UNIT 10: HEALTH AND HYGIENE / (P.99)

A. PERSONAL HYGIENE
(những chủ cải in đậm là dấu nhân)

* New words:
- hygiene (n) : vệ sinh
- harvest time (n) : mùa thu hoạch
- helpful (a) : có ích
- Probably (adv) = perhaps: có thể
- Write – wrote – written
- receive something from someone (v): nhận cái gì từ ai
- Iron (v)
- stay up late (v)
- take morning exercise (v): tập thể dục buổi sáng

*REFLEXIVE PRONOUNS.
Myself
Yourself
Herself
Himself
Itself
Ourselves
Themselves

Ex: You take care of yourself.
    I practice playing the piano myself.

*Past simple

Regular
- brush – brushed
- change – changed
- comb – combed
- iron – ironed
- show – showed
- wash – washed

Irregular
Do – did
Drink – drank

Get- got

Put – put

Tell – told

**B. A BAD TOOTHACHE**

*New words:*
- a *toothache* (n): bị đau răng
- *dentist* (n): nha sĩ
- *appointment* (n): cuộc hẹn
- *appoint* (v)
- scared of something (a): sợ điều gì
- *scare* (v)
- sound of the drill (n): tiếng của máy khoan
- *fill* (v): trám (răng)
- *cavity* (n): lỗ sâu răng
- so loud (a.) quá ồn
- stop + V-ing (v): dừng việc gì

Ex: The tooth *stopped hurting* afterwards.
    The match stops playing.

- *afterwards* (adv.): sau này, sau đó

- *surgery* (n): phòng phẫu thuật

- *smile at someone* (v): mỉm cười với ai

Ex: Lan smiles at Minh.

- *Check* (v): kiểm tra

- *serious* (a.) nghiêm trọng

- *notice* (v): chú ý

- *explain* (v): giải thích

- bad/good for something (a.): tốt/đẹp về việc gì

- *worry about something/someone*: lo lắng về việc gì/ về ai

- *worried* (a.)

- *kind* (a): tốt bụng, tử tế
-Kindly (adv.)

*What is the matter with you? = What is wrong with you?: có chuyện gì xảy ra với bạn.

*Don’t forget + to Verb = Remember + to Verb

**Ex:** Don’t forget to turn off the light before going out.

**Remember to turn off** the light before going out.

**Exercise.**

Học sinh làm đề cương unit 10: Phân II, III, IV, V, VI, VII, VIII(B), còn phân A học sinh làm được câu nào thì làm trước.

TỪ VỰNG PHẦN V/ CLOZE TEXT

A/

- false teeth: răng giả
- middle-aged: tuổi trung niên
- decay: sâu răng
- barbers and blacksmiths: các nha sĩ
- chew: nhai
- wooden toothpick: tăm

B/

- wider variety of foods: nhiều loại thức ăn hơn
- eventually: cuối cùng
- permanent teeth: răng vĩnh viễn
- Adult: người lớn

VI/

B

-dessert: chế độ ăn
- a box of guava juice: hộp nước ổi
UNIT 10: HEALTHY AND HYGIENE

I. LISTEN: Listen to the CD (textbooks) and decide whether the statement are True or False:
   A. Listen to the CD (textbooks) and decide whether the statement are True or False:
      False:
      1. Minh was hungry
      2. He has an appointment at half past ten
      3. He likes the sound of the drill
      4. The dentist was kind
   B. Listen to the CD (textbooks) and decide whether the statement are True or False:
      False:
      1. Minh is sitting in Dr. Lan’s surgery
      2. He is unhappy
      3. He has one small cavity
      4. Brushing teeth everyday is very important

II. PRONUNCIATION: Choose the word whose main stress pattern is not the same as that of the others
   1. A. appointment  B. cavity  C. dentist  D. harvest
   2. A. helpful  B. hygiene  C. iron  D. canteen
   3. A. painful  B. forget  C. sensible  D. serious
   4. A. surgery  B. tidy  C. healthy  D. remember
   5. A. hungry  B. thirsty  C. tired  D. favorite
   6. A. healthy  B. orange  C. tomato  D. coffee
   7. A. afternoon  B. dinner  C. onion  D. vegetables
   8. A. banana  B. matter  C. apple  D. lettuce
   9. A. carrot  B. hungry  C. breakfast  D. potato
  10. A. healthy  B. engineer  C. worker  D. personal

