

TRƯỜNG THCS PHAN CÔNG HÓN

TỔ TIẾNG ANH

TIẾNG ANH 8

TUẦN 31 (TỪ 15/04 ĐẾN 19/04)

UNIT 8: TRADITIONS OF ETHNIC GROUPS IN VIETNAM

PERIOD 85 - LESSON 1.1

I/ PRONUNCIATION

1. A. c <u>e</u> remony	B. b <u>a</u> ske <u>t</u>	C. e <u>m</u> broidery	D. e <u>x</u> perience
2. A. ex <u>pe</u> ct <u>e</u> d	B. in <u>fo</u> rmed	C. wa <u>r</u> ned	D. de <u>s</u> igned
3. A. aff <u>e</u> ct <u>e</u> d	B. he <u>a</u> ted	C. pro <u>vi</u> ded	D. re <u>d</u> uced

II/ STRESS

1. A. ethnic	B. headscarf	C. embroidery	D. pattern
2. A pottery	B. jewelry	C. silver	D. experience
3. A. director	B. journalist	C. pottery	D. ceremony

III/MULTIPLE CHOICE

- Objects that are made out of clay by hand are called_____.
A. dessert B. pottery C. gong D. cloth
- A(n)_____ is a round piece of metal that hangs in a frame and which you hit with stick to give a deep ringing sound.
A. apron B. Cloth C. Gong D. blouse
- Patterns that are sewn onto cloth using threads of various colors are called_____.
A. headscarf B. silver C. embroidery D. basket
- _____ is a shiny, white material often used to make jewelry or coins, etc.
A. Pattern B. Silver C. Cloth D. Corn
- A _____ is a thing that people grow or make, usually for sale.
A. product B. cloth C. utensil D. gong
- Sweet food eaten at the end of a meal is called_____.
A. corn B. dessert C. cơm lam D. plant
- A group of people sharing same cultures, traditions, and language is called a(an)_____.
A. music B. club C. ethnic group D. local group
- A shirt for a woman or girl is called a_____.
A. headscarf B. basket C. silver D. blouse
- “Mèn Mèn” is _____ traditional dish of the H’Mong people.
A. a B. an C. the D. none
- _____ Hoa people in Ho Chi Minh City mainly live in Chợ Lớn in District 5.
A. A B. An C. The D. none

PERIOD 86

LESSON 1.2

IV/WORD FORM

1. The Khmer _____ live in Sóc Trăng, Trà Vinh, and Kiên Giang. (main)
2. An _____ Chăm woman can make enough cloth for one simple skirt each day. (experience)
3. In Central Vietnam, Chăm men wear white _____ (headscarf)
4. The cloth has _____ patterns such as squares, clouds, flowers, etc. (tradition)
5. There are 54 _____ groups in Vietnam. (ethnically)

V. SENTENCE TRANSFORMATION

1. “What do the Chăm do for a living?”

My father asked What _____

2. “Where do ethnic people often live?”

Steve asked _____

3. “What do the Vietnamese eat during Tet holiday?”

Jack wondered _____

4. “How many ethnic groups are there in Vietnam?”

They asked _____

5. “When will you come back here, Bao?”

I asked _____

PERIOD 87

LESSON 1.3

V/ PASSAGES

The Thái

The Thái are an ethnic group (1) _____ Northern Vietnam. They have their own writing and culture. They love singing and dancing and have a large collection of folk tales. They often build villages near rivers. Their main crops (2) _____ rice and sticky rice. Thái women wear beautiful clothes, and they make their own cloth. Thái men are good (3) _____ making wooden furniture and bamboo baskets.

The Thai have (4) _____ special tradition to celebrate Tết. On the last day of the lunar year, all the women in a village wash their hair together in a small river. The men also wash their hair, (5) _____ they do it in a different place. The Thai people believe that this will wash away all the bad luck of the old year. After everyone washes their hair, they have a small party at the river before going home to prepare (6) _____ Tết.

