

Unit 10: HEALTH AND HYGIENE

A. Language Focus:

- Past simple tense
- Imperatives

B. Vocabulary:

Section A: Personal hygiene

1. harvest (v,n): thu hoạch, mùa gặt
2. helpful (adj): giúp ích
3. take care of = look after (v): chăm sóc, trông nom
4. iron (v): là, ủi quần áo
5. own (adj): riêng, cá nhân
6. be bad for (v): có hại cho
7. advise (v): khuyên
=> advice (n): lời khuyên
8. change (v): thay đổi
9. probably (adj): có lẽ
10. brush (v, n): chải, bàn chải
11. comb (v, n): chải đầu, cái lược
12. take exercise (v): tập thể dục
13. suitable (adj): thích hợp
14. strange (adj): lạ, xa lạ
15. tidy (adj): gọn gàng, sạch sẽ

Section B: A bad toothache

1. toothache (n): đau răng
2. dentist (n): nha sĩ
3. have an appointment with (v): có cuộc hẹn với....
4. be scared of (adj): sợ = be afraid of
5. hate (v): ghét
6. drill (n): cái khoan
7. fill (v): lấp chỗ trống/ hàn (răng)
8. cavity (n): lỗ răng sâu
9. surgery (n): phòng phẫu thuật
10. check (v): kiểm tra
11. smile (at) (v): mỉm cười
12. serious (adj): nghiêm trọng
13. less ...than (adv): ít ... hơn
14. touch (v): sờ, đụng đến
15. explain (v): giải thích

C. Exercises:

I. Supply the correct tense or form of the verbs in the brackets:

1. She never _____ up late at night. (stay)
2. My mother _____ flowers in the garden at the moment. (plant)
3. Why _____ you _____ the party early last night? (leave)
4. Minh _____ to the dentist tomorrow morning. (go)
5. I _____ (brush) my teeth every night, but last night I _____ (forget) to brush them.
6. My sister _____ the dishes after dinner last night. (clean)
7. She _____ to school yesterday because she was sick. (not, go)
8. Our parents _____ here tomorrow night. (be)
9. Cuc practices _____ the piano every Sunday. (play)
10. She'd like _____ her Mom when she's free. (help)
11. I like _____ English in school. (learn)
12. Phuong _____ aerobics yesterday morning. (do)

II. Give the correct form of the word in the brackets:

1. He is a _____ person. (help)
2. My tooth is very _____ now. (pain)
3. Clean teeth are _____ teeth. (health)
4. You should clean your teeth _____. (regular)
5. We are _____ about the final exam. (worry)
6. She always washes and irons her clothes _____. (careful)
7. I'm _____ of hearing the ghost stories. (scare)
8. The people are very _____. (friend)

III. Choose the best answer for the blank:

1. I received a letter _____ your aunt last week.
A. on B. in C. from D. at
2. Her brother is taking morning _____ now.
A. hygiene B. exercises C. breakfast D. homework
3. Don't eat candy or stay _____ late.
A. from B. with C. up D. for
4. We are very happy _____ the final exam.
A. pass B. to pass C. passing D. passed
5. They always _____ their teeth after meals.
A. comb B. wash C. do D. brush
6. Don't worry about me, Mom. I know how to take _____ of myself.
A. care B. careful C. carefully D. careless
7. You must _____ to bed early.

- A. go B. went C. going D. to go
8. She's looking _____ in the mirror.
A. himself B. herself C. myself D. itself
9. I hope you _____ me after the harvest.
A. visits B. visiting C. will visit D. visited
10. _____ did she go to the dentist last week? – She had a toothache.
A. When B. What C. Why D. Who
11. You shouldn't eat too much sweet things _____ it's not good for your health.
A. because B. because of C. so D. why
12. I hope that she _____ better soon.
A. feel B. feels C. to feel D. feeling
13. She had to work _____.
A. hard B. hardly C. difficult D. difficulty
14. I was really happy _____ Mark again yesterday.
A. A see B. to see C. seeing D. to seeing
15. Few people like _____ on the farm.
A. work B. to work C. working D. both B and C
16. He's really bad _____ History.
A. in B. to C. at D. for
17. Her mother wanted her _____ up early.
A. get B. to get C. getting D. to getting
18. I think you don't have to worry _____ that.
A. of B. to C. for D. about
19. The dentist smiled _____ him kindly.
A. with B. at C. to D. on
20. I have a toothache so I'm going to the _____.
A. nurse B. doctor C. dentist D. teacher
21. We ought not to eat too much candy because it's bad _____ us.
A. with B. at C. of D. for
22. Baker is very _____. She can do a lot of things.
A. useful B. helpful C. beautiful D. full
23. I'm glad _____ you are well.
A. hear B. heard C. to hear D. hearing
24. My younger sister _____ a toothache last week.
A. has B. is having C. had D. will have
25. They are working hard _____ the farm now.
A. in B. on C. at D. of

EXERCISES - UNIT 10 – HEALTH AND HYGIENE

A. PERSONAL HYGIENE

I. Fill in the blank with a suitable word:

health personal hygiene harvest
helpful strange carefully

1. Farmers are very busy during
2. You should wash regularly to ensure
3. Swimming is good for your
4. My father always drives
5. She always helps her mother do the housework. She's very to her mother.
6. He's a new student. Everything isto him.

II. Supply the correct form of verbs:

Yesterday (be)..... Sunday, Nam (get)..... up at six. He (do)..... his morning exercises. He (take)..... a shower, (comb)..... his hair, and then he (have)..... breakfast with his parents.

Nam (eat)..... a bowl of noodles and (drink)..... a glass of milk for his breakfast. After breakfast, he (help)..... Mom clean the table. After that, he (brush)..... his teeth, (put)..... on clean clothes, and (go)..... to his grandparents' house. He (have)..... lunch with his grandparents. He (return)..... to his house at three o'clock. He (do)..... his homework. He (eat)..... dinner at 6.30. After dinner, his parents (take)..... him to the movie theater. It (be)..... a very interesting film. They (come)..... back home at 9.30. Nam (go)..... to bed at ten o'clock.

B. A BAD TOOTHACHE

I. Fill in the blank with an appropriate word:

important kind painful healthy
scared serious nervous worried

1. She is very kind. She always helps everyone
2. Clean teeth are teeth
3. Brushing your teeth is very.....
4. Most of children are in the dark
5. She's always about her children.
6. His decaying tooth is very
7. The cavity isn't because it's small
8. I'm to go out alone at night.