III. MULTIPLE CHOICE:
   1. He ________ very happy yesterday.
      a. is  b. were  c. was  d. are
   2. Sorry! I’m busy today. I have an ______ with my doctor at 8 o’clock.
      a. occasion  b. opportunity  c. activity  d. appointment
   3. You should wash your hand ______ meals.
      a. after  b. in  c. before  d. at
   4. I’m glad ______ you’re feeling better.
      a. hear  b. to hear  c. hearing  d. hears
   5. ______ does Minh feel nervous? Because he is seeing the dentist.
   6. You looks tired. What’s the ______ with you?
      a. matter  b. happen  c. wrong  d. right
7. Minh is absent from class today ______ he is ill.
   a. but  b. because  c. when  d. so

8. Thanks a lot. - ________
   a. I’d love to  b. That’s right!  c. That’s OK.  d. Good luck!

9. I ______ to see you tomorrow.
   a. enjoy  b. hope  c. know  d. think

10. Few people like ______ on the farm.
    a. work  b. to work  c. working  d. b&c

11. ______ are her parents busy now?
    a. why  b. who  c. what  d. when

12. Every day, I get up early to ______ morning exercises.
    a. do  b. take  c. make  d. a&b

13. Her parents are pleased ______ she is taking morning exercise now.
    a. so  b. because  c. because of  d. why

14. We ought not to eat too much candy because it’s bad ______ us.
    a. with  b. of  c. at  d. for

15. Her mother wanted her ______ up early.
    a. get  b. to get  c. getting  d. to getting

16. I think you don’t have to worry ______ that.
    a. of  b. to  c. for  d. about

17. The dentist smiled ______ him kindly.
    a. with  b. at  c. to  d. on

18. I have toothache so I’m going to the ______.
    a. nurse  b. doctor  c. dentist  d. teacher

19. I am always nervous before the test.
    a. worried  b. pleased  c. serious  d. glad

20. “What happened to you ?” –“__________”.
    a. I feel tired  b. I’m free now  c. Not at all  d. I’d love to

IV. CAUTION SIGNS – WARNINGS:

| 1. What does the sign say? | A. You can smoke here  
B. You can’t smoke here  
C. Smoking is bad  
D. Smoking is good |
|---------------------------|-----------------------------|
| ![No smoking sign]        | A. No fast food.  
B. No food.  
C. No drink.  
D. No food or drink. |
| 2. What does this sign mean? | A. No food.  
B. No drink.  
C. No food or drink. |
| 3. What does the sign say? | A. No watering  
B. No water.  
C. No drinking.  
D. No liquids. |
4. What does the sign say?

- A. Protect your hand
- B. Protect your water
- C. Wash your pipe
- D. Wash your hand

5. What does the sign say?

- A. Fan
- B. Nuclear hazard
- C. Eyes
- D. Safe

V. CLOZE TEXT:

A/ Many people nowadays have to wear false teeth when they are middle-aged. Doctors and dentists now know that sugar is the chief cause of (1)_______ decay. Long ago doctors did not like to treat people’s teeth. Barbers and blacksmiths looked (2)_______ people’s teeth and pull them (3)_______when they decayed. Some people thought toothache was a punishment from the Gods.

It’s very important to have (4)_______ teeth. Good teeth to help us to chew our food. They also help us to look nice. How can we keep our teeth healthy?

- Firstly, we should visit our dentists at least twice a year. He can examine our teeth to (5)_______ that they are good or bad or growing in the right way.
- Secondly, we should brush our teeth with fluoride toothpaste after meals and before bedtime. We can use wooden toothpicks to clean between our teeth after meals.
- Thirdly, we should eat food that is good (6)_______ our teeth and body: milk, cheese, fish, brown bread, potatoes, red rice, raw vegetables, and fresh fruit.

1. A. tooth B. teeth C. gum D. mouth
2. A. for B. after C. at D. into
3. A. out B. of C. at D. in
4. A. beautiful B. useful C. helpful D. healthy
5. A. know B. notice C. check D. realize
6. A. for B. with C. to D. off

B/ People have two sets of teeth during their (1)_____. A full set of baby teeth contains 20 teeth. Babies usually get their first tooth (2)_______ they're 6 months old. As they get more teeth, they are able to chew a wider variety of foods. Baby teeth are important for (3)_______, and also hold space for the larger, permanent
teeth to come (4) correctly. So, it is important to care for baby teeth even though they will eventually fall out. Around age 6, baby teeth usually start to fall out to make (5) for the permanent teeth. Around age 12, a child has usually lost all her baby teeth. Adults have larger mouths and need more teeth for chewing. An (6) person has 32 teeth in a full set.

