

UNIT 2: HEALTH - ENGLISH 7

I. PRONUNCIATION: /f/ and /v/

Âm /f/: Âm /f/ là phụ âm vô thanh. Để phát âm âm này, răng trên của chúng ta chạm vào môi dưới. Sau đó ta thổi không khí giữa môi và răng để tạo âm /f/.

Âm /v/: Âm /v/ là phụ âm hữu thanh. Để phát âm âm này, răng hàm trên chạm nhẹ vào môi dưới. Sau đó ta thổi không khí thoát ra giữa răng của hàm trên và môi dưới để tạo âm /v/.

Các em thực hành phát âm các từ và các câu sau:

/f/	/v/
five /faɪ v/	vest /vest/
half/hæf/	van /væn/
fan /fæn/	vote /vəʊ t/
phone /fəʊ n/	live /li v/
cough /kɔ : f/	have /hæv/
coffee /' kɔ : fi/	very /' veri/
photo /' fəʊ .təʊ /	invite /ɪ n' vaɪ t/
funny /' fʌ ni/	travel /' trævl/
orphan /' ɔ : rfn/	every /' evri/
factory /' fæktəri/	various /'veriəs/

<p>This is my family photo. /ðɪ s ɪ z maɪ ' fæməli ' fəʊtəʊ/</p> <p>Ralph's life is tough, but he laughs. /ra : fs laɪ fɪ z tʌfbʌt hi: læfs/</p> <p>Freddy found fresh flowers for his friend. /fredi faʊ nd freʃ ' faʊ ərz.fər hɪ z.frend/</p> <p>Frankie lifted her finger to show hersapphire. /' fræŋki ' li ftɪ d hər ' fi ŋgər tər f əʊ hər ' sæʃaɪ ə/</p> <p>He ate the fish and half a loaf of bread, then he left.</p>	<p>Steven lives in a village. /' stɪvn lɪ vz ɪ n ə ' vi li dʒ/</p> <p>Val survived the five hour drive. /væl sər' vaɪ vd ðə faɪ v ' aʊ ə draɪ v/</p> <p>We're leaving at five past seven. /wi r ' li: vi ŋ ət faɪ v pɑ : st ' sevən/</p> <p>They've never voted in Virginia before. /ðeɪ v ' nevər ' vəʊtɪ d ɪ n vər: dʒɪ niə bi ' fɔ : /</p> <p>She is obviously envious, and I love it. /ʃ i ɪ z ' a : bviəsli ' envɪəs ən aɪ lʌ v ɪ t/</p>
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/hi eɪ t ðə fɪ f ən hæf ə ləʊ f əv bred, ðen hi left/

II. VOCABULARY

ENGLISH	TYPE	PRONUNCIATION	VIETNAMESE
allergy	n	/' ælərdʒ i/	dị ứng
cough	n	/kɒ f/	ho
depression	n	/di ' pref n/	sự chán nản, buồn rầu
earache	n	/' ɪ əreɪ k/	đau tai
itchy	adj	/' ɪ tʃ i/	ngứa, gây ngứa
obesity	n	/əʊ ' bi: sət□i/	bệnh béo phì
runny nose	n	/' rʌ ni nəʊ z/	sổ mũi
sickness	n	/' si knəs/	sự ốm, sự bệnh
sneeze	v	/sni: z/	hắt hơi
sore throat	n	/sɔ : (r) θrəʊ t/	đau họng, viêm họng
spot	n	/spɒ t/	mụn nhọt
stomachache	n	/' stʌ mək, eɪ k/	đau bụng
sunburn	n	/' sʌ nbɜ : n/	sự cháy nắng
sunburnt	adj	/' sʌ nbɜ : nt/	bị cháy nắng
temperature	n	/' temprətʃ ər/	hiệt độ
toothache	n	/' tu: θeɪ k/	đau răng
weak	adj	/wi: k/	yếu
awake	adj	/ə' weɪ k/	tỉnh, thức
calorie	n	/' kæləri/	calo
compound	adj	/' kɒ mpaʊ nd/	ghép, phức
concentrate	v	/' kɒ nsn, treɪ t/	tập trung
conjunction	n	/kən' dʒ ʌ ŋkʃ n/	liên từ
coordinate	v	/kəʊ ' ɔ : di neɪ t/	phối hợp, kết hợp
diet	n	/' daɪ ət/	ăn kiêng, chế độ ăn uống
essential	adj	/ɪ ' senʃ l/	cần thiết, thiết yếu

