**TIẾNG ANH 7**

**UNIT 11: KEEP FIT, STAY HEALTHY**

**Section A: Check-up (Khám tổng quát)**

**I/ VOCABULARY:**

1. Check–up (n) : khám tổng quát
2. Medicine (n) : y khoa, thuốc
3. Medical (adj) : thuộc về y khoa
4. Medical check–up (n) : khám sức khỏe tổng quát
5. Record (n) : hồ sơ
6. Medical record (n) : hồ sơ bệnh lí
7. Follow (v) : đi theo
8. Temperature (n) : sốt, nhiệt độ
9. Run/have a temperature (v) : bị sốt
10. Take one's temperature (v) : đo nhiệt độ
11. Normal (adj) : bình thường
12. Height (n) : chiều cao, đỉnh cao
13. High (adj) : cao
14. Measure (v) : đo
15. Weigh (v) : cân, cân nặng
16. Weight (n) : trọng lượng
17. Scale (n) : tỉ lệ, cái cân
18. Get on (v) : lên, (bước) lên xe
19. Form (n) : mẫu đơn
20. Medical form (n) : đơn khám sức khỏe
21. Cover (v) : điền
22. Missing information (n) : thông tin thiếu
23. Record card (n) : phiếu hồ sơ
24. Male (adj) : nam
25. Female (adj) : nữ

**II/ GRAMMAR :**

**A. Making a request**

**Would you + vo ............................, please?**

**EX: -** Would you open your mouth, please?

- Would you stand here, please

**B. Asking and telling about the weight/ height/ lenght/......**

**How +adj + be + you / he / she / Lan ?**

**Or : What +be + your / his / her / Lan’s... + noun ?**

**---- I/ he/ she/ Lan +be + ..............................**

**EX:** How **tall** are you?

Or What is your **height** ?

* I am 1.60 meters.

**Note:**

**Adjectives Nouns**

Tall/ high Height

Long Lenght

Heavy Weight

Deep Depth

Wide Width

**Practice :** (Phần 1-3 trang 107-109 SGK Tiếng Anh 7)

**1. Listen. Then practice with a partner.**

**Now answer. Number the sentences. (Bây giờ trả lời. Đánh số các câu.)**

5 - a) The nurse weighed Hoa.

7 - b) Hoa returned to the waiting room.

8 - c) Hoa left the waiting room.

2 - d) The nurse called Hoa's name.

4 - e) The nurse measured Hoa.

1 - f) Hoa filled in her medical record.

3 - g) The nurse took Hoa's temperature.

6 - h) The nurse told Hoa to go back to the waiting room.

**2. Listen. Then write the missing words.**

**Doctor:** I want to **ask** you a few questions before I start, Hoa. **How** old are you?

**Hoa:** Fourteen.

**Doctor:** And **your** height is one meter **50** centimeters?

**Hoa:** No. I think I'm **not**. The nurse measured **me**.

**Doctor:** Oh. How **tall** are you?

**Hoa:** One**meter** 45 **centimeters**.

**Doctor:** I**'ll** ask the nurse to check your **height** again. How heavy are you?

**Hoa:** I **think** I'm 42 kilos.

**Doctor:** **No**. It says on your **form**that you're 40 kilos.

**3. Ask and answer questions with a partner.**

One of you is A and the other is B. Look at the copy of the medical record and cover the other copy. Fill in the missing information. (*Một người trong các bạn là A và người kia là B. Nhìn bản ghi sức khỏe của bạn và che bản của người kia lại. Điền những thông tin còn thiếu.*)

*These question forms will help you.* (*Các mẫu câu hỏi sau sẽ giúp bạn.*)

Which ...? Where does he ...?

What is his ...? How ... is he?

**Gợi ý:**

**A:** Which school does he go to?

**B:** He goes to Nguyen Du school.

**A:** What class is he in?

**B:** He's in class 7A.

**A:** What's his surname?

**B:** His surname is Tran.

**A:** What's his forename?

**B:** They're Van Kien.

**A:** What's his address?

**B:** It's 66 Ham Long street, Ha Noi.

**A:** How old is he?

**B:** He's 12.

**A:** What's his weight?

**B:** He weighs 41 kilos.

**A:** How tall is he?

**B:** He's one meter 40 centimeters tall.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Section B: What was wrong with you?**

