

## PRACTICE UNIT 11: KEEP FIT, STAY HEALTHY

### A. CHECK- UP

#### I. Tìm từ không cùng loại với các từ còn lại.

Ex: chicken

vegetable

buffalo

cow

1. weight

height

width

heavy

2. nurse

scales

doctor

student

3. measure

weigh

temperature

take

4. started

stopped

protected

needed

5. painful

tall

record

difficult

6. took

gave

kept

called

#### II. Dùng các từ cho sẵn trong khung để hoàn tất các câu phía dưới.

check-up   records   normal   temperature   waiting room   scales   height

\_\_\_\_\_ is an instrument for weighing people or things.

Your \_\_\_\_\_ is 37°C.

They filled in their medical \_\_\_\_\_.

\_\_\_\_\_ is a room outside a doctor's surgery where people wait to see the doctor.

The students of Quang Trung School are having a medical \_\_\_\_\_.

Minh is about the same \_\_\_\_\_ as his mother now.

It's \_\_\_\_\_ to feel nervous before an exam.

#### III. Sắp xếp các động từ sau vào các nhóm theo cách phát âm -ed.

called, filled, measured, visited, started, weighed, asked, stopped, brushed, ironed, needed, looked, watched, hoped, collected

/ɪd/ \_\_\_\_\_

/t/ \_\_\_\_\_

/d/ \_\_\_\_\_

#### IV. Viết câu yêu cầu theo các từ gợi ý.

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 \_\_\_\_\_

#### V. Đặt câu hỏi với "How" và viết câu trả lời theo các từ gợi ý.

Ex: old/ you?/ ten   *How old are you? - I am ten years old.*

tall/ he?// one meter 50 centimeters

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heavy/ Hoa?// 40 kilos

---

high/ these buildings?// over 150 meters

---

long/ your dress?// 140 centimeters

---

deep/ the lake?// about 5 meters

---

wide/ the table?// 80 centimeters

---

much/ the shoes?// eighty thousand dong

---

big/ your house?// about 160 square meters

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## VI. Đặt câu hỏi với “What” và viết câu trả lời theo các từ gợi ý.

Ex: the height of the mountain/ over 2,000 meters

*What is the height of the mountain? - It's over 2,000 meters.*

your age/ ten

---

her family name/ Nguyen

---

his weight/ 45 kilos

---

your brother's height/ one meter seventy centimeters

---

the length of the river/ about 300 miles

---

the height of that wall/ four meters

---

the depth of the lake/ about five meters

---

the width of the cloth/ one meter sixty centimeters

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## VII. Đặt câu hỏi cho các câu sau.

Ex: She is thirteen years old.    How *old is she?*

1. My brother is one meter 70 centimeters tall.

How \_\_\_\_\_

2. The building is over 100 meters high.

What \_\_\_\_\_

3. This lake is 5 meters in depth.

How \_\_\_\_\_

4. Peter is 45 kilos.

What \_\_\_\_\_

5. The blue dress is 120 thousand dong.

How \_\_\_\_\_

6. This street is five kilometers long.

What \_\_\_\_\_

7. It is about two kilometers from here to the bus stop.

How \_\_\_\_\_

8. These packets are 2 kilos.

How \_\_\_\_\_

### VIII. Đọc đoạn văn, sau đó trả lời các câu hỏi.

Yesterday, Hoa had a medical check-up. First she filled in the medical record and waited in the waiting room. After a few minutes, the nurse called Hoa's name and took Hoa to the doctor's office. The doctor asked Hoa a few questions. Then she weighed Hoa and measured her height. After that she took Hoa's temperature. Next, she listened to Hoa's heart. Then she checked Hoa's eyes and ears. Everything was normal. Finally, Hoa left the office. She felt very happy.

When did Hoa have a medical check-up?

\_\_\_\_\_

What did she do first?

\_\_\_\_\_

Who examined Hoa?

\_\_\_\_\_

What did the doctor do before she weighed and measured Hoa?

\_\_\_\_\_

Was anything wrong with Hoa's health?

\_\_\_\_\_

How did Hoa feel when she left the office?

