

UNIT 12

LET'S EAT

SECTION A: WHAT SHALL WE EAT ?

1. cucumber (n) : dưa chuột
2. display (n) : sự trưng bày → on display (exp) : đang được trưng bày
3. durian (n) : quả dưa riêng
4. hate (v) : ghét
5. meat stall (n) : quầy bán thịt
6. papaya = papaw (n) : quả đu đủ
7. pineapple (n) : quả thơm , quả dứa
8. pork (n) : thịt heo
9. ripe (adj) : chín
10. selection (n) : sự chọn lựa → a wide selection (n) : sự lựa chọn rộng rãi
11. spinach (n) : rau mầm xôi , rau chân vịt
12. add (v) : thêm , bổ sung
13. boil (v) : luộc
14. chopstick (n) : đũa
15. dish (n) : món ăn
16. instruction (n) : lời hướng dẫn
17. pan (n) : cái xoong , nồi , chảo
18. pepper (n) : tiêu, hồ tiêu, ớt xanh
19. plate (n) : cái đĩa
20. recipe (n) : công thức làm món ăn
21. salad (n) : món rau trộn
22. salt (n) : muối
23. set – set (v) : bố trí, để, đặt
24. slice (v) : thái thành lát mỏng
25. soy sauce (n) : nước xì dầu
26. spoon (n) : cái muỗng
27. stir-fry (v) : xào
28. strip (n) : miếng thái chỉ
29. taste (v) : có mùi vị, nếm
30. balanced (adj) : cân đối, thăng bằng → balanced diet (n) : chế độ ăn cân đối
31. deep-dry (v) : chiên , rán ngập dầu
32. steam (v) : hấp

SECTION B: OUR FOOD

1. dirt (n) : bụi bẩn, bụi đất
2. advantage (n) : sự thuận lợi
3. affect (v) : ảnh hưởng
4. amount (n) : số lượng, khối lượng
5. body-building (n) : sự rèn luyện thân thể
6. cereal (n) : ngũ cốc
7. dairy product (n) : thực phẩm chế biến từ sữa
8. diet (n) : chế độ ăn kiêng
9. energy (n) : năng lượng, sức lực
10. fatty food (n) : thức ăn nhiều chất béo
11. guideline (n) : nguyên tắc hướng dẫn
12. lifestyle (n) : lối sống
13. moderate (adj) : vừa phải

14.moderation (n) : sự điều độ

15.plenty (of) (n) : nhiều, phong phú

16.sensibly (adv) : một cách hợp lý → sensible (adj)

17.sugar (n) : đường

18.variety (n) : đa dạng

REMEMBER

NEITHER /EITHER (cũng không)

Đồng ý với ý kiến dạng phủ định .

◆ **With TOBE :**

NEITHER + Be + S .

S+ Be +not , +**EITHER**.

Ex: The pineapples aren't ripe . → **Neither** are the pineapples

→ The pineapples aren't , **either** .

◆ **With ordinary verb :**

NEITHER + auxiliary verb + S .

S+ auxiliary verb +not +**EITHER** .

Ex: I don't like pork . → **Neither** does he .

→ He doesn't , **either** .

PRACTICE

I. Choose the most suitable word or phrase to complete the sentences:

1. Doing exercise keeps us _____ and stay healthy.

A. fit B. fix C. fitted D. fixed

2. I don't like durian and _____ does she.

A. so B. neither C. too D. either

3. The stir-fried beef tasted _____.

A. well B. good C. awfully D. badly

4. Shall we buy some oranges? - _____.

A. No, we don't. B. Yes, let's. C. No, thanks. D. You're welcome

5. I didn't like baseball and my sister _____.

A. does, too B. do ,too C. did neither D. didn't , either

6. Eat the food you enjoy, but don't have _____ .

A. too many B. too much C. many D. a lot of

7. I like swimming. - _____ .

A. so do I B. Yes, I can C. I do, too. D. I do either

8. In _____ amounts, sugar is good for our health.

A. many B. moderate C. a lot D. more

9. I am glad _____ you're feeling better.

A. hear B. hearing C. to hear D. heard

10. I hate durian. – Neither _____ I.

A. do B. does C. did D. will

11. Shall we buy some orange juice ? – _____ .

A. No, we don't. B. No, thanks. C. Yes, let's. D. You're welcome

12. She doesn't like pork and _____ her uncles.

A. neither do B. so do C. so does D. neither does

13. A balanced diet means we eat a variety of foods _____ eating too much of anything.

A. with B. without C. in D. on

14. - I don't like chicken. - _____ do I.
 A- Either B- Neither C- So D- Too
- 15.- Nam went camping yesterday, but Huy _____.
 A- do B- don't C- did D- didn't
16. Sugar gives us _____.
 A-health B-energy C-moderation D-amount
- 17.I didn't like baseball and my sister _____.
 A. does, too B. do ,too C. did neither D. didn't , either
- 18.I need some carrots and cucumbers. Shall we go to the _____?
 A. meat stall B. shop C. fruit stall D. vegetables stall
19. A: Phong will become an English teacher. B: Really? _____
 A. So am I B. So do I C. So will I D. I will so
- 20.That is the _____ to a healthy lifestyle.
 A. door B. gate C. part D. key