1. A. in	B. on	C. at	D. from
2. A. is	B. are	C. was	D. were
3. A. on	B. for	C. at	D. out
4. A. the	B. an	C. this	D. a
5. A. also	B. and	C. but	D. if
6. A. at	B. for	C. in	D. from

VI.READ THE PASSAGE

In Viet Nam, a market is a trading place, but many markets are not only about buying and selling things. They reflect the life of the community, A traditional market is a social gathering point for people of all ages. It is a new and exciting experience for children, a trading place for local craftsmen, and a chance for young people to meet. People go to the traditional markets not only to buy and sell things but also to eat, drink, play games and socialize. For example, if you go to Sa Pa market, it is the highlands in the north of Viet Nam, you can see people wear the nicest clothes and spend all day long at the market. They buy things, play the flute, dance and sing. This is also a time to meet friends and look for lovers. That is why this kind of gathering is also called “love market”. Some other countryside markets in the Mekong Delta are held on boats. Most of the goods are sold at a floating market. The most exciting time is in the early morning, when hosts arrive loaded up with agricultural products.

TRUE OR FALSE

1. Markets reflect the life of the community.	
2. People go to the traditional market not only to buy and sell things but also to eat, drink, play games and socialize.	
3. Love market is in Lai Chau, a province to the North of Viet Nam	
4. Some other countryside markets in the Mekong Delta are held on shopping malls.	
5. The most exciting time to go to floating market is in the early morning.	
6. A traditional market is a social gathering point for_____	
A. young people B. old people C. children D. people ò all ages	
7. Some other countryside markets in the Mekong Delta are held _____	
A. boats B. cars C. trucks D. taxis	

TRƯỜNG THCS PHAN CÔNG HỚN

TỔ TIẾNG ANH

TIẾNG ANH 8

TUẦN 31 (TỪ 15/04 ĐẾN 19/04)

PHIẾU TỰ HỌC

Period 85: Unit 8: Lesson 1.1

Period 86: Unit 8: Lesson 1.2

Period 87: Unit 8: Lesson 1.3

NEW WORDS

A.

1. embroidery
2. basket
3. cloth
4. pottery
5. headscarf

B.

1. silver
2. ethnic
3. pattern
4. product

READING

A. 2. Châm traditional clothes and crafts.

B.

1. B ethnic
2. central / Southern (Line 2)
3. pottery products (Line 3)
4. Squares, clouds, and flowers. (Line 6)
5. Long skirts (line 8)
6. The south (Line 2, from bottom to top)

GRAMMAR MEANING AND USE

The Red Dao in Lào Cai Province eat a famous dish. They call it Com Lam

GRAMMAR FORM AND PRACTICE

A.

2. Ê-đê girls and women often wear baskets on their back
3. The H'mong people like to wear lots of silver jewelry
4. In many ethnic group, the women make their own clothes.
5. Making pottery products is a traditional crafts of several ethnic groups in Vietnam

6. The Nùng people have a large collection of folk song

B.

2. zero / zero / zero

3. zero / zero /

4. Zero

5. a

6. An

SỬA BÀI TUẦN 30

PERIOD 82- UNIT 7: TEENS

LESSON 3.2

I/ PRONUNCIATION

1. A. reduces <u>es</u>	B. relax <u>es</u>	C. help <u>s</u>	D. finish <u>es</u>
2. A. bore <u>d</u>	B. focus <u>ed</u>	C. watch <u>ed</u>	D. stress <u>ed</u>
3. A. solv <u>ed</u>	B. caus <u>ed</u>	C. discuss <u>ed</u>	D. answer <u>ed</u>

II/ STRESS

1. A. problem	B. healthy	C. effect	D. passage
2. A. teenager	B. holiday	C. summary	D. solution
3. A. introduce	B. library	C. summarize	D. exercise

IV/ PASSAGES

These days, many teens in my town spend too much time using smartphones. They play games online, and they don't go outside to meet their friends. This means that they don't do enough exercise, so they become unhealthy. Often they use their smartphones at night, so they are tired in school. I have an idea about how to solve this problem. They should spend more time playing sports with their friends. I believe that if teens play sports with their friends more, they'll use their phones less, become healthier, and sleep better at night

TRUE OR FALSE

1. Many teens in my town spend too much time using smartphones.	True
2. Many teens become unhealthy because they are so hard.	False
3. They often use their smartphones at night.	True
4. At school they are very tired because of their laziness.	False

5. Teens become healthier by playing sports with their friends and using their phone less.	True
6. They will be better with their sleep at night.	True

These days, many teenagers feel (1)_____. At school, they have a lot of things to study and they often have tests. Many students attend (2) _____ classes after school, too. (3)_____they get home, they have lots of homework to do. When they finish their homework , they have to help their parents (4) _____chores . This means that many young people don't have (5) _____time to relax , (6) _____ they find it difficult to sleep or focus on their school work.

