

UNIT 11: KEEP FIT, STAY HEALTHY

(Duy trì sức khỏe, giữ cho khỏe mạnh)

A. CHECK-UP

I. GLOSSARY

NOUN

1. check -up	: sự kiểm tra tổng quát
-> medical check-up	: sự kiểm tra sức khỏe
2. record	: bản kê khai
-> medical record	: phiếu sức khỏe
= medical form	
3. height	: chiều cao
4. length	: chiều dài
5. depth	: chiều sâu
6. width	: chiều rộng
7. weight	: trọng lượng, sức nặng
8. scales	: cái cân
9. waiting room	: phòng đợi
10. temperature	: nhiệt độ, trạng thái sốt
11. forename = first name	: tên
12. surname = family name	: họ
13. full name	: tên đầy đủ

VERB

14. to fill in	: điền vào
15. to follow	: đi theo, theo sau
16. to measure	: đo, đo lường
17. to weigh	: cân, cân nặng
18. to return	: trở lại, trở về
= to go back	
19. to get on	: bước lên

ADJ

20. normal	: bình thường
21. heavy	: nặng
22. high	: cao
23. deep	: sâu
24. wide	: rộng
25. like (prep)	: giống như, như

EXPRESSION

26. to take one's temperature	: đo nhiệt độ cho ai.
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II. GRAMMAR

1. WOULD YOU: Dùng để yêu cầu hoặc nhờ ai đó làm việc gì một cách lịch sự.

WOULD YOU + V, please?

Ex: (1) Would you open your mouth, please?

(2) Would you get on the scales for me, please ?

2. HOW + ADJ: Dùng để hỏi về trọng lượng, kích thước của người hay vật.

Q: How + Adj + be + S ?

A: S + be + số lượng + Adj.

Ex: (1) How tall are you? I'm 1.60 meters tall.

(2) How heavy are you? I'm 40 kilos

❖ **HOW + ADJ + BE + S ⇔ WHAT + BE** **THE N₁ OF N₂**
POSSESSIVE ADJ + N

Nếu **S** = vật -> **THE N₁ OF N₂**

Nếu **S** = người -> **POSSESSIVE ADJ + N**

3. HAD BETTER (D BETTER): Tốt hơn (dùng để diễn tả lời khuyên)

(+) S + had better / 'd better + V₁ + ...

(-) S + had better / 'd better + not + V₁ + ...

(?) Should + S + V₁ + ...?

Ex: You had better stay at home at night. (Tốt hơn là bạn nên ở nhà vào ban đêm)

B. WHAT WAS WRONG WITH YOU?

I. GLOSSARY

NOUN

1. cold	: sự cảm lạnh
2. head	: đầu

17. to cough	: ho
18. to sneeze	: hắt hơi
19. to cure	: chữa, điều trị

-> headache	: đau đầu	20. to relieve	: làm giảm bớt, làm dịu
3. stomach	: dạ dày	21. to last	: kéo dài
-> stomachache	: đau bụng, đau dạ dày	22. to disappear	: biến mất
4. illness = sickness	: sự đau ốm, căn bệnh	23. to prevent	: ngăn chặn, phòng bệnh
5. sick note	: giấy xin phép nghỉ ốm		
6. virus	: vi rút	ADJ	
7. flu	: bệnh cúm	24. wrong	: không đúng, sai
8. semester	: học kỳ	25. ill = sick	: đau ốm, bị bệnh
9. disease	: bệnh, căn bệnh	26. absent	: vắng mặt
10. symptom	: triệu chứng	27. common	: phổ biến, thông thường
11. runny nose	: sổ mũi	28. unpleasant	: khó chịu, không dễ chịu
12. fever	: sốt	ADV	
13. drugstore	: hiệu thuốc	29. inside	: ở, vào bên trong
14. medicine	: thuốc uống	30. whatever (pron)	: bất kể cái gì
15. cure	: cách chữa bệnh,		
VERB			
16. to catch	: mắc, nhiễm bệnh		

II. GRAMMAR

WHAT WAS WRONG WITH YOU?

