UNIT 11: KEEP FIT, STAY HEALTHY

A. A check-up

I. Vocabulary

- check-up (n):
  
  ➔ medical check-up (n): khám sức khoẻ (tổng quát)
  
  - to fill in / out (phr. V):
    
    - medical record (n): hồ sơ bệnh lí
    - temperature (n):
    - run/have a temperature (v): bị sốt
    - take one's temperature (v):
    
    - normal (adj): bình thường
    - keep fit (v):

- high (a):
  
  ➔ height (n):
  
  - measure (v):
  - weigh (v):
  ➔ weight (n):
  - heavy (a):
  - scale (n):
  - get on (phr. V):
  - medical form:

  - full name / forename / surname:

  - male (n) >> female (n):

II. Grammar

1. Polite request (yêu cầu lịch sự)

   Would you get on the scale, please?
   Would you turn on the light, please?
   Would you mind turning on the light?
   Would you mind opening the door?

2. Hỏi và trả lời về trong lượng hoặc kích thước

   - How heavy are you? / What is your weight?
     ➔ I am 45 kilos. / My weight is 45 kilos.
   - How tall is he? / What is his height?
     ➔ He is 1m50 (tall). / My height is 1m50.
III. Exercises

1. Write complete sentences with the words below.

**EX:** open your mouth  
*Would you open your mouth, please?*

a) get on the scales  
...........................................................

b) show me the waiting room  
...........................................................

c) pay me in cash  
...........................................................

d) pass me the newspaper  
...........................................................

e) put this picture on the wall  
...........................................................

f) take me a photograph  
...........................................................


2. Make questions by using “What”, then answer these questions with the given words.

a) the height of the mountain/ over 2,000 meters  
→ What is the height of the mountain? – It’s over 2,000 meters.

b) your age/ ten  
→ ...............................................................

c) her family name/ Nguyen  
→ ...............................................................

d) your brother’s height/ one meter seventy centimeters  
→ ...............................................................

e) the length of the river/ about 300 miles  
→ ...............................................................

f) the height of that wall/ four meters  
...............................................................

g) the depth of the lake/ about five meters  
...............................................................

h) the width of the cloth/ one meter sixty centimeters  
...............................................................

3. Making questions by using “How”, then answer these questions with the given words.

**EX:** old/ you?/ ten 
How old are you? – I am ten years old.

a) tall/ he? – one meter 50 centimeters

b) heavy/ Hoa? – 40 kilos

c) high/ these building? – over 150 meters

d) long/ your dress? – 140 centimeters

e) deep/ the lake? – about 5 meters

f) wide/ the table? – 80 centimeters

g) much/ the shoes? – eighty thousand dong

h) big/ your house? – about 160 square meters

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**B. What was wrong with you**

**I. Vocabulary**

- stomach (n):
  
  ➔ stomachache (n):
  
  - head (n):
  
  ➔ headache (n):
  
  - sick (a) = ill (a):
  
  ➔ sickness (n) = illness (n):
  
  - inside (adv) ➔ outside (adv):
  
  - sick note (n):
  
  - flu (n):
- catch (v):
  Ex: People catch the flu easily when they walk in the rain.
- absent (a) (from sth):
  → absence (n):
  Ex1: Why were you absent from the class last week? → Because I was sick.
  Ex2: Your absence made me unhappy.
- semester (n):
- disease (n):
  → common disease:
- symptom (n):
  Ex: Sneezing is one of the symptoms of the flu.
  - runny nose (n):
  - fever (n):
  - to cough (v):
    → cough (n):
  - to sneeze (v):
    → sneeze (n):
  - please (v):
    → pleasant (a) >> unpleasant (a):

→ pleasure (n):
  Ex: It is pleasant to meet you.
  It is a pleasure to meet you.
- to cure (v):
  → cure (n):
  Ex: This medicine can cure lots of diseases.
  Researchers are working to find a cure for the disease.
- medicine (n):
- to relieve (v):
  Ex: This medicine can relieve your pain.
- whatever (pro)
  Ex: Whatever I do is good for you.
- to last (v):
- to disappear (v):
  Ex: His sickness disappeared when he took the medicine.
- to prevent (v):
  Ex: We should wash hands usually to prevent the infection of Covid-19.
- drugstore (n):

II. Grammar

1. Talk about healthy (Hội về sức khỏe)
- Were + S (you/we/they) + (adj)?
  → Yes, S were.
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→ No, S weren’t.

- Was + S (he/ she/ it) + (adj)?
  → Yes, S was.
  → No, S wasn’t.

Ex:  Were you sick? → No, I wasn’t.
     Was he sick? → Yes, he was.

2. Review past simple tense

a. Complete the table in simple past.

<table>
<thead>
<tr>
<th>Affirmative</th>
<th>Negative</th>
<th>Interrogative</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Thể khẳng định)</td>
<td>(Thể phủ định)</td>
<td>(Thể nghi vấn)</td>
</tr>
<tr>
<td>She wrote a sick note for Tan last week.</td>
<td>He didn’t write a sick note for Tan last week.</td>
<td>Did he write a sick note for Tan last week?</td>
</tr>
<tr>
<td>He caught the flu few days ago.</td>
<td>We did not rinse our hands.</td>
<td>Did you feel little tired?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>I wasn’t pleasant yesterday.</td>
</tr>
</tbody>
</table>

b. Fill in the blanks with the correct tense of the verbs given in brackets.

(1) Lan (be) ______ very tired when she (catch) ____________ a bad cold two days ago.
(2) Everybody (wait) ____________ for the President in the hall now.
(3) You should (go) ____________ to bed early.
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(4) I hope you (feel) __________ better soon.
(5) She needs (eat) __________ lot of vegetables and fruit.
(6) Jasmin (not come) __________ to the meeting yesterday.
(7) My father (be) __________ really healthy. He never (take) __________ medicine.
(8) There (be) __________ nobody there when I (arrive) __________ last night.
(9) There (be) __________ many cures for the common cold last year.
(10) You (be) __________ absent from the class two days ago.

c. Fill in the blanks with the correct form of the words given in brackets.

(1) What is the __________ of Eiffel Tower? (high)
(2) Most __________ people will recover from a cold within a week. (health)
(3) How __________ is the Nile River? (lengthen)
(4) Lan was absent form class because of her __________. (sick)
(5) People feel __________ when they catch the common cold. (pleasant)
(6) I have an __________ with my doctor at 5 p.m. (appoint)
(7) She is still receiving a __________ treatment in a hospital. (medicine)
(8) The __________ of the backpack made the child fall over. (weigh)