expert	n	/ˈ ɛkspɜ : t/	<i>chuyên gia</i>
junk food	n	/ˈ dʒʌ ŋk fu: d/	<i>đồ ăn nhanh, quà vặt</i>
myth	n	/mi θ/	<i>thần thoại, chuyện hoang đường</i>
pay attention	v	/peɪ əˈ tenʃ n/	<i>chú ý, lưu ý</i>
put on weight	v	/pʊ t ɒ n weɪ t/	<i>tăng cân</i>
sleep in	v	/sli: p ɪ n/	<i>ngủ nướng</i>
stay in shape	v	/steɪ ɪ nʃ eɪ p/	<i>giữ dáng, giữ cơ thể cân đối khỏe mạnh</i>
sunbathe	v	/ˈ sʌ nbeɪ ð/	<i>tắm nắng</i>
triathlon	n	/traɪ ˈ æθlɒ n/	<i>cuộc thi thể thao phối hợp 3 môn</i>
vegetarian	n	/ˌ vedʒ əˈ teəriən/	<i>người ăn chay</i>
weight	n	/weɪ t/	<i>cân nặng, khối lượng</i>

III. GRAMMAR

1. Compound sentences: Câu ghép là câu có hai hay nhiều mệnh đề được nối với nhau bằng liên từ sau:

AND: và	He likes working and playing in the same room.
BUT: nhưng	She wants to eat some ice cream but she has a sore throat.
OR: hoặc	We can go to the cinema or we can go to the museum tonight.
SO: vậy nên	Dane eats too many sweets, so he has a stomachache.

2. Imperative with “more” and “less”

Chúng ta dùng câu mệnh lệnh với more và less theo công thức sau:

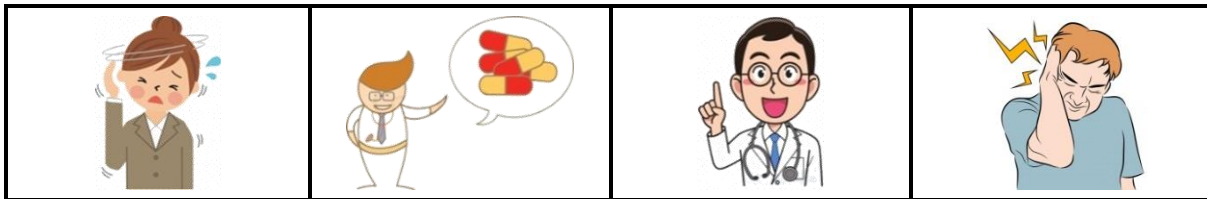
V + more/less!

Ex: Do more exercise!
Hãy tập thể dục nhiều hơn!
 Eat less fast food!
Hãy ăn ít đồ ăn nhanh hơn!

Drink more water!
Hãy uống nước nhiều hơn!
 Sleep less than 10 hours per day!
Hãy ngủ ít hơn 10 giờ mỗi ngày!

IV. EXERCISES:

Exercise 1: Look at the picture and do the crosswords. Number 1 is an example for you.

