018 - NATURAL DISASTER RELIEF	
VOCABULARY	
Words	**Meanings**
1. Relief (n) /rɪˈliːf/:	the feeling of happiness that you have when something unpleasant stops or does not happen. Food, money, medicine, etc. that is given to help people in places where there has been a war or natural disaster.
2. Fundraise (v) /ˈfʌndreɪz/:	to collect money for a charity or organization, often by organizing social events or entertainments
3. Suffer (v) /ˈsʌfər/:	to be badly affected by a disease, pain, sadness, a lack of something, etc.
4. Circumstance (n) /ˈsɜːrkəmstæns/:	the conditions and facts that are connected with and affect a situation, an event or an action
5. Cooperate (v) /koʊˈɑːpəreɪt/:	to work together with somebody else in order to achieve something
6. Charity (n) /ˈtʃærəti/:	the aim of giving money, food, help, etc. to people who are in need
WEAR YOUR WORD	
• **Hand something out:** to give something to the members of a group/place. • **Give something out:** to give something to a lot of people.	
STRUCTURE	
S + suffer + from + Noun.	
RECOMMENDATION	
• 41-weather and geography- quiz (#0048) • 41-discussing the weather (#0047)	
THỰC HÀNH VỚI HỌC LIỆU QUỐC TẾ (Chỉ áp dụng với một số học viên)	

Nature Disaster Relief Guideline

10.06.2018 - LONG-DISTANCE RELATIONSHIPS	
VOCABULARY	
Words	**Meanings**
1. Discourage (v) /dɪsˈkɜːrɪdʒ/:	to try to prevent something or to prevent somebody from doing something, especially by making it difficult to do or by showing that you do not approve of it
2. Disturb (v) /dɪˈstɜːrb/:	to interrupt somebody when they are trying to work, sleep, etc.
3. Interaction (n) /ˌɪntərˈækʃn/:	the act of communicating with somebody, especially while you work, play or spend time with them
4. Constantly (adv) /ˈkɑːnstəntli/:	all the time; repeatedly
5. Grateful (adj) /ˈgreɪtfl/:	feeling or showing thanks because somebody has done something kind for you or has done as you asked
6. Jealous (adj) /ˈdʒeləs/:	feeling angry or unhappy because somebody you like or love is showing interest in somebody else
WEAR YOUR WORD	
• **Go the distance:** to continue doing something until it is successfully completed. • **Cheer up:** to become more cheerful; to make somebody/something more cheerful.	
STRUCTURE	
S + keep one's promise/word + to + V.	
RECOMMENDATION	

- 135-pronunciation: /ng/ vs. /n/ (#0290)

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

Talking About Long-Distance Relationships