## UNIT 2: YOUR BODY AND YOU

**I. PHONETICS**

**1. Put these words into the correct column. Then pronoun the words exactly.**

|  |  |  |  |
| --- | --- | --- | --- |
| profit | plan | glean | plough |
| globe | plane | promotion | plumber |
| grimy | grey | groom | play |
| praise | pronoun | green | practice |
| grip | glue | glide | global |

|  |  |  |  |
| --- | --- | --- | --- |
| **/pl/** | **/pr/** | **/gl/** | **/gr/** |
|  |  |  |  |

**II. VOCABULARY**

**1. Decide these words into the correct column.**

|  |  |  |  |
| --- | --- | --- | --- |
| blood | breath | skull | bone |
| heart | brain | lung | stomach |
| digestive | air | pump | muscle |
| spine | nerve | vessel |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **circulatory system** | **digestive system** | **respiratory system** | **skeletal system** | **nervous system** |
|  |  |  |  |  |

**2. Make a phrase with each of these words.**

1. therapy:

2. sleeplessness:

3. emotion:

4. body parts:

5. acupuncture?

6. yin and yang:

7. habit:

8. medicals:

9. needle: 10.treatment:

**III. GRAMMAR**

**I. Read the situations and complete the sentences. Use will, or be going to.**

1. It‟s your day off. You have intention to look round the museum.

Your friend: Do you have any plans for this afternoon? You: Yes, I (look round) the museum.

2. You hate dogs. Dogs always attack you if they get a chance. Your friend: That dog doesn‟t look very friendly.

You: It‟s coming towards us. It (attack) us.

3. The phone rings and you answer. Somebody wants to speak to Jim. Caller: Hello. Can I speak to Jim, please?

You: Just a moment. I (get) him.

4. It‟s a nice day. You‟ve decided to sit in the garden. Before going outside, you tell your fiend. You: The weather‟s too nice to stay indoors. I (sit) in the garden.

Your friend: That‟s a good idea. I think I (join) you.

5. Your friend is worry because she has lost an important letter.

You: Don‟t worry about the letter. I‟m sure you (find) it. Your friend: I hope so.

6. You predict the landing of aliens on the earth in the next ten years. Your friend: All this talk about aliens is complete nonsense, isn‟t it?

You: Is it? I think aliens (and) on the earth in the next ten years.

7. There was a job advertised in the paper recently. At first you were interested but then you decided not to apply.

Your friend: Have you decided what to do about the job that was advertised? You: Yes, I (not/ apply) for it.

8. You and a friend come home very late. Other people in the house are asleep. Your friend is noisy.

You: Shhh! Don‟t make so much noise. You (wake) everybody up.

9. You know that Michelle has decided to get married. Your friend: Have you heard about Michelle?

You: Well, I heard that she (get) married.

10. Your friend has two young children. She wants to go out tomorrow evening. You offer to look after the children.

Your friend: I want to go out tomorrow evening but I haven‟t got a baby-sitter. You: That‟s no problem. I (look after) them.

**II. Choose the correct answer.**

1. A: Why are you working so hard these days?

B: Because a car, so I‟m saving as much as I can.

* 1. I‟ll buy b. I‟m going to buy c. I buy

1. A: Oh, I‟ve just realised. I haven‟t got any money.

B: Haven‟t you? Well, don‟t worry. you some.

* 1. I‟ll lend b. I‟m going to lend c. I‟m lending

1. A: Could I have a word with you, please?

B: Sorry, I‟m in a big hurry. My train in fifteen minutes.

4.

a. is going to leave

A: Let‟s go to the carnival.

b. will leave

c. leaves

B: Yes, good idea. I expect fun.

a. it‟ll be b. it‟s c. it‟s being

1. A: Have you decided about the course?

B: Yes, I decided last weekend. for a place.

a. I apply b. I‟m going to apply c. I‟ll apply

6. A: It‟s a public holiday next month.

B: Yes, I know. anything special?

a. Are you doing b. Do you do c. Will you do

7. A: Do you mind not leaving your papers all over the table? B: Oh sorry. I‟ll take them all with me when .

a. I‟ll go b. I‟m going c. I go

8. A: a party next Saturday. Can you come? B: Yes, of course.

a. We‟ll have b. We‟re having c. We have

9. A: I‟m trying to move this cupboard, but it‟s very heavy. B: Well, you, then.

a. I‟ll help b. I‟m going to help c. I help

10. A: Excuse me. What time to London? B: Seven thirty in the morning.

a. will this train leave b. is this train going to get c. does this train get

1. A: I've decided to repaint this room.

B: Oh, have you? What color it?

a. does you paint b. are you going to paint

c. will you paint

1. A: Why are you putting on your coat? somewhere? B: No, I just feel rather cold.
   1. Are you going b. Do you go c. Will you go
2. A: Did you post that letter for me?