\_\_\_\_\_

### WHAT WAS WRONG WITH YOU?

#### I. Sắp xếp các chữ cái thành từ đúng.

Ex: seadise     — disease —

1. oldc     \_\_\_\_\_

2. cheheada     \_\_\_\_\_

3. achethtoo     \_\_\_\_\_

4. ulf     \_\_\_\_\_

5. tosmachecha     \_\_\_\_\_

6. tomsymp     \_\_\_\_\_

## II. Hoàn tất các câu, dùng dạng hoặc thì đúng của các động từ trong khung.

catch	cure	cough	sneeze	disappear	prevent	relieve	write
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My mother \_\_\_\_\_ a sick note for me yesterday.

Nam usually \_\_\_\_\_ and \_\_\_\_\_ when he has a cold.

He \_\_\_\_\_ flu last week.

The medicines just help \_\_\_\_\_ the pain.

Nobody knows how \_\_\_\_\_ a cold.

The cold will last for a few days and then \_\_\_\_\_.

What can we do \_\_\_\_\_ the spread of the disease?

## III. Viết câu cho lời khuyên, dùng “*should + verb*”.

Ex: I have a stomachache, (go to the doctor)

*You should go to the doctor.*

I feel very tired. (take a short rest)

\_\_\_\_\_

Hoa has a bad cold. (stay in bed)

\_\_\_\_\_

Minh's room is very dirty. (clean it every day)

\_\_\_\_\_

We'll have an English test tomorrow. (learn your lessons carefully)

\_\_\_\_\_

Nga has a headache. (take an aspirin)

\_\_\_\_\_

My teeth aren't strong and white. (brush them regularly)

\_\_\_\_\_

## IV. Viết câu phủ định và nghi vấn.

Ex: I saw her at the meeting last night.

*I didn't see her at the meeting last night.*

*Did you see her at the meeting last night?*

Her mother wrote a sick note for her.

\_\_\_\_\_

---

Nam was absent from school yesterday.

\_\_\_\_\_

\_\_\_\_\_

I had a bad cold two days ago.

\_\_\_\_\_

\_\_\_\_\_

Many students caught flu last month.

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---

They were happy with their life.

---

---

He suggested going out for dinner.

---

---

I was busy last Sunday.

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---

We enjoyed our summer vacation.

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**V. Viết câu trả lời đầy đủ cho các câu hỏi sau.**

Ex: Did Minh go to the dentist? (Yes)/ (No)

Yes. He went to the dentist./ No. He didn't go to the dentist.

Did Nga's father start his new job yesterday? (Yes)

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Did Hoa's mother write Hoa's sick note? (No)

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Did the medicines relieve the symptoms of the cold? (Yes)

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Did you take cough syrup? (No)

---

Did you have a bad cold? (Yes)

---

Did they catch flu? (No)

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**VI. Điền vào chỗ trống với các từ để hỏi thích hợp.**

Ex: What is her name? - Her name's Hoa.

\_\_\_\_\_ high are these trees? - About 15 meters.  
\_\_\_\_\_ was wrong with you? - I had a toothache.  
\_\_\_\_\_ is her weight? - 45 kilos.  
\_\_\_\_\_ were you yesterday? - I was at home.  
\_\_\_\_\_ school does he go to? - He goes to Hung Vuong school.  
\_\_\_\_\_ do they cost? - They cost twenty dollars.  
\_\_\_\_\_ did Minh have a cold? - Because he walked in the rain.  
\_\_\_\_\_ wrote a sick note for Nga? - Her mother.

**VII. Đọc kỹ đoạn văn sau đó viết TRUE hoặc FALSE.**

The 'common cold' is caused by viruses that infect the nose, throat and sinuses. It's most common during the cold winter months and affects children and adults of all ages. Most people will catch a cold two to four times a year. A cold often starts with feeling tired, sneezing, coughing, and having a runny nose. You may not have a fever, or you may run a low fever. There is no cure for the common cold. Antibiotics don't work against viruses. All you can do to feel better is treat your symptoms. Colds usually last about one week but can continue for as long as two weeks. They usually go away on their own.

1. People catch cold more often in the winter. \_\_\_\_\_
2. The common cold mostly affects on young children. \_\_\_\_\_
3. You may have a slight fever when you catch cold. \_\_\_\_\_
4. Antibiotics can cure the common cold. \_\_\_\_\_
5. Colds usually go away in one or two weeks. \_\_\_\_\_