III. Choose the word or phrase that best fits the blank in the following passage.

❖1. *Yesterday* Hoa and her aunt went to the market. They wanted to (1) _____ some meat, vegetables and fruit for their dinner. First, they went to the meat stall. There was a (2) _____ selection of meat on the stall: chicken, pork (3) _____ beef. Hoa doesn't like pork and her aunt doesn't either, so they bought some beef. Next, they went to the (4) _____ stall. They bought some spinach and cucumbers. Hoa likes them and so does her aunt. They are her aunt's favorite vegetables. Finally, Hoa and her aunt stopped (5) _____ a fruit stall. They wanted to buy a papaya and a pineapple, but they weren't (6) _____ yet. Therefore, they bought some oranges instead.

- | | | | |
|-----------------|------------|-----------|--------------|
| 1. A. to buy | B. buy | C. bought | D. buying |
| 2. A. good | B. bad | C. happy | D. sad |
| 3. A. so | B. because | C. but | D. and |
| 4. A. juice | B. oil | C. flower | D. vegetable |
| 5. A. on | B. at | C. to | D. by |
| 6. A. beautiful | B. green | C. ripe | D. popular |

IV. Read the passage. Decide whether the statements that are True or False:

❖1. A healthy breakfast contains four different foods. First, it should contain grains. In most places, this is some kind of bread or rice. Second, a protein that is low in fat. In many countries, this is an egg, fish or some meat. Third, a healthy breakfast needs some dairy - or milk products. Milk contains calcium which helps make bones stronger. And last, it is important to have a fruit or a vegetable in your breakfast. This will help give you energy for the day.

1. A healthy breakfast contains grains, a protein, some dairy and a fruit or a vegetable. _____
2. Eggs, fish and meat are sources of protein. _____
3. Bones need calcium to be stronger. _____
4. You should not eat things like tomatoes or carrots for your breakfast. _____

❖2. Hoa is the only daughter in the family. In her free time, she tries to help her mom with housework, especially cooking. She is only thirteen years old but she can go to the market near her house to buy meat, fish, vegetables and fruits. When she brings foods home, she washes them very carefully. She thinks that vegetables often have dirt from the farm on them. She can make some good dishes for her family. Everyone in her family enjoy all the food she cooks.

1. Hoa doesn't have any sisters or brother. _____
2. Hoa can't go to the market because she is only 13 years old. _____
3. Hoa's mom always washes the vegetables. _____
4. Hoa can make some delicious dishes for her family. _____

V. Use the correct form of the word given in each sentence:

1. She added a _____ soy sause to the dish .(less)
2. A _____ diet plays an important part in good health. (balance)

3. You must wash vegetables before eating because they may be _____. (dirt)
4. These _____ help you eat in a good way. (guide)
5. We must remember to eat _____ and healthily. (sense)
6. We should wash fruit _____ before eating them. (care)
7. _____ is very important. (Moderate)
8. A balanced diet means you eat a _____ of food without eating too much anything. (vary)
9. Walking is good for our _____. (healthy)
10. The food we eat _____ our whole life. (affect)
11. A balanced diet and exercise are the keys to a _____ lifestyle. (health)
12. Beef is her _____ meat. (favor)
13. Everyone should do exercise to keep fit and stay _____. (health)
14. Did you cook pork _____? – Yes, I cooked it for fifteen minutes. (good)

VI. Write the sentences with SO/ TOO / NEITHER /EITHER :

1. She is learning English. (I)
_____.
2. Lan ate bread and beef for breakfast. (Her uncle)
_____.
3. He didn't meet her last night. (She)
_____.
4. I'm not a doctor. (They)
_____.
5. I like beef and cucumber. (My friend)
_____.
6. Orange juice is my favorite drink. (My brother)
_____.
7. My father didn't drink coffee this morning. (My brother)
_____.
8. Mr. Tam won't come to the party tonight. (His wife)
_____.
9. They can play volleyball. (We)
_____.
10. You mustn't stay up late. (They)
_____.

VII. Rewrite the sentences without changing the meaning.

1. Hoa hates durians and so does her aunt.
Hoa doesn't _____.
2. Helen didn't pass the test and neither did Bob.
Helen didn't pass the test and Bob _____.
3. It's very important to have a balanced diet.
Having _____.
4. Let's get some cucumbers.
What about _____?
5. He hates durians and so do I.
He doesn't _____.
6. My wife can't play the piano, and neither can her sister.
My wife can't play the piano, and her sister _____.
7. He hates chicken and I do, too.
He doesn't _____.
8. I don't like cucumbers and my sister doesn't either.
I don't like cucumbers and neither _____.