**I/ VOCABULARY:**

1. Headache (n) : bệnh nhức đầu
2. Cold (n) : bệnh cảm lạnh
3. Have a headache/cold (v) : bị nhức đầu/cảm lạnh
4. Stay inside (v) : ở lại trong phòng
5. Awful (adj) : xấu, tồi tệ
6. Note (n) : mẫu giấy
7. Sick note (n) : giấy xin phép
8. Virus (n) : vi-rút
9. Flu (n) : bệnh cảm cúm
10. Stomachache (n) : bệnh đau dạ dày
11. Absent (adj) : vắng mặt
12. The whole class (n) : cả lớp
13. Result (n) : kết quả
14. illness (n) : căn bệnh
15. Disease (n) : bệnh tật
16. Common (adj) : thông thường
17. Catch (v) : mắc phải 1 chứng bệnh
18. Symptom (n) : triệu chứng
19. Runny nose (n) : sổ mũi
20. Slight (adj) : nhỏ, nhẹ
21. Fever (n) : bệnh sốt
22. Cough (n) : bệnh ho
23. Sneeze (v) : nhảy mũi
24. Unpleasant (adj) : khó chịu
25. Cure (v) : chữa trị
26. Filled with (adj) : đầy
27. Relieve (v) : làm giảm
28. Whatever (pro) : dù bất cứ điều gì
29. Disappear (v) : biến mất
30. Prevent (v) : ngăn ngừa
31. Eat well (v) : ăn uống kĩ lưỡng
32. Poem (n) : bài thơ
33. Horrible (adj) : khủng khiếp
34. Pain (n) : sự đau / nhức
35. Have a pain in one's ... (v) : đau/nhức ở ...

**Ví dụ:**

- I have a pain in my leg.

Tôi bị nhức ở chân.

**II/ GRAMMAR :**

**\*Hỏi ai đó có vấn đề gì về sức khỏe, ta dùng mẫu câu sau :**

**What was wrong with + you/her/him/….?**

**(What was the matter with + you/her/him/….?)**

**I/she/he/ + had + a/an + cold /stomachache/ headache/ toothache….**

Eg. What was *wrong with* you?

* *I had* a toothache*.*

**Practice : (Phần 1-5 trang 110-113 SGK Tiếng Anh 7)**

**1. Listen. Then practice with a partner.**

*Now answer.* (*Bây giờ trả lời.*)

**a)** Why didn't Lan go to school yesterday? (*Hôm qua tại sao Lan không đi học?*)

=> Because she was sick.

**b)** What was wrong with her? (*Có điều gì không ổn với cô ấy thế?*)

=> She had a bad cold and a headache, too.

**c)** What does Mr. Tan tell Lan to do? (*Thầy Tân bảo Lan làm gì?*)

=> He suggested that Lan should stay in class in recess.

**d)** What did the doctor say about Lan's problem? (*Bác sĩ đã nói gì về vấn đề sức khỏe của Lan?*)

=> He said Lan had a virus.

**e)** Who wrote Lan's sick note? (*Ai đã viết giấy xin phép nghỉ ốm cho Lan?*)

=> The doctor wrote Lan's sick note.

**2. Take a survey. Draw this table in your exercise book.**

**(Thực hiện một cuộc khảo sát. Vẽ bảng này vào vở bài tập của em.)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Name** | **Cold** | **Flu** | **Headache** | **Stomachache** | **Toothache** |
| **Nam** | x |  | x |  |  |
| **Hoa** | x |  | x |  |  |
| **Lan** |  | x |  |  | x |

*Then ask three friends these questions and check the table.* (*Sau đó hỏi 3 bạn những câu hỏi này và kiểm tra lại bảng.*)

**a) Nam**

**You:** Were you ever absent from school last semester?

**Nam:** Yes, I was.

**You:** Were you ill?

**Nam:** Yes, I was.

**You:** Did you have a cold?

**Nam:** Yes, I did. I also had a terrible headache.

**b) Hoa**

**You:** Were you ever absent from school last semester?

**Hoa:** Yes, I was.

**You:** Were you ill?

**Hoa:** Yes, I was.

**You:** What was the matter with you, Hoa?

**Hoa:** I had a bad cold and a headache.

**c) Lan**

**You:** Were you absent from school last semester, Lan?

**Lan:** Yes, I was.

**You:** Were you ill?

**Lan:** Yes, I was.

**You:** What was the matter with you?

**Lan:** I had flu and bad toothache.

**Now combine the results for the whole class. Answer this questions:** (*Bây giờ kết hợp các kết quả của cả lớp. Trả lời câu hỏi:*)

What was the most common illness? (*Bệnh thông thường nhất là bệnh gì?*)

=> The most common illness was cold/ flu/ headache/ stomachache/ toothache.

