

Week 24:
UNIT 12: (cont)
Period 71: B2

B. Our food

* Vocabulary:

1. affect(v)	: ảnh hưởng
2. moderate(adj)	: khiêm tốn, vừa phải, trung bình
→ moderation (n)	: chế độ ăn vừa phải
3. amount(n) of	: lượng
4. balanced diet(n)	: chế độ ăn cân đối
5. fatty food(n)	: chất béo
6. dairy product(n)	: sản phẩm từ sữa
7. (un)healthy food(n)	: thức ăn khỏe mạnh
8. body-building food(n)	: thức ăn giàu chất đạm
9. lifestyle(n)	: phong cách sống
10. cereal(n)	: ngũ cốc

❖ *Students answer the questions (page 120)*

Homework: Learn Vocabulary by heart. Do the exercises below.

Exercises

I. Rewrite

Should = ought to + V(bare) Shouldn't = ought <u>not</u> to + V(bare)
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1. We shouldn't stay up late.

→ We _____

12. We should wash salads well in water.

→ We ought _____

13. We should wear helmets when going on the motorbikes.

→ We ought _____

14. We should turn off the lights when leaving.

→ We ought _____

15. You shouldn't eat too much candy.

→ You ought _____

16. You should not watch TV too late.

→ You ought _____

17. You should see a doctor. → You ought _____

18. You should brush your teeth after meals.

→ They _____

II. Word Arrangement

1. / on them / from the farm / often have / Vegetables / dirt / . /
Vegetables.....
2. Hoa / That evening, / cooked dinner / and her aunt / . /
That.....
3. added / soy sauce / She / the dish / to / a little / . /
She.....
4. affects / We know / the food / that / our whole life / we eat / . /
We know.....
5. ate / last night / We / fish, / and soup / rice, / . /
We.....

III. Complete the passage with the words given (2.0pts)

either – selection – meat – spinach – meat – went – vegetable –
for

1/. Yesterday, Hoa and her aunt _____(1) to the market . They wanted to buy some _____(2), vegetables and fruit _____(3) their dinner . First , they went to the food _____(4). There was a good _____(5) of meat on the stall : chicken, pork and beef . Hoa doesn't like pork and her aunt doesn't, _____(6). Therefore, they bought some beef. Next, they went to the _____(7) stall. They bought some _____(8) and cucumbers.

2/. what – stay- variety – balanced- must – affects – moderation – but

We know that the food we eat (1)our whole life, so we (2)remember to eat sensibly. We should have a (3)diet. (4)does a “balanced diet” means? It means you eat a (5).....of food without eating too much of anything (6).....is very important. Eat the food you enjoy, (7)don't have too much. This will help you.(8)..... fit and healthy.