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.

- A: Why are you working so hard these days?
  B: Because a car, so I‟m saving as much as I can.
  - I‟ll buy b. I‟m going to buy c. I buy
- A: Oh, I‟ve just realised. I haven‟t got any money.
  B: Haven‟t you? Well, don‟t worry. you some.
  - I‟ll lend b. I‟m going to lend c. I‟m lending
- A: Could I have a word with you, please?
  B: Sorry, I‟m in a big hurry. My train in fifteen minutes.
  a. is going to leave b. will leave c. leaves

4. A: Let‟s go to the carnival.
   B: Yes, good idea. I expect fun.
   a. it‟ll be b. it‟s c. it‟s being
- 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

- 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
- A: Why are you putting on your coat? somewhere? B: No, I just feel rather cold.
  - Are you going b. Do you go c. Will you go
- A: Did you post that letter for me?
  B: Oh, I‟m sorry. I completely forgot. it now.
  - I do b. I‟m doing c. I‟ll do
- A: You look very happy. What is happening?
  B: Well, I‟ve got a new job. my new job on Monday.
  - 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.

- I (meet) you at the airport tomorrow. After you (clear) customs, look for me just outside the gate. I (stand) right by the door.
- A: When (you leave) for Florida?
  B: Tomorrow. Just think! Two days from now I (lie) on the beach in the sun.
- Please come and visit today when you (have) a chance. I (shop) from 1:00 to 2:30, but I (be) home after that.
- A: Would you like to come to our party tomorrow?
  B: Thanks for the invitation, but I (work) all day tomorrow.
- A: I (call) you this afternoon.
  B: OK. But don"t call me between 3:00 and 5:00 because (not/ be) I home. I (study) at the library.
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 glob e 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.

- **therapy**: There are some effective therapies in this medical center.
- **sleeplessness**: Sleeplessness often happens when we worry too much.
- **emotion**: find it"s hard to express my emotion before the public.
- **body parts**: We should take care of our body part carefully.
- **acupuncture**: This Chinese doctor is very good at acupuncture.
- **yin and yang**: Yin and yang are the two important elements in Chinese culture.
- **habit**: It"s difficult to get rid of a bad habit.
- **medical**: 1 like therapy more than medical treatment.
- **needle**: They use some needles to do acupuncture.
- **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
2. is going to attack
3. will get
4. am going to sit - will join
5. will find
6. will land
7. am not going to apply
8. will wake/ are going to wake
9. is going to get
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
2. will you leave - will be lying
3. have - will be shopping - will be
4. will be working
5. will call - won‟t be - will be studying
6. will be attending - will substitute - teach - return
7. will you be doing - leave - will be running
8. heal - will be playing
9. will tell - am - won‟t be
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
2. She used it
3. They opened it
4. it was raining
5. She has lost it
6. We had sold our old one
7. I haven‟t wore it
8. She is enjoying it
9. I hate it
10. He has been waiting
11. I have checked them
12. They play it
13. I‟m going
14. I last saw her
15. I was looking

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
2. not skip breakfast
3. reduce screen time
4. do exercise morning
5. say no to fast food
6. wash hand clearly before meals
7. take a shower every day
8. sleep for 7-8 hours every day
9. sleep in dark
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 exercise morning	It is good for bones	have much too screen time	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 clearly before meals	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 is clean and comfortable

VI. WRITING

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

1. walk the dog
2. cycle to school
3. do sports
4. do exercising morning
5. jogging
6. meat and beans
7. vegetables
8. fruit
9. milk and cheese
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.