

TOPIC 10: HEALTH AND HYGIENE

Section A: Personal hygiene

LESSON 1: A1

I./ New words

- + hygiene (n): vệ sinh
- + health (n): sức khỏe
- + harvest (n): vụ mùa
- + stay up (late)(v): thức khuya
- + iron (v): là. ủi (quần áo)
- + forget (v) ≠ remember(v): quên
- + take/do morning exercises: tập thể dục

II. Grammar : *The past simple tense.*

verb + ed - to visit -> visited
verb + d - to raise -> raised

Ex:

I **received** a letter from your aunt last week.

- to receive -> received
- to like -> liked
- to remember -> remembered
- to stay -> stayed
- to miss -> missed
- to hope -> hoped

III. Read the letter and answer the questions:

UNIT 10 HEALTH AND HYGIENE

A

Personal hygiene

1 Read. Then answer the questions.

A letter from Mom

October 10

Dear Hoa,

Your Dad and I hope you are well. We are both fine. It is nearly harvest time again and we are working hard on the farm. Your grandfather often works with us. He is very helpful. He talks a lot about you and hopes you are well.

I received a letter from your aunt last week. She wrote lots about you. So you are taking morning exercises now, Hoa? You never liked to get up early in Hue. We are happy to hear you do now.

I hope you are taking care of yourself, too. Your aunt is very busy, so remember to wash and iron your own clothes. And don't eat too much candy or stay up late. Those things are bad for you.

I miss you a lot. Your dad and I hope to visit you in Ha Noi soon, probably after the harvest. Don't forget to write, Hoa.

Love,
Mom



➤ **Now answer.** (*Bắt đầu trả lời:*)

- a) Why are Hoa's parents busy?
- b) Who helps them on the farm?
- c) When will they go to Ha Noi?
- d) How is Hoa different now?
- e) What does Hoa's mother want her to do? What does she want Hoa not to do? Write two lists.

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Section A: Personal hygiene

LESSON : A3+A4

I. New words:

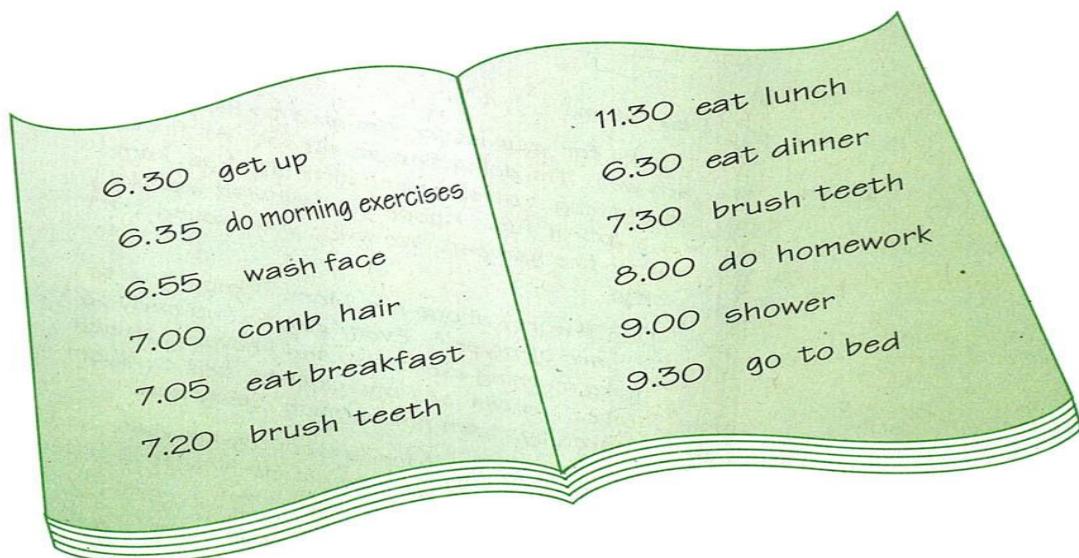
- + change (v): thay đổi
- + polish (v): đánh bóng
- + put on (v.phr.): đặt lên
- + strange (adj.): xa lạ
- + worry (v): lo lắng
- worried (adj.): lo lắng

* **Grammar:** The Past Simple Tense, Present Simple and .(review)

II. Read Nam's diary ask and answer these questions:

Unit 10 : Health and hygiene

3 Read Nam's diary.



Write about yourself. Complete a diary entry like Nam's. Then practice with your partner. Ask these questions.

What do you do every day?

What time do you get up/ eat breakfast / do homework / go to bed ...?



III. Write and complete Hoa's reply to her mother with suitable verbs

October 20

Dear Mom,

Thanks for your letter. I'm glad to hear you are well. I am doing well at school. At first, everything _____ strange and difficult. Now I am _____ a lot of fun. I hope you will visit Ha Noi after the harvest. We will _____ you round the city.