- Ex:** (1) What was the matter with you?
 (2) What was the problem with you?
 (3) What was wrong with you?

BẠN BỊ SAO VẬY?

- > I had a toothache
 -> I had a pain
 -> I had a stomachache.

❖ **NOTE:** Động từ **HAVE** ngoài ý nghĩa **có**, nó còn diễn đạt một số triệu chứng bệnh lý. Nếu động từ **HAVE** mang nghĩa bị bệnh ta không dùng thì tiếp diễn.

- Ex:** (1) Have a headache : bị đau đầu
 (2) Have a pain : bị đau nhức
 (3) Have a virus : nhiễm vi rút
 (4) Have a running nose : bị sổ mũi
 (5) Have a slight fever : bị sốt nhẹ
 (6) Have a backache : bị đau lưng

* **I have a headache. (NOT I am having a headache.)**

EXERCISE

I. Write sentences with "Would you + V₁..."

Ex: open your mouth. *Would you open your mouth, please?*

- Get on the scales
- Show me the waiting room.
- Pay me in cash
- Pass me the newspaper
- Put this picture on the wall
- Take me a photograph

II. Make questions with "How + Adjective".

- tall/ he?// one meter 50 centimeters

- heavy/ Hoa?// 40 kilos

- high/these buildings?// over 150 meters

- long/ your dress?//140 centimeters

.....
.....
5. deep/ the lake?// about 5 meters

.....
.....
6. wide/ the table?// 80 centimeters

.....
.....
7. much/ the shoes?// eighty thousand dong

.....
.....
8. thick/ your dictionary?//18 centimeters

.....
.....
9. old/ your father? // 45 years old.

.....
.....
10. big / your house ? // about 160 square meters.

III. Make questions and answers with “What”

Ex: his height/150 centimeters

-» **What is his height?**

-» **He is 150 centimeters**

1. your age / ten

2. his weight / 45 kilos

3. your brother’s height / one meter seventy centimeters

4. the length of river / about 300 miles

5. the height of the wall / four meters

6. the depth of the lake / about five meters

7. the width of cloth/ one meter sixty centimeters.

8. The length of the table / two meters

IV. Rewrite the following sentences with “Had Better”.

1. Linh shouldn’t stay up late

2. You should do morning exercise regularly

3. She has a headache. I advised her to take some aspirin

4. I advised him to have regular meals

TEST 1

I. Put an accent mark over the stress syllable.

absent	disappear	disease	measure	temperature
follow	medical	virus	common	prevent

II. Choose the best answers.

- _____ you open your mouth, please? (Would/ Could/ Can/ Do)
- He will be back _____ a few minutes. (at/in / when /on)
- What was wrong _____ you? (about/to/with /on)
- _____ is a shop - where you can buy medicine. (Bakery /Bookstore / Shop/ Drugstore)
- The patients are waiting _____ the doctor. (for/to/with /on)
- _____ high are these trees? About 20 meters. (How/ What/ Where/ When)
- _____ Loan's father repair this radio yesterday? (Was/Does / Were/Did)
- You should _____ your teeth after meals. (brush/ wash/ clean /eat)
- He usually _____ very hard before tests. (work / working / to work / works)
- _____ is his weight? - 52 kilos. (How / What / Why / When)
- What was _____ with her? (matter/ difficult/problem/ wrong)
- People feel _____ when they catch cold. (pleased/ unpleased/ unpleasant/ pleasant)
- They are talking _____ the principle. (to/for/ with/ of)
- The different kinds of medicine can _____ the symptoms. (help/ care/ prevent/ relieve)
- I usually _____ and sneeze when I have a cold, (catch/prevent/cough/disappear)

III. Choose the words or phrases that are not correct.

- The nurse told Hoa return to the waiting room.
A B C D
- Nam is so tired. He should takes a rest.
A B C D
- We had better not to smoke and drink wine.
A B C D
- Everybody knew the symptoms, but nobody knows a cure.
A B C D

IV. Verb tenses or verb forms.

- When I was a child, I always (walk) _____ to school.
- You (watch) _____ the interesting show on the TV last night?
- I (get) _____ up so late, so I (not can) _____ go to work on time.
- I really (enjoy) _____ our visit to Nha Trang last week.
- I (cook) _____ a meal for 10 people last night.
- John never (drink) _____ beer. He (not like) _____ it.
- Thanh (listen) _____ to the radio at this time.
- What (be) _____ on the TV last night?
- Don't be worry! I (come) _____ here on time.
- She said to me (give) _____ her a book.

