**NỘI DUNG BÀI HỌC TIẾNG ANH LỚP 7**

*Tuần 4: 26/9/2022-01/10/2022*

**UNIT 2: HEALTH**

**A. VOCABULARY**

***Lesson 1***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No** | **Words** | **Class** | **Transcription** | **Meaning** |
| 1 | **drink** | (v) | /drɪŋk/ | uống |
| 2 | **eat** | (v) | /it/ | ăn |
| 3 | **fast food** | (n) | /fæst fud/ | thức ăn nhanh |
| 4 | **fruit** | (n) | /frut/ | trái cây |
| 5 | **get** | (v) | /gɛt/ | nhận được |
| 6 | **healthy** | (a) | /ˈhɛlθi/ | khoẻ mạnh, có lợi cho sức khoẻ |
| 7 | **junk food** | (n) | /ʤʌŋk fud/ | thức ăn nhanh có hại cho sức khỏe |
| 8 | **lifestyle** | (n) | /ˈlaɪfˌstaɪl/ | cách sống, cách sinh hoạt |
| 9 | **sleep** | (v) | /slip/ | giấc ngủ |
| 10 | **soda** | (n) | /ˈsoʊdə/ | nước xô-đa |
| 11 | **unhealthy** | (a) | /ənˈhɛlθi/ | ốm yếu, có hại cho sức khoẻ |
| 12 | **vegetable** | (n) | /ˈvɛʤtəbəl/ | rau củ |

**C. PRACTICE**

**Lesson 1**

***I. Look at the words in the box and write the suitable word for each picture.***

|  |
| --- |
| get some sleep eat fruit and vegetables eat fast food drink soda healthy unhealthy |

|  |  |  |
| --- | --- | --- |
| IMG_256 | IMG_256 | IMG_256 |
| **1.** | **2.** | **3.** |
| IMG_256 | IMG_256 | IMG_256 |
| **4.** | **5.** | **6.** |

***II. Fill in the blanks with words in the box to complete the sentences.***

|  |
| --- |
| fruit soda sleep fast food unhealthy healthy vegetables |

**1.** My mom usually gives me an apple or oranges for snacking. She wants me to eat more\_\_\_\_\_\_\_\_\_\_.

**2.** It's a good idea to eat\_\_\_\_\_\_\_\_\_\_ like carrots and onions, with meat and fish.

**3.** My brother is unhealthy because he eats too much\_\_\_\_\_\_\_\_\_\_.

**4.** \_\_\_\_\_\_\_\_\_\_ drinks such as cola has a lot of sugar.

**5.** I try to get at least eight hours of\_\_\_\_\_\_\_\_\_\_ every night.

**6.** You should do more exercise to stay\_\_\_\_\_\_\_\_\_\_.

**7.** Hannah's eating habits is\_\_\_\_\_\_\_\_\_\_. She has sweets and soda drinks with every meal.

**B. GRAMMAR**

**I. Indefinite quantifiers**

***1. Cách dùng:***

**a little:** **1 vài, 1 chút, 1 ít** (dùng trong câu khẳng định với danh từ không đếm được)

**some: 1 vài, 1 chút, 1 ít** (dùng trong câu khẳng định với danh từ đếm được số nhiều hoặc danh từ không đếm được)

**any: 1 vài, 1 chút, 1 ít** (dùng trong câu phủ định hoặc nghi vấn)

**many: nhiều** (dùng với danh từ đếm được)

**(not) much: nhiều** (dùng với danh từ không đếm được, thường dùng trong câu phủ định và nghi vấn)

**lots of/ a lot of:** **nhiều** (dùng với danh từ đếm được số nhiều và danh từ không đếm được)

***2. Ví dụ:***

- I drink **a little** orange juice every morning.

- My mother eats **some** fruit after lunch.

- She doesn’t eat **any** meat.

- My sister bought **many** oranges and apples yesterday.

- I don’t do **much** exercise so I am getting fat.

- We should drink **a lot of** water every day.

- We should eat **lots of** vegetable and fruit. It’s good for our health.

**II. Should and shouldn’t**

***1. Cách dùng:***

*We can use should to give advice and we can use should to ask for advice.*

*(Chúng ta dùng* ***should*** *và* ***shouldn’t*** *để đưa ra lời khuyên và chúng ta cũng có thể dùng* ***should*** *để hỏi về lời khuyên)*

***2. Ví dụ:***

- You **should** do morning exercise to be healthier.

- We **should** eat fresh food.

- They **should** get some rest now.

- You **shouldn’t** drink much beer. It isn’t good for your health.

- We **shouldn’t** eat much fast food.

- They **shouldn’t** play online games much more. It can be addictive.

- **Should** I eat fast food? No, you shouldn’t.

- **Should** I sleep more? Yes, you should.

- **Should** I do morning exercise? Yes, you should.

- What **should** I do to keep my body fit?

***III. Choose the suitable word to complete the sentences.***

**1.** I don’t eat ***any/ some*** fast food.

**2.** We should drink ***any/ som*e** fruit juice now.

**3.** She doesn’t do ***any/ some*** exercise today.

**4.** My brother can play ***any/ some*** sports such as: soccer, volleyball, badminton, table tennis…

**5.** She does ***many/ a little*** exercise in the morning.

**6.** How *much/ any* fruit do you eat every day?

**7.** We should drink *lots of/ much* water every day.

**8.** My daughter doesn’t watch ***much/ many*** TV every day.

**9.** Tommy doesn’t eat ***any/ a little*** salad every day.

**10.** How **much**/ many beer does your father drink every week?