1. A. stress	B. stressed	C. stressful	D. stressness
2. A. big	B. large	C. freely	D. extra
3. A. Who	B. What	C. When	D. Why
4. A. with	B. on	C. for	D. at
5. A. more	B. much	C. most	D. many
6. A. so	B. because	C. because of	D. and

VI. TRANSFORMATIONS :

1.It's hard for young people to lose weight.

→ Losing weight is hard for young people

2.It's good for us to do yoga everyday.

→ Doing yoga everyday is good for us

3.It's too exhausted for teenagers to attend extra classes after school.

→ Attending extra classes after school.

4.Doing exercise regularly is better and stronger.

→It's better and stronger to do exercise regularly.

5.Using too much smartphones is harmful for your health.

→It's harmful for your health to use too much smartphones

6.I spend six months becoming healthier

→It takes me six months to become healthier.

7.She spent one year keeping fit for her body.

→It took her one year to keep fit for her body.

8.It will take all day for my son to paint this picture.

→My son will spend all day painting this picture.

9.It takes a few days for us to find another good place.

→ We spend a few days finding another good place.

PERIOD 83
UNIT 7: TEENS
REVIEW 1
TEST 1 –UNIT 7

I. Listen to the record player three times, then choose the best answer (A, B, C or D). (1pt)
(Từ câu 1 đến câu 4, thí sinh chỉ viết mẫu tự (A, B, C hoặc D) đại diện cho câu trả lời đúng vào Phần ANSWERS) (UNIT 7- LESSON 1- LISTEN)

1. Magaret wants to become a _____.
A. **doctor** B. teacher C. painter D. florist
2. Ken will be a good _____ because he's funny.
A. designer B. flight attendant C. **vlogger** D. journalist
3. The dream of Magaret's mother was to become a _____.
A. engineer B. **musician** C. painter D. dentist
4. Magaret's father wanted to start a _____.
A. world B. dream C. company D. **family**

ANSWERS

1. A

2. C

3. B

4.D

II. Choose the word or phrase (A, B, C or D) that best fits the space or best answers the question given in each sentence. (2.5 pts)

(Từ câu 5 đến câu 14, thí sinh chỉ viết mẫu tự (A, B, C hoặc D) đại diện cho câu trả lời đúng vào Phần ANSWERS)

5. Which word has the underlined part pronounced differently from that of the others?
A. heat B. bread C. bean D. peach
6. Which word has the underlined part pronounced differently from that of the others?
A. added B. painted C. stayed D. posted
7. Which word has a different stress pattern from that of the others?
A. **engineer** B. musician C. designer D. director
8. Which word has a different stress pattern from that of the others?
A. journalist B. dentist C. building D. **machine**
9. My dream is to be a _____ because I want to be famous and have lots of fans.
A. flight attendance B. **celebrity** C. mansion D. yacht
10. Her favorite actor is Robin Williams. Who is _____?
A. **yours** B. you C. your D. yourself
11. Robert said he _____ a helicopter and a mansion.
A. have B. has C. **had** D. having
12. They find it difficult to sleep or focus _____ their schoolwork.
A. for B. at C. **on** D. in
13. We have an idea about how to _____ this problem.
A. attend B. fit C. believe D. **solve**
14. At school, they have a lot of things to study, and they often have tests, so they feel _____.
A. happy B. **stressed** C. strong D. healthy

ANSWERS

5.B

6.C

7.A

8.D

9.B

10.A

11.C

12.C

13.D

14.B

III. Look at the signs. Choose the best answer (A, B, C or D) for questions 15 and 16. (0.5pt)

(Từ câu 15 đến câu 16, thí sinh chỉ viết mẫu tự (A, B, C hoặc D) đại diện cho câu trả lời đúng vào Phần ANSWERS)



15. What does the sign mean?

- A. **Plastic cup prohibition.** C. You cannot drink here.
- B. Caution! It's hot. D. Don't litter the plastic cup