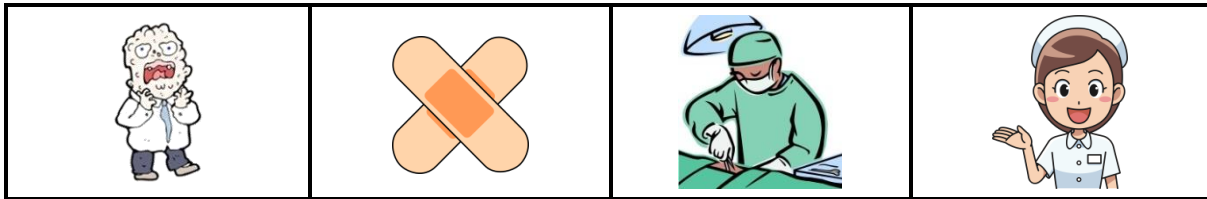


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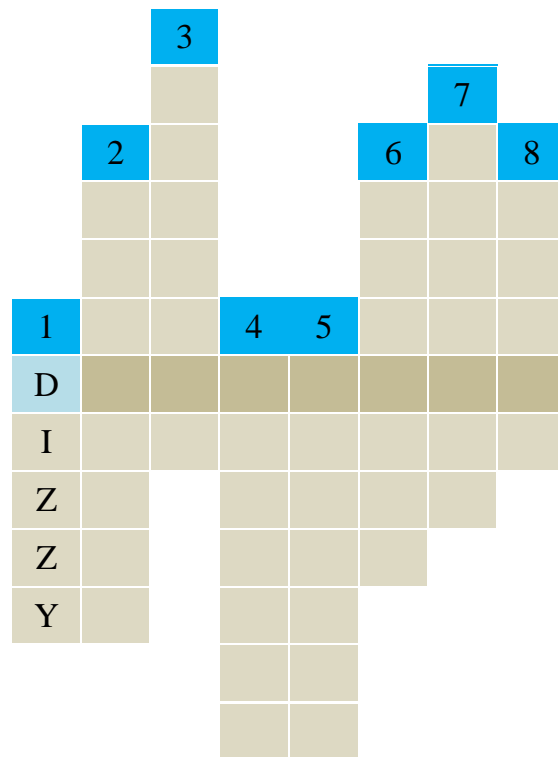


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Exercise 2: Complete the sentences with conjunction: *and, or, but, so*.

1. We needed some food for the week, we went to the supermarket.
2. Alan invested a lot of money in the business, the business went bankrupt.
3. Doug didn't understand the homework assignment, he asked the teacher for help.
4. Susan thinks she should stay home and relax, she should go on vacation.
5. The doctors looked at the x-rays, they decided to operate on the patient.
6. Tom asked his teacher for help, he asked his parents.
7. Jack flew to London to visit his Uncle, to visit the National Museum.

8. It is sunny, it is very cold.

Exercise 3: Match each clause in column A with a clause in column B then match those pairs with suitable compound words.

No.	A	Opt.	B
1.	You can look at the clothes in the shop windows.	A.	so I went home early.
2.	I was tired,	B.	so we'd better postpone
3.	Mrs. Taylor is tall	C.	our picnic.
4.	Learning geography is difficult	D.	and Lan?
5.	It is raining heavily outside,	E.	but I'm doing quite well.
6.	The exercises are quite difficult,	F.	and slim.
7.	I don't know whether to turn left,	G.	so better luck next time.
8.	Do you want to sit next to Nam	H.	or you can't go in and buy them. or right to reach the department
9.	No one likes classmates who are	I.	store.
10.	lazy You didn't win the prize,	J.	but interesting. and mean.

- 1 – 2 – 3 – 4. – 5 –
6 – 7 – 8 – 9 – 10 –

Exercise 4: Complete the sentences with *more* or *less*.

1. Drink water because it is very essential for your body.
2. Sit in front of the TV or a computer if you don't want your eyes to be hurt.
3. Eat healthy foods like fruits, vegetables or fish. You will stay in shape.
4. Exercise, and count calories when eating. This can help you lose weight.
5. Eat high-fat food to avoid obesity.
6. Stay outdoors more and do physical activities. You will be more healthy and active.
7. Spend time playing computer games.
8. Sunbathe to avoid sunburn.
9. Take public transportation. You can save a lot.
10. Have some yogurt. It will be good for your stomach.

Exercise 5: Combine each pair of sentences using a suitable compound word.

1. We looked everywhere for my brother. We could not find him.
.....
2. Kerry went to the woods. She went hunting.
.....
3. The dog must eat dinner on time. He will be hungry.

.....
4. David likes to play baseball. He loves to play soccer too.
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THE END