

HEALTH

(Đáp án)

C.EXERCISES - BÀI TẬP THỰC HÀNH

PART 1. PHONETICS

1.Find the word which has a different sound in the part underlined. Read the words aloud.

1. A 2. D 3. C 4. C 5. A

2.Put the words in the box into two groups.

/v/	/f/
Stephen, live, of, knife, leave, vase, very	life, laugh, knives, phone, cough, flower, fruit, food

PART 2: VOCABULARY & GRAMMAR

1.Find one odd word A, B, C or D.

1. B 2. D 3. C 4. A 5. C

2.Circle A, B, C or D for each picture.

1. B 2. B 3. C 4. C 5. B 6. A

3.Fill in the blank with a word in the box.

1. tooth decay	2. rest	3. put on	4. allergic	5. exercise
6. sun hat	7. obesity	8. bright eyes	9. clean	10. spending

4.Complete the sentences using *more* or *less*.

- You should eat more fruits and vegetables because they are good for your health.
- She looks very tired after coming back from work. She should rest more.
- We should spend less time on computer games.
- Drink more green tea and less coffee.
- Smoking can lead to lung cancer, so smoke less.
- If you wash your hands more than you will be less chance of having flu.
- Eat less high-fat food keep you from getting fat.
- Which activity burns more calories, walking or riding a bicycle?

5.Put the verbs in brackets in the correct tense form.

- It is important to eat well.
- It is very cold today. You should wear your warm clothes when you go out to prevent cold.
- Do morning exercise every day and you'll feel better.
- I have a lot of homework to do this evening, so I do not have time to watch the football match.
- Eating junk food and inactivity are the main causes of obesity.
- I have a headache and I need to rest more.
- I have a toothache so I have to see the dentist.
- I have to take medicines because I am sick.

9. Japanese eat more fish instead of meat, so they stay more healthy.
10. When you have a fever, you should drink more water and rest more.
11. A healthy diet will help us feel healthier.
12. Watching TV much will hurt your eyes.

PART 3: READING

1. Put a word from the box in each gap to complete the following passage.

- | | | | |
|---------------|----------------------|-------------|---------|
| 1. lifestyle | 2. overweight | 3. cause | 4. diet |
| 5. contribute | 6. physical activity | 7. calories | 8. more |

2. Choose the correct word A, B, or C for each gap to complete the following passage.

- | | | | |
|---------------|---------------|-----------------|---------------|
| 1. A. habits | 2. B. amounts | 3. A. nutrients | 4. C. balance |
| 5. A. helpful | 6. A. variety | 7. B. low-fat | 8. A. walking |

PART 4: WRITING

1. Make sentences using the words and phrases given.

1. Eating healthy diet and doing exercise regularly help you stay healthy.
2. We need calories or energy to do the things every day.
3. We should balance the calories we get from food with the calories we use through physical activity.
4. Eating a healthy, balanced diet is an important part of maintaining good health.
5. Eat less sweet food and eat more fruit and vegetables.
6. Drink lots of water is very good for our health.
7. I have tooth decay, so I have to see the dentist.
8. Watching too much TV is not good for your eyes.

2. Can you rewrite the following sentences in correct English?

1. Laughing is good for your health.
2. You should eat less in the evening.
3. I have a stomachache so I need to take some medicines and go to bed.
4. Getting healthy will help you concentrate on the lessons.
5. We should keep our bodies warm to avoid having flu and cold.