ANSWERS

15.A

16.C



16. What does the sign say ?

A. Length limit

B. Speed limit

C. Height limit

D. Width limit

IV. Choose the word (A, B, C or D) that best fits the space in the following passage. (1.5 pts)

(Từ câu 17 đến câu 22, thí sinh chỉ viết mẫu tự (A, B, C hoặc D) đại diện cho câu trả lời đúng vào Phần ANSWERS)

My friend told me she wanted (17) _____ a doctor in the future, and she asked me what was mine. (18) _____ I was a kid, my dream was to be a musician. I loved music and I wanted to learn how to make my own music. My mother was very supportive of my dream. When she was young, she also had a dream. (19) _____ was to become an artist, but she couldn't (20) _____ her dream. Now, my mother is practicing painting again. My brother's dream was to become a basketball (21) _____ when he was young. But now, his is to open a restaurant. Our cousins own some restaurants and they are very (22) _____. My brother wants to be rich like them. I hope all of our dreams will come true.

- | | | | |
|----------------|---------------|-----------------|------------|
| 17. A. to be | B. is | C. was | D. be |
| 18. A. How | B. What | C. When | D. Why |
| 19. A. Hers | B. She | C. He | D. His |
| 20. A. make | B. follow | C. interview | D. report |
| 21. A. vlogger | B. designer | C. painter | D. player |
| 22. A. succeed | B. successful | C. successfully | D. success |

ANSWERS

17. A

18.C

19.A

20.B

21.D

22.B

V. Read the following passage. Decide if the statements from 23 to 26 are True or False and choose the correct answer (A, B, C or D) for the questions 27 and 28. (1.5 pts)

(Từ câu 23 đến câu 26, thí sinh viết đầy đủ từ True hoặc False vào ô trả lời. Mọi cách viết khác không được chấm điểm. Đối với câu 27 và 28, thí sinh chỉ viết mẫu tự (A, B, C hoặc D) đại diện cho câu trả lời đúng vào Phần ANSWERS)

Teenagers are increasingly obsessed with their bodies these days. Teenagers become more conscious of their appearance due to seeing unrealistic images of other people in the media. They compare themselves to others and believe they are not attractive enough. Body image issues can cause teens to skip meals in order to lose weight or prevent them from enjoying life because they are unhappy with their appearance. I have some suggestions for how to solve this problem. Teenagers should accept themselves as they are. They should respect their values over their appearance. I also believe that schools and families should encourage teenagers to live healthy lifestyles because they promote positive thinking. By doing so, teenagers will become more confident and have a happy life.

23. Nowadays, teenagers are increasingly obsessed with their bodies.

24. Teenagers compare themselves to their friends and believe they are not attractive enough.

25. Teenagers should respect their values over their appearance.

26. By having healthy lifestyles, teenagers will become more stressed and have an unhappy life.

27. Body image issues can cause teens to skip _____ in order to lose weight.

A. health

B. bodies

C. meals

D. appearance

28. Why should schools and families encourage teenagers to live healthy lifestyles?

A. Because they will be famous one day.

C. Because they have a happy life.

B. Because they promote positive thinking.

D. Because teenagers should accept themselves.

ANSWERS

23. True

24.False

25.True

26.False

27.C

28.B

VI. Use the correct form of the word given in each sentence. (1.5 pts)
(Từ câu 29 đến câu 34, thí sinh phải viết từ cần điền vào Phần ANSWERS bên dưới câu hỏi)

29. Andrew dreams of being a _____ when he is eighteen years old. (million)
30. School _____ is compulsory to students. (attend)
31. Schoolwork can be very _____ to some teenagers. (stressed)
32. BLACKPINK is so _____ and popular in Asia. (fame)
33. Children _____ feel anxious about their first day at school. (normal)
34. I've _____ this problem for 2 months, but I haven't finished it yet. (solution)

ANSWERS

29. **millionaire** 30. **attendance** 31. **stressful**
32. **famous** 33. **normally** 34. **solved**

VII. Rearrange the groups of words in a correct order to make complete sentences. (0.5pt)
(Từ câu 35 đến câu 36, thí sinh viết tiếp các nhóm từ và dấu câu theo đúng trình tự vào Phần ANSWERS bên dưới câu hỏi để hình thành câu hoàn chỉnh)

35. sports cars / rich and / drive / Lots of / famous people / cool /.
36. have to do / What do / after / their homework / students / they finish /?/

ANSWERS

35. Lots of rich and famous people drive cool sports cars.
36. What do students have to do after they finish their homework?