**3. Listen. Then complete the table.**

**Days lost through sickness in class 7A last semester**

**(Số ngày nghỉ học vì bệnh ở lớp 7A vào học kì trước)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Cold** | **Flu** | **Headache** | **Stomachache** | **Toothache** |
| 10 | 43 | 37 | 5 | 17 |

**Total days lost: 112**

**4. Read. Then answer the questions.**

**Trả lời câu hỏi:**

**a)** Why do we call the cold 'common'? (*Tại sao chúng ta gọi bệnh cảm 'thường'?*)

=> Because every year millions of people catch it.

**b)** What are the symptoms of the common cold? (*Các triệu chứng của bệnh cảm thường là gì?*)

=> They're running nose, a slight fever, coughing and sneezing.

**c)** Is there a cure for the common cold? (*Có cách chữa bệnh cảm thường không?*)

=> No, there isn't.

**d)** Do cold cures work? What do they do? (*Các phương thuốc trị bệnh cảm lạnh có tác dụng không? Chúng có tác dụng gì?*)

=> No, they don't. They only relieve the symptoms.

**e)** How can you help prevent a cold? (*Bạn có thể phòng ngừa bệnh cảm lạnh như thế nào?*)

=> We should eat well, do exercise.

**5. Play with words.**

**--------------------------------------------------------------**

* **Các em làm bài tập dưới đây bằng cách ghi đáp án vào vở nhé!**

**BÀI TẬP ÔN LUYỆN TẠI NHÀ**

**EXERCISES**

**EXERCISE 1**: **Chọn từ hoặc cụm từ thích hợp để điền vào chỗ trống.**

1. We \_\_\_\_\_\_\_\_\_\_\_ from the back of the house to the fence.

A. weighed B. measured C. prevented D. leghthened

2. How ........... is Nga? - She is 36 kilos.

A. high B. weight C. heavy D. tall

3. \_\_\_\_\_\_\_\_\_\_\_ you open the door for me, please?

A. Would B. Should C. Do D. Are

4. The \_\_\_\_\_\_\_\_ of the flu include a headache, a high temperature and aches in the body.

A. symptom B. symptoms C. cure D. cures

5. They had to fill \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ their medical records.

A. in B. at C. on D. up

6.Were you ever \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from school last semester?

A. late B. early C. absent D. lost

7. What’s wrong \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you?

A. to B. with C. about D. þ

8. Yesterday they had a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ check-up.

A. medical B. medicine C. medicines D. medicinal

9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a shop where you can buy medicines.

A. Bakery B. Toy store C. Shoe store D. Drugstore

10. You can go back to the waiting room.

A. follow B. return C. get on D. stand

11. She will be back \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a few minutes.

A. in B. at C. on D. when

12. What’s your surname?

A. middle name B. full name C. family name D. forename

13. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a condition of the body when it is too hot because of illness.

A. Cold B. Feve C. Cough D. Flu

14. Follow \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, please!

A. I B. me C. my D. mine

15. She’s 145 centimeters \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. tall B. high C. heavy D. old

16. Nga is filling \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ her medical records.

A. from B. for C. in D. on

17. The doctor needs \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ her temperature.

A. take B. taking C. to take D. will take

18. Would you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ English, please?

A. talk B. speak C. tell D. spoke

19. We are having a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ check-up.

A. medical B. medicine C. medically D. medicine

20. I need to weigh you. Would you get \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the scales, please?

A. on B. in C. at D. to

21. The doctor \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you in a few minutes.

A. see B. will see C. saw D. sees

22. My brother \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a new job there.

A. start B. starts C. starting D. started

23. The nurse told Hoa \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ back to the waiting room.

A. goes B. going C. went D. to go

24. Hoa fills in her medical \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. record B. measure C. form D. both A & C

25. The medicines \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the pain in my chest.

A. prevented B. relieved C. protected D. hurt

26. Everybody \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the symptoms but nobody knows a cure.

A. know B. knows C. knowing D. knew

27. Did you play baseball yesterday?

A. Yes, I was B. No, I didn’t C. Yes, I did D. both B & C

28. We should \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ our hands before meals.

A. wash B. washed C. washing D. to wash

29. What was wrong \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you?

A. with B. about C. from D. over

30. Did your Mom write a sick note \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you?

A. from B. for C. of D. at

31. \_\_\_\_\_\_\_\_\_\_\_ is Hoa's height.