B: Oh, I‟m sorry. I completely forgot. it now.

* 1. I do b. I‟m doing c. I‟ll do

1. A: You look very happy. What is happening?

B: Well, I‟ve got a new job. my new job on Monday.

* 1. I‟m starting b. I‟m going to start c. I start

15. A: Someone told me you‟ve got a place at university.

B: That‟s right. maths at St Andrews, in Scotland.

a. I‟ll study b. I‟m going to study c. I study

16. A: The alarm‟s going. It‟s making an awful noise. B: OK, it off.

a. I am switching b. I am going to switch c. I‟ll switch

17. A: Did you buy this book?

B: No, Emma did. it on holiday.

a. She‟ll read b. She is going to read c. She reads

18. A: Is the shop open yet?

B: No, but there‟s someone inside. I think .

a. it opens b. it‟s about to open c. it will open

19. A: Have you heard anything about Jane?

B: Yes. She‟s engaged. married in June.

a. She‟s getting b. She‟ll get c. She‟s about to get

20. A: I‟m just going out to get a paper. B: What newspaper .

a. will you buy b. are you buying c. are you going to buy

**III. Put in the correct form of the verbs, present simple, future simple or future progressive.**

1. I (meet) you at the airport tomorrow. After you

(clear) customs, look for me just outside the gate. I (stand) right by the door.

1. A: When (you leave) for Florida?

B: Tomorrow. Just think! Two days from now I (lie) on the beach in the sun.

1. Please come and visit today when you (have) a chance. I

(shop) from 1:00 to 2:30, but I (be) home after that.

1. A: Would you like to come to our party tomorrow?

B: Thanks for the invitation, but I (work) all day tomorrow.

1. A: I (call) you this afternoon.

B: OK. But don‟t call me between 3:00 and 5:00 because I

home. I (study) at the library.

(not/

be)

6. I won‟t be here next week. I (attend) a seminar in Los Angeles. Ms. Gomes (substitute-teach) for me. When I (return), I will expect you to be ready for the midterm exam.

7. A: What (you/ do) in five years‟ time, I wonder?

B: I‟m going to go into business when I (leave) college. Five years from now I (run) a big company.

8. Just relax, Antoine. As soon as your sprained ankle (heal), you can play soccer again. At this time next week, you (play) soccer.

9. A: Are you ready?

B: Sorry. I‟m not ready yet. I (tell) you when I (be) ready. I promise I

(not be) very long.

10. Trevor and Laura (not/ go) for a picnic tomorrow. They (clean) the house. They always (do) it on Sunday.

**IV. Complete the sentences, using the notes in brackets. The verbs can be present tenses or past tenses.**

1. We bought this picture a long time ago. (we/ have/ it) for ages.

2. Sandra finds her mobile phone very useful. (she/ use/ it) all the time.

3. There‟s a new road to the motorway. (they/ open/ it) yesterday.

4. We decided not to go out because (it/ rain) quite hard.

5. Vicky doesn‟t know where her watch is. (she/ lose/ it).

6. We had no car at that time. (we/ sell/ our old one).

7. I bought a new jacket last week but (I/ not/ wear/ it) yet.

8. Claire is on a skiing holiday. (she/ enjoy/ it), she says on her postcard.

9. The color of this paint is absolutely awful. (I/ hate/ it).

10. Henry is annoyed. (he/ wait) a long time for Claire.

11. These figures certainly should add up. (I/ check/ them) several times already.

12. Sandra and Laura like tennis. (they/ play/ it) every weekend.

13. Sorry, I can‟t stop now. (I/ go) to an important meeting.

14. I‟d like to see Tina again. It‟s a long time since (I/ last/ see/ her).

15. I‟ve got my key. I found it when (I/ look) for something else.

**IV. READING**

**1. Read the passage and choose T/ F or NI**

Water sports are as challenging as they are fun. Although water sports are not as popular as basketball or football, activities such as parasailing, water skiing, water polo, wakeboarding, jet skiing and competitive swimming interest many people. Ail water sports have an element of danger involved, which is why it is important to follow these safety tips before you dive in.

Step 1: Learn how to swim. Sure, it seems obvious, but it is also extremely important. Do not even think about skiing, tubing, wakeboarding or water polo if you cannot stay afloat in water deeper than your height.

Step 2: Check your equipment and your life safety tools. Count your life vests and have floatation devices nearby. If you are engaging in a sport that requires a lot of equipment, such as wakeboarding, go over every piece to ensure proper functioning.