VIII. Rewrite each of the following sentences in another way so that it means almost the same as the sentence printed before it. (1.0pt)

(Từ câu 37 đến câu 40, thí sinh hoàn thành phần trả lời bên dưới mỗi câu)

37. "My brother doesn't like his new mansion." , he said to me.
→ He told me his brother didn't like his new mansion.
38. My dream is to become a teacher and her dream is to become a vlogger.
→ My dream is to become a teacher and hers is to become a vlogger.
39. Anna said to me, "I can play the guitar."
→ Anna told me she could play the guitar.
40. Lily said to me, "My father takes me to school in his sports car."
→ Lily told me her father took me to school in his sports car

THE END OF THE TEST

PERIOD 84
UNIT 7: TEENS
REVIEW 2

TEST 2- UNIT 7

I. Listen to the record player three times, then choose the best answer. REVIEW-U7-LIS-page102
(Từ câu 1 đến câu 4, thí sinh chỉ viết mẫu tự (A, B, C hoặc D) đại diện cho câu trả lời đúng vào Phần ANSWERS)

1. Danny is talking to his _____
A. Dad B. Mom C. friend D. teacher
2. At school, Danny and his classmates talked about their _____
A. jobs B. dreams C. homework D. family
3. Alex and Peter want to make _____ for the internet.
A. vlogs B. videos C. a cake D. the bed
4. Ken is a very good _____
A. student B. worker C. singer D. teacher

II. Choose the word or phrase (A, B, C or D) that best fits the space or best answers the question given in each sentence. (2.5 pts)

(Từ câu 5 đến câu 14, thí sinh chỉ viết mẫu tự (A, B, C hoặc D) đại diện cho câu trả lời đúng vào Phần ANSWERS)

5. Which word has the underlined part pronounced differently from that of the others?
A. watched B. fixed C. wanted D. asked
6. Which word has the underlined part pronounced differently from that of the others?
A. games B. skateboard C. sunday D. hang
7. Which word has a different stress pattern from that of the others?
A. dentist B. engineer C. singer D. painter
8. Which word has a different stress pattern from that of the others?
A. believe B. attend C. celebrate D. become
9. She told me that she _____ live without music.
A. couldn't B. can't C. can D. should
10. There are too _____ cars on the street.
A. lots B. much C. less D. many
11. What were you doing when you _____ the strange sound.
A. hears B. heard C. hearing D. to hear
12. If someone works _____, it means they don't make any mistakes.
A. carefully B. quickly C. quietly D. nearly
13. Computer games are often bad _____ teenagers.
A. in B. with C. for D. at
14. Come and take _____ in the 2024 Mid-Autumn Festival.
A. place B. part C. past D. piece

III. Look at the signs. Choose the best answer (A, B, C or D) for questions 15 and 16. (0.5pt)

(Từ câu 15 đến câu 16, thí sinh chỉ viết mẫu tự (A, B, C hoặc D) đại diện cho câu trả lời đúng vào Phần ANSWERS)

15. What does the sign mean?



- A. Use fresh water.
B. Don't waste water.
C. Stop using
D. Unpolluted water.

16. What does the sign say?

- A. Fire escape
- B. Entrance
- C. Gas station
- D. Airport



Answers: 15. B, 16.A

IV. Choose the word (A, B, C or D) that best fits the space in the following passage. (1.5 pts)
(Từ câu 17 đến câu 22, thí sinh chỉ viết mẫu tự (A, B, C hoặc D) đại diện cho câu trả lời đúng vào Phần ANSWERS)

My daughter often recalls our family picnics in the park. At that time, it was not (17)_____ to move from one place to another. My husband and I decided to take our children to the park every weekend. There were lots (18)_____ things to prepare the day before: Checking the weather (19)_____, shopping and preparing food, getting our tent ready. On that day, we walked to the local park with our things. My husband put up the tent, my daughter and I set out things. After that, (20)_____ husband took my son for a bike ride around the park. My son learnt to ride a bike this way. I (21)_____ a moment reading. My sister stayed nearby, doing (22) _____ she liked. We enjoyed our lunch in the open air before taking a short nap. Afternoon flew and it was dinner time. We had dinner, cleaned up and left for home.