V. Supply the correct forms of the words in the brackets.

- Mrs. Loan's daughter is having a _____ check-up. (MEDICINE)
- We need to know your _____, Minh. (WEIGH)
- What is the _____ of the river? (DEEP)
- She tries to keep fit by _____ every day. (JOG)
- This map is very _____ on our holiday. (USE)
- This dictionary is the _____ book that I have. (THICK)
- My aunt is a _____. She makes lots of nice clothes. (DRESS)

8. I always know my _____ .

(MEASURE)

VI. Fill the blanks with the suitable words.

Lan doesn't feel very well, so she doesn't go to school today. She had an (1) _____ , her right ear is hurt. The earache (2) _____ on Sunday afternoon after going to watch a football match. The weather in the (3) _____ winter at that time was so cold, but she (4) _____ a hat. After she came back, her ear began hurting. Her dad took her to the doctor (5) _____ her ear. He said: " when your head (6) _____ so cold, your ear will be hurt, the reason why you should wear a hat in the cold weather."

- | | | | |
|--------------------|-----------------|----------------|------------------------|
| 1. a. stomachache | b. earache | c. sore throat | d. headache |
| 2. a. started | b. starts | c. finished | d. finishes |
| 3. a. nearly | b. lately | c. early | d. lovely |
| 4. a. had no | b. did not have | c. no had | d. A and B are correct |
| 5. a. for checking | b. for check | c. to checking | d. to check |
| 6. a. gets | b. takes | c. has | d. catches |

VII. WRITE.

A. Rewrite sentences using the clues given.

1. The nurse / tell / Hoa / go back / the waiting room.

.....

2. She / forget / do / her homework yesterday.

.....

3. They / buy / lots of / souvenir / their parents yesterday.

.....

4. Jacky / go / see / the doctor / because / he / have / a stomachache.

.....

5. What / happen / you / yesterday?

.....

B. Rewrite the sentences without changing their meanings.

1. How heavy were you last year?

What

2. What was wrong with her?

What

3. How long is the River Nile?

What

4. What is his weight?

How

5. How old is your father?

What



TEST 2

I. Put an accent mark over the stress syllable.

relieve	disappear	prevent	semester	disease
symptom	medicine	common	stomach	headache

II. Choose the correct words or phrases.

1. Where were you _____ , Loan?

a. today b. two day ago c. yesterday d. last weeks

2. You _____ come to school two days ago.

a. don't b. doesn't c. won't d. didn't

3. I feel OK, but I'm _____ tired.

a. less b. little c. a few d. fewer

4. There is only one disease _____ common: the common cold.

a. calls b. called c. call d. X

5. You _____ stay inside at recess. The weather is awful today.

a. should b. must c. ought to d. A and C correct

6. Were you ever absent from school last semester? _____
 a. Yes, I were b. Yes, I wasn't c. No, I wasn't d. No, I was
7. Everyone _____ the symptoms: a runny nose, a slight fever, _____ and sneezing.
 a. knows/coughing b. know/cough c. knows/coughs d. knew/coughed
8. The cold is very _____ but _____ knows a cure
 a. pleasant/ everybody b. unpleasant/nobody
 c. unpleasant/everybody d. pleased/ nobody
9. At the drugstore, there are usually shelves _____ cold 'cures'.
 a. for b. in c. on d. with
10. The medicines don't _____ a cold but they do relieve the symptoms.
 a. cures b. cure c. relieve d. relieves
11. Whatever you do, your cold will last _____ a few days and then .
 a. for/appear b. for/disappeared c. for/disappear d. for/ appeared
12. How can you help prevent a cold? Eat _____, exercise and you T1 be fit and _____ .
 a. good/X b. good/healthy c. well/heath d. well/healthy
13. At the _____, there are usually shelves with cold "cures".
 a. food store b. drugstore c. bookstore d. toy store
14. What is your _____, Lan? - I'm 45 kilos.
 a. height b. tall c. weight d. heavy
15. Would you get _____ the scales, please?
 a. on b. in c. at d. of
16. She is a nurse. She looks _____ sick people.
 a. after b. on c. at d. to