Step 3: Be physically fit. Put your pride aside and get in shape. Most water sports are incredibly strenuous and require the player to have physical endurance. It can be dangerous to participate in a water sport, such as water skiing or wakeboarding, when your body isn‟t ready.

Step 4: Save the tricks for the professionals. If you are an amateur, do not attempt water sport tricks. It is tempting to push to the next level with sports like skiing and sailing, but train heavily first.

Step 5: Recruit a spotter. When you do water sports, always have an extra person on hand to

spot for you. This includes indoor sports like' water polo, diving and competitive swimming.

1. Water sports are much more popular than basket ball and football.

a. True b. False c. NI

2. Sometimes it is dangerous to play a water sport.

a. True b. False c. NI

3. The first thing you have to do is to learn how to swim if you want to take up a water sport.

a. True b. False c. NI

4. You need to have a boat right beside all the time if you want to take up a water sport.

a. True b. False c. NI

5. There are tricks which amateur players cannot play.

a. True b. False c. NI

**2. Read the passage and choose the best answer to complete it.**

It's important to eat well, especially when you're (1) . If you are at (2) , you may go home for lunch, and have a cooked meal of (3) or fish and vegetables. Or perhaps you take some food with you to school, and eat it in the lunch (4) . A chicken and lettuce sandwich, with some fresh (5) , would be a light but healthy lunch. Many people around the world eat plain, (6) rice two or three times a day. Pupils and (7) often don't eat well when they're (8) for an exam - they eat chocolate and drink lots of black coffee! And by the way, doctors say everybody should start the day with a healthy (9) It's also good for you to drink a lot of (10) light through the day.

|  |  |  |  |
| --- | --- | --- | --- |
| 1. A. student | B. study | C. studying | D. studied |
| 2. A. school | B. primary | C. office | D. class |
| 3. A. cheese | B. meat | C. fruit | D. seafood |
| 4. A. timetable | B. classroom | C. lesson | D. break |
| 5. A. lemons | B. fruit | C. chicken | D. peas |
| 6. A. boiled | B. baked | C. grilled | D. roast |

|  |  |  |
| --- | --- | --- |
| 7. A. teachers B. professors | C. students | D. boys |
| 8. A. reviewing B. reading | C. learning | D. revising |
| 9. A. dinner B. breakfast | C. lunch | D. supper |
| 10. A. water B. coffee | C. tea | D. coke |
| **V. SPEAKING**  **1. Make a list of your habits** |  |  |

|  |  |
| --- | --- |
| **LIST OF HABITS** | |
| 1. .................................................... | 6. .................................................... |
| 2. .................................................... | 7. .................................................... |
| 3. .................................................... | 8. .................................................... |
| 4. .................................................... | 9. .................................................... |
| 5. .................................................... | 10. .................................................. |

**2. Among these habits, which is good or bad for your body? Tell the reason why it’s good or bad for you. Report your answer in oral speech and record your talk.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **GOOD** | | **BAD** | |
| **No** | **Habit** | **Reason** | **Habit** | **Reason** |
| 1 | ................................  ................................ | ................................  ................................ | ................................  ................................ | ...........................  ........................... |
| 2 | ................................  ................................ | ................................  ................................ | ................................  ................................ | ...........................  ........................... |
| 3 | ................................  ................................ | ................................  ................................ | ................................  ................................ | ...........................  ........................... |
| 4 | ................................  ................................ | ................................  ................................ | ................................  ................................ | ...........................  ........................... |

**VI. WRITING**

**1. List five activities and five kinds of food which are good for your body.**

|  |  |
| --- | --- |
| **Activities** | **Foods** |
| 1. .................................................... | 6. .................................................... |
| 2. .................................................... | 7. .................................................... |
| 3. .................................................... | 8. .................................................... |
| 4. .................................................... | 9. .................................................... |
| 5. .................................................... | 10. .................................................. |

**2. Write a short paragraph about what you should do/ eat to have a fit and healthy body.**

**ĐÁP ÁN**

**UNIT 2: YOUR BODY AND YOU**

**I. PHONETICS**

**1. Put these words into the correct column. Then pronoun the words exactly.**

|  |  |  |  |
| --- | --- | --- | --- |
| **/pl/** | **/pr/** | **/gl/** | **/gr/** |
| plan plane play plough  plumber | practice praise profit promotion  pronoun | glean glide globe glue  global | green grey grimy grip  groom |

**II. VOCABULARY**

**1. Decide these words into the correct column.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **circulatory system** | **digestive system** | **respiratory system** | **skeletal system** | **nervous system** |
| blood heart pump  vessel | stomach digestive | breath lung air | skull bone spine  muscle | brain nerve |

