**UNIT 12: LET’S EAT**

**B – Our food**

**A. Vocabulary:**

1. **dirt** (n): bụi -> **dirty** (adj): dơ, bẩn

2. **diet** (n): chế độ ăn, chế độ ăn kiêng

3. **balanced** (adj): cân đối, cân bằng -> **balanced** **diet**: chế độ ăn cân đối

4. **affect** (v): ảnh hưởng, tác động

5. **sugar** (n): đường (gia vị) -> sugary (adj): có đường, có vị ngọt (của đường)

6. **unhealthy** (adj): có hại cho sức khỏe -> **unhealthy food**: thực phẩm không tốt cho sức khỏe

7. **moderate** (adj): vừa phải, có mức độ, có chừng mực -> **moderation** (n): sự điều độ

*Ex:* Cook the spinach over a **moderate** heat. (Nấu cải bó xôi với độ nóng vửa phải)

8. **amount** (*of something*) (n): lượng, số lượng

9. **energy** (n): năng lượng

10. **sensible** (adj): hợp lý, có lý -> **sensibly** (adv): một cách hợp lý

11. **fat** (n): mỡ, chất béo -> **fatty** (adj): chứa nhiều chất béo, mỡ

*Ex:* We shouldn’t eat too much **fatty** food. (Chúng ta không nên ăn quá nhiều thức ăn chứa chất béo)

12. **dairy** (adj) = *made from milk*: được làm từ sữa -> **dairy product**: sản phẩm làm từ sữa (bơ, sữa chua…)

13. **plenty** (*of something*): nhiều (dùng cho cả danh từ đếm được và không đếm được:

*Ex:* There is **plenty** of milk in the fridge. (Có nhiều sữa trong tủ lạnh)

14. **cereal** (n): ngũ cốc

15. **mean** (v): nghĩa là, có nghĩa là

16. **variety** (n): đủ loại, đa dạng -> **various** (adj): (thuộc) nhiều loại khác nhau

17. **enjoy** (v): thích, thưởng thức

18. **guidelines** (n): hướng dẫn, chỉ dẫn

19. **key** (n): bí quyết – *Ex:* Diet and exercises are the **key** to good health. (Ăn theo chế độ và tập thể dục là bí quyết để có sức khỏe tốt)

20. **lifestyle** (n): lối sống, nếp sống

21. **advantage** (n): lợi thế >< **disadvantage** (n): sự bất lợi

22. **For example**: ví dụ, chẳng hạn

23. **include** (v): bao gồm

**EXERCISES**

**I. Complete the sentences using one of the words given in the box. Use each word only once.**

|  |
| --- |
| ripe vegetables diet moderate wash  heat set affect stomachache dirt |

1. In my family, we take turns to \_\_\_\_\_\_\_\_\_\_\_ the table before each meal.

2. Ba had a bad \_\_\_\_\_\_\_\_\_\_\_ because he ate too much last night.

3. We should \_\_\_\_\_\_\_\_\_\_\_ the vegetables before we eat or use them.

4. Spinach and cucumbers are my favorite \_\_\_\_\_\_\_\_\_\_\_.

5. Vegetables often have \_\_\_\_\_\_\_\_\_\_\_ from the farm, so we must wash them before eating.

6. Poor \_\_\_\_\_\_\_\_\_\_\_ can cause illness.

7. This papaya is not \_\_\_\_\_\_\_\_\_\_\_. It is still green to eat.

8. You must \_\_\_\_\_\_\_\_\_\_\_ the pan before you fry anything in oil.

9. Eating a \_\_\_\_\_\_\_\_\_\_\_ and varied diet can help you stay healthy.

10. Their opinions will not \_\_\_\_\_\_\_\_\_\_\_ my decision.

**II. Choose the correct answer for each sentence.**

1. Cheese is one of the \_\_\_\_\_\_\_\_\_\_\_ products. (dairy/ unhealthy/ bad/ poultry)

2. You should eat \_\_\_\_\_\_\_\_\_\_\_ to stay fit and healthy. (quickly/ sensibly/ slowly/ hungrily)

3. There are only two things that one should do \_\_\_\_\_\_\_\_\_\_\_ a healthy and fit body, eating right and exercising well. (keeping/ to keep/ for keeping/ keep)

4. I don’t like eating meat. - \_\_\_\_\_\_\_\_\_\_\_ do I. (So/ Either/ Too/ Neither)

5. You’ve got more \_\_\_\_\_\_\_\_\_\_\_ if you eat healthily. (energy/ exercise/ lifestyle/ stomachache)

6. His brother can’t speak five foreign languages and his sister can’t, \_\_\_\_\_\_\_\_\_\_\_. (either/ neither/ too/ so)

7. Why couldn’t you sleep last night? – \_\_\_\_\_\_\_\_\_\_\_ the noise of next door. (Because/ As/ Because of/ Since)

8. I have a balanced diet. So \_\_\_\_\_\_\_\_\_\_\_ my mother. (does/ are/ am/ do)

9. Do not eat a large amount \_\_\_\_\_\_\_\_\_\_\_ fatty foot and sugar. It is bad for your health. (of, and, between, in)

10. A national survey in Spain revealed that 1 out of every 3 children is overweight \_\_\_\_\_\_\_\_\_\_\_ obese. (so/ with/ or/ too)

**III. Supply the correct Tense or Form of the Verbs in parentheses:**

1. Helen \_\_\_\_\_\_\_\_\_\_\_a birthday card to Rosy and Robin did, too. (send)

2. His ability of eating sandwich \_\_\_\_\_\_\_\_\_\_\_amazing. (be)

3. The schools don’t allow the students \_\_\_\_\_\_\_\_\_\_\_ (smoke).

4. You should spend 30 minutes or 1 hour on \_\_\_\_\_\_\_\_\_\_\_ exercise daily. (do)

5. Would you like \_\_\_\_\_\_\_\_\_\_\_ lunch with me? (have)

6. My family \_\_\_\_\_\_\_\_\_\_\_ to Spain by plane last summer. (travel)

7. If you want \_\_\_\_\_\_\_\_\_\_\_ a doctor, you must go to the medical school for many years. (be)

8. He always \_\_\_\_\_\_\_\_\_\_\_ coffee with his breakfast in the morning but yesterday, he \_\_\_\_\_\_\_\_\_\_\_ tea. (drink)

9. Students in the United States \_\_\_\_\_\_\_\_\_\_\_ often \_\_\_\_\_\_\_\_\_\_\_ school uniform. (not wear)

10. Physical activities will help you \_\_\_\_\_\_\_\_\_\_\_ your health. (improve)