III. Identify mistakes.

1. The Great Wall of China is nine meters in thick.
 A B C D
2. Marry staying at home because of sickness.
 A B C D
3. You should to avoid getting wet and chilled, or you will catch cold.
 A B C D
4. You should take part on sports instead of watching.
 A B C D
5. I want asking you a few questions before I start
 A B C D

IV. Supply the correct forms of the words in brackets.

1. What a _____ dress! Did you make it yourself? (LOVE)
 2. Loan has a lot of stamps in her _____. (COLLECT)
 3. She's always _____ about her children. (WORRY)
 4. Smoking isn't very good for your _____. (HEALTHY)
 5. _____ is good to keep fit. (SWIM)
 6. The trip is _____ to me. (BORE)
 7. Please take care of _____ carefully. (YOU)
 8. She seems _____ because of the cold. (TIRE)

V. READ.

A. Fill the blanks with the suitable words.

Jogging has become (1) _____ today. Every morning you can see hundreds of people go (2) _____ sidewalks or in parks. Jogging helps fat people lose (3) _____, make the heart stronger and feel better about themselves. At first, you (4) _____ jog very slowly and increase your (5) _____ after some time of practice. Remember to have a good pair of shoes to (6) _____ your feet.

1. a. important b. popular c. unpopular d. very
 2. a. in b. of c. on d. over
 3. a. weight b. height c. depth d. width
 4. a. can b. must c. will d. should

- | | | | |
|---------------|---------------|---------------|--------------|
| 5. a. far | b. distance | c. near | d. nearer |
| 6. a. protect | b. to protect | c. protecting | d. protected |

B. Read the passage then choose True or False.

There is only one disease called common: the common cold. We call it the common cold because every year millions of people catch it.

Everybody knows the symptoms: a runny nose, a slight fever, coughing and sneezing. It is very unpleasant, but nobody knows a cure.

Medicines called cold "cures" don't cure a cold, but they do relieve the symptoms. Whatever you do, your cold will last for a few days and then disappear.

- | | |
|--|-------|
| 1. Every year hundreds of people catch the cold. | |
| 2. Someone knows how to cure the common cold. | |
| 3. Medicines called cold "cures" can relieve the symptoms. | |
| 4. After few days, the cold will not appear any more. | |

VI. Use the correct tenses.

- Where you (go) _____ yesterday?
- He (be) _____ always on time.
- My mother (stay) _____ up late last night.
- Lan (practice) _____ French everyday
- John (do) _____ a lot of work last Sunday.
- Mr. Pike (come) _____ here tomorrow?
- Who (go) _____ with your father on the next trip?
- My grandparents (watch) _____ TV every night.
- I (learn) _____ (play) _____ piano last year.
- Sally (wear) _____ a nice dress today.

VII. WRITE

A. Rewrite sentences , using the cues given.

- Linh / not go / school / last Wednesday / because / she / have / bad cold.
.....
- Students / fill / medical records / and / give / the nurse.
.....
- We / call / "common" / because every year, / millions / people / the world / catch it.
.....
- Would you like / go/ swim / me, Nam?
.....
- I / eat / lot of / ice cream / yesterday.
.....
- Why / Minh / go / the dentist / last week?
.....

B. Rewrite the sentences without changing their meanings.

- She is 150 centimeters tall.
Her
- How much is this shirt?
What
- She is a good English speaker.
She speaks
- How old is David's teacher?
What is
- How thick is the dictionary?
What is
- What is the length of this house?
How