- One meter fifty centimeters.

A. How B. Which C. What D. When

32. Drugs helped to \_\_\_\_\_\_\_\_\_\_\_ the pain in my chest.

A. catch B. relieve C. protect D. continue

33. The nurse told Hoa \_\_\_\_\_\_\_\_\_\_\_ to the waiting room.

A. to return B. returning C. return D. returned

34. He was absent \_\_\_\_\_\_\_\_\_\_\_ school for three days.

A. for B. at C. from D. to

35. We should have a medical \_\_\_\_\_\_\_\_\_\_\_ every six months.

A. record B. treatment C. check – up D. problem.

**EXERCISE 2:** **Chia động từ.**

1. Lan (be).............. very tired when she (catch).............. a bad cold two days ago.

2. Everybody (wait)............. for the President in the hall now.

3. You should (go)................ to bed early.

4. I hope you (feel)................. better soon.

5. She needs (eat)................... a lot of vegetables and fruit.

6. Jasmin (not come).................. to the meeting yesterday.

7. My father (be)..................... really healthy. He never (take).................... medicine.

8. There (be)................... nobody there when I (arrive).................. last night.

**EXERCISE 3:** **Cho dạng thích hợp của từ trong ngoặc.**

1. What is the .................... of Eiffel Tower? (high)

2. Most .............. people will recover from a cold within a week. (health)

3. How .......... is the Nile River? (lengthen)

4. Lan was absent from class because of her ............... . (sick)

5. People feel ...................... when they catch the common cold. (please)

6. I have an ............. with my doctor at 5pm. (appoint)

7. She is still receiving a .............. treatment in a hospital. (medicine)

8. The .............. of the baclpack made the child fall over. (weigh)

**EXERCISE 4:** **Dùng các từ hoặc cụm từ thích hợp đã cho để hoàn tất câu hỏi.**

**How How long How wide How deep How far**

**How tall How often How high How much How heavy**

1. ...................... are you?

- One meter fifty centimeters.

2. ....................... does he go swimming?

- Three times a week.

3. ....................... are these buildings?

- Over 100 meters high.

4. ................. is it from here to the post office?

- About one kilometer.

5. ................ is your brother?

- 60 kilos.

6. ................ do you go to school?

- By cycle.

7. ................ did you stay in Nha Trang?

- Two weeks.

8. ............... is it?

- It's twenty thousand dong.

**EXERCISE 5:** **Ghép câu hỏi ở cột A với câu trả lời ở cột B.**

A B

1. What is his full name? a. 12 Tran Hung Dao Street.

2. What is his age? b. He goes to Le Quy Don School.

3. What school does he go to? c. 40 kilos.

4. Which class is he in? d. He's fourteen.

5. Where does he live? e. Nguyen Van Hung.

6. What is his height? f. Class 7A.

7. How heavy is he? g. 1,500 meters.

**EXERCISE 6:** **Hoàn tất đoạn văn với các từ đã cho, sau đó trả lời câu hỏi.**

**running there from illness less relieve**

Everybody suffers (1).... the common cold at some time or other. It isn't a serious (2).... but over a billion dollars is spent on different kinds of cold medicine every year. This medicine can (3).... the symptoms. That is, it can make you cough (4).... make our hear less int your nouse (5).... for a while. Howerver it can't cure your cold. So far, (6).... is no cure for the common cold and no medicine to prevent it.

1. Who can getthe common cold?

2. How much is spent on cold medicine every year?

3. What can this medicine do?

4. Can this medicine cure the cold?

5. Is there any medicine to prevent the common cold?

**EXERCISE 7:** **Viết lại câu.**

1. How tall is your brother?

What ........................... ?

2. Lan was absent form class yesterday because of her sickness.

Because Lan .................... .

3. What is th weight of the parcel?

How ............................ ?

4. What is your home addrss?

Where .......................... ?

5. What was your weight last year?

How much ....................... ?

**---THE END---**

CÁC EM LÀM BÀI TẬP XONG, HÃY LÀM THÊM BÀI TẬP TRONG QUYỂN BÀI TẬP THỰC HÀNH SÁCH **MAI LAN HƯƠNG** HẾT UNIT 11 NHÉ!