- | | | | |
|-------------------|-------------|-----------|----------|
| 17. A. easy | B. easily | C. ease | D. eased |
| 18. A. on | B. in | C. of | D. with |
| 19. A. prediction | B. forecast | C. notes | D. news |
| 20. A. my | B. her | C. our | D. his |
| 21. A. took | B. spent | C. wasted | D. had |
| 22. A. where | B. how | C. who | D. what |

17. A 18. C 19. B 20. A 21. B 22. D

V. Read the following passage. Decide if the statements from 23 to 26 are True or False and choose the correct answer (A, B, C or D) for the questions 27 and 28. (1.5 pts)

(Từ câu 23 đến câu 26, thí sinh viết đầy đủ từ True hoặc False vào ô trả lời. Mọi cách viết khác không được chấm điểm. Đối với câu 27 và 28, thí sinh chỉ viết mẫu tự (A, B, C hoặc D) đại diện cho câu trả lời đúng vào Phần ANSWERS)

Finding a job

A/ Babysitter needed

We need a babysitter to look after our two boys aged 5 and 7 after school from 4 p.m. – 6 p.m., Mon – Fri.

£40 a week. Call Mary on 678345211

B / Newspaper round before school

We need young people to deliver newspapers on Mon, Wed and Fri mornings. The paper round takes 30 minutes in the village of Clanbrook. Papers must be delivered before 8 a.m. and you must have your own bike.

Interested? Ask for more info at Clanbrook post office.

C / CITY MUSEUM

Holiday job

Do you want to earn some extra money this summer? Do you speak another language?

We need French, Spanish or German speakers to work for us in the City Museum shop Tuesday – Saturday.

Send your CV to citymuseum@shopjob.lkj

D/ PART-TIME WORK

Munchies Café

We are looking for breakfast and lunchtime staff to work in our café on Saturdays.

Come in (8 a.m. – 4 p.m.) or call Bella on 612398745 (after 4 p.m.)

23. In advert A, the babysitter can get more than £40 a week.

24. In advert B, the paper round should take about half an hour.

25. In advert C, you need to contact the museum by telephone.

26. In advert D, you don't need to work in the evenings.

27. What time must the papers delivered?

A. after 8 a.m

B. before 8 a.m

C. after 8 p.m

D. before 8 p.m

28. How many days a week do you need to work in advert C?

A. 5 days

B. 4 days

C. 6 days

D. 7 days

23. FALSE

24. TRUE

25. FALSE

26. TRUE

27. B

28. A

VI. Use the correct form of the word given in each sentence. (1.5 pts)

(Từ câu 29 đến câu 34, thí sinh phải viết từ cần điền vào Phần ANSWERS bên dưới câu hỏi)

29. I'm really _____ out about work at the moment. (stress)

30. The concert features dancers and _____ of all nationalities. (music)

31. _____ at the meeting is compulsory. (attend)

32. She wants to become a _____ singer in the future. (fame)

33. I'm travelling _____ so I've booked a sleeper. (night)

34. He spends most of his time _____ games. (designer)

29. stressed

30. musicians

31. attendance

32. famous

33. overnight

34. designing

VII. Rearrange the groups of words in a correct order to make complete sentences. (0.5pt)

(Từ câu 35 đến câu 36, thí sinh viết tiếp các nhóm từ và dấu câu theo đúng trình tự vào Phần ANSWERS bên dưới câu hỏi để hình thành câu hoàn chỉnh)

35. can be/ Taking / a serious/ extra classes / problem / too many /.

36. a holiday/ yacht / to spend / great experience / It's a / on a luxury /

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35. Taking too many extra classes can be a serious problem.

36. It's a great time to spend a holiday on a luxury yacht.

VIII. Rewrite each of the following sentences in another way so that it means almost the same as the sentence printed before it. (1.0pt)

(Từ câu 37 đến câu 40, thí sinh hoàn thành phần trả lời bên dưới mỗi câu)

37. John said to me "I can't stand the noise in the city"

→ John told me **he couldn't stand the noise in the city**

38. "My mother doesn't like to live in a mansion" Mary said

→ Mary said that **her mother didn't like to live in a mansion**

39. Living in the country is quieter than living in the city.

→Living in the city **is not as quiet as living in the country**

40. Doing Yoga is good for our mind and body so we should do it regularly.

→We should do yoga regularly **because it is good for our mind and body.**