VI. READING COMPREHENSION:

A/ On Sundays, Linh and her sister go to the store to do some shopping. The store is small but has everything to offer them. Lan’s sister doesn’t have much time, so they need to buy quick. They buy some oranges for their grandmother, some dry noodles and some beef.

1. On the weekend, Linh and her brother go shopping.
2. They need to buy quick because they have a lot of time.
3. They buy some oranges for their grandma.
4. They also buy some meat.
5. Where is beef from?
   A. a cow    B. a buffalo    C. a chicken    D. a pig
6. Which Linh’s family member isn’t mentioned in the text?
   A. Her brother    B. Her sister    C. Her grandmom    D. Herself

B/ Nattie has breakfast at 6:30. He has a loaf of bread with pate in it. He takes a cup of hot tea, too. It’s his favorite drink. At 11:30, after school, his mom prepares for him a delicious meal with fried chicken, beefsteak and rice. He likes beefsteak so much. Dinner is around 6 o’clock. He doesn’t like salad for dinner but eats some noodles with tomato sauce. He drinks a box of guava juice as dessert.

1. Nattie has a loaf of pate bread for lunch.
2. His favorite food is hot tea for breakfast.
3. He has lunch at school.
4. He has a box of soda after dinner.

5. What does Delicious mean?
   A. horrible
   B. awful
   C. beautiful
   D. yummy

6. What should the title for the text be?
   A. Daily meals for Nattie
   B. Nattie- a boy of a big appetite
   C. Eat healthy
   D. My favorite food

VII. WORD FORMS:
1. Don’t forget to exercise __________________. (regular)
2. He is always ______________ to his mother. (helpful)
3. Minh looks _______________ again. (worry)
4. My mother often washes our _______________ on the weekend. (cloth)
5. We have an _______________ at 6.00 p.m (appoint)
6. I hope you’ll take care of _______________. (you)
7. How is Hoa _______________ now according to her Mom? (differ)
8. Wash your hands before _______________ food. (touch)
9. I often wash my clothes and iron them _______________ (care)
10. I am very _______________ when I meet the dentist. (scare)
11. I feel _______________ before the exams. (worry)
12. You should brush your teeth _______________. (regular)
13. Clean teeth are _______________ teeth. (health)
14. She was all _______________ at the news of her win. (smile)
15. It’s a pity! She is _______________ ill. (serious)
16. Forget your _______________ and enjoy yourself! (worry)
17. She treats everybody _______________. (kind)
18. The dentist took out one of my cavity _______________ (tooth)
19. How do most _______________ feel when they come to see the dentist? (child)
20. There’s nothing to _______________ about. (worried)

VIII. WRITE:
   A/ TRANSFORMATION: Rewrite the following sentences without changing their meaning

1. Suie has a pain in her head.
   → Suzie ________________________________

2. What was the matter with you, Tom?
   → What ________________________________?
3. Don’t forget to tidy your bed before going out!
   ➔ Remember ________________________________ !

4. We shouldn’t listen to her. She’s a liar.
   ➔ We ought ________________________________

5. My students never go to school late.
   ➔ They are ________________________________

6. Cleaning your hands before having meals is important.
   ➔ It’s ________________________________

7. Do you enjoy playing soccer after school?
   ➔ Are you ________________________________ ?

8. My father usually walks to work in 15 minutes.
   ➔ It takes______________________________

9. I prefer walking along the beach to riding bycicle around the center zone.
   ➔ I like ________________________________

10. This building has 32 floors.
    ➔ It’s ________________________________

B/ REARRANGEMENT: Rearrange the following sentences

11. Dentist/ had/ Minh/a/ went/ yesterday/ because/ toothache/ to/ the/ bad/ he.
    ➔ Minh went ________________________________

12. Appointment/ had/ an/ he/ 10:30/ at.
    ➔ He ________________________________

13. By/ to/ travelled/ the USA/ plane/ last/ they/ month.
    ➔ They ________________________________

14. English/ they/ at/ practicing/ the moment/ are.
    ➔ They ________________________________

15. Filled/ cavity/ in/ dentist/ week/ his/ a tooth/ last/ the.
16. They were scared of children coming to the dentist when they were small.

17. He looked at his teeth and told him not to worry about them.

18. Nga brushes her teeth three times a day.

19. She had a backache because she went to see the doctor.

20. We met last night at the City’s Theater.