**2. Make a phrase with each of these words.**

1. **therapy**: There are some effective therapies in this medical center.
2. **sleeplessness**: Sleeplessness often happens when we worry too much.
3. **emotion**: find it‟s hard to express my emotion before the public.
4. **body parts**: We should take care of our body part carefully.
5. **acupuncture**: This Chinese doctor is very good at acupuncture.
6. **yin and yang**: Yin and yang are the two important elements in Chinese culture.
7. **habit**: It‟s difficult to get rid of a bad habit.
8. **medical**: 1 like therapy more than medical treatment.
9. **needle**: They use some needles to do acupuncture.
10. **treatment**: Peter gets special treatment because he knows the doctor in this hospital.

**III. GRAMMAR**

**I. Read the situations and complete the sentences. Use will, or be going to.**

1. am going to look round 6. will land

2. is going to attack 7. am not going to apply

3. will get 8. will wake/ are going to wake

4. am going to sit - will join 9. is going to get

5. will find 10. will look after

**II. Choose the correct answer.**

1. b 2. a 3. c 4. a 5. b

6. a 7. c 8. b 9. a 10. c

11. b 12. a 13. c 14. c 15. c

16. c 17. b 18. b 19. a 20. c

**III. Put in the correct form of the verbs, present simple, future simple or future progressive.**

1. will meet - clear - will be standing 6. will be attending - will substitute - teach - return

2. will you leave - will be lying 7. will you be doing - leave - will be running

3. have - will be shopping - will be 8. heal - will be playing

4. will be working 9. will tell - am - won‟t be

5. will call - won‟t be - will be studying 10. won‟t go - will be cleaning - do

**IV. Complete the sentences, using the notes in brackets. The verbs can be present tenses or past tenses.**

1. We have had it 9. I hate it

2. She used it 10. He has been waiting

3. They opened it 11. I have checked them

4. it was raining 12. They play it

5. She has lost it 13. I‟m going

6. We had sold our old one 14. I last saw her

7. I haven‟t wore it 15. I was looking

8. She is enjoying it

**IV. READING**

**1. Read the passage and choose T/ F or NI.**

1. b 2. a 3. a 4. c 5. a

**2. Read the passage and choose the best answer to complete it.** 1. A 2. A 3. B 4. D 5. B 6. A 7. c 8. D 9. B 10. A

**V. SPEAKING**

**1. Make a list of your habits**

**Suggested answer (Câu trả lời gợi ý)**

1. eat much fruit and vegetable 6. wash hand clearly before meals

2. not skip breakfast 7. take a shower every day

3. reduce screen time 8. sleep for 7-8 hours every day

4. do exercise morning 9. sleep in dark

5. say no to fast food 10. not drink café or tea before bed time

**2. Among these habits, which is good or bad for your body? Tell the reason why it’s good or bad for you. Report your answer in oral speech and record your talk.**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **GOOD** | | | **BAD** | | | | | |
| **Habit** | | **Reason** | **Habit** | | **Reason** | | | |
| eat much fruit and vegetable | | They are good for digestion, have a slim body | skip breakfast | | It doesn‟t serve enough energy for the whole morning | | | |
| do morning | exercise | It is good for bones | have too screen time | much | It is not good for eyes and back | | | |
| sleep for 5 hours every day | | It doesn‟t give enough time for the body and mind to recover | eat fast food | | It makes me get fat | | | |
| drink café or tea before bed time | | it is hard to sleep | wash hand before meals | clearly | It helps me not get disease related to digestion | | | |
| sleep in light | | It is difficult for me to get sleep | take a shower every day | | My body comfortable | is | clean | and |

**VI. WRITING**

**1. List five activities and five kinds of food which are good for your body.**

1. walk the dog 6. meat and beans

2. cycle to school 7. vegetables

3. do sports 8. fruit

4. do exercising morning 9. milk and cheese

5. jogging 10. cereals

**2. Write a short paragraph about what you should do/ eat to have a fit and healthy body. Suggested answer (Câu trả lời gợi ý)**

Having a good health is very important because when we are healthy, we have enough energy to do everything we want. In order to keep fit, I try to keep a balancing diet with five main groups of food: meat and beans, vegetables, fruit, milk and cheese; and cereals. They are all good for my health. Meat and beans is rich in protein and they help me have healthy muscles and blood. Vegetables contain lots of vitamins A and C so they are good for my digestion. Fruits are low in calories, so they don‟t make me get fat. Milk and cheese are very good for bones and eating cereals give me enough vitamins B, minerals and fibres.