Don't worry about me, Mom. I know how to _____ care of myself. Every day I _____ up early to do morning exercises, and I never _____ to bed late. I often _____ my clothes and _____ them carefully. I am not _____ much candy now.

I _____ all of my friends about your visit and they all hope to _____ you in Ha Noi. It's 9.30 now, so I must _____ to bed.

Take care, Mom. Write again soon.

Love,

Hoa

Remember.

Past simple tense

Regular

brush	-	brushed
change	-	changed
comb	-	combed
iron	-	ironed
shower	-	showered
wash	-	washed

Irregular

do	-	did
drink	-	drank
get	-	got
put	-	put
tell	-	told

- **TOPIC 10: HEALTH AND HYGIENE**

Section B: A bad toothache

LESSON : B1

I. New words

- + a toothache(n): Đau răng
- + hate (v): ghét
- + fill (v): lấp chổ trống, trám(răng)
fill a cavity in his tooth
- + hurt (v): đau
- + scared (adj): sợ hãi
- + sensibly(adv): hợp lý
- + the dentist (n): nha sĩ
- + an appointment (n): cuộc hẹn
- + a cavity (n): lỗ sâu răng
- + the drill (n): cái khoan

* Grammar: + The Past Simple Tense, Present Simple and imperatives .(review)
+ The pattern “What’s the matter?” – I have a toothache.

II. Listen, read and answer the question:

Minh: Ow!

Hoa: What’s the matter, Minh?

Minh: I have a toothache.

Hoa: Are you going to the dentist?

Minh: Yes, I am. I have an appointment at 10.30 this morning, but I’m scared.

Hoa: Why?

Minh: I hate the sound of the drill. It’s so loud.

Hoa: I understand how you feel, but don’t worry. Last week, the dentist filled a cavity in my tooth.

Minh: Were you scared?

Hoa: I was a little scared, but the dentist was kind. She looked at my teeth and told me not to worry. Then she filled it. It stopped hurting afterwards. I felt a lot better after she fixed my tooth.

Minh: You’re right. I feel less scared now. Thanks, Hoa.

Hoa: You’re welcome, Minh. Good luck!



Now answer. (Bây giờ trả lời câu hỏi.)

- a)** What is wrong with Minh? (*Minh có điều gì không ổn?*)
- b)** Does Minh like going to the dentist? How do you know? (*Minh có thích đi nha sĩ không? Làm thế nào bạn biết được?*)
- c)** Why did Hoa go to the dentist last week? (*Tuần trước tại sao Hoa đi gặp nha sĩ?*)
- d)** What did the dentist do? (*Nha sĩ đã làm gì?*)

About you. (Về bạn.)

e) What did you do the last time you had a bad toothache? (*Lần trước bạn đã làm gì khi bạn bị đau răng nặng?*)

f) Are you scared of seeing the dentist? (*Bạn có sợ gặp nha sĩ không?*)

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Section B: A bad toothache

LESSON : B3+B4

I./ New words

- + look after (phr.v): trông nom
- + remind(v) : nhắc nhở
- + regularly(adv) : Thường xuyên
- + sensibly(adv): hợp lý

* Grammar: +The Past Simple Tense
+ Ask and answer “ Why -> Because”

3 Listen and read.

Minh is sitting in Dr Lai's surgery. Dr Lai is checking his teeth.

Dr Lai is kind. She smiles at Minh and says, 'Don't worry, Minh. You have one small cavity, but it isn't serious. Your other teeth are fine.'

Minh is very happy. Dr Lai fills the cavity in Minh's tooth. She finishes in less than 10 minutes. Minh is very pleased. Then Dr Lai sits down and talks to Minh again.

"How often do you brush your teeth, Minh?" she asks. Minh looks worried again.

'Oh, I ... Well, sometimes I forget to brush my teeth.'

'Try not to forget,' Dr Lai says.

'Brushing your teeth is very important. Clean teeth are healthy teeth!'



Now complete the story.

Minh is very ... and Dr Lai notices this. She ... at Minh and tells him not to worry. She explains one of his teeth has a He has to ... them regularly. After Dr Lai fills his tooth, Minh leaves. He is very

II. Ask and answer questions use the words to help you:

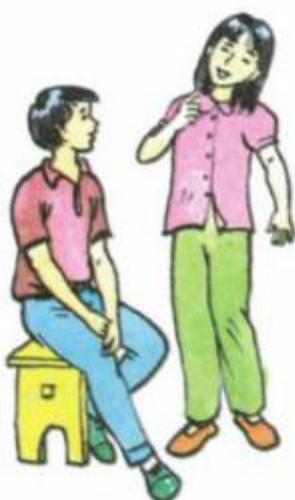
a) tooth / hurt
have / cavity



b) nervous
see / dentist



c) cavity / not serious
small



d) happy
teeth / OK



Remember.

What is the matter?
I have a toothache.

His tooth hurts.
Why?
Because he has a cavity.